



at the Corner of Rte. 116 & Bay Rd.
1150 West St., South Amherst, MA
(413) 253-9528 www.atkinsfarms.com

STORE HOURS: OPEN DAILY 7AM - 7PM

Bakery Drive-Thru: Open Daily 5am - 1pm

Pizza Shop: Open Daily 11am - 7pm

OPEN INDIGENOUS PEOPLES' DAY/COLUMBUS DAY
7AM - 7PM

OCTOBER NEWSLETTER

GET YOUR SCOOPS WHILE YOU CAN!

ICE CREAM SHOP HOURS
OPEN Monday - Friday 3-7pm*
Weekends 11am-7pm

Indigenous Peoples' Day/Columbus Day
OPEN 11am-7pm

**Closed weekdays beginning
on Tues., 10/14*



Atkins will donate
proceeds of every purchase of
PINK FUNFETTI CUPCAKES
and PINK CARAMEL &
FUDGE APPLES

to
Cancer House of Hope
in West Springfield

Cancer House of Hope provides care and comfort to
men and women in treatment, survivors, and family members.

*Every dollar makes a difference in the
fight against breast cancer.*

WE DELIVER!!

Send a taste of Atkins to
a friend or loved one.

Visit us online at

shop.atkinsfarms.com

and we'll deliver locally and we can
ship select items anywhere in the US!

~CINNAMON APPLE COFFEE CAKE~

- | | |
|---------------------------------|---|
| -1 Egg | -1 Cup rolled oats (quick or old-fashioned, uncooked) |
| -1/3 Cup Sugar | -1/4 Cup shortening, melted |
| -1 Cup sifted all-purpose flour | -2 Large apples, peeled & sliced |
| -1 Tablespoon baking powder | |
| -1/2 Teaspoon salt | |
| -1/2 Cup milk | |

Beat egg and sugar together until creamy. Mix and sift flour, baking powder and salt; add alternately with milk to egg mixture. Stir in oats and shortening. Spread half the batter in greased 9-inch round baking pan. Arrange apple slices over batter. Spread remaining batter over apple slices. Sprinkle topping over batter. Bake at 375 degrees for 25 to 30 minutes. Serve hot.

~Topping~

- | | |
|------------------------|-------------------------------|
| -1/4 Cup sugar | -1/4 Teaspoon nutmeg |
| -1/2 Teaspoon cinnamon | -2 Tablespoons butter, melted |

Combine sugar, cinnamon, and nutmeg. Add butter, mixing well.

BEER & WINE TASTING

Saturday, October 18th

from 1-3pm
in The Loft















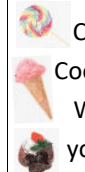


















October 2025

Atkins Farms Country Market...

...Often imitated, never duplicated!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 LIBRA 9/24– 10/23	SCORPIO 10/24– 11/22 	October flower: marigold gem: opal 	1 Coffee with a Cop ! 8am-10am Amherst Police Station visits Atkins with their K-9 Auggie! 	2 IT'S NATIONAL FRIED SCALLOPS DAY! Take a peek at our seafood department to have a special dinner! 	3 Smile day! Write a note for a loved one, and don't forget a hug! 	4 National Cinnamon Roll Day! Run over to the bakery before our monstrous cinnamon buns are sold out!
5 End of Oktoberfest, but not the end of our sampler packs! Try our Oktoberfest themed samplers! 	6 Our candy department is ready for Halloween with treats galore, Including our own hand dipped caramel apples! 	7 Atkins Farms Apple Cider is back in stock for the season! Enjoy hot or cold! 	8 Salmon Day! Pick your own piece at our seafood department! 	9 Beer and pizza Day! What a combo! Grab a slice at our pizza department and a drink from our beer section! 	10 It's National Angel Food Cake Day! The bakery has it ready and out daily! 	11 Sausage Pizza Day! Call ahead to order your own from Chef Roger! 
12 October is national: ♦ Apple month ♦ Cookie month ♦ Pizza month ♦ Spooky season	13 National Egg Day! Local and regular or pickled, your choice! 	14 Dessert Day! Candy, Chocolate, Cookies, Cake, Bread. We've got it all for you on dessert day! 	15 National Lemon Bar Day! The bakery also has fig and apple bars for your liking! 	16 World bread Day! Pumpkin, Banana, Lemon...It's your choice! Freshly baked loaves! 	17 Swing by to pick out your fall pumpkin! 	18 Beer and Wine Tasting in the Loft 1-3pm *special deals only in the loft 
19 Ready to carve your pumpkins?! Which face will it have? 	20 National Baking Week is at it's end, make something seasonal with our fresh apples to finish off strong! 	21 It's National Apple Day! Choose from so many varieties, many locally grown! Which is your favorite? 	22 Senior Wednesday! <div> Senior Discount Day 10% off! Every Wednesday Some exclusions apply. </div>	23 Boston Cream Day! Craving a donut? Atkins has them ready in the bakery for you! 	24 National Food Day! Challenge yourself to try a food you've never eaten before. 	25 GET YOUR SCOOPS BEFORE THEY'RE GONE! This is the Last Weekend of Orchard Run Ice Cream for the season! Open Saturday and Sunday 11am-7pm! 
26 National Pumpkin Day! Come by to find your carving pumpkin, decorative, or cute gourd! 	27 It's National Beer Day! Take a peek at our beer and cider cooler and choose your fall favorites! 	28 Chocolate day! Indulge in your favorites at the candy or ice cream departments! 	29  Seasonal Pies are made from scratch right here in our bakery! Including our most popular apple and pumpkin pies.	30 Buy a Donut Day! Jelly, cream filled, chocolate, powdered, dipped. Any kind you'd like! 	31 Halloween! Our spooky day is finally here! Enjoy the night! 	How did Dracula learn to be a vampire?... ...He took a crash corpse! 