**AUGUST NEWSLETTER**

**Student Care Packages**
Show your son or daughter how much you miss them by sending them a taste of home. Call us today and we’ll deliver to UMass, Amherst College, Hampshire College, Smith College and Mt. Holyoke College.

Order Online https://shop.atkinssfarms.com/care-packages/

**Beer & Wine News**
August is here and it's grilling season. Atkins has it all. Burgers, chicken, salmon and even meatless burgers (that are delicious too!). Local Hadley corn! Grab fixings for a salad. Assemble a cheese board and baguette. And to wash it all down... thought you’d never ask!! We offer a wide and delicious selection of Rosés at fantastic prices. These wines are refreshing on hot humid evenings, and lively with some backbone. Pair with just about anything. Plus a ton of reds and whites in almost all varieties. As for beer, we stock lots of delicious offerings from almost every Local brewery in the Valley. Plus an assortment of non-beer alternatives, including a huge selection of seltzers, ciders, hard teas, sours and gluten free. Cheers!

**No Process Sweet Pickles**
2 c. white vinegar
3 c. sugar
1 1/3 tsp. turmeric
1 1/3 tsp. celery seed
3 T. Kosher salt
1 1/3 tsp. mustard seed
3 quarts sliced pickling cucumbers
1 lg. sweet onion, sliced thin

Combine first six ingredients in a gallon jar. Shake well. Add sliced cucumbers and onion. Stir. Let stand overnight at room temperature. Refrigerate for 4 days, stirring well each day. On the fifth day they are ready to eat. Enjoy!
# August 2023

Atkins Farms...Where the apple...is just the beginning!

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<th>Sun</th>
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| **Birthstone:** Peridot  
**Flower:** Gladiolus | **It's Customer Appreciation Month!**  
We are thankful to all of our loyal customers. We appreciate your patronage! | **1**  
Celebrate romance month with a fresh floral bouquet from Atkins greenhouse! | **2**  
**National Ice Cream Sandwich Day** | **3**  
National IPA Day  
Can’t decide? Try a local sampler 4 pack! | **4**  
**National Chocolate Chip Cookie Day!**  
Celebrate with a cookie from our bakery! | **5**  
Enjoy the remaining days of summer with a picnic in honor of National Picnic Month! |
| **6**  
It’s National Friendship Day today.  
Bring a friend to Atkins today for a friend date! Meet for coffee or lunch in our café! | **7**  
Fresh Fruit Smoothies are refreshing on hot summer days. | **8**  
Harvest fruit and vegetables regularly to encourage further fruit production. | **9**  
**Senior Discount Day! 10% OFF Every Wednesday!**  
Some restrictions apply. | **10**  
**BUY LOCAL.** | **11**  
Look for weekly specials on Atkins website!  
www.atkinsfarms.com for more info! | **12**  
Try Atkins curbside pickup or delivery service! Visit www.atkinsfarms.com for more info! |
| **13**  
July and August on average are the driest months of the year. Make sure you water your garden plants and lawn. | **14**  
**It’s National Creamsicle Day!**  
Stop by the ice cream shop and try our Orange Creamsicle Shake! | **15**  
It’s Goat Cheese Month! We carry a variety of delicious goat cheeses. Including local goat cheese from Thomas Farm! | **16**  
Fire up the grill...it’s National Bratwurst Day! | **17**  
Need a gift? Atkins Gift Baskets can be tailored for anyone. | **18**  
Harvest vegetables daily. Don’t let them over ripen! | **19**  
Beer and Wine Tasting in THE LOFT today from 1pm-3pm |
| **20**  
it’s Bacon Lovers Day!  
Who doesn’t love Bacon?! Have you tried our Maple Bacon Donut?? | **21**  
Celebrate Panini Month with us! Ask the deli to turn your ordinary sandwich into a panini! | **22**  
Eat a peach day! | **23**  
**Senior Discount Day! 10% OFF Every Wednesday!**  
Some restrictions apply. | **24**  
**Early Apples Coming Soon!** | **25**  
National Banana Split Day! Treat yourself on a hot afternoon. | **26**  
Atkins has plenty of fresh fruits and veggies – great for after school snacks! |
| **27**  
Summer is coming to an end. Now is a good time to start canning or freezing local produce! | **28**  
Pick up a bouquet of fresh cut flowers or sunflowers! Bring them to a friend and share a smile! | **29**  
More Herbs, Less salt day! | **30**  
**BACK TO SCHOOL** | **31**  
Get ready for Labor Day weekend! Time to begin the transition to fall. | **August is National:**  
Inventor Month  
Back to School Month  
Catfish Month  
Customer Appreciation Month  
Admit You’re Happy Month  
National Golf Month  
National Picnic Month  
Peach Month  
Brownie Month  
Sandwich Month  
Romance Month  
Panini Month  
Goat Cheese Month |