

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

Local Taste of Arizona
2-5 pm

Product Demo & Tasting
2 pm
R. W. Knudsen Juice

1

2

3

4

5

Product Demo & Tasting
11 am
Helios Organic Kefir

Product Demo & Tasting
2 pm
Annie Chun's Potstickers

National Grilled Cheese Sandwich Day

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Passover begins at sundown

Full Moon

5% Wednesday
Today's sales will benefit *Sedona Recycles*

National Garlic Day



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Easter Sunday

Earth Day

Free Seminar
7 pm
Saving Money Through Recycling, Composting and Vermiculture

Take Your Daughter to Work Day



20

21

22

23

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Product Demo & Tasting
11 am
Noosa Yoghurt

Free Seminar
7 pm
Perimenopausal and Menopausal Symptoms

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NewFrontiersMarket.com

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New Frontiers Events & Information

Local Taste of Arizona

Thursday, April 3 • 2-5 pm

Join us on the first Thursday of every month for a local food tasting. Meet the people who create and bring these delicious products to market.

New Frontiers 5% Day

to benefit Sedona Recycles

Wednesday, April 16

On the third Wednesday of each month, New Frontiers donates five percent of its total sales for the day to a local non-profit. This month's 5% recipient is Sedona Recycles.

Sedona Recycles is a grassroots organization defined by the dedication of their staff, volunteers, and the community to support recycling efforts and provide innovative solutions to reduce waste.

They strive to provide a positive community service in a friendly atmosphere, maintaining their ideals while getting the job done.

By providing free recycling services and public education, Sedona Recycles reduces the volume of post-consumer waste buried in the local landfill and serves as the Verde Valley's authoritative resource on solid waste reduction.

For more information visit:
www.sedonarecycles.org

Earth Day Celebration

Tuesday, April 22

Shop today and receive 10% off all bulk items. Find earth-friendly product samples throughout the store.

• Saving Money Through • Recycling, Composting and • Vermiculture

with Alex Rovang, Sedona Recycles

Wednesday, April 23 • 7 pm

Alex Rovang returns for an evening of thinking green.

Learn how to save hundreds annually by eliminating the need for trash service.

Topics will include:

- Quick and easy ways to recycle at home and at work
- Backyard Composting 101
- Indoor and Outdoor Vermiculture (Worm Composting)

• Perimenopausal and • Menopausal Symptoms

with Dr. Jill Redmond, P.H.D.

Wednesday, April 30 • 7 pm

The perimenopausal and menopausal time in a woman's life is often a dizzying experience that can last for years, with wide-ranging symptoms that include hot flashes, irritability, depression, fatigue, bone loss, and more.

Are you finding yourself riding the "drug train" with one prescription for your bones, another energy-sapping prescription for your fatigue, and yet another side-effect-laced cream for your hot flashes?

This lecture will focus on factors that can cause women's hormones to become imbalanced. We will also take a look at several alternative supplements that may help to support hormonal balance.

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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