Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April	2014	7	"A	pril hath put a spirit of sp —William Shakespeare	ring in everything."
		April Fool's Day	National Peanut Butter & Jelly Day	Product Tasting Tasty Bite Asian Noodles		Product Tasting Real Beanz Iced Coffee
		1	2	3	4	5
6	7	Chair Massage is available most afternoons. See the schedule posted on the bulletin board next to the exit.	Free Cheese Tasting 5:30-7:30pm	10	Product Tasting NEW! Ruby's Rockets Fruit and Veggie Pops	Gluten Free Tasting 11:30-2pm National Grilled Cheese Sandwich Day
Product Tasting Brad's Raw Leafy Kale & Kevita Organic Sparkling ProBiotic Drink	Passover begins at sundown	Full Moon 25	5% Wednesday Today's sales will benefit the Safe Child Center	Free Seminar High Altitude Organic Gardening at the Weatherford Hotel 7pm	18	Earth Day at City Hall Education, samples information, & prizes 11:30-4pm
Easter Sunday	21	Earth Day	23	Cheese and Wine Tasting at Vino Loco Wine Bar 6-8pm	25	Product Tasting NEW! Madhava Baking Mixes
Product Tasting Health is Wealth Chicken Nuggets or Tenders	28	29	Product Tasting NEW! Andean Dream Quinoa Cookies		rs Flagstaff • 320 So. C IewFrontiersMarket.co	

— New Frontiers—

Events & Information

Free Cheese Tasting

with Mindy DeGraff & Maggie Carillo Wednesday, April 9 • 5:30-7:30pm

Join Mindy and Maggie as they share four outstanding Havarti cheeses, one plain and . three flavored with dill, horseradish and peppadew. Taste and discover the reason Havarti is a favorite all over the world.

Gluten Free Tasting

with Alex Ramsey, New Frontiers

Saturday, April 12 • 11:30-2:00pm

Sample quick and easy gluten-free foods fit for a meal or a snack during our free tasting. Discover delicious foods you and your family can eat without stomach distress.

New Frontiers 5% Day

to benefit the Safe Child Center

Wednesday, April 16

5% of sales on this day will go to help the Safe Child Center provide food vouchers for child victims and family members during their evaluation appointments.

High Altitude **Organic Gardening**

with Jim Mast, Master Gardener Weatherford Hotel • 23 N. Leroux St.

Thursday, April 17 • 7:00pm • Free

Learn the secrets to starting your own organic garden in Flagstaff. Attendees will receive free seeds and Iim Masts' gardening hints.

Earth Day at City Hall Saturday, April 19 • 11:30-4:00pm

Join your friends from New Frontiers as we celebrate Earth Day with games and prizes at our booth, listen to music and

meet local earth-friendly organizations.

Cheese and Wine Tasting

with Mindy DeGraff & Maggie Carillo Vino Loco Wine Bar • 22 E. Birch Ave • \$10

Wednesday, April 24 • 6-8:00pm

Join us for a cheese and wine tasting at Vino Loco Wine Bar, where Mindy DeGraff will be pairing five delicious cheeses from New Frontiers with five amazing wines from Vino Loco for \$10.

Featured Artist

Elaine Dillingham

New Frontiers invites you to view the paintings of Elaine Dillingham, "Guardian Angels and Others," displayed in our dining room gallery during April.

Spring Clean Your Pantry

You are invited to help feed the hungry in Flagstaff all year round, by dropping off canned and packaged goods in the aluminum collection barrel at New Frontiers' front doors. Donated foods are picked up by the Flagstaff Family Food Center and used in hot meals or in food boxes distributed to the needy through St. Mary's Food Bank Alliance.

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:

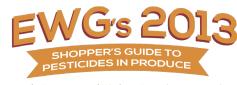
- Giving discounts and prizes to our customers who use reusable shopping bags.
- · Serving our to-go food in recycled and recyclable containers.
- · Selling and serving organic, shadegrown coffee.
- · Offering earth friendly cleaning supplies and paper products.
 - Offering "Green Tips" each month.
 - 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.



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 +Collards & Kale Grapes 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:

Grapefruit Asparagus *Pineapples* Avocado Kiwi Sweet Peas Cabbage Mangoes (frozen)

Sweet Potatoes

Cantaloupe Mushrooms Onions Corn Egaplant 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.



320 So. Cambridge Ln. • Flagstaff 928.774.5747

www.NewFrontiersMarket.com