

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2014



“April hath put a spirit of spring in everything.”
—William Shakespeare

April Fool's Day

National Peanut Butter & Jelly Day

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Fill up your Easter basket with a treasure trove of Springtime goodies!
Stop by our specialty display table to see what delectable treats you can take home today.

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National Grilled Cheese Sandwich Day

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Candida Cleanse Support Group
2-4pm
with Courtney Coleman

13

Passover
begins at sundown

14

Full Moon



15

5% Wednesday
Today's sales will benefit
SLO Museum of Art

16

Cheese Tasting
11am-2pm - Raw Cheeses

Secrets to Radiant Skin
6-7:30pm
with Dr. Abiola Oladoke

17

18

National Garlic Day



19

Easter Sunday



20



Earth Day

Earth Day Celebration
11am-2pm
FREE Sampling Event.

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Holistic Dog Series
11am-12pm
with Love Dogs Camp

26

Cooking and Baking Gluten and Sugar Free
2-4pm
with Courtney Coleman

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New Frontiers SLO • 1531 Froom Ranch Way
NewFrontiersMarket.com

New Frontiers Events & Information

Candida Cleanse Support Group

with Courtney Coleman

Sunday, April 13 • 2-4pm

Come join, and in a group setting, learn the why and how of going on a candida cleanse. Gently step away from sugar and high glycemic foods and get delicious recipes to enjoy while on the cleanse. RSVP to Courtney at 805-528-8837 or cookwell@kcbx.net.

Monthly Cheese Tasting: Raw Cheeses

FREE Sampling Event

Thursday, April 17 • 11am-2pm

This month our Cheese Shop will be featuring the myriad of raw cheeses New Frontiers offers and explaining what it all means for a cheese to be considered "raw". Stop by and sample some delicious gourmet raw cheeses including bleu cheese, cheddars, goat and parmesan.

Secrets to Radiant Skin

with Dr. Abiola Oladoke

Thursday, April 17 • 6-7:30pm

Your skin is the largest organ of your body, how well are you caring for it? Attend this FREE seminar and learn how your skin interacts with nutrients and the elements, how to improve the health of your skin, and some simple skincare recipes you can use to beautify your skin.

Earth Day

FREE Event

Tuesday, April 22 • 11am-2pm

Celebrate Earth Day with samples of delicious organic produce from local farms

and we'll also be raffling off wonderful bags full of green cleaning products.

Holistic Dog Series

with Love Dogs Camp

Saturday, April 26 • 11am-12pm

"Optimal Choices for Raising Healthy, Balanced Dogs." This interactive session will cover the latest research including topics like: best dog nutrition, supplements, best training techniques, best time to spay/neuter, alternative flea/tic control, etc. Reliable sources will be included for all information presented.

Cooking and Baking Gluten and Sugar Free

with Courtney Coleman

Sunday, April 27 • 2-4pm

Everything you need to know about gluten-free cooking and baking all while keeping it sugar-free! You'll get tons of wonderful recipes, and together with Courtney you'll enjoy many sugar and gluten free treats. Class is \$35/person. RSVP to Courtney at 805-528-8837 or cookwell@kcbx.net.

New Frontiers 5% Day

To benefit The SLO Museum of Art

Wednesday, April 16

The mission of the San Luis Obispo Museum of Art is to provide and promote diverse visual arts experiences for people of all ages and backgrounds through exhibition, education, creation, and collaboration. Shop Wednesday, April 16th and 5% of the sales total will be donated to this local non-profit.

Earth Day Every Day

Earth Day, April 22, is a day to increase awareness and appreciation for the Earth's natural environment. At New Frontiers we celebrate Earth Day Every Day by providing you products and information that promote healthy living and sustainability.

Since 1991, we have owned and operated our own organic farm, Nojoqui Farms, located on the Central Coast of California. We partner with several other small, independent organic farmers to provide fresh local and organic produce to each of our stores. We believe that growing and supporting organics is one of the best things we can do for ourselves, our children, our customers, our communities and our Earth. We encourage, and try to educate people, to go green by:

- Giving discounts and prizes to our customers who use reusable shopping bags.
- Serving our to-go food in recycled and recyclable containers.
- Selling and serving organic, shade-grown coffee.
- Offering earth friendly cleaning supplies and paper products.
- Offering "Green Tips" each month.
- Having an extensive Bulk Department, thereby reducing packaging.
- Incorporating green design features into our stores.

At New Frontiers, we embrace the opportunity to improve the quality of life, in our relationships, in our community, and in our world – on Earth Day and every day.



EWG's 2013

SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

The Environmental Working Group (www.ewg.org)

The Dirty Dozen: The 12 most contaminated fruits and veggies that are best to buy organic:

Apples	Potatoes
Celery	Spinach
Cherry Tomatoes	Strawberries
Cucumbers	Sweet Bell Peppers
Grapes	+Collards & Kale
Hot Peppers	+Summer Squash/
Nectarines (Imported)	Zucchini
Peaches	

The Clean 15: These have the least contamination and are a better bet when choosing conventionally grown produce:

Asparagus	Grapefruit	Pineapples
Avocado	Kiwi	Sweet Peas
Cabbage	Mangoes	(frozen)
Cantaloupe	Mushrooms	Sweet Potatoes
Corn	Onions	
Eggplant	Papayas	

The Plus (+) category highlights crops that did not meet traditional Dirty Dozen™ criteria, but were commonly contaminated with highly toxic organophosphate insecticides. These insecticides are toxic to the nervous system and have been largely removed from agriculture over the past decade, but they are not banned and still show up on some food crops. For more info, go to www.FoodNews.org.

New Frontiers®
natural marketplace

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