

# NATURAL MEAT MARKET

<b>HARRIS RANCH CORNED BEEF BRISKET</b> <b>2.99</b> lb.	<b>ALL NATURAL BEEF LONDON BROIL</b> <b>2.99</b> lb.
<b>EVERY GREEN CABBAGE</b> <b>3.99</b> <b>NEW CREAMER POTATOES</b> <b>1.99</b>	<b>ALL NATURAL BONELESS PORK LOIN CHOPS</b> <b>3.99</b> lb.
<b>ALL NATURAL BONELESS SKINLESS CHICKEN TENDERS</b> <b>3.99</b> lb. family pack	<b>FRESH GOURMET BEEF BURGERS</b> assorted varieties <b>3.99</b> lb.
<b>FRESH MARINATED CHICKEN SKEWERS</b> <b>3.99</b> lb.	<b>ALL NATURAL SUPER LEAN GROUND BEEF</b> <b>3.99</b> lb. family pack
<b>FRESH GOURMET BEEF PINWHEELS</b> <b>4.99</b> lb.	<b>ALL NATURAL PORK BABY BACK RIBS</b> <b>3.99</b> lb.
<b>HARRIS RANCH BEEF PATTIES</b> <b>7.99</b> 4-oz. pkg.	<b>STUFFED BONELESS PORK CHOPS</b> <b>4.99</b> 2-oz. fresh pack
	<b>BEEF CUBESTEAK</b> <b>3.99</b>

## Fresh Seafood Market

<b>KRAB SALAD</b> <b>2.99</b> lb.	<b>TILAPIA FILLETS</b> <b>4.99</b> lb.	<b>EXTRA LARGE TAIL-ON COOKED SHRIMP</b> <b>6.99</b> 1/2 lb.
	<b>CATFISH FILLETS</b> <b>5.99</b> lb.	<b>HONEY JALAPENO SHRIMP SKEWERS</b> <b>2.99</b>

## ORGANIC PRODUCE

<b>ACORN SQUASH</b> <b>99¢</b>	<b>FRESH REVISED CHARD</b> <b>2.99</b>	<b>CRISP CELERY</b> <b>99¢</b>	<b>BUSSET BAKING POTATOES</b> <b>2.95</b>	<b>FRESH BUNCHED BROCCOLI</b> <b>99¢</b>
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## BEER & WINE SAVINGS

<b>Tisdale</b> <b>2.99</b>	<b>Madria</b> <b>2.10</b>	<b>Rex Goliath</b> <b>2.10</b>	<b>Cellar No. 8</b> <b>7.99</b>
<b>Smithwick's</b> <b>7.99</b>	<b>Sam Adams</b> <b>7.99</b>	<b>Full Sail</b> <b>10.99</b>	<b>Sierra Nevada</b> <b>12.99</b>

**EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!**  
This means there are double the number of items on sale every Wednesday!  
**PLAN FOR SAVINGS...**  
Now you can view both weeks' sale flyers on Tuesday, starting at 10 a.m!

**Featured Event: St. Patrick's Day Sampling**  
Saturday, March 13th, 2pm-5pm  
Celebrate with us and try St. Paddy's Day recipes. St. Patrick's Day is an enchanted time. A day to begin transforming winter dreams into summer's magic! - Adrienne Cook  
DALLAS LOCATION ONLY



**DALLAS**  
1800 N. HENDERSON AVE. @ ROSS  
OPEN DAILY: 7:00AM - 10:00PM  
PHONE: 214.826.2937



Sign up on-line to receive our weekly sale flyers. Visit us at [WWW.NEWFLOWERMARKETS.COM](http://WWW.NEWFLOWERMARKETS.COM)  
WE ACCEPT FOOD STAMPS  
AD EFFECTIVE WED. 3/10/10 THRU WED. 3/17/10

