



Atkins Farms Country Market
 1150 West St., South Amherst, MA
 (413) 253-9528 www.atkinsfarms.com
OPENDAILY 7AM - 7PM
 Bakery Drive-Thru: Open Daily 5am-1pm
 Pizza Shop: Open Daily 11am-7pm
 Ice Cream Shop: Open Daily 11am - 8pm

MAY NEWSLETTER

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 BAKERY

New!! Classic Brownies

Our bakers created a new brownie recipe with all clean ingredients!! Organic flour, butter, sugar, eggs, organic vanilla bean paste and cocoa powder.



YUM!!!



IN THE GROCERY DEPT.

Fairchild's Organic Apple Cider Vinegar

Raw and Unfiltered. With The Mother. Every drop of Fairchild's Vinegar is the purest, most delicious, and healthful apple cider vinegar available.

IN THE DELI

Sautéed Swiss Chard

Made right here in our deli, our chefs sauté fresh swiss chard in EVOO with fresh garlic, salt, pepper and a drizzle of fresh lemon juice.



"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."
 ~Julia Child



ORCHARD RUN ICE CREAM SHOP

**Open Daily
 11AM — 8PM**



Join us for our monthly
BEER & WINE TASTING
 in The Loft
Saturday, May 16th
 from 1-3pm

MAKE YOUR MOM'S DAY...
Mother's Day is Sunday, May 10th

Beautiful Flower Arrangements
 HANGING BASKETS • OUTDOOR PLANTS
 FRESH FLOWER BOUQUETS

TASTY TREATS FOR MOM:
 TRUFFLES • GOURMET CHOCOLATES • FUDGE
 FRESH BAKED CAKES • COOKIES • CUPCAKES
 FRUIT & SPECIALTY BASKETS • WINE BASKETS

CALL ATKINS TO PLACE YOUR ORDER:
 (413) 253-9528 or order online:
 shop.atkinsfarms.com

Atkins Caters to You for Your Graduation Needs!

Presentation Bouquets,
 Roses, and more
 from Atkins Flower Shop.

Atkins Fresh Baked Cakes
 decorated with school colors or a special picture of the graduate with our copy confection machine!

Deli Party Platters:
 Meat & Cheese, Fruit, Vegetable, Finger Sandwiches, Pastry Platters & many more. Delicious prepared hot foods available.























View our Catering Menu on the web at
 www.atkinsfarms.com
TO PLACE ORDERS:
 CALL ATKINS at (413) 253-9528

MAY 2026

Atkins Farms...



...Where the apple is just the beginning!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>May is National: Barbecue Month Hamburger Month Strawberry Month Family Month Foster Care Month</p>	<p>ALS Month Military Month Lyme Disease Month Salsa Month Celiac Month Bike Month</p>	 <p>TAURUS 4/20 - 5/20</p>	 <p>GEMINI 5/21 - 6/20</p>	<p>Don't forget about Mother's Day! We have beautiful hanging baskets, gift baskets, delicious desserts & more!</p>	<p>1 </p>	<p>2 ATKINS ICE CREAM SHOP OPEN DAILY 11am-8pm</p>
<p>3 National Lemonade Day Buy some fresh lemons and make your own!</p> 	<p>4 STAR WARS DAY MAY THE 4th BE WITH YOU</p> 	<p>5  Celebrate with chips, salsa, guacamole, and some cold brews! We've got it all.</p>	<p>6 <i>Every Wednesday</i> Senior Discount 10% OFF Excludes everyday lows & sale items.</p>	<p>7 Call Atkins Deli & Catering! Let us take care of all your Graduation needs 413-253-9528</p>	<p>8 National Have a Coke Day!</p> 	<p>9 Mass Native Produce arriving soon! BUY LOCAL.</p>
<p>10 <i>Mother's Day!</i> Treat her to lunch and celebrate the day with Mom.</p> 	<p>11 Asparagus Month Eat it while you can!</p> 	<p>12 Loyalty Rewards Have you signed up for Atkins Loyalty Rewards Program? Sign up online or ask for a form at the checkout.</p>	<p>13 NATIONAL APPLE PIE DAY! Celebrate with a fresh baked Atkins pie or a pie square!</p> 	<p>14  Follow us on Facebook and Instagram @atkinsfarmsmarket</p>	<p>15 CONGRATULATIONS UMASS Graduates</p> 	<p>16 CONGRATULATIONS Hampshire College Graduates</p>  <p>Wine Tasting in The Loft today from 1-3pm</p> 
<p>17  CONGRATULATIONS Smith College Graduates</p>	<p>18 <i>Pizza for Dinner? Absolutely! call Atkins to place an order For one.</i></p> 	<p>19 FUN FACT: The Kentucky Derby and the Indy 500 are always held in May</p>	<p>20 National Dog Rescue Day</p> 	<p>21 American Red Cross Founders Day Clara Barton—1881</p> 	<p>22 It's National Craft Distillery Day Raise a glass to all of our local breweries! We have lots of local brews to choose from!</p>	<p>23 CONGRATULATIONS Amherst College Graduates</p> 
<p>24 CONGRATULATIONS Mount Holyoke College Graduates</p> 	<p>25 Memorial Day Atkins is open 7am - 7pm for all of your grilling needs!</p>	<p>26 Check out our New Cash Incentive... Receive extra Loyalty Points when you pay in cash! Not a Loyalty Member yet? Ask a cashier or sign up on our website: atkinsfarms.com/promotions</p>	<p>27</p>	<p>28 National Hamburg Day Pick up fresh ground beef with rolls at Atkins and make your own tonight.</p> 	<p>29  Get on that bike for a ride in honor of National Bike Month!</p>	<p>30 May Flower of the Month: Lily of the Valley Birthstone: Emerald</p>
<p>31 We Thank You for Keeping it Local!</p>						