



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

**STORE HOURS:**  
**OPEN DAILY 7AM - 7PM**  
**OPEN LABOR DAY 7am - 7pm**

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

Pizza Shop: Open Daily 11am - 7pm

Ice Cream Window: Open Daily 11am - 8pm

## SEPTEMBER NEWSLETTER

### Fall Season at ATKINS FARMS



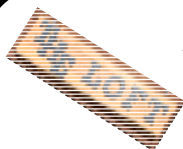
There is something about fall and New England, they go together like cider donuts and hot apple cider at Atkins Farms. Many families have their leaf peeping traditions that include Atkins on their stop. Picking out that perfect pumpkin and taking that bunch of corn stalks home to decorate gets the fall festivities started. Gathering to sit in our café to have a coffee, tea, or cider and a fresh baked breakfast treat, a sandwich made from our Deli, or a slice of Pizza with a drink from our big drink case selection, we are sure to have something to keep you going. After fueling up, don't forget to shop our aisles of specialty foods. Browse our Meat, Seafood & Deli departments and grab something for dinner. Take a stroll through our Beer & Wine section and see our many offerings. Get a bag of fresh picked apples, a gallon of fresh squeezed apple cider, a dozen or more of our famous cider donuts, and don't forget our delicious homemade fudge! We here at Atkins take pride in welcoming any of our customers' shopping traditions, and it's here where we strive to always leave you with a lasting impression of a caring unique way of how shopping should be.



### Tastings in the Loft

Join us on  
Saturday, September 20th  
from 1-3pm

Enjoy delicious beer & wine samples



### IT'S APPLE SEASON!!!

#### APPETIZER: Apple Tea Sandwiches

- \*1 (8-oz.) pkg. cream cheese      \*1 lg. tart apple
- \*1/4 C. red currant jelly      \* Thin-sliced white bread
- \*1/4 C. finely chopped walnuts



~Beat cheese until light and fluffy. Beat in jelly. Stir in walnuts. Peel and core apples; chop fine; add to cheese mixture and mix well. Spread between thin slices of white bread, cut in fancy shapes. Makes about 2 dozen small tea sandwiches.

#### MAIN DISH: Apple Meat Loaf

- \*1 lb. ground beef      \*1 tsp. salt
- \*1 med. McIntosh apple, peeled and finely chopped
- \*1 med. Potato, peeled and finely chopped
- \*1 sm. Onion, minced      \*1 egg, beaten
- \*1/4 tsp. pepper

~Thoroughly mix the ground beef and the potato, apple, and onion. Mix in the salt and pepper, then the beaten egg. Pack firmly into a greased 8-inch loaf pan. Bake in 375 degree oven for about 1 hour. Serve hot with generous amount of pan juices. Makes about 4-6 servings.

#### DESSERT: Apple Meringue

- \*1 lb. unsweetened applesauce      \*3 egg whites
- \*1/2 C. superfine granulated sugar

~Preheat oven to 400 degrees. Half fill individual size souffle` dishes or custard cups with applesauce. Beat egg whites until soft peaks form, add sugar one tablespoon at a time and continue beating until stiff peaks form. Spoon the meringue over the applesauce and bake in top half of oven for 10-15 minutes until lightly browned. Can be kept for up to 1 hour in turned off oven.

Save time in the kitchen with help from Atkins

#### Pizza Shop

OPEN DAILY 11am - 7pm



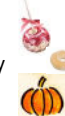










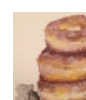





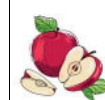








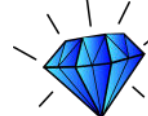



#### Serving by the slice

Grab a hot slice to go. Call ahead to order a full size pizza or calzone . Or stop by the pizza counter and order before you shop!

