



ALL NATURAL BEEF ROUND UP!

ALL NATURAL EXTRA LEAN GROUND BEEF 2.99 lb. family pack	ALL NATURAL BEEF SIRLOIN TIP ROAST 3.99 lb.	ALL NATURAL BEEF LONDON BROIL 3.99 lb.
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ALL NATURAL NEW YORK STYLE SIRLOIN STEAK 5.99 lb.	ALL NATURAL BEEF RIBEYE STEAK 6.99 lb.	ALL NATURAL BONELESS BEEF CHUCK ROAST 3.99 lb.	ALL NATURAL BONELESS NEW YORK STEAK 6.99 lb.
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ALL NATURAL SUPER LEAN GROUND BEEF 3.99 lb. family pack	ALL NATURAL TOP SIRLOIN STEAK 4.99 lb.	ALL NATURAL BONELESS RIBEYE STEAK 8.99 lb.
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FRESH BEEF MEATBALLS 3.99 lb.	FRESH POLLO ASADO 2.99 lb.	ALL NATURAL BONELESS SKINLESS CHICKEN THIGHS 2.49 lb. family pack
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Centen Seafood Favorites

STUFFED CLAMS 99¢ lb.	ALASKAN COD FILLETS 6.99 lb.	AHI TUNA FILLETS 8.99 lb.
MUTATION KRAB MEAT 1.99 lb.	TERNAKI SALMON BURGERS 6.99 lb.	JUMBO KING CRAB LEGS 12.99 lb.

ORGANIC PRODUCE

RED OR GREEN ONIONS 2.4 5 lb. bag	FRESH GREEN CABBAGE 77¢ 1 lb.	BABY PEELED CARROTS 2.3 1 lb. bag	SHREDDED ANCHOU OR BOSCH PEARS 1.77 1 lb.	CELERY OR ROMAINE HEARTS 2.4 1 lb.
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BEER & WINE SAVINGS

Ste. Genevieve 3.10 12 oz.	Trapiche 7.99 12 oz.	Gnarly Head 7.99 12 oz.	Cupcake 9.99 12 oz.
Flying Dog 6.99 12 oz.	Shiner 6.99 12 oz.	J.W. Dundee's 10.99 12 oz.	

DOUBLE AD
 WEDNESDAYS
 EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!
 NEW PLAN FOR SAVINGS
www.newflowermarkets.com

Featured Event: Game Day Sampling
 Saturday, March 6th, 11am-2pm
 Have a ball this season with our game-day favorites. Simple simple appetizers that will make your team do a happy dance!
ALL TEXAS LOCATIONS.

Featured Event: Organic Recipe Contest
 This is your chance to win a Newflower Farmers Market Shopping Spree! Log on to www.newflowermarkets.com and see if your original organic recipe wins the big prize!
ALL TEXAS LOCATIONS.

AUSTIN 6920 MENCHACA ROAD 512.867.2094	BEE CAVE 12700 SHOPS PARKWAY 512.263.5338	Sign up on-line to receive our weekly sale flyers. Visit us at www.newflowermarkets.com WE ACCEPT FOOD STAMPS AN EFFECTIVE WED. 3/1/10 THRU WED. 3/10/10
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NEWFLOWER FARMERS MARKET
 SERIOUS FOOD... SILLY PRICES®
 FRESH FARMERS

EUROFRESH FARMS
CLUSTER TOMATOES
 ON THE VINE
97¢
 1 lb.

Nutritious Deals
 for Healthy Meals
 March is NATIONAL NUTRITION MONTH

RICH & CREAMY
HASS AVOCADOS
3 for \$1

FRESH CRISP RED OR GREEN LEAF LETTUCE
88¢
 1 lb.

1ST OF THE SEASON CHAMPAGNE MANGOS
2 for \$1

LARGE FANCY NAVEL ORANGES & TANGY MINNEOLA TANGELOS
88¢
 1 lb.

TEXAS BIG RED GRAPEFRUIT & ZESTY LEMONS
3 for \$1

MIX & MATCH
 IDAHO RUSSET POTATOES, BABY PEELED CARROTS, SEEDLESS MINI CUCUMBERS, YELLOW ONIONS, ROMAINE HEARTS, CARROTS, LARGE ARTICHOKE & SUPER CHERRY TOMATOES
2 for \$1

SALAD FAVORITES GREEN ONIONS, RADISHES, CILANTRO, PARSLEY & CARROTS
2 for \$1

FRESH EXPRESS SALAD BLENDS
 5-12 oz. select varieties
2 for \$5

FRESH & DELICIOUS MARADOL PAPAYA OR JICAMA
99¢
 1 lb.

FRESH STRAWBERRIES
2.99
 1 lb.

TROPICAL PINEAPPLES
2.4
 1 lb.

FANCY BARTLETT OR COMICE PEARS
1.49
 1 lb.

ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS
 select varieties
2.99
 9-10 oz.

SMOOTHIE JUICES
 1.75 lb. select varieties
2 for \$5

SUNFLOWER BOUQUETS
3.99
 1 lb.

NORTH ARISE LIVING BASIL PLANT
2.99
 1 lb.

ALL NATURAL NEW YORK STEAK
TEXAS GULF JUMBO E-Z PEEL RAW SHRIMP
SURF & TURF
YOUR CHOICE 3.97 lb.
 bone-in
 smart weight
 26/30 ct.

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DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

AMY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties
2.99
9-10 oz.

