



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

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SEPTEMBER NEWSLETTER

Fall Season at ATKINS FARMS



There is something about fall and New England, they go together like cider donuts and hot apple cider at Atkins Farms. Many families have their leaf peeping traditions that include Atkins on their stop. Picking out that perfect pumpkin and taking that bunch of corn stalks home to decorate gets the fall festivities started. Gathering to sit in our café to have a coffee, tea, or cider and a fresh baked breakfast treat, a sandwich made from our Deli, or a slice of Pizza with a drink from our big drink case selection, we are sure to have something to keep you going. After fueling up, don't forget to shop our aisles of specialty foods. Browse our Meat, Seafood & Deli departments and grab something for dinner. Take a stroll through our Beer & Wine section and see our many offerings. Get a bag of fresh picked apples, a gallon of fresh squeezed apple cider, a dozen or more of our famous cider donuts, and don't forget our delicious homemade fudge! We here at Atkins take pride in welcoming any of our customers' shopping traditions, and it's here where we strive to always leave you with a lasting impression of a caring unique way of how shopping should be.



Tastings in the Loft

Join us on
Saturday, September 21st
from 1-3pm



Enjoy delicious beer & wine samples

Have some extra apples hanging around? Try using them up in these easy recipes...



Quick & Easy Apple Crisp

1 1/2 Cups Quick Rolled Oats 1/2 tsp. Kosher Salt
6 Cups of Sliced Apples 1/4 + 1/3 Cups packed Brown Sugar
1/2 tsp. Ground Cinnamon 1 stick of softened Butter

Preheat oven to 375 degrees. Butter or spray an 8x8 baking dish. Toss the apples with 1/4 tsp of salt, 1/4 tsp of cinnamon, 1/4 cup of brown sugar, 1/4 cup of the oats, and 2 tbsp of cubed butter. Transfer to the baking dish. In another bowl, combine the rest of the ingredients. Mix together until coarse crumbs. Place evenly on top of apples. Bake until brown and crispy, about 45 minutes. Top with ice cream!

Homemade Applesauce

6 Large apples, 3 Lbs. 3/4 Cups of Water
1/4 tsp. Ground Cinnamon 2 tsp. Lemon Juice



Peel, remove core, and chop the apples into small chunks. In a medium pot, combine apples, water and cinnamon. Cover with a lid and bring to a simmer. Continue to simmer and stir occasionally until apples are tender, about 15-20 minutes. Remove from heat. Smash with a potato masher for a chunky texture, or allow to cool and place in a blender for a smoother texture. Stir in the lemon juice. Serve warm or chilled.

Atkins Pizza Shop

NOW OPEN DAILY 11am - 7pm

Homemade artisan thin crust pizza














Call ahead to order 413-253-9528



*All of our pizzas
feature the freshest
high quality ingredients,
including Chef Roger's
homemade sauce.*

September 2024 *Atkins Farms... ...often imitated, never duplicated!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 	2 Labor Day! Atkins is open 7am—7pm	3 MASS NATIVE produce arriving daily! Stock up for winter - eat local all year! Ask us how to preserve and store produce over winter.	4 Start the school year off right with healthy foods, fruits and veggies from Atkins Farm	5  Cheese Pizza Day Call ahead, and Atkins will have your pizza ready for you!	6 READ A BOOK DAY!	7 Mass Native Apples now	
8 	9 Today is National I LOVE FOOD Day! We are pretty passionate about the foods we eat and the products we carry.	10 Nothing quite like an apple  fresh picked from the tree. Enjoy them this season!!	11  911 Remembrance <i>Never Forget!</i>	12 It's National Chocolate Milkshake Day Treat yourself at our ice cream shop today!	13 National Peanut Day Roasted, Unsalted Salted, In the shell Honey Roasted & Peanut Butter! We have them all...	14 National Cream Filled Donut Day! Celebrate with an award winning Atkins Bakery Donut!	
15 The days of summer are coming to an end. Enjoy our Orchard Run Ice Cream Shop before it closes for the season at the end of October!	16 FUN FACT: In the United States, Tomatoes are consumed more than any other fruit or vegetable!	17 We have Pumpkins, Gourds, Mums Indian Corn, & more to get your house festive for fall!	18 Every Wednesday Senior Discount 10% OFF Excludes everyday lows & sale items.	19 FUN FACT: Bananas are the oldest fruit and about 100 billion are eaten each year! 	20 Shop Local. Eat local. Be local!	21 Beer & Wine Tasting in THE LOFT today from 1pm-3pm	
22 Today is the Autumnal Equinox! 	23 <i>Get out your flannel and get your pumpkin latte on! It's officially FALL! #fallatatkinsfarms</i>	24 SAFETY TIP: Test smoke alarms & fire extinguishers now before the heating season begins.	25 National Quesadilla Day Have Atkins Deli make you one today! 	26 	27 Check out the scary gifts we carry for Halloween decorating. Ghosts, Goblins, Scarecrows & Witches!	28 It's National Drink Beer Day! Check out our Beer Section. You're sure to find one to celebrate! 	
29 Happy Coffee Day!  Stop in at Atkins and grab a cup of	30 Birthstone: Flower: 	September is National: Food Safety Education Month Self Improvement Month Mushroom Month Better Breakfast Month Whole Grains Month		Better Breakfast Month Organic Harvest Month Chicken Month Rice Month Cholesterol Education Month		VIRGO 8/23—9/22 	LIBRA 9/23—10/22 