A fiddlehead is not a species of fern but a growth stage of any fern. When the tightly coiled new frond pokes up through the soil but has not yet begun to uncurl, it is called a fiddlehead. While Vermont and Maine are prime fiddlehead terrain in the United States, the bright, springy ferns emerge along rivers and streams as far south as Virginia and as far north as Newfoundland, and extend west over almost half the country. In each locale the shoots sprout for about two weeks, then unfurl to inedible plumes. In parts of the South, fiddleheads may appear in early April; as the sun gets warmer, the season shifts northward, with the final Canadian fern crops appearing as late as July.

Picked small, then cooked soon thereafter, fiddlehead ferns have a flavor that embraces asparagus, artichokes, and green beans plus a hint of mushrooms. They are delicious alone with butter or oil, salt & pepper or in a dish. They also make a beautiful garnish.

Fiddleheads are high in antioxidant Vitamin A and Carotenes. They are also rich in Vitamin C. They are a good source of minerals and electrolytes, especially potassium, iron, manganese, and copper.

Fiddleheads should start arriving here at Atkins in mid to late April. Asparagus and Spinach are usually not far behind arriving sometime in the middle of May.

NOTES:
- Now hiring!
- Orchards run ice cream shop is opening for the season on Friday, April 12th.
- Tastings in the loft.
- Parking & entrance in upper lot near solar panels.
- Exclusive pricing on wine, beer, and cider.
- Dates and times subject to change.
- Follow Atkins Farms on Facebook & Instagram for updates.
## APRIL 2024

### Atkins Farms Country Market...
**Often imitated, never duplicated!**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atkins Ice Cream Shop opens for the season on Friday, April 12th</td>
<td><strong>APRIL FOOLS DAY</strong></td>
<td>1</td>
<td>It's National Peanut Butter &amp; Jelly Day Have you tried our fresh ground peanut butter?</td>
<td><strong>Wednesday is Senior Discount Day</strong> 10% OFF your purchase. Excludes every day lows &amp; sale items.</td>
<td>Atkins Farms offers a military discount every day! Show us your ID and receive 10% off your order. Some restrictions may apply.</td>
<td>It’s Celery Month Celery is a great low calorie snack. Pair it with cream cheese or peanut butter!</td>
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<tr>
<td>7</td>
<td><strong>Celebrate Beer Day</strong> with an icy cold local brew. We carry over 250 beers from around MA!</td>
<td><strong>Keep America Beautiful Month</strong></td>
<td>Pansies and Johnny Jump Ups arriving!</td>
<td><strong>Find a rainbow day!</strong> Visit Atkins produce department for a rainbow of colors</td>
<td><strong>National Pet Day</strong> <strong>This should be every day</strong></td>
<td>National Licorice Day! We have so many kinds of Licorice to choose from in our Candy Shop.</td>
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<td>14</td>
<td>National Pecan Day Benefits: controlled blood sugar, heart health and brain function</td>
<td><strong>Today is the Day of the Mushroom</strong></td>
<td><strong>LOCAL produce arriving soon!</strong></td>
<td><strong>Sign up for Atkins loyalty program. You could be on your way to your next big reward!</strong></td>
<td><strong>Garlic Day</strong> Who doesn’t love garlic?</td>
<td><strong>It’s National National Peanut Butter &amp; Jelly Day</strong> Have you tried our fresh ground peanut butter?</td>
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<td>21</td>
<td>National Tea Day Enjoy a cup of tea with a cookie in our cafe</td>
<td><strong>Passover begins at sunset</strong></td>
<td><strong>It’s National Picnic Day!</strong> Stop by the deli for sandwiches and sit at one of our picnic tables with a friend.</td>
<td><strong>Happy Administrative Professionals Day</strong></td>
<td>World Penguin Day</td>
<td><strong>April Flower of the Month</strong> Sweet Pea</td>
</tr>
<tr>
<td>28</td>
<td><strong>April Showers May Flowers</strong></td>
<td>National Shrimp Scampi Day Pick up fresh shrimp at Atkins for dinner tonight</td>
<td><strong>National Raisin Day!</strong> They Aid in digestion, boost iron levels, and keeps bones strong.</td>
<td><strong>ARIES 3/21 - 4/19</strong></td>
<td><strong>TAURUS 4/20- 5/20</strong></td>
<td>April Birthstone Diamond</td>
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<td><strong>REMINDER:</strong> Mother’s Day is Sunday, May 12th!</td>
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**Atkins Ice Cream Shop...**

- **April Flower of the Month:** Sweet Pea
- **April Birthstone:** Diamond