SMOOTH JUICES

select varieties
2.50
for 5
1.75 ea.

SERIES ENTREES

select varieties
2.99
11 oz.

ORGANIC VALLEY ORGANIC HALF & HALF

select varieties
2.99
23 oz.

FRESH MEADOW NATURAL ENTREES

select varieties
3.49
12 oz.

BROWN CUP ALL NATURAL YOGURT

flavor, natural & active milk
69¢
6 oz.

SPECIALTY CHEESE FROM AROUND THE WORLD

NEWFLOWER FARMERS MARKET HOT PEPPER JACK CHEESE

2.99

NEWFLOWER FARMERS MARKET BLUE MARBLE JACK CHEESE

4.99

CHEESE OF THE MONTH!

IRISH RIVER CHEDDAR CHEESE

6.49

IMBIBER CHEESE SOCIETE ROQUEFORT

3.49

MOZZARELLA TRINI FRESH MOZZARELLA CUPS

3.99

NEWFLOWER FARMERS MARKET ROTISSERIE CHICKEN

4.99

DELI SLICED JENNIE-O TURKEY BREAST

5.99

GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

ANNIE'S HOME GROWN ORGANIC MACARONI & CHEESE

select varieties
1.49
6 oz.

CLIF & MOJO BARS

select varieties
89¢
1.85-2.4 oz.

NATURE'S PATH ORGANIC OPTIMUM CEREAL

select varieties
2.99
11-14 oz.

MUIR GLEN VEGETABLE SOUP

select varieties
1.79
14.4-14.9 oz.

MUIR GLEN VEGETABLE SOUP WITH MEAT

2.19

METROMINT FLAVORED MINT WATER

select varieties
99¢
300 ml.

BACK TO NATURE COOKIES

select varieties
2.49
8-12 oz.

BACK TO NATURE FUDGE MINT STRIPED COOKIES

2.99

WHOLE ROASTED ALMONDS

salted or unsalted
4.99
lb.

GOODY GOODY TRAIL MIX

salted or unsalted
2.99
lb.

BANANA CHIPS

1.49
lb.

EVERYDAY LOW PRICE RATHERBERRY FLAX GRANOLA

2.49
lb.

CHOCOLATE OR YOGURT COVERED RAISINS

2.49
lb.

LUNDBERG COUNTRY WILD RICE

1.99
lb.

RAW DELICIOUS PEANUTS

5.99

PINEAPPLE RINGS

1.99

ORGANIC BROWN FLAX SEED

1.49

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 dietician with a focus on making shopping for healthy foods simple. We guarantee there is no manufacturer influence, just the facts.

Look for the related tags in our stores and get smart in 2010 with Smart Tags!

smart celliac 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 made it easy for you to follow along at home with our brochures. Each piece offers helpful tools like calorie equators, exercise tips, nutrition information and more! You can do it and we are here to help. Pick up the information in the store and get started. Good luck!

There's no excuse not to reconnect to the healthier, smaller YOU!

www.NewflowerMarkets.com

BAKERY SPECIALS

BAKED TO PERFECTION!

NEWFLOWER FARMERS MARKET 9 GRAIN BREAD

2.99
16 oz.

NEWFLOWER FARMERS MARKET SIGNATURE FOCACCIA

assorted varieties
2.30
for 3

GIVE & GO TWO-BITE CINNAMON ROLLS

2.99
12 oz.

NEWFLOWER FARMERS MARKET WHEAT OR WHITE HOAGIE ROLLS

2.40
for 4

NEWFLOWER FARMERS MARKET COOKIES

assorted varieties
2.70
for 7

NEWFLOWER FARMERS MARKET ORANGE CRANBERRY LOAF CAKE

whole or sliced
3.99
16 oz.

DELI A GO-GO

EVERY SLICE IS NICE!

NEWFLOWER FARMERS MARKET MACARONI OR POTATO SALAD

select varieties
2.99
lb.

NEWFLOWER FARMERS MARKET DIPS

choose from: spinach, milk, veggie & ranch
3.99
lb.

FIORECCI ITALIAN MEATS

3.99
4.6 oz. (pre-sliced)

NEWFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS

3.99
lb.

FIORECCI PROSCIUTTO

5.99
4.99

NEWFLOWER FARMERS MARKET HUMMUS

assorted flavors
2.99
lb.

BLACK FOREST HAM

7.99
lb.

CAJUN TURKEY BREAST

7.99
lb.

PASTRAMI ROUND CAP-OFF

8.99
lb.

PASTRAMI ROUND

8.99
lb.

BABY SWISS CHEESE

7.99
lb.

MUNSTER CHEESE

4.49
lb.

NATURE'S WAY ENTIRE LINE

25% OFF

EAGLE EYE SUNGLASSES

25% OFF

HERBS ETC. ALLERGY RELIEF SYSTEM

25% OFF

SOUND SLEEP

25% OFF

JARBON ANTI-OXIDANT POMEGRANATE JUICE

25% OFF

DR. HOBNER'S HAND & BODY SOAP

25% OFF

HIMALAYA LIVER CARE

25% OFF

PURE ESSENCE CANDEX & LIVING FLORA

17.99

QUANTUM SUPER LYSINE TABLETS, CREAM OR COLD STICKS

20% OFF

GHIVANI SHAMPOO, CONDITIONER, BODY LOTION

20% OFF

25% OFF

25% OFF

25% OFF

20% OFF