

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

Product Tasting
Tasty Bite
Asian Noodles

Product Tasting
Real Beanz
Iced Coffee

1

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5

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

Product Tasting
NEW!

Ruby's Rockets
Fruit and Veggie Pops

Gluten Free Tasting
11:30-2pm

National Grilled Cheese Sandwich Day

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Product Tasting
Brad's
Raw Leafy Kale &
Kevita Organic
Sparkling ProBiotic
Drink

Passover
begins at sundown

Full Moon



5% Wednesday
Today's sales will benefit
the Safe Child Center

Free Seminar
High Altitude Organic Gardening
at the Weatherford Hotel
7pm

Earth Day at City Hall
Education, samples information, & prizes
11:30-4pm

13

14

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16

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Easter Sunday



Earth Day



Cheese and Wine Tasting
at Vino Loco Wine Bar
6-8pm

Product Tasting
NEW!
Madhava
Baking Mixes

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22

23

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Product Tasting
Health is Wealth
Chicken Nuggets or Tenders

Product Tasting
NEW!
Andean Dream
Quinoa Cookies

New Frontiers Flagstaff • 320 So. Cambridge Ln.
NewFrontiersMarket.com

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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 Jim Mast's 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, 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.

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