**NEWFLOWER FARMERS MARKET**  
SERIOUS FOOD... SILLY PRICES®  
ORGANIC GREEN OR RED LEAF LETTUCE **77¢** ea.

## Nutritious Deals for Healthy Meals

March is NATIONAL NUTRITION MONTH

**FRESH RED RIPE STRAWBERRIES**  
**2 for 3** 1lb. pkg.

<b>FRESH FIBRAL SOUQUETS</b> <b>2.10</b>	<b>FRESH BUNCHED BROCCOLI</b> <b>88¢</b>	<b>EUROFRESH SUPER CHERRY TOMATOES</b> <b>2.4</b> 20 oz.	<b>FRESH CRISP ROMAINE OR ICEBERG LETTUCE</b> <b>88¢</b>
<b>IDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES</b> <b>2.1</b>	<b>FRESH SWEET BLACKBERRIES AND BLUEBERRIES</b> <b>2.1</b>	<b>COOL SUPER SELECT CUCUMBERS</b> <b>2.1</b>	<b>NORTHWEST ANJOU OR BOSCH PEARS</b> <b>99¢</b>
<b>WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES</b> <b>99¢</b>	<b>ORGANIC HASS AVOCADOS</b> <b>99¢</b>	<b>ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES</b> <b>1.88</b>	<b>ORGANIC JEWEL OR GARNET YAMS</b> <b>99¢</b>

<b>ALACER EMERGEN-C</b> 30-36 ct. select varieties <b>7.99</b>	<b>NEWFLOWER FARMERS MARKET GRANOLA</b> 7 grain, raisin or almond <b>1.99</b>	<b>BLUE DIAMOND ALMOND BREEZE</b> 32 oz. select varieties <b>2.99</b>
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**Roast Sale!**  
**BUY ONE FREE GET ONE**

- BEEF TOP ROUND ROAST
- BONELESS PORK LOIN ROAST
- BEEF RUMP ROAST
- BEEF SIRLOIN TIP ROAST
- BEEF CROSS RIB ROAST

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# DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

