

**FRESH THYME MARKET**

**5.99**  
 Sweet Sorbet Grapes  
 3 lb Family Pack

**3.99** **FREE**  
 VALUE PACK  
 80% Lean Grass-Fed and Finished Ground Beef  
 3 lb or more per package, less than 3 lb \$4.29 lb

**2.99** Strawberries 1 lb or Raspberries 6 oz

**1.49LB** Michigan Tote Apples Fuji, Gala, McIntosh, Jonathan, Paula Red or Gold Delicious

**2.99** Sweet Golden Pineapples

**5.99** Jumbo Jack-o'-Lantern or Heirloom Pumpkins

**3.99** Braga Fresh or Taylor Farms Chopped Salads 11.5 - 13 oz

**2/\$5** Russet Potatoes 5 lb bag or Yellow Onions 3 lb bag

**2.99** Highline Organic Mushrooms portabella grill caps 6 oz or white stuffers 14 oz

**2.99** Pure Flavor Grape Tomatoes 1.5 lb family pack

**BUY TWO GET ONE FREE**  
 Fresh Thyme Organic Ground Beef or Thomas Farms Organic Beef Steaks or Ground Beef 8 to 16 oz, mix or match

**1.99LB** Whole Pork Butt sold whole in bag only

**4.99** Lobster Tails 4 oz, previously frozen

**5.99LB** Colossal 13/15 ct Raw Easy Peel or 31/40 ct Cooked Shrimp sold only in 2 lb bag for \$11.98

**3.99** Helpful Hens Pasture-Raised Large Brown Eggs 1 dozen

**2/\$8** Nut Pods or Sown Creamer 25.4-32 oz

**5.99** Amy's Frozen Entrees 8.5-10 oz

**20% OFF**  
 Siete Line Drive 1.29-16 oz  
OVER 50 ITEMS ON SALE

**25% OFF**  
 ALL PACKAGED COFFEE  
 Check out Local Coffee too!

**34.99** Ascent Whey and Plant Protein

**25% OFF**  
 Onnit Alpha Brain or ShroomTech Sport  
entire line on sale

**Shop Boar's Head**

**8.99LB** Boar's Head Pepper Jack Cheese

**10.99LB** Boar's Head Mesquite Wood Smoked Turkey

**10.99LB** Boar's Head Bold Ichiban Teriyaki Chicken

**11.99LB** Boar's Head Cracked Peppermill Turkey

**5.99** Boar's Head Gouda Cheese select varieties, 8 oz



*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



Hippes Chickpea Puffs 2/\$6 4 pk



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



Dark Horse Wine 8.99 select varieties, 750 ml



Guinness Zero Draught 7.99 4pk, 14.9 oz



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



Instacart ShipIt Uber Eats

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



It's always fresh to recycle

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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. Hippes and Crispes purchases are subject to local state laws. MN and KY: available in Hippes & Crispes 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.

# Pick the Perfect Apple



SWEET  
**1**  
LEVEL

## 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.



SWEET  
**2**  
LEVEL

## 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.



SWEET  
**3**  
LEVEL

## 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.



SWEET  
**4**  
LEVEL

## 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.



SWEET  
**5**  
LEVEL

## JONATHAN

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



SWEET  
**6**  
LEVEL

## COSMIC CRISP

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



SWEET  
**7**  
LEVEL

## 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.



SWEET  
**8**  
LEVEL

## HONEYCRISP

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



SWEET  
**9**  
LEVEL

## 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



OUR SOURCING METHODS FOCUS ON BUILDING SUSTAINABLE, LONG-TERM RELATIONSHIPS WITHIN THE INDUSTRY. FROM SMALL, FAMILY-OWNED MICRO LOTS TO LARGE FARMS WITH HUNDREDS OF ACRES, THE FARMERS WE WORK WITH ARE DEDICATED TO THEIR CRAFT WITH EXPERT PRECISION AND HUMBLE PRIDE.



