



# ALL NATURAL BEEF ROUND UP!

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

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

## ORGANIC PRODUCE

<b>RED OR GREEN ONIONS</b> <b>2.4</b> 3 lb. bag	<b>FRESH GREEN CABBAGE</b> <b>77¢</b> 1 lb.	<b>BABY PEELED CARROTS</b> <b>2.3</b> 1 lb. bag	<b>SHREDDED ANCHOU OR BOSCH PEARS</b> <b>1.77</b> 1 lb.	<b>CELERY OR ROMAINE HEARTS</b> <b>2.4</b> 1 lb.
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## BEER & WINE SAVINGS

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

**DOUBLE AD**  
WEDNESDAYS

EVERY WEDNESDAY OUR WEEKLY SALE ITEMS OVERLAP!  
Some items may be excluded from this promotion.

NEW! PLAN FOR SAVINGS  
See us in-store for details. All items while supplies last. Excludes alcohol & tobacco.

[www.NewFlowerMarkets.com](http://www.NewFlowerMarkets.com)

**Featured Event: Game Day Sampling**

Saturday, March 6th, 11am-2pm

Have a ball this season with our game-time favorites. Sample 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](http://www.NewFlowerMarkets.com) and see if your original organic recipe wins the big prize!

**ALL TEXAS LOCATIONS**

**NEWFLOWER FARMERS MARKET**

SERIOUS FOOD... SILLY PRICES®

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

**Nutritious Deals**  
for Healthy Meals

March is NATIONAL NUTRITION MONTH

**HASS AVOCADOS**

**3\$1** for

**FRESH CRISP RED OR GREEN LEAF LETTUCE**

**88¢**

**EEOFRESH FARMS CLUSTER TOMATOES**

**1.47**

**LARGE FANCY NAVEL ORANGES & TANGY MINNEOLA TANGELOS**

**88¢**

**TEXAS BIG RED GRAPEFRUIT & ZESTY LEMONS**

**3\$1**

**MIX & MATCH**

IDAHO RUSSET POTATOES, BABY PEELED CARROTS, SEEDLESS MINI CUCUMBERS, YELLOW ONIONS, ROMAINE HEARTS, CARROTS, LARGE ARTICHOKE & SUPER CHERRY TOMATOES

**2\$4**

**SALAD FAVORITES GREEN ONIONS, RADISHES, CILANTRO, PARSLEY & CARROTS**

**2\$1**

**FRESH EXPRESS SALAD BLENDS**

5-12 oz. select varieties

**2\$5**

**FRESH & DELICIOUS MARADOL PAPAYA OR JICAMA**

**99¢**

**FRESH STRAWBERRIES**

**2.99**

**TROPICAL PINEAPPLES**

**2.4**

**FANCY BARTLETT OR COMICE PEARS**

**1.49**

**ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS**

**2.99**

**SMOOTHIE JUICES**

1.75 lb. select varieties

**2\$5**

**SUNFLOWER BOUQUETS**

**3.99**

**NORTH ARISE LIVING BASIL PLANT**

**2.99**

**ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS**

**2.99**

**ALL NATURAL NEW YORK STEAK**

**TEXAS GULF JUMBO E-Z PEEL RAW SHRIMP**

**SURF & TURF**

**4.97** lb.

**DALLAS** 1800 N. HENDERSON AVE. 9:00AM - 10:00PM  
 214.876.2827

**PLANO** 3312 PRESSION RD., SUITE 108 9:00AM - 10:00PM  
 972.772.2827

Sign up on-line to receive our weekly sale flyer. Visit us at [WWW.NEWFLOWERMARKETS.COM](http://WWW.NEWFLOWERMARKETS.COM)

WE ACCEPT FOOD STAMPS

NO EFFECTIVE WED. 3/3/10 THRU WED. 3/10/10

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# DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties  
**2.99**  
9-10 oz.

SMOOTH JUICES

select varieties  
**2.50**  
for 1.75 oz.

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

select varieties  
**6.99**  
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 SWISS CHEDDAR CHEESE

**6.49**

MOZZARELLA TRIM-1 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.

MUIR GLEN VEGETABLE SOUP

select varieties  
**1.79**  
14.4-14.9 oz.

MUIR GLEN VEGETABLE SOUP WITH MEAT

**2.19**  
14.4-14.9 oz.

CRUNCHMASTER MULTI-SEED CRACKERS

select varieties  
**1.99**  
4.5 oz.

CLIF & MOJO BARS

select varieties  
**89¢**  
1.85-2.4 oz.

METROMINT FLAVORED MINT WATER

select varieties  
**99¢**  
900 ml.

NATURE'S PAID ORGANIC OPTIMUM CEREAL

select varieties  
**2.99**  
11-14 oz.

BACK TO NATURE COOKIES

select varieties  
**2.49**  
8-12 oz.

BACK TO NATURE FUDGE MINT STRIPED COOKIES

**2.99**  
8-12 oz.

TERRA EXOTIC CHIPS

select varieties  
**1.99**  
5 oz.

# BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

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

COFFEE  
**2.49**  
lb.

CHOCOLATE OR YOGURT COVERED RAISINS

**2.49**  
lb.

EVERYDAY LOW PRICE

COFFEE  
**6.99**  
lb.

RAW DELICIOUS PEANUTS

**5.99**  
lb.

EVERYDAY LOW PRICE

COFFEE  
**1.99**  
lb.

## 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.

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 equations, 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 exercise 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  
**2.93**  
for 16 oz.

GIVE & GO TWO-BITE CINNAMON ROLLS

**2.99**  
13 oz.

NEWFLOWER FARMERS MARKET WHEAT OR WHITE HOAGIE ROLLS

**2.94**  
for 16 oz.

NEWFLOWER FARMERS MARKET COOKIES

assorted varieties  
**2.97**  
for 16 oz.

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**  
4.4 oz. pre-sliced

NEWFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS

**3.99**  
lb.

NEWFLOWER FARMERS MARKET HUMMUS

assorted flavors  
**2.99**  
lb.

SANTA BARBARA SALSAS

16-18 oz. assorted flavors  
**2.95**  
for 16 oz.

## BOAR'S HEAD

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**

## NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

HERBS ETC. ALLERGY RELIEF SYSTEM

3.60 ct. 3pk.  
**25% OFF**

SOUND SLEEP

3060 ct.  
**25% OFF**

JARBON ANTI-OXIDANT POMEGRANATE JUICE

12 oz. select varieties  
**25% OFF**

DR. HOBBS'S HAND & BODY SOAP

12 oz. or 24 oz.  
**25% OFF**

HIMALAYA LIVER CARE

30/180 ct.  
**25% OFF**

PURE ESSENCE CANDEX & LIVING FLORA

40 ct. 30 ct.  
**17.99**

QUANTUM SUPER LYSINE TABLETS, CREAM OR COLD STICKS

select varieties  
**20% OFF**

GHIVANI SHAMPOO, CONDITIONER, BODY LOTION

select varieties  
**20% OFF**