



at the Corner of Rte. 116 & Bay Rd.  
 1150 West St., South Amherst, MA  
 (413) 253-9528 www.atkinsfarms.com  
 OPEN DAILY 7AM - 7PM  
 Bakery Drive-Thru: Open Daily 5am - 1pm  
 Pizza Shop: Open Daily 11am - 7pm

## FEBRUARY NEWSLETTER

### VALENTINE'S DAY Friday, Feb. 14th

Candy Platters & Boxes, Cookie Trays,  
 Heart Shaped Cakes & Cookies,  
 Fresh Chocolate Covered Strawberries,  
 Wine & Chocolate Baskets!  
 Flower arrangements and bouquets too!

### WE DELIVER TO UMASS & the 5-College Area!

Visit our website: [www.atkinsfarms.com](http://www.atkinsfarms.com)  
 Prices are for local deliveries only.  
 Price does not include any applicable  
 tax or delivery fee.

### IT'S PACZKI TIME!!

Paczki will be available  
 beginning on Tuesday,  
 February 4th

People all across the world  
 will celebrate "Paczki Day"  
 pronounced "poonch-key".



Paczki Day in America is on Fat Tuesday (March 4th). Fat Tuesday is the day before the start of Lent in the Catholic religion, Ash Wednesday. Fat Tuesday is also the same day as Mardi Gras. In Poland, Paczki Day is more commonly celebrated on Fat Thursday, otherwise known as Tlusty Czwartek. Fat Thursday is the Thursday before Ash Wednesday. **Paczki** is not just another jelly donut. It's a premium sweet treat that is super rich, filled with jelly and yeast raised. So whether you're looking to indulge before Lent or just wish you could participate in the Mardi Gras fun—stop by Atkins Bakery or visit the drive thru! You don't have to be Polish to polish off a **Paczki**! Don't miss the **Paczki** phenomenon — it only happens once a year!



### Valentine's Day Flowers



Place orders early for guaranteed  
 pickup or delivery!

Visit our website to order:  
[shop.atkinsfarms.com](http://shop.atkinsfarms.com)



### TASTINGS in THE LOFT

Wine 🍷 Local Beer or Cider 🍺 Wine Slushies

Third Saturday of the Month  
 1-3pm



February 15  
 March 15  
 April 19  
 May 17  
 June 21  
 July 19

August 16  
 September 20  
 October 18  
 November 15  
 December 20

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.



# February 2025

Atkins Farms...  
...often imitated, never duplicated.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>February is National:</b> American Heart Month Creative Romance Month Black History Month Great American Pie Month Chocolate Lover's Month Celebrate Wedding Month			 <b>AQUARIUS</b> 1/20-2/18		 <b>PISCES</b> 2/19—3/20	<b>FUN FACT:</b> There is only a 1 in 1,461 chance of being born on Feb. 29th! 205,000 people in America have this birthday...also known as Leapers.	1 <b>Flower of the month:</b> Violet <b>Birthstone:</b> Amethyst 
2 	3 <b>National Carrot Cake Day</b> Celebrate with Atkins Carrot Cake! 	4 <b>CALL EARLY 413-253-9528</b> Atkins delivers Bouquets, Roses, Cakes, Candy, Baskets, Cookie Platters and more! 	5 Atkins has Vegetable platters, Meat & Cheese platters, Pizza, Football Cakes & more...perfect for your Superbowl Parties. Our Meat department has bone-in and boneless Wings. Don't forget Chips, Dips, Salsa and the Guacamole. Oh...remember to stop by the Beer & Wine section!		6 	7 	8 <b>Call Atkins Florist or candy shop to place an order for your Valentine!</b> 
9 <b>Little Lad's POPCORN DEMO</b> 11am - 2pm 	10 <b>Heart Shaped Cookies</b> make a yummy Valentine Gift! 	11 	12 <b>Senior Discount Day! 10% OFF</b> Every Wednesday Some exclusions apply.	13 Bundle up and get outside. Even a few minutes of sunlight each day can improve mood and general well being. Keep those joints moving, Your body will thank you.	14 <b>Happy Valentine's Day</b> 	15 <b>Beer and Wine Tasting in THE LOFT</b> 1pm-3pm 	
16 <b>Do a Grouch a Favor Day</b> Boy...I hope they appreciate it!! 	17 <b>Presidents' Day</b> Atkins is open 7am-7pm 	18 <b>National Drink Wine Day</b> Stop in and check out all the varieties that we have to offer.	19 <b>Take care of your heart by fueling with: Berries, Oats Nuts, Salmon, Avocado or Tuna</b>	20 <b>Cherry Pie Day</b> Get a homemade pie at Atkins. Try another Cherry tasty treat from our bakery! 	21 Coffee cuts colorectal cancer risk by more than 50% Try a local blend from Atkins!	22 <b>Walk the Dog Day</b> Bundle up and take your buddy for a walk. Fresh air & exercise will do you both good. 	
23 <b>Hot Cross Buns available starting in March!</b>	24 <b>National Tortilla Chip Day</b> Get your crunch on with one of the varieties at Atkins. 	25 <b>Stuck inside with the weather? Go through old clothes or books and pack them up to donate.</b>	26 <b>National Pistachio Day</b> Pistachios can help with weight loss plus lowering cholesterol and blood sugar levels.	27 <i>We appreciate your service.... Atkins offers a 10% military discount. Show us your military ID. Excludes everyday lows &amp; sale items.</i>	28 <b>Floral Designer's Day</b> Love your sweetie so much? Call our flower shop to order something special.	<b>Grapefruit Month</b> These delicious fruits contribute to a healthy gut & waistline. Great for the immune system, they can help you fight off viruses and bacteria that can cause disease.	