



we ♥ midwest-grown

Embrace the Taste of Fall

with our Michigan apples



Fall is here, and so are our crisp, juicy Michigan apples straight from the orchard. Michigan's proximity to lakes and nutrient dense soil makes Michigan the ideal place to grow quality, flavorful apples.

From sweet and juicy to tart and crisp, we offer a variety of Michigan apples. Whether you're enjoying them fresh, baked, or blended our fall apples are the perfect way to savor the season's best flavors.



Hair Care Feature Sale



Good Foods Guacamole or Chip Dip Select Varieties. BOGO buy one get one free. Resers Tortilla Yellow Chip 16 oz. \$3.99



Original Bagel New York Style Bagels 3.99 select varieties, 15.6-25.5 oz



Fall Harvest Bouquet 7.99



4" Mini Rose in Pot Cover 4.99



Certified Angus Beef Eye of Round or Bottom Round Roast 4.99LB



All-Natural Boneless Skinless Chicken Tenderloins 3.99LB



Hatfield Marinated Pork Loin Filets or Tenderloins 4.99 18.4-22 oz



Jumbo Snow Crab Clusters or Sockeye Salmon Fillet 7.99LB previously frozen



Bob's Red Mill All Breakfast 20% OFF 11-40 oz



Icelandic Provisions Oatmilk Skyr 2/3 5 oz



Nature's Path Frozen Waffles 3.99 7.4 oz



Simple Mills Baking Mixes 6.99 9-12.9 oz



Daisy Cottage Cheese with Fruit or Sour Cream 2/3 6 or 8 oz



Grain Trust Frozen Rice 4.49 20-30 oz



Fresh Thyme Salsa 2.99 16 oz everyday low price



Mission Tortillas or Chips 20% OFF 8-22.5 oz



ONE Energy Bars 4/8 60 grams



Hippeas Chickpea Puffs 2/6 4 oz



Crispy Green Freeze-Dried Fruit 6.99 4 pk, 1.69-3.39 oz



Dark Horse Wine 7.99 GET AN ADDITIONAL 15% OFF WHEN YOU MIX AND MATCH 4 OR MORE! select varieties, 750 ml



Guinness Zero Draught 7.99 4pk, 14.9 oz



De Soi Non-Alcoholic Mocktails 12.99 select varieties, 4 pk



Prices valid 9/18/24-9/24/24 at our Minnesota locations



it's always fresh to recycle

We reserve the right to limit quantities. All sale items are while supplies last and subject to availability. We reserve the right to correct printing errors. Not all items available in all stores. Hips and Grapes purchases are subject to local state laws. MN and KY available in Hips & Grapes liquor store locations only. PA: Max of 192 fl. oz. of beer and 3,000 mL of wine can be purchased at any one time.

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Pick the Perfect Apple



GRANNY SMITH

- Very juicy, firm and tart-sweet
- Enjoy raw or best baked. Holds its shape and does not discolor rapidly. Pair with sharp cheese on a board.



PINK LADY®

- More tart than sweet
- Pink Lady® apples are always the first to blossom and last to be harvested, each soaking up 200 days of sunshine.



MCINTOSH

- Crisp, sweet, and a little tart
- An all-around perfect apple for snacking or baking. A great addition to salad and a perfect apple for sauce or cider.



PAULA RED

- Firm, crisp with a sweet-tart flavor
- Because they are slow to brown, these are perfect for cheese boards and packing back-to-school lunches. Try dipped into chocolate or caramel, or layered over toast with butter.



JONATHAN

- Sweet with a tart tang
- Best eaten raw, try chilling first to enhance the flavor. Can also be frozen.



COSMIC CRISP

- Very firm and snappy, sweet-tart
- Slow to oxidize making them ideal for fresh recipes. Try adding to a grilled cheese!



GOLDEN DELICIOUS

- Fairly sweet
- The most popular apple for bakers. Perfect for pies and desserts, but can also be eaten fresh as a snack or cut up in salads.



HONEYCRISP

- Crisp and sweet
- Ideal for eating raw, but can also be baked. Explosively juicy with an amazing storage life.



FUJI

- Sugary-sweet like fresh pressed juice
- Eat fresh, cook, bake, make into a sauce, or add to a salad.

25% OFF ALL BAGGED COFFEE



PROUDLY ROASTING, PEDALING AND BREWING DELICIOUS FAIR TRADE, ORGANIC COFFEE IN THE HEART OF MINNEAPOLIS SINCE 1996, PEACE COFFEE IS ON A MISSION: TO CRAFT A MEMORABLE COFFEE EXPERIENCE IN COLLABORATION WITH COMMUNITIES ALL AROUND THE GLOBE. THEY STRIVE TO MAKE THE WORLD A BETTER PLACE ONE CUP AT A TIME AND HAVE FUN DOING IT!

