

# 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>GREEN CABBAGE</b> 3.99 <b>CREAMER POTATOES</b> 1.99	<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> 7.99 (40 patties)	<b>STUFFED BONELESS PORK CHOPS</b> 4.99 (20 chops)
	<b>BEEF CUBESTEAK</b> 3.99

## 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> (20 oz)
	<b>CATFISH FILLETS</b> <b>5.99</b> lb.	<b>HONEY JALAPENO SHRIMP SKEWERS</b> <b>2.99</b> (12 skewers)

## ORGANIC PRODUCE

<b>ACORN SQUASH</b> 99¢	<b>FRESH REVISED CHARD</b> 2.99	<b>CRISP CELERY</b> 99¢	<b>BEST BAKING POTATOES</b> 2.95 (4 lb bag)	<b>FRESH BUNCH BROCCOLI</b> 99¢
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## BEER & WINE SAVINGS

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

**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: Health Fair**

Saturday, March 20th, 11am-2pm

Spring into great health. Our Natural Living vendors will have samples of great products! Enter for a chance to win fabulous prizes and enjoy the richness of spring in our Natural Living Department.

**PLANO LOCATION ONLY**



**PLANO**  
3312 PRESTON RD., SUITE 100 @ PARKER ROAD  
OPEN DAILY: 8:00AM - 9:00PM  
PHONE: 972.599.2942



Sign up on-line to receive our weekly sale flyer. 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.

**FRESH FLORAL SOUQUETS** 2.10

**DESSERT CUPS** 2.99

<b>FRESH BUNCHED BROCCOLI</b> 88¢	<b>FRESH FARM SUPER CHERRY TOMATOES</b> 2.94 (20 oz)	<b>FRESH CRISP ROMAINE OR ICEBERG LETTUCE</b> 88¢
<b>IDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES</b> 2.91	<b>FRESH SWEET BLACKBERRIES AND BLUEBERRIES</b> 2.99	<b>COOL SUPER SELECT CUCUMBERS</b> 2.91
<b>WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES</b> 99¢	<b>2 for 5</b>	<b>NORTHWEST ANJOU OR BOSQ PEARS</b> 99¢

<b>ORGANIC HASS AVOCADOS</b> 99¢	<b>ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES</b> 1.88	<b>ORGANIC JEWEL OR GARNET YAMS</b> 99¢
<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>

**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

## ALEXIA SIDE DISHES

select varieties  
**2.49**  
14 oz.

ALEXIA POTATOES  
select varieties  
**1.99**  
16-18 oz.

## BEDINI'S KITCHEN ORGANIC BURRITOS

select varieties  
**2.33**  
6 oz.

## BUCCLE CUISINE ALL NATURAL SOUP

select varieties  
**2.49**  
10 oz.

## HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties  
**1.99**  
16 oz.

## TROPICANA JUICES

select varieties  
**2.99**  
34 oz.

## BOUQUET 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**  
10-12 oz.

IMPORTED KERRYGOLD IRISH CHEESE  
select varieties  
**3.99**  
7 oz. pkg.

PRESIDENT LE BRIE SPREAD  
select varieties  
**3.99**  
4.4 oz.

NEWFLOWER FARMERS MARKET FRESH BASKET CHEESE  
select varieties  
**3.99**  
6 oz.

NEWFLOWER FARMERS MARKET  
CORNED BEEF  
**5.99**  
10 oz.

NEWFLOWER FARMERS MARKET ROTISSERIE CHICKEN  
**4.99**  
each

NEWFLOWER FARMERS MARKET DELI SLICED ROAST BEEF  
**5.99**  
10 oz.

NEWFLOWER FARMERS MARKET ROTISSERIE CHICKEN  
**4.99**  
each

NEWFLOWER FARMERS MARKET DELI SLICED ROAST BEEF  
**5.99**  
10 oz.

## ENZYMATIC THERAPY ENTIRE LINE

**20% OFF**

NEW CHAPTER BONE STRENGTH TAKE CARE  
**20% OFF**

# NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

NATURAL BALANCE FAST FOOD ENZYMES  
**20% OFF**

BYLAND'S CALMS CALMS FORTE & FORTE SLEEP  
**20% OFF**

COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS  
**20% OFF**

KISS 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  
**15% OFF**

TEA TREE THERAPY ENTIRE LINE  
**25% OFF**

## PRICE CUT

WE'VE CUT PRICES ON OVER 5,000 VITAMINS SUPPLEMENTS BODY CARE ITEMS

NEW SILLY<sup>IER</sup> EVERYDAY PRICES!

# GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

## LARABAR NUTRITION BARS

select varieties  
**10 for 10**  
1.67-1.9 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.

## TRON Iced Tea

select varieties  
**99¢**  
16 oz.

OLD VENESSE IRISH STYLE OATMEAL  
select varieties  
**1.99**  
18.5 oz.

## RESTAURANT VEGETABLE BEANS

select varieties  
**4.5**  
15 oz.

ANNIE'S NATURALS ORGANIC SALAD DRESSING  
select varieties  
**2.49**  
8 oz.

LEUNBERG RISOTTO  
select varieties  
**4.5**  
5.5-5.9 oz.

# BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

## WHOLE ROASTED CASHEWS

**4.99**  
lb.

EVERYDAY LOW PRICE  
COFFEE  
**4.99**  
lb.

RAW BRAZIL NUTS  
**3.99**  
lb.

GREEN LENTILS  
**1.49**  
lb.

## BROWN BASMATI RICE

**99¢**  
lb.

SWEETENED MANGO SLICES  
**2.99**  
lb.

HOLLYWOOD TRAIL MIX  
**2.99**  
lb.

SOY NUTS  
roasted & salted  
**1.49**  
lb.

# BAKERY SPECIALS

BAKED TO PERFECTION!

NEWFLOWER FARMERS MARKET RYE OR MARBLE BREAD  
**1.99**  
18 oz.

NEWFLOWER FARMERS MARKET IRISH SODA BREAD  
**2.49**  
18 oz.

NEWFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS  
**2.35**  
12 oz.

NEWFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES  
**1.59**  
2.75 oz.

NEWFLOWER FARMERS MARKET CREME DE MENTHE FUDGE BROWNIES  
**3.99**  
18 oz.

NEWFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES  
**2.99**  
4.5 oz.

# DELI A GO-GO

EVERY SLICE IS NICE!

NEWFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD  
**3.99**  
12 oz.

NEWFLOWER FARMERS MARKET FIRE ROASTED SALSAS  
assorted varieties  
**2.49**  
16 oz.

NEWFLOWER FARMERS MARKET CHICKEN POT PIE  
**2.5**  
12 oz.

CEDAR'S HUMMUS  
assorted flavors  
**2.99**  
8 oz.

NEWFLOWER FARMERS MARKET BBQ PORK RIBS  
1/2 rack  
**4.99**  
10-12 lbs.

NEWFLOWER FARMERS MARKET DESSERT PUDDINGS  
a raspberry parfait  
**2.49**  
16 oz.

# BOAR'S HEAD

BLACK FOREST HAM  
**7.99**  
10-12 lbs.

CAJUN TURKEY BREAST  
**7.99**  
10-12 lbs.

PASTRAMI ROUND CAR-OFF  
**8.99**  
10-12 lbs.

PASTRAMI ROUND  
**8.99**  
10-12 lbs.

BABy SWISS CHEESE  
**7.99**  
10-12 lbs.

MUENSTER CHEESE  
**4.49**  
10-12 lbs.



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