



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

1150 West Street
South Amherst, MA 01002
413-253-9528
info@atkinsfarms.com
www.atkinsfarms.com

MARCH NEWSLETTER

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 cup 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 skim well. Let boil briskly for 5 minutes, skim 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 tsp. baking powder and small chunk 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
Spinach Lasagna
Pasta Primavera
Quiche
Egg Salad

Vegetable Egg Rolls
Tuna Salad
Seafood Salad
Corn Chowder
Clam Chowder

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

Cheese
Veggie Lovers
Roasted Onion & Garlic

Margherita
White Pizza

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!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>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.</i></p>			<p>Atkins Bakery drive thru is open daily 5am-1pm</p>	<p>Follow us on Instagram @atkinsfarmsmarket and Facebook!</p> 	<p>1 Peanut Butter Lover's Day! Have you tried Atkins fresh ground PB?</p>	<p>2 Atkins seafood department has fresh fish for lent!</p>
<p>3 Pistachio Walnut Loaf is back in the bakery for the month of March!</p>	<p>4 Celebrate Nutrition Month with fresh fruits and vegetables!</p>	<p>5 Atkins offers a 10% military discount during in store shopping. Show your military ID!</p>	<p>6 Senior Special every Wednesday 10% OFF in-store *Some restrictions apply.</p>	<p>7 It's Women's History Month! Take a moment to honor the many women who have impacted our world.</p>	<p>8 International Women's Day</p>	<p>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!</p>
<p>10 Daylight Savings Time Begins!</p>	<p>11  FIRST RUN MAPLE SYRUP coming soon!</p>	<p>12 Plant a flower Day </p>	<p>13 Irish Soda Bread fresh baked in our bakery</p>	<p>14 Pi Day π Celebrate with a fresh baked Pie from our bakery</p>	<p>15 Atkins has Corned Beef and Cabbage for St. Patrick's</p>	<p>16 Sweet Babu's Granola Sampling 11am - 1pm</p> <p>Beer & Wine Tasting in The Loft 1-3pm</p>
<p>17 St. Patrick's Day </p>	<p>18 Are you an Atkins Loyalty member? Join us today! Sign up online at atkinsfarms.com</p>	<p>19 First Day of SPRING! </p>	<p>20 Senior Special every Wednesday 10% OFF in-store *Some restrictions apply.</p>	<p>21 Is there something you'd like to see in store? Send feedback and comments to info@atkinsfarms.com</p>	<p>22 Bring spring inside with a bouquet of fresh flowers from Atkins floral shop!</p>	<p>23 Ordering an Atkins Pizza for dinner sounds good right about now!</p>
<p>24 Getting ready for the work week? Make it easy with our grab n' go meals</p>	<p>25 We have ham, cakes, bread, platters flowers, candy and more for your Easter gathering.</p>	<p>26 National Spinach Day Rich in iron, vitamin C&E and supports immune function.</p>	<p>27 Stay active- Aim for 10,000 steps per day for overall health</p>	<p>28 Tomorrow is National Mom & Pop business owners day! Show your support for your local community.</p>	<p>29 GOOD FRIDAY Pick up fresh fish in our Seafood Dept.</p>	<p>30 Shop at Atkins for those last minute Easter basket goodies.</p>
<p>31 Happy EASTER! ATKINS is CLOSED today </p>	<p>March Flower of the Month: Daffodil</p>	<p>March Birthstone: Aquamarine</p>	<p>March is national: Peanut Month Celery Month Frozen Food Month</p>	<p>Nutrition Month Red Cross Month Women's History Month</p>	<p>Pisces  20 Feb - 20 Mar</p>	<p>Aries  21 Mar- 19 Apr</p>