**MY
THYME**
REAL REWARDS

YOU COULD WIN \$100 TOWARDS YOUR GROCERIES

FOUR WINNERS PER STORE

Here's how! Every transaction made between **9/11-10/29** is an entry for a chance to win a **\$100 digital coupon**

See full contest details at freshthyme.com/mythyme-loyalty

fall FLAVORS



La Clare
Apple Cinnamon
Goat Cheese
4 oz

4.99



Fresh Thyme
Home Made
Pumpkin Muffins
4 pk

5.49



Ferris
Pumpkin or Pecan
Coffee
12 oz

5.99



Bigelow
Tea
18-20 ct

2/7



Chameleon
Pumpkin Spiced
Cold Brew
32 oz

9.99



Death Wish
Pumpkin
Ground Coffee
9 oz

8.99



Olipop
Prebiotic Crisp
Apple Soda
12 oz

2/4



Langer Farms
100% Unfiltered
Apple Cider
64 oz

5.49



Langer Farms
100% Unfiltered
Apple Cider
128 oz

9.99



Farmer's Market
Organic Pumpkin
or Pie Mix
15 oz

2.99



Miss Jones
Baking Co
Organic Pumpkin
Bread Mix
16 oz
while supplies last

5.99



Honey Mama's
Refrigerated
Cocoa Truffle Pumpkin
Spice Bar
2.5 oz

4.99



Hayden Valley
Pumpkin Spice
Yogurt Pretzels
5 oz

2/4



Perfect Bar
Pumpkin Pie Bar
2.2 oz

2/6



Sweet Loren's
Pumpkin Spice
Cookie Dough
9.6 oz

5.99



Nonni's
Biscotti
5.52-6.88 oz

3.99



Terra
Vegetable
Chips
5-5.75 oz

2/7



Bragg's
Organic Apple
Cider Vinegar
32 oz

6.49



Mi-Del
Ginger Snaps
8-10 oz

3.99



GoGo Squeeze
Applesauce
Halloween Pack
64 oz
20 pack

12.99



Skinny Pop
Multipack Popcorn
Snacks
12 pk, 0.5 oz
while supplies last

7.99



Pirate's Bounty
Multipack Popcorn
Snacks
12 pk, 0.5 oz
while supplies last

7.99



Lesser Evil
Halloween
Popcorn
18 pk
while supplies last

8.99



Fresh Thyme
Organic Maple
Syrup
8 oz
everyday low price

6.99



Summ
Apple Pie Rolls
12.35 oz

6.99



Mush
Overnight
Pumpkin Pie Oats
5 oz

3/5



Vital Proteins
Salted Caramel
or Pumpkin Spice
Collagen Peptides


26.99



Fresh Thyme
Fall Cleaners
select varieties

3.99



**BUY
2 GET 1
FREE**

**FRESH THYME AND THOMAS FARMS
ORGANIC BEEF**




mlx or match

try this tiktok trend

#eggflights

create these elevated
deviled eggs with your
favorite ingredients.



