



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

**SPECIAL EXTENDED HOURS FOR
THANKSGIVING WEEK
MONDAY, TUESDAY & WEDNESDAY 7AM-8PM
THANKSGIVING DAY 7am - Noon**

NOVEMBER 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 DELI

Green Goddess Salad

Made with sugar snap peas, green onions, cucumber, and cabbage drizzled with our house made dressing made with baby spinach, fresh basil and parsley, grated parmesan, salt, black pepper, garlic, avocado, shallot, fresh squeezed lemon juice, and extra virgin olive oil.



IN THE BAKERY

Pumpkin Coffee Cake

Our Pumpkin Coffee Cake was a hit, so we're featuring this healthy option again! Made in our bakery with pumpkin, organic all-purpose flour, avocado oil, eggs, brown sugar, butter, cinnamon, sugar, baking soda, baking powder, salt.



IN THE GROCERY DEPT.

Cara Nonna Italian Pastas

Cara Nonna Pasta is made in Puglia, Italy. Made from high quality durum wheat semolina and without artificial coloring or additives and they are 100% GMO Free! We carry their Campanelle, Rotelloni, Radiatori, Cavatelle, and Maccheroni Arrorolati.



Thanksgiving Wine Pairings



What to serve with Thanksgiving dinner? We get asked that question quite often right around now. 'Tis the season!! So here are some easy and yummy options:

For Reds: Pinot noir is the most popular choice, but any lighter to medium bodied red, or blend, will work well.

For Whites: Chardonnay is the traditional pairing, but any semi-dry Riesling or blend will work great too.

Other Fun Options: Sparkling wine, like our Santome prosecco, is terrific with turkey and all of the traditional side dishes. Heck it's good with almost anything! Lastly, any **local cranberry wines**.

Cheers & Gobble Gobble!!

BAKED GOODS

Atkins bakery has holiday cakes, cupcakes, cookies, hearty breads, knot rolls, traditional dinner rolls, fruit pies, donuts and fruit breads made fresh daily!



**BAKERY ORDER
DEADLINE FOR
THANKSGIVING
Monday, 11/16**

No need to pre-order pies!!!

ALL Pies will be fully stocked in the bakery the week of Thanksgiving!
Orders will be accepted for 10 or more pies.

Join us for our monthly
**BEER & WINE TASTING
IN THE LOFT**

**Saturday, November 21st
from 1-3pm**



NOTEWORTHY NUTRITION

Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.



Sweet potatoes are high in many important nutrients. They contain a good amount of fiber as well as vitamin A, vitamin C, manganese and several other vitamins and minerals. In addition to the nutrients above, sweet potato nutrition also contains riboflavin, phosphorus, vitamin E, vitamin K, calcium and iron. Roasted sweet potatoes make a great side dish or addition to breakfast. Roast them until soft inside and a little crispy outside. Serve them with eggs and/or avocado. Season with your favorite spice or hot sauce!



Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Toss with pesto or marinara sauce for a quick veggie side dish.

Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of fiber (3 grams) and contains more than 10 percent of the daily values of vitamin C and folate. Try them roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes! 🍴





Your Groceries **Delivered** Right To Your Door
Local Delivery and Curbside Pick-up Available

Order online through our platform
powered by Mercato
mercato.com/shop/atkins-farms-country-market

FRESH TURKEYS



Wendell, MA
*Limited Quantities Available



NEED YOUR TURKEY COOKED?
Inquire at the Butcher Shop

PLEASE PLACE ORDERS EARLY.
ORDERS ARE FIRST COME, FIRST SERVED.

Call Atkins (413) 253-9528 and place
your order starting Nov. 1st!

Turkey Carving Tips: Side Carving Method

1. Place the bird on its side, breast away from the carver. Remove the last two joints of the wing by lifting the tip up firmly and severing at the joint.



2. Slice the dark meat off the drumstick and thigh if desired, until the bone is exposed. Lift the drumstick and cut off at the thigh joint. Slice the meat from the drumstick.

3. Run the knife point completely around the thigh bone, loosening it. Pry one end up, grasp, and pull free. Slice the dark meat from the body of the bird. Make a deep vertical cut in the breast just in front of the wing joint to serve as a base for all breast meat slices.

4. Start from the center of the breast, cut toward you, making large, even slices. Turn the bird and repeat the process on the other side.

