

PRICED LOW!

on organics
every day.

Turn for More
Information...

save
3.98
on 2



6 oz. Farmers Market
Organic Blueberries

2/\$6

organic

Farmers Market
Organic Nectarines or
Yellow Peaches

2.99
per lb.

save
1.00
per lb.

organic

14 oz. Farmers Market
Humm Kombucha

2/\$5

save
1.98
on 2



- Blueberry Mint
- Coconut Lime
- Mango Passion
- Pom Lemon
- Strawberry Lemon



organic

Farmers Market Organic
Romaine Lettuce

2/\$4

save 1.98 on 2 with your VIC card



organic

Farmers Market Organic
Black, Green or Red
Seedless Grapes

3.49
per lb.

save 1.50 per lb. with your VIC card



organic

1 lb. bag Harris Teeter Organics
Baby Carrots

2/\$3

save 38¢ on 2 with your VIC card



organic

Farmers Market Organic
Slicing Tomatoes

2.49
per lb.

save 1.50 per lb. with your VIC card

Prices in this ad good Wednesday, May 23 through Tuesday, June 19, 2018.



organic

Farmers Market
Organic Broccoli

2/\$6

save at least 1.98 on 2 with your VIC card



organic

Farmers Market
Organic Leeks

1⁹⁹
per lb.

save at least 1.00 per lb. with your VIC card



organic



3.5 oz. Harris Teeter Organics
Sliced Shitake Mushrooms

3⁹⁹
each

save at least 50¢ each with your VIC card



organic

2 lb. bag Simple Truth Organic
Granny Smith Apples

3⁴⁹
each

save at least 1.50 each with your VIC card



organic

Farmers Market
Organic Limes

5/\$3

save at least 1.95 on 5 with your VIC card



organic

12 oz. Simple Truth Organic
Salad Dressings

3⁴⁹
each

save at least 50¢ each with your VIC card



•Cranberry Orange Vinaigrette
•Apple Cider Vinaigrette
•Balsamic Citrus Vinaigrette
•Greek Yogurt Balsamic
•Greek Yogurt Ranch
•Greek Yogurt Lemon Poppyseed



organic

Stoneridge Orchards
Organic Cherries

4⁹⁹
each

save at least 1.00 each with your VIC card



organic

25.5 oz. Lucini Organic
Tuscan Marinara Sauce

8⁹⁹
each

save at least 1.00 each with your VIC card



CILANTRO LIME SALSA



INGREDIENTS

- 8 organic tomatoes – about 1 lb.
- 1 medium organic bell pepper
- 1 cup cilantro
- ¼ medium organic red onion
- Zest and juice from 1 lime
- 1/8 tsp Harris Teeter cayenne pepper
- 3 garlic cloves, minced
- 1 tsp Harris Teeter cumin
- Sea salt & pepper to taste
- Harris Teeter Organics tortilla chips

INSTRUCTIONS

1. Cut the tomatoes (remove the stems), onion, garlic and bell pepper into a few big chunks. Add to the food processor. Pulse a few times to start to break it down.
2. Add cumin, cayenne, lime juice and cilantro. Pulse on medium one minute.
3. Taste and season with salt and pepper.
4. Serve with Harris Teeter Organics tortilla chips.



organic

10 oz. Earthly Choice
Milled Organic Flax Seed

3⁹⁹
each

save at least 2.00 each with your VIC card



organic

12 oz. Earthly Choice
Organic Quinoa

5⁹⁹
each

save at least 1.00 each with your VIC card



organic

17 oz. Bionature
Organic Extra Virgin Olive Oil

14⁹⁹
each

save at least 2.00 each with your VIC card



organic

32 oz. R.W. Knudsen
Cranberry Pomegranate Juice

4⁴⁹
each

save at least 50¢ each with your VIC card



EASY HONEY GARLIC CHICKEN



INGREDIENTS

- 6 chicken thighs
- Salt and pepper, to season
- 2 tsp Harris Teeter garlic powder
- 6 cloves garlic, crushed
- 1/3 cup Harris Teeter Organics honey
- 1/4 cup water
- 2 tbs Mirin rice wine
- 1 tbs HT Traders soy sauce

INSTRUCTIONS

1. Season chicken with salt, pepper and garlic powder; set aside.
2. Heat a pan or skillet over medium high heat; sear chicken thighs on both sides until golden and cooked through.

