



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

## 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.



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 and pepper or in a dish. They also make a lovely 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. 🌱

### ORCHARD RUN ICE CREAM SHOP

**OPENING DAY**

**Saturday, April 5th**

**OPEN WEEKENDS ONLY**

**11am-7pm**

*CLOSED EASTER SUNDAY 4/20*

**Beginning, Monday, April 21st  
 Orchard Run Ice Cream Shop will  
 be open daily from 11am - 8pm**

### 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/](http://atkinsfarms.com/pizza-shop/)

## EASTER IS SUNDAY, APRIL 20th

Atkins Deli is accepting orders for  
**APPLEWOOD SMOKED  
 HAM DINNERS**

*Serves us to 4 adults*

- Includes:  
 Applewood Smoked Ham  
 Au Gratin -or- Scalloped Potatoes  
 Green Beans Almondine -or- Maple Glazed Carrots  
 Fresh Baked Dinner Rolls

**\$73.99**

All items will be cold with reheating instructions.

**Order Deadline is Tuesday, April 15th  
 Orders will be available for pick up after  
 12:00 noon on Saturday, April 19th**



### EASTER CANDY

**Chocolate Bunnies in all sizes...**

**...Milk, Dark & White Chocolate**

**Jelly Beans, Gummies, and more!**

**We have everything you need to  
 make the perfect basket!**



### FRESH FROM THE BAKERY

**Babka Bread \* Hot Cross Buns**

**Fresh Rolls \* Fruit Pies & more!**

### EASTER LILIES \* FRESH FLOWERS




















**For Local Delivery call (413) 253-9528 or  
 order online: [shop.atkinsfarms.com](http://shop.atkinsfarms.com)**

# April 2025



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>ARIES</b> 3/21—4/19	 <b>TAURUS</b> 4/20 - 5/20	1  <b>APRIL FOOLS DAY</b>	2 <b>National Peanut Butter &amp; Jelly Day</b> Have you tried our own fresh ground PB? 	3 Shop Atkins Candy Department for all your Easter favorites! Fill your baskets with chocolate bunnies, peeps gummies, chocolate eggs, jelly beans and more...	4	5 <b>Atkins Ice Cream Shop opening day!</b> 11am—7pm <i>Weekends Only</i> 
6  Graduations are coming quickly! Time to start thinking about cakes, flowers, and catering.	7 Celebrate <b>Beer Day</b> with an icy cold local brew. We carry over 250 beers from around Massachusetts!	8  <b>Zoo Lover's Day!</b> Who doesn't love animals?	9 <b>Senior Discount Day 10% off!</b> Every Wednesday Some exclusions apply.	10  <b>Siblings Day</b>	11  <b>NATIONAL PET DAY</b>	12 <b>National Licorice Day</b> Atkins has so many kinds to choose from! <i>Passover begins at Sundown</i>
13 Atkins Farms offers a military discount every day! Show your ID and receive 10% off your order. Some restrictions may apply.	14 <b>National Pecan Day</b> Pecans are rich in healthy fats, calcium, magnesium, fiber and potassium.	15  <b>tax day!</b>	16 <b>Mushroom Day</b> Reap the benefits... boost immunity, promote heart health, brain function and help with inflammation.	17 <b>FUN FACT:</b> Ford unveiled their first Mustang on April 17th, 1964. Retail was \$2,368!	18 <b>GOOD FRIDAY</b>	19 Beer and Wine Tasting in <b>THE LOFT</b> 1pm-3pm 
20  <b>HAPPY EASTER</b> Atkins is <b>CLOSED Today</b>	21 <b>Atkins Ice Cream Shop open daily! 11am—8pm</b>  	22 <b>National Jelly Bean Day</b>  Did you know that Jelly Belly has 100 flavors? Cherry is #1	23 Your service is greatly appreciated... Atkins offers a 10% Military Discount. Show your military ID. Excludes everyday lows and sale items.	24  <b>Birthstone:</b> Diamond  <b>Flower:</b> Daisy	25  <b>ARBOR DAY</b>	26 <i>Stress affects your body in many ways. Take time to listen to what your body is telling you about your health.</i>
27 <b>REMINDER: Mother's Day is Sunday May 11th!</b>	28 It's Fresh Celery Month Celery is a snack. Pair it up with cream cheese or peanut butter!	29 World Wish Day 	30 To all our Customers... Thank You for all of your support and keeping it Local!	<b>ATKINS FLOWER SHOP</b> Easter Lilies, Hyacinths, Tulips and Orchids all fragrant with blooming spring vibes. Fresh table centerpieces, mixed bouquets and cute vases loaded with colorful spring flowers! 		Our gift baskets are always beautifully arranged and wrapped with decorative cellophane & bows in bright spring colors. Call or order online. <a href="http://shop.atkinsfarms.com">shop.atkinsfarms.com</a> <b>CALL 413-253-9528</b>
<b>April is National:</b> Keep America Beautiful Month Lawn & Garden Month Stress Awareness Month Donate Life Month		 Celery Month Poetry Month Humor Month Card & Letter Writing	<b>It's that time... LOCAL Produce Bring it on!</b>			