

# PRICED LOW!

*on organics*  
every day.



organic

Farmers Market  
Organic  
Red Roma Tomatoes

**1.99**  
per lb.



organic

16 oz.  
GTS  
Organic Kombucha

**2/\$6**

- Cosmic Cranberry
- Trilogy
- Multi Greens
- Gingerade
- Strawberry
- Gingerberry
- Guava
- Mango



organic

Farmers Market  
Organic  
Hass Avocados

**2/\$4**



organic

Farmers Market  
Organic  
Bunch Broccoli

**2/\$6**



organic

12 oz.  
Simple Truth  
Organic Rainbow Carrots

**2/\$4**



organic

3 ct.  
Simple Truth  
Organic Romaine Hearts

**2.99**  
each



organic

5 lb. bag  
Farmers Market  
Organic Gala Apples

**4.99**  
each



Prices in this ad good Wednesday, February 26 through Tuesday, March 24, 2020.



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Red Cabbage

**1 49**  
per lb.



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Bartlett Pears

**1 99**  
per lb.

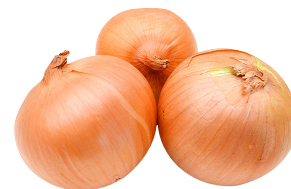


organic

every state  
**PRICED LOW!**  
so you can use the most every day

1 Pint  
Farmers Market  
Organic Grape Tomatoes

**2/\$5**



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Yellow Onions

**99¢**  
per lb.



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Leeks

**2 79**  
per lb.



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Yukon Gold Potatoes

**1 49**  
per lb.



organic

every state  
**PRICED LOW!**  
so you can use the most every day

6 oz.  
Farmers Market  
Organic Blueberries

**2 99**  
each



organic

every state  
**PRICED LOW!**  
so you can use the most every day

Farmers Market  
Organic  
Bananas

**69¢**  
per lb.



organic

TOGETHER IN EDUCATION

6 oz.

Harris Teeter Organics  
Shredded Cheese

**2/\$6**

save at least 98¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

10.6 - 12.7 oz.

Simple Truth Organic  
Pizza

**6 49**

save at least 98¢ each with your VIC card



organic

TOGETHER IN EDUCATION

14 oz.

Harris Teeter Organics  
Blue or White Tortilla Chips

**2 59**

save at least 70¢ each with your VIC card



organic

TOGETHER IN EDUCATION

16 oz.

Simple Truth Organic  
Salsa

**2/\$5**

save at least 98¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

16 ct.

Harris Teeter Organics  
Detox or Throat Soothing Tea

**2 79**

save at least 70¢ each with your VIC card



organic

TOGETHER IN EDUCATION

16 oz.

Simple Truth Organic  
Peanut Butter

**3 79**

save at least 70¢ each with your VIC card



organic

TOGETHER IN EDUCATION

64 oz.

Simple Truth Organic  
Apple Juice

**2/\$5**

save at least 98¢ on 2 with your VIC card



organic

TOGETHER IN EDUCATION

24 - 26 oz.

Simple Truth Organic  
Cleaners

**3 29**

save at least 70¢ each with your VIC card



BALSAMIC MUSHROOM GNOCCHI



INGREDIENTS:

- 2 tbsp. HT Traders Olive Oil
- 1 Shallot, thinly sliced
- 1 lb. Mixed Mushrooms, cleaned and sliced
- 1 tsp. Dried Thyme Leaves
- ½ tsp. Dried Sage
- 1 lb. Bella Terra Organic Gnocchi
- 3 tbsp. Colavita Organic Balsamic Vinegar
- 2 tbsp. Harris Teeter Organic Butter
- ¼ cup Fresh Basil Leaves, finely chopped
- ¼ cup Gaea Pitted Organic Kalamata Olives
- Red Pepper Flakes (optional)

DIRECTIONS:

1. Heat Olive Oil in a large skillet over medium heat. Add Shallots and cook until fragrant, about 2-3 minutes. Add Mushrooms and season with a large pinch of salt and pepper. Cook until browned and reduced, or about 10 - 15 minutes.
2. While mushrooms are cooking, bring a large pot of salted water to a boil. Add Gnocchi and cook according to package directions, until just al dente. Reserve ½ cup of pasta water before draining Gnocchi.
3. Reduce heat to medium. Add in Thyme and Sage, and cook until fragrant. Stir in Butter, Balsamic Vinegar and ¼ cup of reserved pasta water and allow sauce to thicken. Add in cooked Gnocchi, Basil and Olives and stir until combined. Season to taste with Salt, Pepper and Red Pepper Flakes, if desired.



32 oz.

Eden

Organic Sauerkraut

5<sup>69</sup>

save at least \$1.30 each with your VIC card



17 oz.

Colavita

Organic Balsamic Vinegar

6<sup>99</sup>

save at least \$1.00 each with your VIC card



10 oz.

Kikkoman

Organic Soy Sauce

3<sup>49</sup>

save at least 50¢ each with your VIC card



10 oz.

Woodstock Organic  
Tropical Fruit or Pineapple

2/\$<sup>7</sup>

save big on 2 with your VIC card



16 oz.

Once Again

Organic Peanut Butter

4<sup>99</sup>

save at least \$1.00 each with your VIC card



8 - 9.6 oz.

Ancient Harvest

Organic Supergrain Pasta

2/\$<sup>6</sup>

save big on 2 with your VIC card



17.6 oz.

