



OPEN DAILY 7am - 7pm  
Bakery Drive-Thru 5am - 1pm

ATKINS FARMS  
COUNTRY MARKET  
1150 WEST STREET  
SOUTH AMHERST, MA 01002  
413-253-9528 \* INFO@ATKINSFARMS.COM  
WWW.ATKINSFARMS.COM

## NOVEMBER NEWSLETTER

### GROCERY SPOTLIGHT!!

Did you know we carry  
Centerville Pie Co.  
pot pies?



In 2009, longtime friends Laurie Bowen and Kristin Broadley decided to leave their careers behind as a deputy sheriff and a banker to open a pie shop. But not just any pie shop. The Pie Ladies, as they're now known, are handcrafting some of the best pies in the nation. At the top of their list of fans is none other than Oprah who discovered Centerville's pies while on the Cape several years back and helped to elevate their pies to celeb status with a feature on her show as one of her favorite things.

This month we are featuring their  
**THANKSGIVING DINNER PIES**

**It's Thanksgiving, in pie form!**

This perfect savory pie is filled with turkey, homemade gravy, and topped with cranberry studded stuffing.

*LOOK FOR THESE & OTHER POT PIES  
IN OUR GROCERY FREEZER*

### Thanksgiving Wine Pairings



What to serve with Thanksgiving dinner? We get asked that question quite often right around now. 'Tis the season!! So here are some easy and yummy options:

**For Reds:** Pinot noir is the most popular choice, but any lighter to medium bodied red, or blend, will work well.

**For Whites:** Chardonnay is the traditional pairing, but any semi-dry Riesling or blend will work great too.

**Other Fun Options:** Sparkling wine, like our Santome prosecco, is terrific with turkey and all of the traditional side dishes. Heck it's good with almost anything! Lastly, any **local cranberry wines**. Cheers & Gobble Gobble!!

## COAT DRIVE



Accepting most types of outerwear: Coats, jackets, scarves, hats and gloves

All gently worn donations should be clean and ready to be worn, without stains, holes or broken zippers

Last day for donations is Sunday 12/3/23. Coats are collected in partnership with OneWarmCoat.org and distributed locally to those in need.

Join us for our November  
**BEER & WINE TASTING**  
in THE LOFT

Saturday, November 18th  
from 1—3 pm



Your Groceries **Delivered** Right To Your Door  
Local Delivery and Curbside Pick-up Available

Order online through our platform  
powered by Mercato  
[mercato.com/shop/atkins-farms-country-market](https://mercato.com/shop/atkins-farms-country-market)

# NOTEWORTHY NUTRITION

**Beets** are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.



using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

**Parsnips** are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of fiber (3 grams) and contains more than 10 percent of the daily values of vitamin C and folate. Try them roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes! 🍴



**Sweet potatoes** are high in many important nutrients. They contain a good amount of fiber as well as vitamin A, vitamin C, manganese and several other vitamins and minerals. In addition to the nutrients above, sweet potato nutrition also contains riboflavin, phosphorus, vitamin E, vitamin K, calcium and iron. Roasted sweet potatoes make a great side dish or addition to breakfast. Roast them until soft inside and a little crispy outside. Serve them with eggs and/or avocado. Season with your favorite spice or hot sauce!

**Spaghetti squash** is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Toss with pesto or marinara sauce for a quick veggie side dish.

**Kale** is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of



## Turkey Carving Tips: Side Carving Method

1. Place the bird on its side, breast away from the carver. Remove the last two joints of the wing by lifting the tip up firmly and severing at the joint.
2. Slice the dark meat off the drumstick and thigh if desired, until the bone is exposed. Lift the drumstick and cut off at the thigh joint. Slice the meat from the drumstick.
3. Run the knife point completely around the thigh bone, loosening it. Pry one end up, grasp, and pull free. Slice the dark meat from the body of the bird. Make a deep vertical cut in the breast just in front of the wing joint to serve as a base for all breast meat slices.
4. Start from the center of the breast, cut toward you, making large, even slices. Turn the bird and repeat the process on the other side.



# COMPLETE INDIVIDUAL THANKSGIVING DINNERS

Includes a serving of all white meat turkey, gravy, apple-sausage stuffing, apple cranberry sauce, roasted baby potatoes, butternut squash, roll with butter, apple cider and a slice of Atkins Bakery apple or pumpkin pie for dessert.

\$29.99+ tax each

PLEASE PLACE ORDERS EARLY.

ORDERS ARE FIRST COME, FIRST SERVED.

Orders may be picked up after 12:00 noon on Wednesday, November 22nd or Thanksgiving morning before 11:00 am

**SIDE DISHES** sold by the pound to save you time.

-BUTTERNUT SQUASH  
-APPLE SAUSAGE STUFFING  
-TRADITIONAL STUFFING  
-APPLE CRANBERRY SAUCE



-ROASTED BABY POTATOES  
-MASHED POTATOES  
-GREEN BEANS ALMONDINE  
-SEASONED HOMEMADE GRAVY

**BUY  
LOCAL.**

Place your orders early for FRESH FLORAL CENTERPIECES for your Thanksgiving table. Flowers are great host/hostess gifts. Local delivery is available.

Call Atkins Flower Shop (413) 256-8188

## FRESH TURKEYS



Wendell, MA  
\*Limited Quantities  
Available



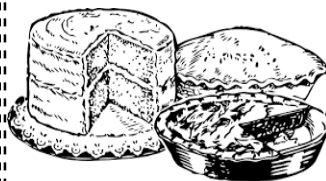
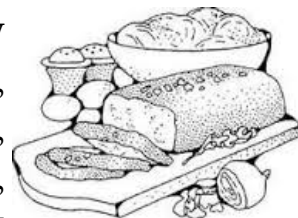
Cooked Turkeys also available for pickup  
Thanksgiving morning.

PLEASE PLACE ORDERS EARLY.  
ORDERS ARE FIRST COME, FIRST SERVED.

Call Atkins (413) 253-9528 and  
place your order starting Nov. 1st!

## BAKED GOODS

Atkins bakery has holiday cakes, cupcakes, cookies, hearty breads, knot rolls, traditional dinner rolls, fruit pies, donuts and fruit breads made fresh daily!



**ORDER DEADLINE:**  
Monday 11/13

Bakery shelves will  
be fully stocked!

ONLY orders of 10 or more  
pies will be accepted.