



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

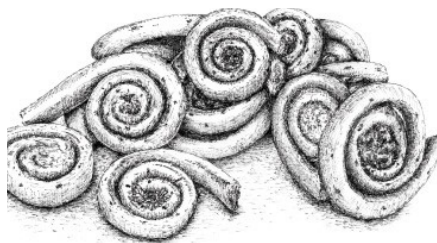
**OPEN DAILY 7am - 7pm**  
*Bakery Drive-Thru 5am - 1pm*

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**APRIL NEWSLETTER**

**Noteworthy Nutrition  
 FIDDLEHEADS**

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. 🌱

**NOW HIRING!**  
**FULL & PART TIME JOB**  
**OPPORTUNITIES AVAILABLE**  
 Visit [atkinsfarms.com](http://atkinsfarms.com) for more information and to apply.

**ORCHARD RUN  
 ICE CREAM SHOP  
 IS OPENING FOR  
 THE SEASON ON  
 FRIDAY,  
 APRIL 12th**

**Open Daily  
 11AM — 8PM**



**TASTINGS**

in THE LOFT

Wine 🍷 Local Beer or Cider

Third Saturday of the Month  
**April 20th**  
 1-3pm



May 18	September 21
June 15	October 19
July 20	November 16
August 17	December 21

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!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Atkins Ice Cream Shop opens for the season on Friday, April 12th</p> 	<p>1 <b>APRIL FOOLS DAY</b></p> 	<p>2 It's National Peanut Butter &amp; Jelly Day Have you tried our fresh ground peanut butter?</p>	<p>3 <b>Wednesday is Senior Discount Day</b> 10% OFF your purchase. Excludes every day lows &amp; sale items.</p>	<p>4 Atkins Farms offers a military discount every day! Show us your ID and receive 10% off your order. Some restrictions may apply.</p>	<p>5 It's Celery Month Celery is a great low calorie snack. Pair it with cream cheese or peanut butter!</p>	<p>6 Stress affects your body in many ways. Take time this month to listen to what your body is telling you about your health.</p>
<p>7 Celebrate Beer Day with an icy cold local brew. We carry over 250 beers from around MA!</p>	<p>8 <b>Keep America Beautiful Month</b></p> 	<p>9  Pansies and Johnny Jump Ups arriving!</p>	<p>10 <b>Find a rainbow day!</b> Visit Atkins produce department for a rainbow of colors</p>	<p>11 <b>National Pet Day</b> <i>This should be every day</i></p>	<p>12 <b>National Licorice Day!</b> We have so many kinds of Licorice to choose from in our Candy Shop.</p>	<p>13 Orchard Run Ice Cream Shop is now open for the season! <b>Open Daily 11am—8pm</b></p>
<p>14 <b>National Pecan Day</b> Benefits: controlled blood sugar, heart health and brain function</p>	<p>15 <b>tax day!</b></p> 	<p>16 <i>Today is the Day of the Mushroom</i></p> 	<p>17 <b>LOCAL produce arriving soon!</b></p>	<p>18 Sign up for Atkins loyalty program. You could be on your way to your next big reward!</p>	<p>19 <b>Garlic Day</b> Who doesn't love garlic?</p> 	<p>20 Outdoor plants will be arriving soon! Celebrate Garden Month with some starter plants.</p>
<p>21 <b>National Tea Day</b> Enjoy a cup of tea with a cookie in our cafe</p> 	<p>22 <b>Passover begins at sunset</b></p> <p>Earth Day! </p>	<p>23 <b>It's National Picnic Day!</b> Stop by the deli for sandwiches and sit at one of our picnic tables with a friend.</p>	<p>24 <b>Happy Administrative Professionals Day</b></p> 	<p>25 World Penguin Day</p> 	<p>26  <i>Arbor Day</i></p>	<p>27 <i>Graduations are fast approaching!</i> <i>Time to start thinking party supplies.</i></p>
<p>28 </p>	<p>29 <b>National Shrimp Scampi Day</b> Pick up fresh shrimp at Atkins for dinner tonight</p>	<p>30 <b>National Raisin Day!</b> They Aid in digestion, boost iron levels, and keeps bones strong.</p>	<p> ARIES 3/21 - 4/19</p>	<p> TAURUS 4/20- -5/20</p>	<p>April Flower of the Month <b>Sweet Pea</b></p>	<p>April Birthstone <i>Diamond</i></p>
<p><b>REMINDER:</b> Mother's Day is Sunday, May 12th!</p>	<p></p>					