ST. PATRICK’S TRADITION

How to cook the perfect CORNED BEEF

Simmered Corned Beef

For fork-tender results, never actually boil corned beef. Here is the classic method still preferred by most professional chefs. Put corned beef in cold water to cover, bring to the simmering point gradually, then hold at “just simmering” till done (5 lb size simmers tender in 2-3 hours). Ready to eat hot. But, if you’re serving it later, let the corned beef cool in its own liquid right in the pot before draining and refrigerating. Also, save the corned beef broth, as it makes a great base for heavy soups such as pea, bean or lentil. Always slice corned beef against the grain, diagonally and thin.

Oven Roasted Corned Beef

Simmer corned beef brisket as per package directions within about 30 minutes of being done. Drain, place in shallow baking pan. Score brisket and stud with cloves. For 8-10 lb brisket, melt 2 tablespoons butter or margarine in saucepan. Stir in 1 teaspoon English mustard, 1/2 c brown sugar and 4 tablespoons ketchup. Spread over corned beef. Bake at 350 F for about 30 minutes, basting occasionally, till browned.

Corned Beef & Cabbage

5 lb. corned beef brisket, cover with water. When water boils, reduce to slow boil and skin well. Let boil briskly for 5 minutes, skin again. Add 1/2 c. brown sugar and simmer for 4 hours or more. Let cool in liquid. Start a pot of salted water containing 1/4 tbsp. baking powder and small chunks smoked pork or ham bone. Cut cabbage in quarters. Cook uncovered from no more than 15 minutes. Use your preferred condiments, lots of butter, mild mustard, potatoes boiled in skins brushed with vegetable oil and dried in the oven. Enjoy!

It’s Maple Season!

Atkins carries a large variety of maple syrups and maple products from the local area and across New England.

We also carry maple sugar, pure maple sugar candies, creams and butters.

Maple Syrup Grades:

Golden Color - Delicate Taste. This light syrup has the mildest maple flavor and is usually made early in the season.
Amber Color - Rich Taste. Still light in color, this syrup has a more full-bodied maple flavor.
Dark - Robust Taste. This syrup is for those who prefer a substantially stronger maple flavor.
Very Dark - Strong Taste. This bold flavored syrup is ideal for cooking and baking and is made late in the season.

Lenten Menu Helpers from Atkins Deli

Macaroni & Cheese Vegetable Egg Rolls
Spinach Lasagna Tuna Salad
Pasta Primavera Seafood Salad
Quiche Corn Chowder
Egg Salad Clam Chowder

DEEP DISH PIZZA (Fri. - Sun. 11am - 7pm)

Cheese Margherita
Veggie Lovers White Pizza
Roasted Onion & Garlic

To be sure of availability, please call ahead.

FRESH SEAFOOD

Visit Atkins Meat Department for a variety of fresh, healthy seafood.

Cod
Salmon
Shrimp
Swordfish
Haddock
Scallops

Easter is Sunday, March 31st

Atkins Flower Shop

Easter Lilies, Hyacinths, Tulips, and Orchids, all blooming and colorful, also fresh table centerpieces and mixed bouquets and adorable vases filled with fragrant spring flowers.
March 2024
Atkins Farms Country Market...
Often imitated, never duplicated!

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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<th>Sat</th>
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<tr>
<td>If you sit a lot, stand up every hour, put your hands on your hips, bend backward as far as it feels comfortable, and hold for 3 seconds. Repeat 5 times. This helps extend the spine and relieve stiffness.</td>
<td>Atkins Bakery drive thru is open daily 5am-1pm</td>
<td>Follow us on Instagram @atkinsfarmsmarket and Facebook!</td>
<td>Peanut Butter Lover's Day! Have you tried Atkins fresh ground PB?</td>
<td>Atkins seafood department has fresh fish for lent!</td>
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<td>3  Pistachio Walnut Loaf is back in the bakery for the month of March! 4  Celebrate Nutrition Month with fresh fruits and vegetables! 5  Atkins offers a 10% military discount during in store shopping. Show your military ID! 6  Senior Special every Wednesday 10% OFF in-store *Some restrictions apply.</td>
<td>7  It's Women's History Month! Take a moment to honor the many women who have impacted our world. 8  International Women's Day 9  Looking for something to do with the kids? Pre order or pick up in store (while supplies last) one of our Shamrock Cookie Kits!</td>
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<td>10  Daylight Savings Time Begins! 11  FIRST RUN MAPLE SYRUP coming soon! 12  Plant a flower Day 13  Irish Soda Bread fresh baked in our bakery 14  Pi Day Celebrate with a fresh baked Pie from our bakery 15  Atkins has Corned Beef and Cabbage for St. Patrick's</td>
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<td>16  Sweet Babu's Granola Sampling 11am - 1pm 17  St. Patrick's Day 18  Are you an Atkins Loyalty member? Join us today! Sign up online at atkinsfarms.com 19  First Day of SPRING! 20  Senior Special every Wednesday 10% OFF in-store *Some restrictions apply. 21  Is there something you'd like to see in store? Send feedback and comments to <a href="mailto:info@atkinsfarms.com">info@atkinsfarms.com</a></td>
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<td>22  Bring spring inside with a bouquet of fresh flowers from Atkins floral shop! 23  Ordering an Atkins Pizza for dinner sounds good right about now! 24  Getting ready for the work week? Make it easy with our grab n' go meals 25  We have ham, cakes, bread, platters flowers, candy and more for your Easter gathering. 26  National Spinach Day Rich in iron, vitamin C &amp; E and supports immune function. 27  Stay active-Aim for 10,000 steps per day for overall health 28  Tomorrow is National Mom &amp; Pop business owners day! Show your support for your local community.</td>
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<td>29  GOOD FRIDAY Pick up fresh fish in our Seafood Dept. 30  Shop at Atkins for those last minute Easter basket goodies. 31  Happy EASTER! ATKINS is CLOSED today 32  March Flower of the Month: Daffodil 33  March Birthstone: Aquamarine 34  March is national: Peanut Month Celery Month Frozen Food Month Nutrition Month Red Cross Month Women's History Month</td>
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