

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2014



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

		April Fool's Day Free Lecture 5:30 pm Acupressure for Animals with Kaaren Jordan	National Peanut Butter & Jelly Day Product Tasting 12 - 3 pm So Delicious Frozen Dessert	Product Tasting 1 - 4 pm Tasty Bite Asian Noodles and Kevita Drink		Nojoqui Farms Tour 10 am Meet at the Farm
6	Free Lecture 5:30 pm Facial Rejuvenation at your Fingertips with Kaaren Jordan	Product Tasting 2 - 5 pm Julian's Recipe Waffles and Shady Maple Syrup	Product Tasting 11 am - 2 pm Annie Chun's Mini Wontons	Product Tasting 12 - 3 pm Lundberg Rice and Cadia Chicken Broth	4	Product Tasting 11 am - 2 pm Food for Life Sprouted Bread and Cheese
13	Passover <i>begins at sundown</i>	Free Lecture 5:30 pm Drs. Kendyl & Adam Pollenz of Life Chiropractic presenting the SHINE program	Health Screening 9 am - 12 pm 5% Wednesday Today's sales will benefit <i>Family Partnership Charter School</i>	Product Tasting 1 - 4 pm Oregon Chai Tea and Cadia Crackers and Barney Almond Butter	11	National Garlic Day
Easter Sunday 	Product Tasting 12 - 3 pm Buenatural Vegetarian Tamales	Earth Day 	Product Tasting 11 am - 2 pm Health is Wealth Chicken Nuggets	Take Your Daughter to Work Day 	17	18
27		Product Tasting 2 - 5 pm Cadia Gelato				26
28						
29						
30						

New Frontiers Solvang • 1984 Old Mission Dr.
NewFrontiersMarket.com

New Frontiers Events & Information

At Home Acupressure for Animals

with Kaaren Jordan

Tuesday, April 1 • 5:30 pm

In this free lecture, learn simple touch acupressure routines you can do at home with your animal friends while enhancing their health and well being.

Nojoqui Farms Tour

1889 Hwy 101

Saturday, April 5 • 10:00 am

Join us for a tour of New Frontiers' own Organic Farm, Nojoqui Farms. Farm Manager John Kiddie will take us on the tour and discuss crop rotation, compost production, and pest management through beneficial insects. Upon completion of the tour, you will go home with a bag full of freshly picked produce.

Please call Marketing Manager Amy Derryberry at 693-1746 for sign ups, or more information.

Facial Rejuvenation at Your Fingertips

with Kaaren Jordan

Monday, April 7 • 5:30 pm

Jin Shin Jyutsu® is an ancient Asian wellness art that works with the body's subtle energies in a way similar to acupressure. During the lecture you will learn natural self-care secrets from this powerful healing art that can help you to feel better and look younger with a routine that takes only minutes a day.

SHINE for ADD & ADHD

with Drs. Kendyl and Adam Pollenz

Tuesday, April 15 • 5:30 pm

This program, developed by Dr. Hallowell, views ADD/ADHD not as a deficit or a disorder that needs to be "fixed," but rather a set of traits that can be viewed as a gift. Drs. Pollenz have been certified for this world renowned program and will be presenting an overview of it. Please join us in our Community Room.

Health Screening

West Coast Health Services

Wednesday, April 16 • 9:00 am - Noon

West Coast Health Services is a certified laboratory specializing in safe, accurate, low-cost public health screenings. All but the Allergy Screening will have results within 10 minutes, and these are reviewed individually, and a physician review is recommended as needed.

New Frontiers 5% Day

To benefit Family Partnership
Charter School

Wednesday, April 16

On the third Wednesday of each month New Frontiers donates 5% of sales to a local non-profit. This month's recipient is Family Partnership Charter School, a public school that uniquely blends small group instruction and home study learning into an education program individualized to each student's needs and interests. Support Family Partnership Charter School by shopping with us on Wednesday, April 16.

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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