

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2014



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

April Fool's Day  
**Product Demo & Tasting**  
12-3pm  
Julian's Recipe Belgian Waffles and Syrup

National Peanut Butter & Jelly Day

**Product Demo & Tasting**  
12-3pm  
Cadia Milk and Barbara's Puffins Cereal

**Product Demo & Tasting**  
12-3pm  
Cucina Antica Pasta Sauce and Cadia Baguettes


**Earth Day Celebration**  
Courthouse Plaza from 10a-4p  
**National Grilled Cheese Sandwich Day**

Passover  
*begins at sundown*

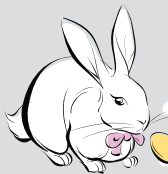
Full Moon   
**Product Demo & Tasting**  
12-3pm

**5% Wednesday**  
Today's sales will benefit  
*Open Space Alliance*

**Product Demo & Tasting**  
12-3pm  
**Solar Seminar**  
5-7pm

National Garlic Day  


Easter Sunday



Earth Day   
**10% off all Bulk Foods today only!**

Take Your Daughter to Work Day  
  
**Product Demo & Tasting**  
12-3pm

**Product Demo & Tasting**  
12-3pm  
Back To Nature Pasta and Cheese

**New Frontiers Prescott • 1112 Iron Springs Rd. •**  
**[NewFrontiersMarket.com](http://NewFrontiersMarket.com)**

# New Frontiers Events & Information

## Earth Day Celebration

At the Prescott Courthouse Square

Sat., April 12 • 10am - 4pm

Join New Frontiers and other community members on the Courthouse Square as we celebrate Earth Day. Learn about the many ways New Frontiers is helping the planet, enter to win great prizes, and enjoy a nice Spring day. There will also be fruit, treats and water for sale. For more information or to volunteer call Nancy Hans at 717-1116.

## New Frontiers 5% Day

To benefit Open Space Alliance

Wednesday, April 16

Every third Wednesday of the month New Frontiers donates 5% of the total sales of the day to a local non-profit organization. This month's proceeds will go to Open Space Alliance, organizers of the Earth Day event. Open Space Alliance works to benefit communities by protecting the land, which enriches all life for present and future generations. Through a coordinated effort Open Space Alliance seeks to conserve critical lands for public benefit. To learn more about Open Space Alliance go to [www.yavapaiosa.org](http://www.yavapaiosa.org)

## Oatmeal Bar

Every morning from 8-11 am

Start your day off with a healthy breakfast from our deli department. New Frontiers offers a hot cereal bar every day. Enjoy your choice of oatmeal or spelt, and take your pick of delicious toppings. Dine in or take it to go.

## Solar Power Seminar "Your Gift From the Sun"

With Ken Celebucki

Thursday, April 17 • 5 - 7 pm

Reserve your space at this exciting seminar! Discover how solar energy works and join Ken Celebucki as he teaches how going solar can lock in reduced electric rates for the next two decades with no out-of-pocket cost! He will also discuss recent Arizona Corporation Commission rulings, help you understand solar tax credits, explain design considerations and more. RSVP needed!

Call Ken at 928-632-7652.

## Bulk Department 10% off Earth Day Sale

Tues., April 22 • All Day

To celebrate Earth Day our bulk department is offering 10% off of all bulk items for this day only. Come fill up your cart with bulk items and save, save, save.



## Find us on Facebook

Find us on Facebook by searching for "New Frontiers - Prescott". Receive special access to news, special events, recipes, and don't miss out on what's happening at your New Frontiers Natural Marketplace.

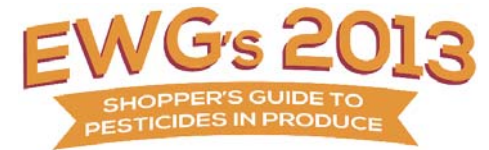
## Earth Day Every Day

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.



The Environmental Working Group ([www.ewg.org](http://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](http://www.FoodNews.org).

New Frontiers  
natural marketplace

1112 Iron Springs Rd. • Prescott  
928.445.7370  
[www.NewFrontiersMarket.com](http://www.NewFrontiersMarket.com)