November 2026

As always...We thank you so much for keeping it local and supporting Atkins Farms. Your business is greatly appreciated.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Time Ends Set your clocks back an hour.	2 Atkins Meat Department is now accepting orders for fresh turkeys	3 National Sandwich Day Stop by our deli counter and order one of our premium sandwiches today!	4 National Candy Day Check out our amazing candy section! 	5 Parker Brothers sold the first Monopoly game today in 1935! 	6 National Nacho Day We have everything to make your nachos the best!	7 Merlot Day Atkins has plenty to choose from in our Wine Section! 
8 Turkey Ordering Tip: Figure 1 to 1 1/2 lbs. per person when placing your order.	9 We cook Turkeys! Place your order in our butcher shop 	10 USMC Birthday 251 years! Thank you to all those who served and those who continue. 	11 Veterans Day To all veterans, past and present, we celebrate your service today and every day! Ask about Atkins Military Discount	12 Fruit or Gourmet Gift Baskets make wonderful hostess gifts. Order online at shop.atkinsfarms.com	13 Atkins shelves will be fully stocked for your Thanksgiving feast with pies, rolls and all your favorite desserts.	14 National Pickle Day Celebrate the many ways to enjoy a pickle! What is your favorite kind?
15 Bundt Cake Day Have you ever tried one of our homemade bundt cakes? 	16 Order a fresh Autumn centerpiece for your Thanksgiving table.	17 NATIONAL BUTTER DAY Ohh... how butter makes everything better 	18 Senior Discount Day 10% off! Some exclusions apply EVERY WEDNESDAY	19 Ease the stress out of the holidays... Pick up some Thanksgiving sides from our deli case!	20 We have many Gluten Free options—Breads, Bagels, Pies Muffins & Donuts! Check out our Gluten Free freezer section.	21 Beer and Wine Tasting in THE LOFT 1pm-3pm 
22 Thanksgiving week... Are you Prepared? 	23 24 25 <u>SPECIAL EXTENDED HOURS</u> MONDAY, TUESDAY & WEDNESDAY for Thanksgiving Shopping 7am-8pm			26  Atkins will be open 7am - Noon	27 Get those holiday shipping orders in early...order no later than Dec. 5th for Christmas arrival!	28 Celebrate Small Business Saturday with us and other Amherst shops! Small businesses need your support. Consider a gift card or online shopping.
29 Countdown begins... 3 weeks & 5 days until Christmas!	30 CYBER MONDAY The first Cyber Monday was on 11/28/05. Peak time at 8pm-10pm now produce about \$16 million in sales!!	November is National: Adoption Month Diabetes Month Pumpkin Month Vegan Month Caregivers Month Peanut Butter Month Military Family Month Sleep Comfort Month		 SCORPIO 10/23—11/21	 SAGITTARIUS 11/22—12/21	November's Flower of the Month: Chrysanthemum Birthstone: Topaz

INDIVIDUAL THANKSGIVING DINNERS

Let our chefs do the work. Our complete individual Thanksgiving Dinners include a generous serving of all white meat turkey, gravy, traditional stuffing, apple cranberry sauce, roasted baby potatoes, butternut squash, roll with butter, apple cider and a slice of Atkins Bakery's fresh baked apple or pumpkin pie for dessert.

\$36.99 + tax each

Call Atkins Deli (413) 253-9528 and place your order starting Nov. 1st!

PLEASE PLACE ORDERS EARLY. ORDERS ARE FIRST COME, FIRST SERVED.

Dinners will be ready for pick up in the deli after 12:00 noon on Wednesday, 11/25 or on *Thanksgiving morning before 11:00 am (*Atkins store closes at noon)



Order Ahead...THANKSGIVING SIDE DISHES sold by the pound

- BUTTERNUT SQUASH**
- TRADITIONAL STUFFING**
- MASHED POTATOES**
- APPLE CRANBERRY SAUCE**



- ROASTED BABY POTATOES**
- GREEN BEANS ALMONDINE**
- SEASONED HOMEMADE GRAVY**



FRESH FLORAL CENTERPIECES & SPECIALTY GIFT BASKETS

Our Fresh Flowers and Specialty Gift Baskets make a great host/hostess gift. Local delivery is available.

Call (413) 253-9528 to order or order online at: shop.atkinsfarms.com



Amherst
SURVIVAL CENTER

HOLIDAY GIFT DRIVE



Collecting NEW children's books, games, toys, and winter accessories for ALL ages!

Cookies
& Cocoa
with
SANTA



Saturday, December 5th 10am - 2pm

Visit with Santa and enjoy a cup of hot cocoa and a fresh baked cookie at our HOT COCOA BAR in THE LOFT at Atkins Farms Country Market

\$5 per child

-or-

FREE if you bring an Unexpired Non-Perishable Food Item to be donated to our local food bank



NOW until December 31st! Early donations encouraged to keep room well-stocked all month.

WHERE?



Drop off donations at the Amherst Survival Center or partner site:



**TKINS
Farms**

**CUSTOMER
SERVICE AREA**



Questions? Contact Miranda at 413.549.3968 x 110 or miranda@amherstsurvival.org