# YOU COULD WIN \$100 COUPON 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](https://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**



**HELPFUL**  
Pasture-Raised Non-GMO  
Farmers and hens on a mission to restore our soil



# 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

Kings Hawaiian Pretzel Bites  
10.2 oz  
8.99



Shiner Oktoberfest  
6 pk, 12 oz

9.99



Athletic Brewing Seasonal Beer  
6 pk, 12 oz

9.99



Sam Adams Seasonal Beer  
6 pk, 12 oz

9.99



**25% OFF**

**HAIR CARE**

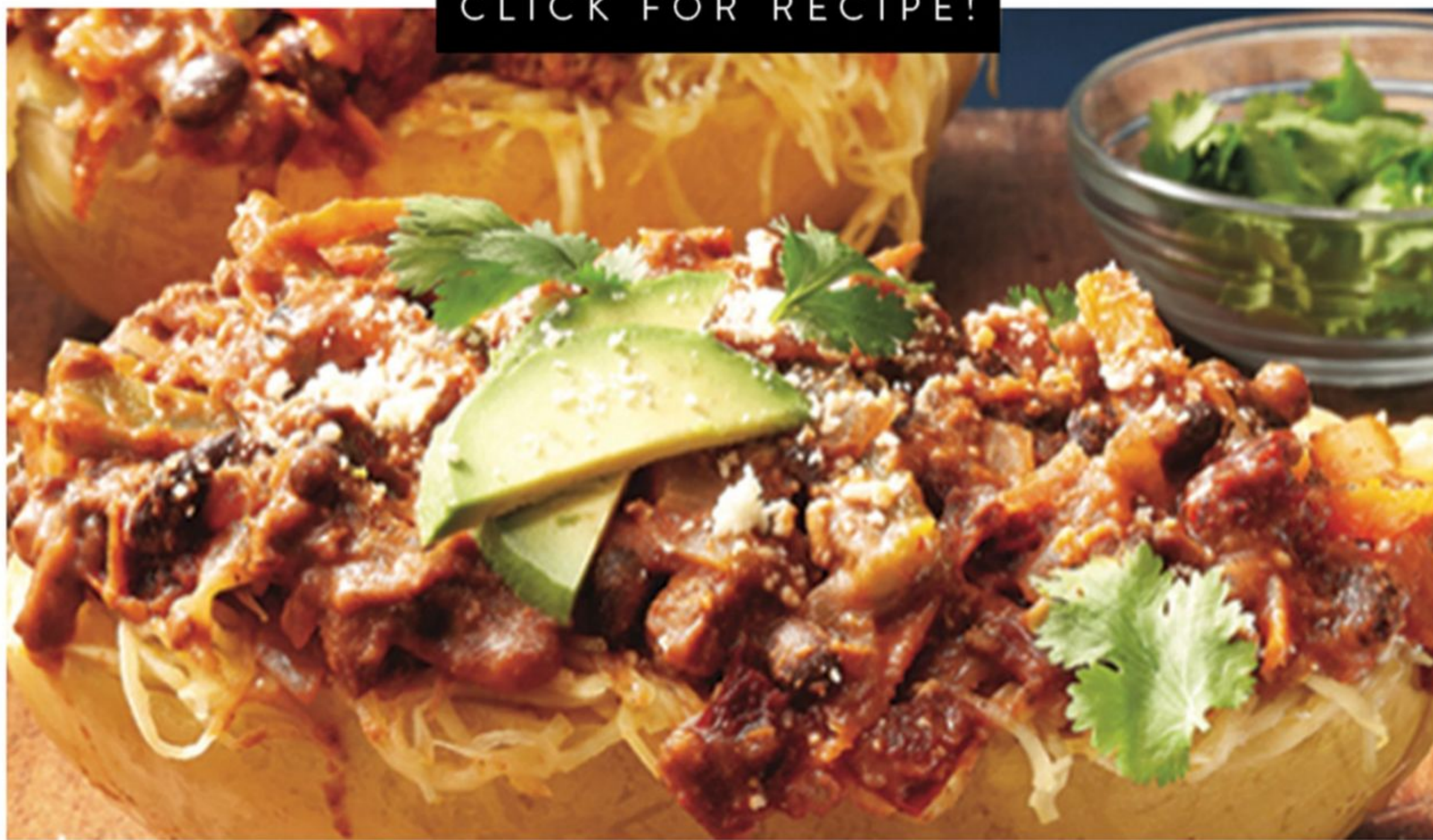
*excludes children's products*

**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 <sup>★</sup><sup>★</sup> ★ Meghan

**FRESH THYME MARKET'S  
REGISTERED DIETITIAN**

Send your nutrition questions  
to [nutrition@freshthyme.com](mailto: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. 😊