



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

JUNE 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

Banana Muffin with brown sugar oat crumble topping.

Our bakers created this recipe with all clean ingredients!!

Bananas, butter, eggs, sugar, organic flour, salt, baking powder, organic oats and brown sugar.



IN THE DELI

Lemon Roasted Asparagus

Made right here in our deli, local Hadley Asparagus (while available) is roasted with Extra Virgin Olive Oil, lemon juice and zest, salt and parsley.

IN THE GROCERY DEPT.

Craic Sauces

Small Batch Authentic Craft Hot Sauce
 100% of Craic's peppers are sourced from local, MA farms that prioritize organic and regenerative practices, ensuring the freshest, highest-quality product. Crafted in small batches, using fermentation to bring out rich flavors.



Join us for our monthly
BEER & WINE TASTING
 Saturday, June 20th
 from 1-3pm



NOTE: This month's tasting event will be held in the store in the Beer & Wine area.

****The Loft will be closed****



**ORCHARD RUN
 ICE CREAM SHOP**
 Open Daily 11AM – 8PM



Atkins Caters to you for your Graduation needs!

Atkins Fresh Baked Cakes
 Hand decorated with school colors. Please call our bakery for specialty orders and availability!



Deli Party Platters:

Meat & Cheese, Fruit, Vegetable, Finger Sandwiches, Pastry Platters & many more. Deliciously prepared hot foods also available.



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

View our Catering Menu on the web at
www.atkinsfarms.com

TO PLACE ORDERS:

CALL ATKINS at (413) 253-9528



**Father's Day is
 Sunday, June 21st**

Celebrate Dad with his favorite treats!

**FRESH HOMEMADE FUDGE • GIFT BASKETS
 FRESH BAKED CAKES, COOKIES & CUPCAKES**

LOCAL BEER, WINE & HARD CIDER

**FRESH MEAT & SEAFOOD
 for the GRILL**



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

June 2026

Atkins Catering~

Let us do the work for you. Order Platters of Meat & Cheese, Veggie, Cheese or BBQ. Check out our Main Entrees, Salads and Side Dishes. We also have Platters of Cookies, Brownies and Pastries. And...Don't forget our delicious baked from scratch Cakes and Cupcakes! Call us at 413-253-9528



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Congratulations 2026 High School Graduates!</p>	<p>¹ On this day in 1938, Superman debuted in action comics</p>	<p>² National Leave the Office Early Day What if everyone did this...Yikes!!</p>	<p>³ Senior Discount Day 10% off! Some exclusions apply. <i>EVERY WEDNESDAY</i></p>	<p>⁴ National Cheese Day! Visit our cheese cases and check out our varieties of cheese!</p>	<p>⁵ It's National Donut Day Celebrate with a Free Cider Donut with any Bakery Hot or Cold Beverage Purchase Today Only!</p>	<p>⁶ National Trails Day Take care of your health and get your hiking boots on!</p>
<p>⁷ NATIONAL Cancer SURVIVORS DAY To all of those who stayed strong!</p>	<p>⁸ Best Friends Day Treat your bestie to Lunch and Ice Cream at Atkins!</p>	<p>⁹ National Strawberry Rhubarb Pie Day Grab a Homemade Fresh Baked one at Atkins! </p>	<p>¹⁰ National Iced Tea Day Enjoy a refreshing twist on an old favorite by adding your favorite fresh fruit or mint leaves.</p>	<p>¹¹ National Corn on the Cob Day Bring on the butter!!</p>	<p>¹² Local Strawberries arriving soon!!!</p>	<p>¹³ Stay hydrated on hot days! Eating fresh fruit is a great way to increase your water intake!</p>
<p>¹⁴ Flag Day</p>	<p>¹⁵ Our Deli area is perfect for on the go eats! Salad bar, Sandwiches, Sushi, and packed sides. Don't forget the drinks!</p>	<p>¹⁶ National Fudge Day Celebrate with Atkins Homemade Fudge. So many mouth watering flavors to choose from!</p>	<p>¹⁷ National Eat Your Vegetables Day!</p>	<p>¹⁸ Get that Hadley Grass while you can! </p>	<p>¹⁹ Cool off with a treat from our Orchard Run Ice Cream Shop! Open Everyday 11AM-8PM</p>	<p>²⁰ BEER & WINE Tastings in THE STORE 1pm-3pm *The Loft is closed for renovations.</p>
<p>²¹ Happy Father's Day First Day of Summer!</p>	<p>²² Local produce arriving daily!</p>	<p>²³ Get your Taco Tuesday on with all the fixings from Atkins!</p>	<p>²⁴ FUN FACT M&M's were created just for the Military in WWII. Thinking that soldiers could have candy that would not melt in heat.</p>	<p>²⁵ Enjoy a home cooked meal using fresh local produce</p>	<p>²⁶ TAKE YOUR DOG TO WORK DAY</p>	<p>²⁷ <i>How about a Day to Relax...</i> No inside or outside chores! Maybe even go out to dinner?</p>
<p>²⁸ <i>June Flower of the Month Rose</i> <i>Birthstone Alexandrite</i></p>	<p>²⁹ <i>June is National:</i> Barbeque Month Egg Month Salad Month Dairy Month</p>	<p>³⁰ Rose Month Fresh Fruit Month Adopt a Cat Month Hamburger Month</p>	<p> GEMINI 5/21 - 6/20</p>	<p> CANCER 6/21-7/22</p>	<p>It's BBQ Season! Atkins has all of your favorite barbecue meats, sauces and sides. Ask our butchers for recommendations!</p>	