

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2015

It's Peanut Butter Lover's Month - Enjoy the fresh taste of grind-your-own peanut butter, available in our Bulk Department.



**Daylight Savings Time**

"Fall Back".

Turn your clocks back one hour

1

2

3

**Product Demo & Tasting**

1-3 p.m.

Annie's Four Cheese Macaroni & Cheese  
\* New product

4

**Product Demo & Tasting**

12 - 2 p.m.

Enjoy Amy's Soup with Back to Nature crackers

5

**Product Demo & Tasting**

12 - 2 p.m.

Think Thin Oatmeal with Lifeway Kefir

7

8

**Product Demo & Tasting**

11 a.m. to 1 p.m.

Blue Diamond Nut Thins and Miyoko's Cashew Cheese

9

**Stress, Hormones and Health**

Dr. Scott Saunders, M.D. - 6 p.m.

How stress hormones affect our daily lives

10



11

Veteran's Day

**Product Demo & Tasting**

11 a.m. to 1 p.m.

Once Again Peanut Butter and Cadia Preserves on bread

12

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14

15

**Thanksgiving Tasting Demo**

11 a.m. to 1 p.m.

All week we'll be sampling traditional holiday favorites

16

**Thanksgiving Tasting Demo**

11 a.m. to 1 p.m.

All week we'll be sampling traditional holiday favorites

17

**Thanksgiving Tasting Demo**

11 a.m. to 1 p.m.

All week we'll be sampling traditional holiday favorites

18

**Thanksgiving Tasting Demo**

11 a.m. to 1 p.m.

All week we'll be sampling traditional holiday favorites

19

It's Vegan Awareness Month

Have you tried going a day or a week without eating animal products?

20

21

22

National Espresso Day



23

**Product Demo & Tasting**

11 a.m. to 1 p.m.

Alexia Foods Classic French Rolls with Earth Balance butter

24

National Cake Day - Bake your own or enjoy a slice from our Bakery.



25

**Thanksgiving Day**  
(our store will be closed)



26

27

Small Business Saturday  
Shop local and support locally owned small businesses.

28

29

30

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." — Oprah Winfrey



# New Frontiers Events & Information

## Stress, Hormones and Health

with Dr. Scott Saunders, M..D.

Tues., Nov. 10 • 6 p.m.

We are thrilled to have Dr. Saunders for this evening of discussion about “Stress Hormones and Health” which will cover how stress affects our health on a biochemical level. There are hormone receptors for each of our hormones on every cell in our bodies. They affect everything from our hair to our toenails and everything in between. How we feel; how we make energy; and what we are able to do are, in many ways, controlled by hormones.

Dr. Scott Saunders, M.D. is the medical director of the Integrative Medicine Center of Santa Barbara. He went to UCLA medical school and became board certified in Family Practice in 1995. Since then, he has practiced integrative and natural healing, including natural hormone balancing.

## New Frontiers 5% Day

To benefit Santa Ynez Valley Meals on Wheels

Friday, Nov. 20

On The third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization. This month's recipient is Santa Ynez Valley Meals on Wheels. Last year, Meals on Wheels delivered 12,246 meals to 118 clients throughout the Santa Ynez Valley. Since our donation is based on a percentage of sales, you can help support the Meals on

Wheels program by shopping with us on this day.

## Thanksgiving Tasting Demos

Free samples of holiday favorites

Monday, Nov. 16 - Friday, Nov. 20

We're planning a week of holiday tastings to help you get ready for Thanksgiving.

Among the many items we'll be sampling are Ditesel turkey breast, stuffing and gravy.

Once again this year, our deli will be cooking up a whole slew of traditional Thanksgiving side dishes to enhance your celebrations, including: green bean casserole, fresh made cranberry sauce, sweet potatoes, mashed potatoes, wild rice stuffing, roasted Brussels sprouts, roasted Butternut squash and more.

We're especially excited about the pies! This year, we're expanding our offerings to include: Pumpkin, Agave Pumpkin, Gluten-free Pumpkin, Apple Streusel, Pecan, Cherry and Mixed Berry. Vegan pies will also be available by special order.

We love the smells and the flavors of Thanksgiving, and we love to share them with you. So join us for a week of Thanksgiving tasting demos.



## Real • Good • Food for the Holidays

When we think of Thanksgiving, we often flash on the quantity of food, but in truth, it is the QUALITY of the food that your family and friends will remember and appreciate most about the Thanksgiving feast.

Many of the foods traditionally associated with a Thanksgiving dinner are nutritious, so make the meal GREAT with fresh, local produce, high-quality ingredients that are free of artificial preservatives, colorings and flavorings, and if turkey is on the menu, make it one that's deserving of the occasion.

### Diestel Turkey ... Naturally

For 27 years, New Frontiers has partnered with the Diestel Family Turkey Ranch of Sonora, California to bring you delicious, all-natural premium turkeys.

The number one reason to choose Diestel turkeys is because THEY TASTE BETTER! Diestel turkeys have a rich “old-fashioned flavor,” incredible tenderness, and texture.

In addition to the great flavor, Diestel turkeys are humanely raised almost twice as long as conventional birds in a clean open-air environment.

We like to support family farms, and the Diestel family have been family-owned and operated since 1949.

To reserve your turkey, fill out an order slip in the store.



Here are some other suggestions to present a nutritious, wholesome Thanksgiving feast:

• **Green beans.** Keep the beans but skip the cream of mushroom soup. Or try other nutritious green vegetables, such as **Brussels sprouts, asparagus** or **broccoli**. Lightly steam them and top with a sprinkling of lemon zest — fantastic!

• **Mashed potatoes.** Save yourself some work, leave the skins on. They provide fiber and potassium. Or mash roasted squash (see below).

• **Squash.** The natural sweetness will delight you. Cut squash in small cubes or half moon shapes, toss with a small amount of olive oil and fresh herbs, and spread evenly on a cookie sheet. Roast until softened and brown around the edges. If you want to save even more calories, substitute **carrots**. You can roast them the same way.

• **Stuffing.** Switch from white to whole-wheat bread and get the benefit of whole grains. Add flavor with fresh herbs and aromatic veggies such as carrots, onions and celery. Or try wild rice for stuffing — another good source for fiber. It's delicious when mixed with dried fruit and aromatic veggies.

• **Cranberries.** Beautiful and bursting with antioxidants. Try cutting the sugar in traditional recipes by at least half. Or update this garnish by substituting pomegranate seeds — mix them with a bit of sugar, chopped onion and lemon juice.

New Frontiers is thankful to be part of this community, and to offer Real Good Food - at the holidays and throughout the year.

New  
Frontiers  
natural  
marketplace

1984 Old Mission Dr. • Solvang

805.693.1746

[www.NewFrontiersMarket.com](http://www.NewFrontiersMarket.com)