



OPEN DAILY 7AM - 7PM  
BAKERY DRIVE-THRU 5AM - 1PM

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## OCTOBER NEWSLETTER

**GET YOUR SCOOPS  
WHILE YOU CAN!**

**ICE CREAM SHOP HOURS**  
beginning on Monday, Sept. 30th  
**OPEN Monday - Friday 3-7pm\***  
**Weekends 11am-7pm**

\*Weather permitting, we will remain open weekdays until Tues., October 15<sup>th</sup> when we will drop down to weekend hours only until closing day, Sun., Oct. 27<sup>th</sup>



Atkins will donate  
proceeds of every purchase of  
**PINK FUNFETTI CUPCAKES**  
**and PINK CARAMEL &  
FUDGE APPLES**

to  
**Cancer House of Hope**  
in West Springfield

Cancer House of Hope provides care and comfort to men and women in treatment, survivors, and family members.

*Every dollar makes a difference in the fight against breast cancer.*

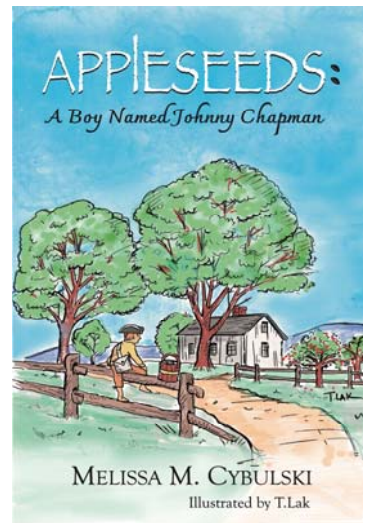
**WE DELIVER!!**

Send a taste of Atkins to a friend or loved one.

Visit us online at  
**shop.atkinsfarms.com**  
and we'll deliver locally and we can ship select items anywhere in the US!

**APPLESEEDS:**  
*A Boy Named Johnny Chapman*  
**Book Signing**  
Saturday, Oct. 19th  
11am - 1pm

Stop by and meet Melissa M. Cybulski, local historian and author. She is signing her new book, *Appleseeds: A Boy Named Johnny Chapman* which looks at the real history of the real Johnny Appleseed's childhood in Western Massachusetts.



Sweet treats inspired by the book will be available for sampling and purchase as well!

**BEER & WINE TASTING**

Saturday, October 19th














from 1-3pm  
in The Loft



# October 2024



Follow us on Facebook  
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 and Instagram  
 @atkinsfarmsmarket 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 LIBRA 9/23—10/22	 SCORPIO 10/23—11/21	1 <b>World Vegetarian Day</b> Atkins has lots of goodies to help you celebrate! 	2  Begins at Sunset	3 Apple Cider Season is in full swing! Stop in today for some sweet, tasty fresh pressed cider!	4 There's nothing quite like a fresh picked apple. Enjoy them while they are fresh!	5 <b>Fogbuster Coffee Demo</b> 11am—2pm
6 <b>INSTAGRAM</b> founded on this day in 2010 	7 <b>National Chocolate Covered Pretzel Day</b> Dark or Milk Whatever you're looking for you can find it here!	8 <i>Order your holiday baskets early! Supplies may be limited. Orders are first come, first served!</i> <b>Your business is greatly appreciated!</b>	9 <b>Senior Discount Day! 10% OFF</b> Every Wednesday! Some restrictions apply.	10 It's almost heating season. Check your smoke and carbon monoxide detectors now.	11 In honor of Fair Trade Month shop our Fair Trade products like chocolate, coffee and more...	12 <b>It's Pizza Month</b> Celebrate by calling to order Atkins Homemade artisan thin crust Pizza. Check out the pizza's in our freezer section too!
13 We carry lots of different pumpkin beers, ciders and wine!	14 <b>COLUMBUS DAY</b> INDIGENOUS PEOPLES' DAY <b>ATKINS is open 7am—7pm today</b>	15 <b>Cheese Curd Day!</b> Enjoy these mild flavored cheddar bites as a snack or atop your favorite pasta, salad or even fried!	16 <b>It's Pumpkin Time!!</b> Get your fall fix with pumpkin sweets and treats in our bakery and candies and chocolates from our candy department!	17 <b>National Pasta Day</b> <i>Pick up some pasta and red, vodka, or butternut squash sauce for an easy dinner. Oh...don't forget the bread!</i>	18 <b>Birthstone:</b> Opal <b>Flower:</b> Calendula 	19 <b>Appleseed Book Signing</b> 11am—1pm Beer and Wine Tasting in <b>THE LOFT</b> 1pm-3pm
20 Atkins Caramel Apples are a great party favor! 	21 <b>Thanksgiving will be here soon!</b> We will begin taking orders for fresh turkeys, Thanksgiving Dinners & Sides on November 1st.	22 <b>National Nut Day</b>  Add some nuts to your diet in yogurt, salad, or as a snack for some protein and healthy fats.	23 <b>FUN FACT:</b> Pizza is a favorite food in America. 350 slices are eaten every second! 	24 <b>HALLOWEEN IS NEXT WEEK!</b> We've got lots of candy for all your little goblins!	25 Have your groceries delivered! Visit <a href="http://atkinsfarms.com">atkinsfarms.com</a>	26 <b>NATIONAL PUMPKIN DAY</b> Still plenty of time to carve or paint a pumpkin!
27 <b>Orchard Run Ice Cream Shop</b> <b>CLOSING FOR THE SEASON TODAY</b> Open 11am-7pm	28 <b>National Chocolate Day</b> Our Bakery & Candy Departments are filled with all of your favorites. Including Atkins Homemade Fudge! 	29 <b>National Oatmeal Day</b> Eat your oats warm or make overnight oats using water, almond milk, maple syrup and fruit!	30 <b>National Candy Corn Day</b> We always have plenty of this fall staple! 	31  <b>Happy Halloween</b>	October is: Cookie Month  Popcorn Month Diabetes Month Pizza Month Vegetarian Month Adopt A Shelter Dog Month	Fair Trade Month Seafood Month Pretzel Month Caramel Month Breast Cancer Awareness Month 