

June 2016

			Product Demo & Tasting 12 - 2 p.m. Kind bars with Krudsen juice	National Rotisserie Chicken Day Our Rotisserie Chickens are juicy, delicious, and roasted fresh every day.	National Egg Day 	
5	6	National Chocolate Ice Cream Day 	National World Oceans Day Choose sustainable seafood. 	Product Demo & Tasting 12 - 2 p.m. Manitoba Harvest hemp products with hemp milk	Product Demo & Tasting 11 a.m. to 2 p.m. Padma's Easy Exotic Rice & Curried Lentils and Inko's Iced Tea	11
National Peanut Butter Cookie Day 	Men's Health Week begins	Flag Day 		Product Demo & Tasting 12 - 2 p.m. