

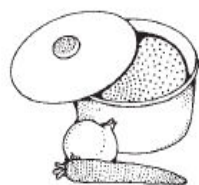


at the Corner of Rte. 116 & Bay Rd.
 1150 West St., South Amherst, MA
 (413) 253-9528 www.atkinsfarms.com
 OPEN DAILY 7AM - 7PM
 Bakery Drive-Thru: Open Daily 5am -1pm
 Pizza Shop: Open Daily 11am -7pm

MARCH NEWSLETTER

ST. PATRICK'S TRADITION

How to cook the perfect CORNED BEEF



Simmered Corned Beef



For fork-tender results, never actually boil corned beef. Here is the classic method still preferred by most professional chefs: Put corned beef in cold water to cover, bring to the simmering point gradually, then hold at "just simmering" till done (5 lb. size simmers tender in 2-3 hours). Ready to eat hot. But, if you're serving it later, let the corned beef cool in its own liquid right in the pot before draining and refrigerating. Also, save the corned beef broth, as it makes a great base for heavy soups such as pea, bean or lentil. Always slice corned beef against the grain, diagonally and thin.

Oven Roasted Corned Beef



Simmer corned beef brisket as per package directions within about 30 minutes of being done. Drain, place in shallow baking pan. Score brisket and stud with cloves. For 8 - 10 lb. brisket, melt 2 tablespoons butter or margarine in saucepan. Stir in 1 teaspoon English mustard, 1/2 cup brown sugar and 4 tablespoons ketchup. Spread over corned beef. Bake at 350 F. for about 30 minutes, basting occasionally, till browned.

Corned Beef & Cabbage

5 lb. corned beef brisket, cover with water. When water boils, reduce to slow boil and skim well. Let boil briskly for 5 minutes, skim again. Add 1/2 c. brown sugar and simmer for 4 hours or more. Let cool in liquid. Start a pot of salted water containing 1/4 tsp. baking powder and small chunk smoked pork or ham bone. Cut cabbage in quarters. Cook uncovered from no more than 15 minutes. Use your preferred condiments, lots of butter, mild mustard, potatoes boiled in skins brushed with vegetable oil and dried in the oven. Enjoy!



It's Maple Season!



Atkins carries a large variety of maple syrups and maple products from the local area and across New England.

We also carry maple sugar, pure maple sugar candies, creams and butters.

Maple Syrup Grades:

Golden Color - Delicate Taste. This light syrup has the mildest maple flavor and is usually made early in the season.

Amber Color - Rich Taste. Still light in color, this syrup has a more full-bodied maple flavor.

Dark - Robust Taste. This syrup is for those who prefer a substantially stronger maple flavor.

Very Dark - Strong Taste. This bold flavored syrup is ideal for cooking and baking and is made late in the season.



Lenten Menu Helpers from Atkins Deli

- | | |
|--------------------------------------|---------------------|
| Macaroni & Cheese | Vegetable Egg Rolls |
| Spinach Lasagna | Tuna Salad |
| Pasta Primavera | Seafood Salad |
| Quiche | Egg Salad |
| Clam Chowder (<i>every Friday</i>) | |

FRESH SEAFOOD

Visit Atkins Meat Department for a variety of fresh, healthy seafood.

Cod
 Salmon
 Shrimp



Swordfish
 Haddock
 Scallops



Artisan Pizza Shop
 OPEN DAILY 11am - 7pm
 Call ahead and we'll have your pizza hot and ready for you!

Menu: atkinsfarms.com/pizza-shop/

TASTINGS

in THE LOFT

Wine • Local Beer or Cider • Wine Slushies

March 15th from 1-3pm

Parking & entrance in upper lot near solar panels.

Exclusive pricing on wine, beer and cider.



















Tastings are held on the third Saturday of the Month
 Follow Atkins Farms on Facebook & Instagram for updates.



March 2025

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March is National: Peanut Month Celery Month Frozen Food Month Noodle Month</p>	<p>Nutrition Month Red Cross Month Women's History Month Irish Month</p>	<p> PISCES 2/19—3/20</p>	<p> ARIES 3/21—4/19</p>	<p>Follow us on Instagram @atkinsfarmsmarket and Facebook!</p> <p> </p>	<p>Flower of the Month: Daffodil </p> <p>Birthstone: Aquamarine </p>	<p>¹ Peanut Butter Lover's Day! Have you tried Atkins fresh ground PB?</p>
<p>² Atkins seafood department has fresh fish for lent!</p>	<p>³ FIRST RUN MAPLE SYRUP coming soon!  It takes 45-50 gallons of sap to make a gallon of maple syrup!</p>	<p>⁴  MARDI GRAS</p>	<p>⁵ Senior Discount Day! 10% OFF Every Wednesday Some exclusions apply.</p>	<p>⁶ OREO Cookie Day </p>	<p>⁷ Irish Soda Bread fresh baked in our bakery</p>	<p>⁸ International Women's Day Take a moment to honor the many women who have impacted our world.</p>
<p>⁹  DAYLIGHT SAVING TIME SPRING FORWARD</p>	<p>¹⁰ Atkins has Corned Beef and Cabbage for St. Patrick's Day!</p>	<p>¹¹ Johnny Appleseed Day Born: Jonathan Chapman, in MA. He introduced apple trees to the Midwest and Ontario.</p>	<p>¹² Plant a Flower Day </p>	<p>¹³ Popcorn Lover's Day! Have you tried Atkins Fresh Popped Kernel Corn? </p>	<p>¹⁴ Pi Day Celebrate with a fresh baked Pie from our Bakery </p>	<p>¹⁵ Beer and Wine Tasting in THE LOFT 1pm-3pm </p>
<p>¹⁶ Getting ready for the work week? Make dinners easy with grab n' go at our Deli, or how about Atkins Pizza?</p>	<p>¹⁷ HAPPY ST. PATRICK'S DAY! </p>	<p>¹⁸ Are you an Atkins Loyalty member? Join us today! Sign up online at atkinsfarms.com 500 points = \$10 off!</p>	<p>¹⁹ Let's Laugh Day They say that laughter is the best medicine! </p>	<p>²⁰ First Day of SPRING </p>	<p>²¹ Fragrance Day Bring spring inside with a bouquet of fresh flowers from Atkins floral shop!</p>	<p>²² </p>
<p>²³ Chip & Dip Day Atkins has everything to make your snack perfect!</p>	<p>²⁴ Chocolate Covered Raisin Day <i>Atkins has them in both Milk & Dark Chocolate...mmm</i></p>	<p>²⁵ Waffle Day Did you know that Atkins Pancake mixes make great waffle too?</p>	<p>²⁶ National Spinach Day High in fiber, lowers blood pressure, supports bone health, and packed with powerful nutrients!</p>	<p>²⁷ National 'Joe' Day Seriously though ...isn't that everyday??</p>	<p>²⁸ Celebrate Nutrition Month by shopping for fresh produce and earning points!!</p>	<p>²⁹ Mom & Pop Business Owners Day! Show your support for your local community.</p>
<p>³⁰ Atkins offers a 10% military discount during instore shopping. Just show your military ID!</p>	<p>³¹ FUN FACT: Four leaf clovers are very rare. There is 1 four leaf clover for every 10,000 clovers.</p>	<p><i>Spring is coming! Time to start thinking about making a schedule to get outside and walk to improve your overall health. Just 30 minutes every day can increase cardio fitness, strengthen bones, reduce excess body fat, restore your energy, lower blood pressure, and improve better sleep.</i></p>			<p>Looking for something to do with the kids? Order online or pick up in store, our Shamrock Cookie Kits! Fun to do and delicious to eat!</p>	<p>Atkins Bakery drive thru is open daily 5am-1pm</p>