## SEVEN'S SIDE DISHES

select varieties

**2.49**  
14 oz.

**1.99**  
16-18 oz.

## HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties

**1.99**  
16 oz.

## HILLY'S KITCHEN ORGANIC BURRITOS

select varieties

**2.3**  
6 oz.

## TROPICANA JUICES

select varieties

**2.99**  
59 oz.

## BUETTES ALL NATURAL SOUP

select varieties

**2.49**  
16 oz.

## BUETTES CREAM CHEESE & SOUR CREAM

select varieties

**1.99**  
8-12 oz.

## SPECIALTY CHEESE FROM AROUND THE WORLD

NEWFLOWER FARMERS MARKET

WHITE OR YELLOW MILD CHEDDAR CHEESE

**2.99**  
16 oz.

## EMERALD KERRYGOLD IRISH CHEESE

select varieties

**3.99**  
7 to 8 oz.

## PRESIDENT LE BRIE SPREAD

select varieties

**3.99**  
4.4 oz.

## NEWFLOWER FARMERS MARKET FRESH BASKET CHEESE

select varieties

**3.99**  
8 oz.

## NEWFLOWER FARMERS MARKET ROTISSERIE CHICKEN

select varieties

**4.99**  
16 oz.

## NEWFLOWER FARMERS MARKET DELI SLICED ROAST BEEF

select varieties

**5.99**  
16 oz.

## NEWFLOWER FARMERS MARKET CORNED BEEF

select varieties

**5.99**  
16 oz.

## NEWFLOWER FARMERS MARKET BONE STRENGTH TAKE CARE

select varieties

**2.5% OFF**

# GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

## LARABAR NUTRITION BARS

select varieties

**10.5**  
1.67 x 10

## TRUSSARDI ICED TEA

select varieties

**99¢**  
16 oz.

## WESTBRO VEGETABLE BEANS

select varieties

**4.5**  
15 oz.

## NEWMAN'S OWN ORGANICS ORGANIC FIG NEWMANS

select varieties

**2.99**  
12 oz.

## NATURAL SEA YELLOWFIN TUNA

regular or no salt

**4.5**  
6 oz.

## ANNIE'S NATURALS ORGANIC SALAD DRESSING

select varieties

**2.49**  
8 oz.

## OLD VENESSE IRISH STYLE OATMEAL

select varieties

**1.99**  
13.5 oz.

## LEUNBERG RISOTTO

select varieties

**4.5**  
5.5-5.9 oz.

# BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

## WHOLE ROASTED CASHEWS

**4.99**  
16 oz.

## BROWN BASMATI RICE

**99¢**  
16 oz.

## RAW CHOCOLATE COVERED ALMONDS

**4.99**  
16 oz.

## SWEETENED MANGO SLICES

**2.99**  
16 oz.

## RAW BRAZIL NUTS

**3.99**  
16 oz.

## HOLLYWOOD TRAIL MIX

**2.99**  
16 oz.

## GREEN LENTILS

**1.49**  
16 oz.

## WHOLE WHEAT FLOUR

**69¢**  
16 oz.

## smart weight smart tags program

To start the new year, we wanted to create a way for you and your family to choose healthier options. Our all new Smart Tags Program was designed by a registered dietitian with a focus on making shopping for healthy foods simple. We guarantee there is no manufacturer influence, just the facts.

smart celiac smart heart smart carb

GLUTEN FREE FAT SODIUM SUGAR FIBER

## Smallest Winner Weight Loss Challenge At Home Program

You can be a Smallest Winner too! Join in our nationwide effort to help our shoppers lose weight. We make it easy for you to follow along at home with our brochures. Each piece offers helpful tools like calorie equations, exercise tips, nutrition information and more! You can do it and we are here to help. Pick up this information in the store and get started. Good luck!

www.NewflowerMarkets.com

# BAKERY SPECIALS

BAKED TO PERFECTION!

## NEWFLOWER FARMERS MARKET RYE OR MARBLE BREAD

**1.99**  
16 oz.

## NEWFLOWER FARMERS MARKET IRISH SODA BREAD

**2.49**  
16 oz.

## NEWFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS

**2.5**  
4 ct.

## NEWFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES

**1.59**  
3.75 oz.

## NEWFLOWER FARMERS MARKET CREME DE MENTHE FUDGE BROWNIES

**3.99**  
16 oz.

## NEWFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES

**2.99**  
4 ct.

# DELI A GO-GO

EVERY SLICE IS NICE!

## NEWFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD

**3.99**  
16 oz.

## NEWFLOWER FARMERS MARKET FIRE ROASTED SALSAS

**2.49**  
16 oz.

## NEWFLOWER FARMERS MARKET CHICKEN POT PIE

**2.5**  
16 oz.

## CEBARI'S HUMMUS

**2.99**  
8 oz.

## NEWFLOWER FARMERS MARKET BBQ PORK RIBS

**4.99**  
1.2 rack

## NEWFLOWER FARMERS MARKET DESSERT PUDDINGS

**2.49**  
16 oz.

# BOAR'S HEAD

## BLACK FOREST HAM

**7.99**  
16 oz.

## CAJUN TURKEY BREAST

**7.99**  
16 oz.

## PASTRAMI ROUND CAP-OFF

**8.99**  
16 oz.

## PASTRAMI ROUND

**8.99**  
16 oz.

## BABy SWISS CHEESE

**7.99**  
16 oz.

## MUENSTER CHEESE

**4.99**  
16 oz.

# NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

## NATURAL BALANCE FAST FOOD ENZYMES

**20% OFF**

## BYLAND'S CALMS CALMS FORTE & FORTE SLEEP

**25% OFF**

## COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS

**25% OFF**

## RINSE MY FACE LIQUID SOAP, BAR SOAP & SHOWER GELS

**20% OFF**

## NORDIC NATURALS ENTIRE LINE EFA'S

**15% OFF**

## RENEW LIFE DIGEST MORE, DIGEST ULTRA

**20% OFF**

## GREEN FOODS MAGMA PLUS, MAGMA PLUS USA

**20% OFF**

## TEA TREE THERAPY ENTIRE LINE

**25% OFF**