



**PRICED
LOW!**
on organics
every day.



organic

organic

1 lb. pkg.
Farmers Market
Organic
Strawberries

2 lb. bag
Farmers Market
Organic Vidalia Onions

1.99
each

- Peach Ginger
- Mixed Berries
- Ginger Lemon

organic

15.2 oz.
Farmers Market
Suja Organic
Kombucha

**buy one
get one
free**
VIC item rings at half price
with your VIC card

**buy one
get one
free**
VIC item rings at half price
with your VIC card



organic

6 oz. Farmers Market
Organic Blueberries

2/\$6



organic

Farmers Market
Organic Bananas

69¢
per lb.



organic



Farmers Market
Organic Red Cherries

5.99
per lb.



8 oz. Farmers Market Organic
Baby Bella or White Whole Mushrooms

2.49
each



Farmers Market Organic
Red Roma Tomatoes

1.99
per lb.



5 oz. Farmers Market
Organic Salads

3.29
each

- Baby Spinach
- Spring Mix
- Arugula



12 oz. bag Farmers Market
Organic Rainbow Carrots

2/\$4



Farmers Market Organic
Bunch Cilantro

2/\$3



Farmers Market Organic
White Cauliflower

3.49
each



Farmers Market Organic
Hass Avocados

2/\$4



2 lb. bag Simple Truth Organic
Granny Smith Apples

3.49
each

PINEAPPLE GRILLED MARINATED PORK LOIN



INGREDIENTS

- 1 cup pineapple juice
- 1/3 cup packed HT brown sugar
- 1/3 cup HT Traders soy sauce
- 1-2 minced garlic cloves
- 2 lbs pork tenderloin, sliced into thin pieces for skewering

INSTRUCTIONS

1. In a small saucepan over medium heat, mix pineapple juice, brown sugar, garlic, and soy sauce. Remove from

heat just before the mixture comes to a boil.

2. Place meat in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes but may marinate overnight.
3. Preheat grill for medium heat. Thread meat lengthwise onto wooden skewers.
4. Lightly oil the grill grate. Grill pork 5 minutes per side, or until juices run clear.



17 oz. Lucini
Organic
Extra Virgin
Olive Oil

15.99

save at least 2.00 each with your VIC card



14 oz. Vita Coco
Organic Coconut Oil

8.99

save at least 2.00 each with your VIC card



17 oz. Bionaturæ
Organic
Extra Virgin
Olive Oil

14.99

save at least 2.00 each with your VIC card



12 oz. Nakano
Organic
Seasoned
Vinegar

2/\$6

save at least 3.98 on 2 with your VIC card

SLOW COOKER THAI PEANUT CHICKEN



INGREDIENTS

- 1 cup HT Traders coconut milk
- 1/3 cup HT Organics peanut butter
- 2 tablespoons HT Traders soy sauce
- 2 tablespoons HT Organics honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon ginger peeled and minced
- 3 garlic cloves minced
- 3 chicken breasts boneless and skinless
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- 1 tablespoon lime juice
- 1/4 cup each chopped peanuts, cilantro or green onions

INSTRUCTIONS

1. To a 6 qt slow cooker, add the coconut milk, peanut butter, soy sauce, honey, rice wine vinegar, ginger, garlic, and stir until combined.
2. Cut the chicken breasts into one inch chunks and add to the slow cooker.
3. Cook on low for 4-5 hours.
4. Add the lime juice and cornstarch/ water mixture to the slow cooker and stir carefully.
5. Cook for an additional 20 minutes until sauce is thickened.
6. Garnish with toppings



16 oz. Harris Teeter Organics
Sour Cream

2/\$5

save at least 98¢ on 2 with your VIC card



16 oz. Harris Teeter Organics
Ice Cream Pints

2/\$6

save at least 98¢ on 2 with your VIC card



20 oz. Harris Teeter Organics
Ketchup

3/\$5

save big on 3 with your VIC card



15 oz. Harris Teeter Organics
Baked Beans

4/\$5

save at least 96¢ on 4 with your VIC card



16.9 oz.
Italian Volcano
Organic
Lemon or
Lime Juice

5³⁹

save at least 60¢ each with your VIC card



16 oz. De La
Estancia
Organic
Polenta

4⁹⁹

save at least 70¢ each with your VIC card



64 oz. Harris Teeter Organics
Lemonade

2/\$5

save at least 98¢ on 2 with your VIC card



12 oz. Harris Teeter Organics
Salad Dressing

2/\$4

save at least 1.58 on 2 with your VIC card



16.9 oz. Monari
Federizoni
Organic
Balsamic
Vinegar

5⁹⁹

save at least 90¢ each with your VIC card



6.7 oz. Wanjashan Organic
Dumpling Sauce

2⁹⁹

save at least 50¢ each with your VIC card



19 oz. Simple Truth Organic
Barbecue Sauce

2/\$4

save at least 1.18 on 2 with your VIC card



24 oz. Simple Truth Organic
Bread & Butter Chips
or Kosher Spear Pickles

2/\$5

save at least 98¢ on 2 with your VIC card

We are excited to launch
a new program for you called

FREE FROM 101

This program is designed to make it easy to select healthier options
at shelf without having to read every ingredient label.

We have done the work for you by identifying items we carry that are free from:

**Preservatives • Additives • Antibiotics • Artificial colors • Artificial
flavors • BHA/ BHT • Artificial Sweeteners • Hydrogenated/Partially
Hydrogenated Oils • Nitrates/Nitrites • High Fructose Corn Syrup
• MSG • Trans Fatty Acids • Parabens • EDTA**

THESE ITEMS ARE IDENTIFIED WITH A NEW BLUE TAG

Explanatory bib tags can be found throughout the aisles directing you to
our website, harristeeter.com for more information.

Please visit harristeeter.com/free-from-101 to view the entire list of 101 ingredients.



25.3 oz.
Gerolsteiner
Mineral Water

179

save at least 20¢ each
with your VIC card



8 oz.
Lavazza Espresso

799

save at least 2.00 each
with your VIC card



32 oz.
Bragg's
Apple Cider Vinegar

599

save at least 40¢ each
with your VIC card



50 ct.
Taylors
Earl Grey Tea

699

save at least 1.00 each
with your VIC card

16.9 oz. Lucini Select
Balsamic Vinegar



599

save at least 1.00 each
with your VIC card

6.4 - 11.1 oz.
Peloponnese
Kalamata Olives



539

save at least 60¢ each
with your VIC card

12 oz. Al Dente
Egg Pasta



399

save at least 70¢ each
with your VIC card

8 oz.
Sierra Nevada
Mustard



399

save at least 1.00 each
with your VIC card

2 - 7 oz. Chef Paul
Magic Seasoning



399

save at least 1.00 each
with your VIC card

5 oz. Szeged
Sweet Paprika



399

save at least 70¢ each
with your VIC card

32 oz. Royal
Basmati Rice



539

save at least 60¢ each
with your VIC card

11 oz.
San Marcos
Peppers



169

save at least 20¢ each
with your VIC card

9 oz. Braswell's
Dressing Carafes



379

save at least 60¢ each
with your VIC card

0.35 oz. Annie Chun's
Seaweed Snacks



179

save at least 20¢ each
with your VIC card

5.2 oz. Matcha Love
Green Tea



159

save at least 20¢ each
with your VIC card

7.76 oz. EnerG
Tapioca
Hamburger Buns



599

save at least 1.00 each
with your VIC card