**NON
GMO**



Oktoberfest



Gilbert's Antibiotic-Free Chicken Sausage 10 oz **6.99**



Fresh Thyme Gourmet Pork or Chicken Sausage Links **4.99LB**



Fresh Thyme Smoked Sausage 14 oz, all varieties **4.99**



Fresh Thyme Organic Mustard 10 oz **2/\$4**



Boar's Head Sauerkraut 16 oz **2.99**



Pretzella Bun or Rolls 8.4-12.8 oz **4.99**



Fresh Thyme Frozen Perogies 16 oz **3.99**



Eastern Standard Provisions Frozen Pretzels 5.25-13.3 oz **5.49**



Fresh Thyme Pretzel Tubs 24-26 oz **5.99**



Gordos Dip Homestyle Queso, Original, Mild Cheese Dip 16 oz **5.99**



Athletic Brewing Seasonal Beer 6 pk, 12 oz **9.99**



Sam Adams Seasonal Beer 6 pk, 12 oz **8.99**



Shiner Oktoberfest 6 pk, 12 oz **9.99**



Sierra Nevada Oktoberfest 6 pk, 12 oz **8.99**



Great Lakes Seasonal Beer 6 pk, 12 oz **9.99**



Bell's Seasonal Cans 6 pk, 12 oz **10.99**



25% OFF

HAIR CARE

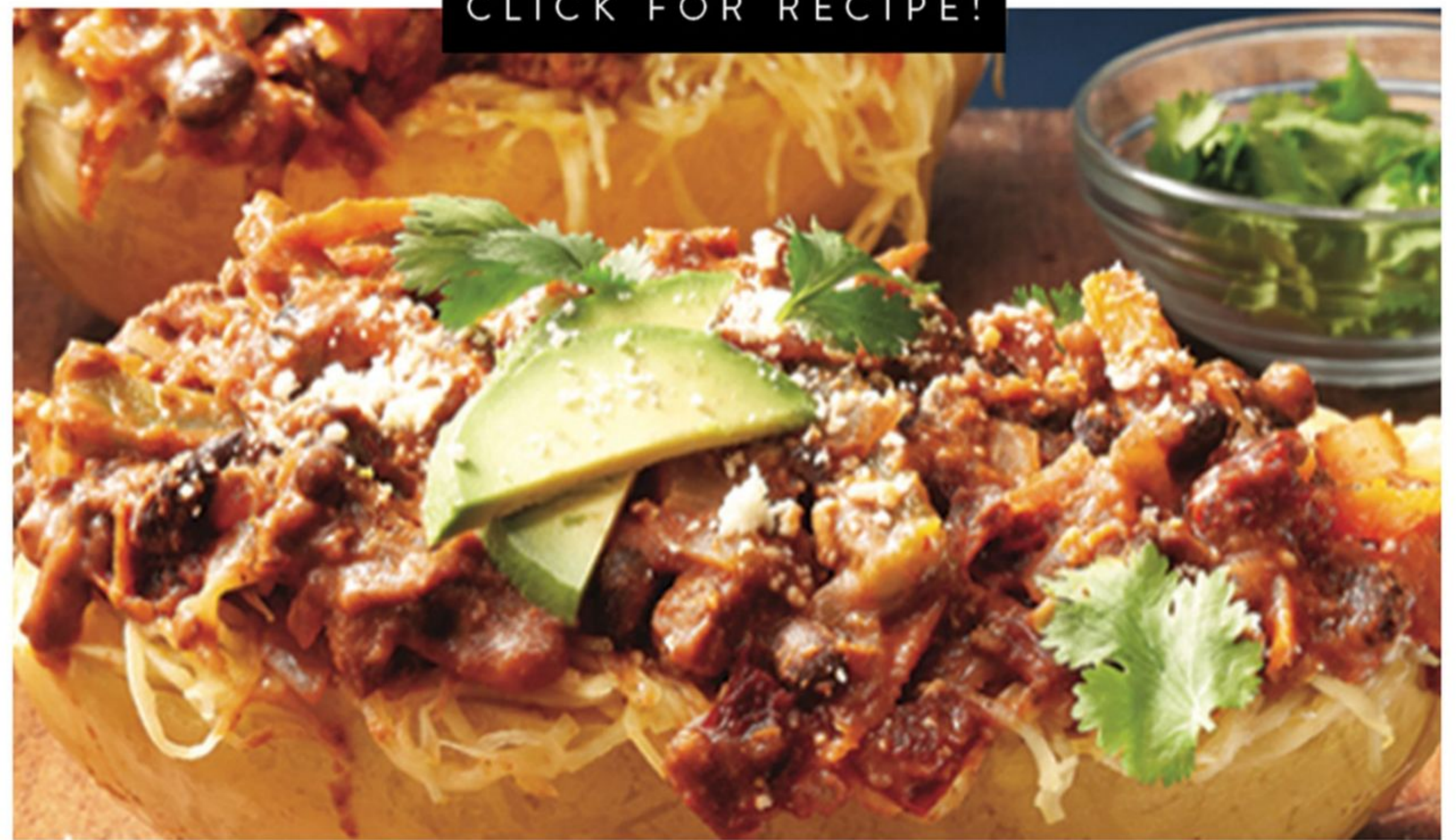
excludes children's products

SLOW COOKER

Southwestern Chipotle Spaghetti Squash

Cook whole spaghetti squash atop a hearty homemade tomato sauce for a spicy, low carb creation that incorporates the season's freshest produce.

CLICK FOR RECIPE!





MOON DROP GRAPES

One look and you'll think these long and luscious grapes came from another planet. But these all-natural, crisp grapes simply have a super sweet taste that's out of this world.



COTTON CANDY GRAPES

Golden yellow to bright green, it's surprising how these crisp, all-natural grapes taste just like the famous and delicious pink spun carnival treat. Except you won't get any sticky fingers!

GUM DROP GRAPES

Expect big-time candy-sweet flavor bursting from these little fellas. They're healthy, gummylicious snacks, so feel free to dive right in and eat as many as you want.



Meet [★][★] ★ Meghan

**FRESH THYME MARKET'S
REGISTERED DIETITIAN**

Send your nutrition questions
to nutrition@freshthyme.com
for a chance to ask Meghan!



‘September is Family Meals Month, a time to celebrate the simple yet powerful act of nourishing your family, one meal at a thyme.’

Whether it's breakfast, lunch, or dinner, sharing a meal with family not only nourishes the body but strengthens the bonds that keep us connected. Family meals don't need to be fancy. Make pizza night a family meal night by topping frozen pizzas with extra vegetables and proteins and serve it with a salad kit for a simple meal with benefits that will go above and beyond the dinner table. 😊