FOR SAUCE


1. When chicken is done and cooked through, arrange chicken in the pan; add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes).
2. Garnish with parsley and serve over vegetables, rice, pasta or with a salad.



organic

Bragg Organic
Apple Cider Vinegar

5⁹⁹
each

save at least 40¢ each with your VIC card 



organic

0.17 oz. Gimme Organic
Seaweed Snacks

4/\$5


save at least 2.9¢ on 4 with your VIC card 



organic

59 oz. Harris Teeter Organics
Pulp Free Orange Juice

4⁴⁹
each


save at least 50¢ each with your VIC card 



organic

2.3 - 4 oz. Simple Truth
Organic Popcorn

2/\$5


save at least 98¢ on 2 with your VIC card 



organic

10 oz. Harris Teeter Organics
Frozen Fruit

2/\$6


save big on 2 with your VIC card 



organic

16 oz. Harris Teeter Organics
Tortilla Chips

2/\$5


save big on 2 with your VIC card 



organic

16 oz. Simple Truth
Organic Salsa

2/\$5


save at least 98¢ on 2 with your VIC card 



organic

16 oz. Harris Teeter Organics
Peanut Butter

3⁹⁹
each


save at least 50¢ each with your VIC card 



organic

11 oz. Harris Teeter Organics
Preserves

2/\$4


save big on 2 with your VIC card 



organic

12 oz. Harris Teeter Organics
Mustards

2/\$4


save big on 2 with your VIC card 



organic

Itoen Organic Teas

2/\$3

save at least 1.38 on 2 with your VIC card 



organic

Bob's Red Mill
Organic Coconut Flour

10⁹⁹
each

save at least 2.00 each 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.



16 oz.
Bellino Risoto Arborio

3⁹⁹

save at least 1.00 each
with your VIC card



16 oz. Krinos
Kalamata Olives

5⁹⁹

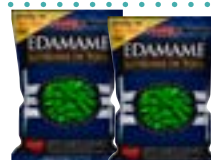
save at least 1.00 each
with your VIC card



23.1 oz. Seven Spoons
Chicken Biryani

8⁹⁹

save at least 1.00 each
with your VIC card



14 oz.
Seapoint Farms Edamame

2/\$6

save at least 1.18 on 2
with your VIC card



12 oz. Hero Gluten Free
Black Cherry Spread

**buy one
get one
free**

Item rings at half price
with your VIC card



6.5 oz.
Bar Harbor Chopped Clams

3⁹⁹

save at least 1.00 each
with your VIC card



8.4 oz. La Piana
Balsamic Vinegar

12⁹⁹

save at least 3.00 each
with your VIC card



10 oz. Cookies & Cream
Luna Pops

**buy one
get one
free**

Item rings at half price
with your VIC card



7.3 oz. Acetum Glaze
Balsamic Strawberry

6⁹⁹

save at least 3.00 each
with your VIC card



16.9 oz. Chosen Foods
Avocado Oil

12⁹⁹

save at least 0.00 each
with your VIC card



12 oz. Chosen Foods
Avocado Mayo

8⁹⁹

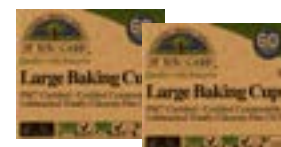
save at least 0.00 each
with your VIC card



If You Care
Parchment Paper

5³⁹

save at least 60¢ each
with your VIC card



60 ct. If You Care
Large Baking Cups

2/\$3

save at least 1.58 on 2
with your VIC card



125 grams Nature Sauvage
Sea Salt

10⁹⁹

save at least 2.00 each
with your VIC card



12.7 oz. Loriva
Extra Virgin Sesame Oil

9⁹⁹

save at least 1.00 each
with your VIC card

