



Country Market



Fresh from the Farm!
NOW ARRIVING!!!



ATKINS FARMS

JERSEY MAC APPLES

A TART, EARLY VARIETY

Massachusetts Native

**HADLEY SWEET CORN,
BEETS, BLUEBERRIES, CABBAGE,
CARROTS, CAULIFLOWER,
CUCUMBERS, GREEN BEANS,
PEACHES, RASPBERRIES, SUMMER
SQUASH & ZUCCHINI, SWISS CHARD,
Hot House TOMATOES**

Weekly Specials 7/30 - 8/5

PRODUCE

Mass. Native **CABBAGE** **99¢ hd.**
Extra Large Heads!!! Large enough to make golumpki!!!

Mass. Native

SUMMER SQUASH & ZUCCHINI .. **79¢ lb.**

Mass. Native **GREEN PEPPERS** .. **99¢ lb.**

Mass. Native **PICKLING CUKES**.. **79¢ lb.**

MEAT & SEAFOOD

Atkins Farms Natural **CHICKEN**

THIGHS & DRUMSTICKS.. **\$1.29 lb.**

Fresh Pork

BABY BACK RIBS **\$3.99 lb.**

WEEKEND SEAFOOD SPECIALS (Fri. - Sun.)

Fresh Wild **SOCKEYE SALMON**.. **\$10.99 lb.**

Fresh **SCROD FILLETS**..... **\$6.99 lb.**

ATKINS CORE VALUES

Golden Ripe **BANANAS** **49¢ lb.**

Certified Angus Beef 85% Lean

GROUND BEEF **\$2.99 lb.**

Includes Patties! Fresh Ground Daily in Atkins Meat Dept.

Hall's Large White **EGGS** **99¢ doz.**

Fresh Deli Sliced Land O' Lakes

AMERICAN CHEESE **\$2.99 lb.**

Hot Mama's **HUMMUS** **\$1.99 8 oz.**

LOOK for more SPECIALS online at:
www.atkinsfarms.com

Corner of Rte. 116 & Bay Rd., South Amherst
(413) 253-9528 • (800) 594-9537
STORE HOURS: DAILY - 7AM-8PM