Bella Terra

Organic Gnocchi

4<sup>49</sup>

save at least 50¢ each with your VIC card



5.6 oz.

Gaea

Organic Pitted Olives

5<sup>39</sup>

save at least 60¢ each with your VIC card



7.05 oz.

Seapoint Farms

Organic Edamame Spaghetti

2/\$<sup>6</sup>

save big on 2 with your VIC card



10 - 10.75 oz.

Ocean's Halo Organic

Ramen or Pho Noodle Bowl

4<sup>99</sup>

save at least \$1.00 each with your VIC card



16 oz.

Steaz

Organic Tea

3/\$<sup>5</sup>

save at least 97¢ on 3 with your VIC card



8 oz.

Miyoko's

Organic Vegan Butter

5<sup>99</sup>

save at least \$1.00 each with your VIC card

# Shopping Made Easier



The items you want now have new attribute icons displayed on the tag

**RESPONSIBLE**

The Harris Teeter Responsible attribute includes all products that contain a claim or certification deemed appropriate by Harris Teeter as qualifying for their Responsible attribute. This includes specific claims or certifications relating to Animal Welfare, Environmental Sustainability, Social Responsibility, Sustainable Forestry, Sustainable Packaging, Sustainable Resource Management, and Sustainable Seafood.

**FREE FROM**

Identifies 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, and more. Please visit [harristeeter.com/free-from-101](http://harristeeter.com/free-from-101) to view the entire list of ingredients.

**GOOD PROTEIN**

The High Protein Diet attribute includes any product which is a good source of protein. A product may qualify in one of the following ways: 1) The product has 10% daily value or more of protein per serve and per RACC, 5g or more of protein per serve and per RACC; 2) The product claims to be good source of protein or excellent source of protein; or 3) The product is one of the food items that are considered protein rich, for example, egg, milk, relatively lean meat and seafood.

**WHOLE GRAIN**

Includes any food or beverage product which qualifies in one of the following ways: 1)The product has a published Whole Grain stamp; 2) The product has a marketing claim about it containing Whole Grains; or 3) The product contains a whole grain ingredient.

**LOW SODIUM**

Low Sodium products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium. For products categorized as individual as defined by the FDA, they must also have no more than 140 mg sodium RACC and per serving. For products categorized as main or meal as defined by the FDA, they must also have no more than 140 mg sodium per 100 grams.

**PALEO**

A product will qualify if: 1) The product does not contain any added sugar, natural sweetener, artificial sweetener, non-caloric sweetener, grain, soybean, peanut, legume, or trans fat ingredients and does not have high sodium and is not in a category excluded from the Paleo diet, 2) The product is in a fruit or vegetable category and does not have high sodium, 3) The product has a claim or certification stating it is Paleo regardless of sodium content or category.

**KETO**

Includes any food or beverage product which is suitable for a Ketogenic Diet. A product may qualify in one of the following ways: 1) the product has a ketogenic claim or certification 2) The product is free from grain, added sugar, fruit, tubers, legumes, and sweetener (natural, artificial, and non-caloric) ingredients, 3) The calories from carbohydrates are 5% or less of the total calorie value per serving and there are 5g or less of total sugars per 100g; 4) The product claims to be low carb or carbohydrate free.

**SUGAR FREE**

Sugar Free products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium, and have less than 0.5 g sugar per serving. For products categorized as individual as defined by the FDA, they must also have less than 0.5 g sugar RACC.

**LACTOSE FREE**

Includes all products making a claim related to being free of lactose.

**PLANT BASED**

Includes any food or beverage product that is considered plant based, and does NOT contain or may contain any animal by-products or any animal ingredients.

**GLUTEN FREE**

Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free.

**HEART HEALTHY**

Includes all products that qualify for the American Heart Association Heart Healthy requirements or have the AHA certification.

**NO SALT ADDED**

Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.

**NO SUGAR ADDED**

Includes all products that have no added sugar ingredients and no added sugar in the Nutri Facts Panel or have a no added sugar claim.

**NON GMO**

Includes all products that make either a Non GMO claim or contains a Non GMO certification on it's label.



0.9 oz.

Simply Asia  
Butter Chicken Seasoning Mix

**FREE FROM**

2/\$3  
save big on 2 with your VIC card

**VIC**



10 oz.

Stahlbush Island Farms  
Super Sweet Corn

**PALEO**

2.99  
save at least 40¢ each with your VIC card

**VIC**



12 oz.

Amish Kitchens  
Wide Egg Noodles

**GOOD PROTEIN**

2.99  
save at least 70¢ each with your VIC card

**VIC**



14.5 oz.

Tabatchnick  
Chicken Broth with Noodles

**GOOD PROTEIN**

2/\$6  
save big on 2 with your VIC card

**VIC**



10 oz.

Mi-Del  
Ginger Snaps

**PLANT BASED**

3.99  
save at least 50¢ each with your VIC card

**VIC**



24 oz.

Kühne  
Red Cabbage with Apple

**PLANT BASED**

3.99  
save at least \$1.00 each with your VIC card

**VIC**



5.3 oz.

Walkers  
Shortbread Fingers

**FREE FROM**

3.99  
save at least 50¢ each with your VIC card

**VIC**



33.8 oz.

Looza  
Pear Nectar

**FREE FROM**

4.49  
save at least 50¢ each with your VIC card

**VIC**