



**OPEN JULY 4th 7am - 6pm**

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  
Ice Cream Window: Open Daily 11am -8pm

## JULY NEWSLETTER

**KEEP YOUR KITCHEN COOL WITH HELP FROM ATKINS....**

### Deli



- ◆ Sandwiches & Salads
- ◆ Entrees & Sides

July Deli Chef's Seasonal Dinner Selection is:

- ◆ *Garlic Parmesan Chicken Wings*
- ◆ *Bacon Wrapped Jalapeno Poppers*
- ◆ *Wheatberry Salad*
- ◆ *Cheesy Zucchini*



### Artisan Pizza Shop

- ◆ Open Daily 11am-7pm (July 4th 11am-6pm)
- ◆ Order 16" Pizzas & Calzones ahead or pick up a slice or two to go!



### Butcher Shop

- ◆ Pick up our freshly marinated chicken breasts or steak for the grill!



Follow us on Facebook  
Atkins Farms Country Market  
and Instagram @atkinsfarmsmarket

**BEER & WINE TASTING**  
In The Loft  
Saturday, July 19th from  
1-3pm



### MASSACHUSETTS NATIVE PRODUCE

Arriving fresh from local farms every day!!!

JULY'S LOCAL HARVEST INCLUDES

BLUEBERRIES

BROCCOLI

CAULIFLOWER

CORN ON THE COB

CUCUMBERS

GREEN BEANS

LETTUCE

RASPBERRIES



ONIONS

PEACHES

PEPPERS

POTATOES

SCALLIONS

STRAWBERRIES

TOMATOES

KALE/COLLARDS



\*\*Availability depends on many factors, including crop varieties and weather. Feel free to call ahead to make sure what you are looking for is available.

## Orchard Run ICE CREAM SHOP

**OPEN DAILY**  
**11am-8pm**

Open July 4th  
11am - 6pm



**ORDER GROCERY CURBSIDE PICK UP & DELIVERY THROUGH OUR MERCATO ONLINE ORDERING PLATFORM**

For more information visit  
<https://atkinsfarms.com/grocery-curb-side-delivery-info/>

# July 2025

Atkins Farms Country Market...

...Often imitated, never duplicated!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Cancer June 21– July 20</p> 	 <p>Leo July 21– August 22</p>	<p><b>1</b> Creative Ice-Cream Flavors Day! Come try 3 Geeks and a Red Head, or maybe Purple Cow, at our Orchard Run stand open 11am-8pm!!</p>	<p><b>2</b> National Made in America Day!</p> 	<p><b>3</b> Ready for the heat? DOG DAYS OF SUMMER BEGIN!</p> 	<p><b>4</b> Open 7am-6pm !</p> 	<p><b>5</b> It's a break from our workaholic schedules! Enjoy the weather and let the stress go!</p> 
<p><b>6</b> It may not be Valentine's day but it is <b>National Kissing Day!</b> Just a reminder: don't forget to give your loved ones love!</p> 	<p><b>7</b> <b>World Chocolate Day!</b> Check out our selection of truffles, dipped pretzels, and more in our candy department!</p> 	<p><b>8</b> National Raspberry Day! Restocked frequently, you can grab some for a sweet, natural treat!</p> 	<p><b>9</b> It's Sugar Cookie's day to shine! We have Sugar Cookies and more displayed in our bakery case!</p> 	<p><b>10</b> Ouchie! It's <b>don't step on a bee day!</b> Watch out for the fuzzy buzzies!</p> 	<p><b>11</b> Time to grill some meat and veggies for Kebab Day! Get all your ingredients from our produce and meat departments!</p> 	<p><b>12</b> National Pecan Pie Day! Pick one up freshly made from our bakery!</p> 
<p><b>13</b> Why doesn't the sun trust umbrellas?... Because they're so shady!</p> 	<p><b>14</b> <b>It's National Be Nice to Bugs Day!</b> Did you know it's good luck if a lady bug lands on you?</p> 	<p><b>15</b> IT'S GUMMI WORM DAY! Between the gummi worms, bears, octopi, and fruits they're all fighting for today to be theirs!</p> 	<p><b>16</b> Add a little cherry to the top of your day with an ice cream and some toppings!</p> 	<p><b>17</b> Participate in National Picnic Month and pick your favorite snacks to have your own!</p> 	<p><b>18</b> National Caviar Day! Enjoy it on your sushi? Find your options at the end of our salad bar!</p> 	<p><b>19</b> Join us today for our monthly <b>BEER &amp; WINE TASTING IN THE LOFT</b> <b>1pm-3pm</b></p> 
<p><b>20</b> It's National Ice Cream Soda Day! Have you tried our creamsicle or root beer floats yet?!</p> 	<p><b>21</b> JUNK FOOD DAY! We have options galore at our bakery and candy department! Choose your favorites!</p> 	<p><b>22</b> <b>Mango Day!</b> Another tropical fruit here to enjoy!</p> 	<p><b>23</b> Senior Discount Day Every Wednesday <b>10% off</b> *some restrictions apply</p> 	<p><b>24</b> <b>National Refreshment Day!</b> Gone for a hike or walk? Come cool down and grab a drink from our drink case after!</p> 	<p><b>25</b> Wine and Cheese Day! Both departments are ready for your celebrations!</p> 	<p><b>26</b> It's National Coffee Milkshake Day! You can celebrate the day with us or try another flavor!</p> 
<p><b>27</b> IT'S CHICKEN FINGER DAY! We have some fiery ones cooked up in the deli!</p> 	<p><b>28</b> National Hamburger Day! Atkins' meat department can help you out with that!</p> 	<p><b>29</b> It's National Lasagna Day! Premade and ready to go by the deli!</p> 	<p><b>30</b> <b>Cheesecake Day!</b> Pick up from our bakery freezer or call to order!</p> 	<p><b>31</b> July is National:</p> <ul style="list-style-type: none"> <li>◇ Grilling month</li> <li>◇ Watermelon month</li> <li>◇ Blueberry month</li> <li>◇ Hot Dog month</li> </ul>	<p>Flowers of the month:</p> <p>Delphinium &amp; Waterlily</p> 	<p>Birthstone: Red Ruby (love, enthusiasm, strength)</p> 