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

*All of our pizzas  
feature the freshest  
high quality ingredients,  
including Chef Roger's  
homemade sauce.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>September</b> is National:</p> <ul style="list-style-type: none"><li>- Honey Month</li><li>- Organic Month</li><li>- Milkshake Month</li><li>- Sourdough September</li></ul> 	<p>1 Labor day is here! We're open for all your shopping needs on your long weekend!</p> 	<p>2 <b>World Coconut Day!</b> Enjoy our tropical treats located in the fruit cooler by the candy department!</p>	<p>3 Fall is coming and we have our pumpkin, cider donut, and apple beer and cider sampler packs ready for tasting!</p> 	<p>4 Eat an Extra Dessert Day! Grab a treat from our bakery or ice cream from our Orchard Run shop!</p> 	<p>5 <b>National Cheese Pizza Day!</b> Give Chef Roger a call ahead to have yours ready for pick up!</p> 	<p>6 <b>It's Coffee Ice Cream Day!</b> Join in with a scoop of coffee ice cream or a milkshake from our stand!</p> 
<p>7 <b>Today is Beer Lovers' Day!</b> Grab your beer buddy and take a peek at our beer and cider selections!</p> 	<p>8 <b>National Courtesy Month!</b> Make random acts of kindness a habit and be kind to your loved ones!</p> 	<p>9 Did you know today is the most common birthday in the world?!</p> <p><i>Happy Birthday!</i></p> 	<p>10 It's Wednesday! You know what that means! <b>Senior Discount Day with 10% off</b> everything that isn't already on sale!</p> 	<p>11 Patriot Day!</p> 	<p>12 <b>Chocolate Milkshake Day!</b> Level it up and make it an extreme chocolate shake with hard ice cream!</p> 	<p>13 <b>It's National Chocolate Day!</b> Celebrate with more chocolate at our candy counter!</p> 
<p>14 <b>It's National Cream Filled Donut Day!</b> Visit our bakery to pick out your jelly or cream filled treat!</p> 	<p>15 <b>APPLES ARE IN SEASON!</b> Check the front for some recipes you can use with our fresh local apples!</p> 	<p>16 <b>Choose your chocolate Day!</b> Take a look at our candy department chocolates, cupcakes, donuts, and ice cream to pick!</p>	<p>17 <b>It's Thinking of You Week!</b> Warm your friends and family this chilly month with a heartfelt phone call, letter, or hug!</p> 	<p>18 <b>Cheeseburger Day!</b> Place your order and have it ready for pickup whenever!</p> 	<p>19 <b>Sleeptember</b> is getting chillier! Time to bundle up in some blankets and watch the Great Pumpkin Charlie Brown?</p> 	<p>20 Time for our monthly <b>Beer and Wine Tasting</b> in the Loft! Join us from <b>1-3PM today!</b></p> 
<p>21 <b>National Apple Day!</b> Find your favorites or try something new!</p> 	<p>22 <b>IT'S NATIONAL WHITE CHOCOLATE DAY!</b> Chocolate galore this month! Find more in our candy department!</p> 	<p>23 Pot pie Day! Try our beef taco, buffalo, thanksgiving dinner and more flavors from the meat freezer!</p>	<p>24 The starting week of <b>Oktoberfest</b> is here! Stop in to grab some of our Oktoberfest flavored sampler packs!</p> 	<p>25 <b>Quesadilla Day!</b> Call ahead so the deli can have it hot and ready for pick up!</p> 	<p>26 <b>Love Note Day!</b> Make a loved one feel special and write them a little note!</p> 	<p>27 <b>Chocolate Milk Day!</b> One last chocolate day for this month! Take a peek in our dairy cooler!</p> 
<p>28 <b>Drink Beer Day!</b> Crack open some beer from our tasting and enjoy!</p> 	<p>29 <b>It's National Biscotti Day!</b> Pair it with a nice hot or cold cup of tea or coffee from our bakery!</p> 	<p>30 One morning in the garden bed The onions and the carrots said: "Oh when shall we all meet again- In thunder, lightning, or in rain?" "We're sure", replied the parsley group, "We'll be all together in the soup."</p>	<p>Birth flower: <b>Morning Glory</b></p> 	<p>Birthstone: <b>Sapphire</b></p> 	<p><b>VIRGO</b> 8/22- 9/22</p>  <p><b>LIBRA</b> 9/23- 10/23</p> 