

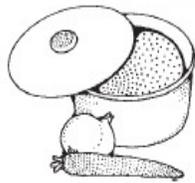


at the Corner of Rte. 116 & Bay Rd.
 1150 West St., South Amherst, MA
 (413) 253-9528 www.atkinsfarms.com
 OPEN DAILY 7AM - 7PM
 Bakery Drive-Thru: Open Daily 5am -1pm
 Pizza Shop: Open Daily 11am -7pm

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!



Lenten Menu Helpers from Atkins Deli

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

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/

HEALTHY OPTIONS SPOTLIGHT

Looking for healthier options? Here are just a few of our clean options with no additives and no seed oils.

IN THE DELI

SKILLET RED POTATOES WITH PEPPERS AND ONIONS

Our chefs combine Redskin Potatoes with Green and Red Bell Peppers, Onions, Butter (Cream, Salt), Fresh Garlic, Thyme, Extra Virgin Olive Oil, and snices for a tasty and healthy side dish.



IN THE BAKERY

IGGY'S BREADS

Old-fashioned, naturally leavened, hearth-baked breads.

Iggy's uses the finest quality ingredients they can obtain. "Finest" ingredients in this case is defined by products that have not been chemically treated in any way. Whenever possible it means organic produce, organic grains, and organic flour.



IN THE GROCERY DEPT.

DAVE'S KILLER BREADS

Packed with seeds and grains, made with only the very best organic and non-GMO ingredients.



Join us for our monthly
 BEER & WINE TASTING
 in The Loft



Saturday, March 21st
 from 1-3pm





It's Maple Season!

During the springtime the nights are still cool and the days are beginning to warm up—this is prime time for syrup production. In the night, water is absorbed into the tree then during the day, the rising temperature creates pressure that pushes the water back to the bottom of the tree, making it easy to collect the sap. The time to gather the sap is early March to late April.

After harvesting, the sap goes to the sugar house where it is boiled down into maple syrup. The sap is boiled even longer to make other maple products.

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.

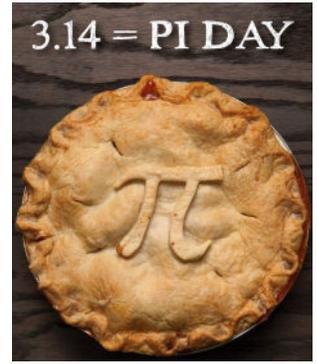


Dark - Robust Taste. This syrup is for those who prefer a substantially stronger maple flavor.
Very Dark - Strong Taste. This bold flavored syrup is ideal for cooking and baking and is made late in the season.

Pure maple syrup is fat-free. Atkins carries a large variety of maple syrups and maple products!



Saturday,
March 14th
is Pi Day!
(3.14)



What better way to celebrate than with a delicious fresh baked pie from Atkins Bakery?

Pi Day Scavenger Hunt

Look for the hidden Pi Symbols in our bakery between



3/9 - 3/12



If you find a symbol, bring it to the bakery counter and our staff will enter you into the drawing!

5 lucky customers will win a fresh baked pie!

Earn one point for every dollar you spend at Atkins Farms
Once you reach 500 points, receive a \$10 off reward!



NEW! CASH INCENTIVE!!!
RECEIVE EXTRA BONUS POINTS
WHEN YOU PAY WITH CASH



SIGN UP on our website or ask for a sign up form in store to be entered into our system and begin earning points the next time you shop!

Make sure you give the cashier your loyalty number each time at checkout.

MARCH BAKERY SPOTLIGHT

IRISH SODA
BREAD



MAPLE CREAM
FILLED DONUTS

PISTACHIO MUFFINS

MAPLE WALNUT
DONUTS

PISTACHIO LOAF

MINT CHOCOLATE
CHIP COOKIES

These items are here for a limited time only in our bake shop available throughout the month of March!

CRAVING A HOME-COOKED MEAL WITHOUT THE HASSLE?

Come over to Atkins Deli for our Chef's seasonal dinner selection. Our March menu features:

- Sausage Smoked Gouda Mac & Cheese
- Wheatberry Salad
- Creamed Spinach



Find these dishes and more at our full serve deli counter.

Atkins Deli is accepting orders for Applewood Smoked Ham Dinners for Easter



Let us do the work, and all you have to do is heat and serve! Serves up to 4 adults

Includes:

Applewood Smoked Ham (3 lbs.)

Choose One: Au Gratin or Scalloped Potatoes (2 lbs.)

Choose One: Green Beans Almondine or Maple Glazed Carrots (2 lbs.)

Fresh Baked Dinner Rolls (6 pk.)

\$79.99 (That's less than \$20 per serving!!)

All items are cold with reheating instructions.

**PLACE ORDERS IN THE DELI BEFORE
TUESDAY, MARCH 31st**

Orders may be picked up after 12:00 on Saturday, April 4th

PASSOVER begins the evening of April 1st EASTER is Sunday, April 5th

OUR BUTCHER SHOP

has a wide variety of meats for your holiday dinner table.

Certified Angus Beef **BEEF BRISKET**

BUDABALL HAM • EASTER KIELBASA

LEG OF LAMB • SPIRAL HAM

SEMI BONELESS HAM



FRESH FROM THE BAKERY

BABKA BREAD • HOT CROSS BUNS

DECORATED CAKES & CUPCAKES

COCONUT MACAROONS

FRESH ROLLS • FRUIT PIES & MORE!



FLOWERS & GIFTS

POTTED PLANTS

LILIES • TULIPS

FRESH FLOWER BOUQUETS

GIFT BASKETS



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 or
Call us at (413) 253-9528
and we'll put one together for you!**