



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 1 lb. bag	FRESH GREEN CABBAGE 77¢ 1 lb.	BABY PEELED CARROTS 2.3 1 lb. bag	SHREDDED ANCHO OR BOSCH PEARS 1.77 1 lb.	CELERY OR ROMAINE HEARTS 2.4 1 lb.
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EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!

This means there are double the number of items on sale every Wednesday!

NEW - PLAN FOR SAVINGS...

Now you can view both week's sale flyers on Tuesday, starting at 10 am!

www.SFMarkets.com

Featured Event: Organic Recipe Contest

This is your chance to win a Sunflower Farmer's Market Shopping Service. Log on to www.sfm.com and see if your original organic recipe wins the big prize!

ALL COLORADO LOCATIONS

Featured Event: Game Day Sampling

Saturday, March 6th, 11am-2pm

Have a ball this season with our game-day favorites. Sample simple appetizers that will make your team do a happy!

ALL COLORADO LOCATIONS

Featured Event: Sports Nutrition Information Class

Tuesday, March 9th, 7pm-8pm

Quick Fit will be here to do a sports/nutrition class.

BOULDER LOCATION ONLY

OPEN DAILY 7AM - 10PM • www.SFMarkets.com

AD EFFECTIVE WED. 3/3/10 THRU WED. 3/10/10

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

SUNFLOWER FARMERS MARKET

SERIOUS FOOD... SILLY PRICES®

Nutritious Deals for Healthy Meals

March is **NATIONAL NUTRITION MONTH**

RICH & CREAMY

HASS AVOCADOS

3\$1 for

FRESH CRISP RED OR GREEN LEAF LETTUCE

88¢

RED FRESH FARMERS MARKET PESTICIDE FREE! CLUSTER TOMATOES

1.47

LARGE FANCY NAVEL ORANGES & TANGY MINNEOLA TANGELOS

88¢

TEXAS RIO 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 PAPAAYA 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 oz. 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

JUMBO E-Z PEEL RAW SHRIMP

SURF & TURF

YOUR CHOICE

4.97 lb.

LEAST SPECIAL

16/20 ct.

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DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

ANNIE'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties
2.99
9-10 oz.

SMILEY JUICES

select varieties
2.50
1.75 lit.

SERIES ENTREES

select varieties
2.99
11 oz.

ORGANIC VALLEY ORGANIC HALF & HALF

2.99
32 oz.

FRESH MEADOW NATURAL ENTREES

select varieties
3.49
12 oz.

BROWN CHOC ALL NATURAL YOGURT

flavored, natural & without sugar
69¢
6 oz.

SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET HOT PEPPER JACK CHEESE

2.99

SUNFLOWER FARMERS MARKET BLUE MARBLE JACK CHEESE

4.99

CHEESE OF THE MONTH! IRISH SWISS CHEDDAR CHEESE

6.49

IMPORTED CHEESE SOCIETE ROQUEFORT

3.49

MOZZARELLA CHEESE FRESH MOZZARELLA CUPS

3.99

SUNFLOWER FARMERS MARKET ROTISSERIE CHICKEN

4.99

DELI SLICED JENNIE-O TURKEY BREAST

choose from: oven roasted, honey mesquite, bickory smoked, or lower sodium
5.99

GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

ANNIE'S HOMEGROWN ORGANIC MACARONI & CHEESE

select varieties
1.49
8 oz.

CLIF & MOJO BARS

select varieties
89¢
1.81-2.4 oz.

NATURE'S PAID 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
14.9 oz.

MINTHONEY FLAVORED MINT WATER

select varieties
99¢
900 ml.

BACK TO NATURE COOKIES

select varieties
2.49
8-12 oz.

BACK TO NATURE FUDGE MINT STRIPED COOKIES

2.99
3.1 oz.

WHOLE ROASTED ALMONDS

salted or unsalted
4.99
lb.

GOODY GOODY TRAIL MIX

salted or unsalted
2.99
lb.

BANANA CHIPS

1.49

EVERYDAY LOW PRICE

COFFEE

6.99

BLUEBERRY FLAX GRANOLA

2.49

CHOCOLATE OR YOGURT COVERED RAISINS

2.49
lb.

LUNDBERG COUNTRY WILD RICE

1.99
lb.

RAW DELICIOUS MIXED NUTS

5.99

PINEAPPLE RINGS

1.99

ORGANIC BROWN FLAX SEED

1.49

BAKERY SPECIALS

BAKED TO PERFECTION!

SUNFLOWER FARMERS MARKET 9 GRAIN BREAD

2.99
16 oz.

SUNFLOWER FARMERS MARKET SIGNATURE FOCACCIA

assorted varieties
2.30

GRY & CO TWO-BITE CINNAMON ROLLS

2.99
13 oz.

SUNFLOWER FARMERS MARKET WHEAT OR WHITE HOAGIE ROLLS

2.40

LEON'S CIABATTA ARTISAN BREAD

1.99
18 oz.

SUNFLOWER FARMERS MARKET COOKIES

assorted varieties
2.57

SUNFLOWER FARMERS MARKET MACARONI OR POTATO SALAD

select varieties
2.99
lb.

SUNFLOWER FARMERS MARKET DIPS

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

FRUITS ITALIAN MEATS

pre-sliced
3.99
4-6 oz. (16)

SUNFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS

3.99
lb.

FRUITS PROSCIUTTO

5.99
4.4 lb.

SUNFLOWER FARMERS MARKET HUMMUS

assorted flavors
2.99
lb.

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.

MUENSTER CHEESE

4.49
lb.



WE'VE CUT PRICES ON OVER **5,000** VITAMINS SUPPLEMENTS BODY CARE ITEMS
NEW SILLYIER EVERYDAY PRICES!

NATURE'S WAY ENTIRE LINE

20% OFF

EAGLE EYE SUNGLASSES

25% OFF

NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

HERBS ETC. ALLERGY RELIEF SYSTEM

20% OFF

SALIA SOUND SLEEP

20% OFF

JARROW ANTIOXIDANT POMEGRANATE JUICE

20% OFF

DR. HOBBS'S HAND & BODY SOAP

20% OFF

HIMALAYA LIVER CARE

20% OFF

PURE ESSENCE CANDEX & LIVING FLORA

16.99

QUANTUM SUPER LYSINE TABLETS, CREAM OR COLD STICKS

20% OFF

SHIVANI SHAMPOO, CONDITIONER, BODY LOTION

20% OFF

PRICE CUT

WE'VE CUT PRICES ON OVER **5,000** VITAMINS SUPPLEMENTS BODY CARE ITEMS
NEW SILLYIER EVERYDAY PRICES!

CONCENTRATED OIL

7.99

NEW NEW INSHAVE

12.99 **3.99**