



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.
---	---	--

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.
---	--	--	--

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.
---	--	--

FRESH BEEF MEATBALLS 3.99 lb.	FRESH POLLO ASADO 2.99 lb.	ALL NATURAL BONELESS SKINLESS CHICKEN THIGHS 2.49 lb. family pack
---	--	---

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 ANCHO OR BOSCH PEARS 1.77 1 lb.	CELERY OR ROMAINE HEARTS 2.4 1 lb.
---	---	---	--	--

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!
 This means you can double your savings on items in our weekly sale!

NEW! FLAVOR SAVINGS

www.NewFlowerMarkets.com

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 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

DALLAS 1800 N. HENDERSON AVE. #1000 RETAIL: 7:00AM - 10:00PM WHOLESALE: 7:14 AM - 7:57 PM We reserve the right to adjust quantities. All items priced with applicable taxes and discounts in mind. We reserve the right to correct pricing errors. Please visit our website at www.NewFlowerMarkets.com	PLANO 3312 PRESSION RD., SUITE 108 #1000 RETAIL: 7:00AM - 10:00PM WHOLESALE: 7:14 AM - 7:57 PM We reserve the right to adjust quantities. All items priced with applicable taxes and discounts in mind. We reserve the right to correct pricing errors. Please visit our website at www.NewFlowerMarkets.com	Sign up on-line to receive our weekly sale flyers. Visit us at WWW.NEWFLOWERMARKETS.COM WE ACCEPT FOOD STAMPS AD EFFECTIVE WED. 3/2/10 THRU WED. 3/10/10
---	--	--

1ST OF THE SEASON **CHAMPAGNE MANGOS** **2.91** for

NEWFLOWER FARMERS MARKET
 SERIOUS FOOD... SILLY PRICES®

Nutritious Deals for Healthy Meals

March is **NATIONAL NUTRITION MONTH**

RICH & CREAMY

HASS AVOCADOS

3.91 for

FRESH CRISP RED OR GREEN LEAF LETTUCE

88¢

RED FRESH FARMERS CLUSTER TOMATOES

1.47

LARGE FANCY NAVEL ORANGES & TANGY MINNEOLA TANGELOS

88¢

TEXAS RIO RED GRAPEFRUIT & ZESTY LEMONS

3.91

MIX & MATCH

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

2.99

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

2.91

FRESH EXPRESS SALAD BLENDS

5-12 oz. select varieties

2.95

FRESH & DELICIOUS MARADOL PAPAAYA OR JICAMA

2.94

FRESH & DELICIOUS MARADOL PAPAAYA OR JICAMA

99¢

TROPICAL PINEAPPLES

2.94

FANCY BARTLETT OR COMICE PEARS

1.49

FRESH STRAWBERRIES

2.99

SMOOTHIE JUICES

1.75 lb. select varieties

2.95

SUNFLOWER BOUQUETS

3.99

NORTH ARISE LIVING BASIL PLANT

2.99

ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties

2.99

ALL NATURAL NEW YORK STEAK

TEXAS GULF JUMBO E-Z PEEL RAW SHRIMP

SURF & TURF

YOUR CHOICE

4.97 lb.

benefit

smart weight

26/30 ct.

facebook www.NewFlowerMarkets.com VISIT US AT WWW.NEWFLOWERMARKETS.COM

DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

ANNIE'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties
2.99
9-10 oz.

SMOOTH JUICES

select varieties
2.99 for **5**
1.75 lb.

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

strawberry, raspberry & vanilla swirl
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 FRESH FRESH MOZZARELLA CUPS

3.99

NEWFLOWER 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 HOME GROWN ORGANIC MACARONI & CHEESE

select varieties
1.49
6 oz.

CLIF & MOJO BARS

select varieties
89¢
1.85-2.4 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

CRUNCHMASTER MULTI-SEED CRACKERS

select varieties
1.99
4.5 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

TERRA EXOTIC CHIPS

select varieties
1.99
5 oz.

WHOLE ROASTED ALMONDS

salted or unsalted
4.99
1 lb.

GOODY GOODY TRAIL MIX

salted or unsalted
2.99
1 lb.

BANANA CHIPS

1.49

EVERYDAY LOW PRICE

COFFEE

6.99

BERRY BERRY FLAX GRANOLA

2.49

CHOCOLATE OR VANILLA COVERED RAISINS

2.49

LENDREB'S COUNTRY WILD RICE

1.99

RAW DELICIOUS MIXED NUTS

5.99

THE HOUSE OF SOYBEAN VARIETIES

PINEAPPLE RINGS

1.99

ORGANIC BROWN FLAX SEED

1.49

BAKERY SPECIALS

BAKED TO PERFECTION!

NEWFLOWER FARMERS MARKET 9 GRAIN BREAD

2.99
16 oz.

NEWFLOWER FARMERS MARKET SIGNATURE FOCACCIA

assorted varieties
2.99 for **3**

GIVE & GO TWO-BITE CINNAMON ROLLS

2.99
13 oz.

NEWFLOWER FARMERS MARKET WHEAT OR WHITE HOAGIE ROLLS

2.49

NEWFLOWER FARMERS MARKET COOKIES

assorted varieties
2.99 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

NEWFLOWER FARMERS MARKET DIPS

choose from: spinach, chili, veggie & ranch
3.99

PREPARED ITALIAN MEATS

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

NEWFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS

3.99

NEWFLOWER FARMERS MARKET HUMMUS

assorted flavors
2.99

SANTA BARBARA SALSAS

14-16 oz. assorted flavors
2.99

BOAR'S HEAD

BLACK FOREST HAM

7.99

CAJUN TURKEY BREAST

7.99

PASTRAMI ROUND CAP-OFF

8.99

PASTRAMI ROUND

8.99

BABY SWISS CHEESE

7.99

MUENSTER CHEESE

4.49



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

JARDON ANTIOXIDANT POMEGRANATE JUICE
20% OFF

DR. HONNER'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

SHOYANI 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!

7.99 **12.99** **3.99**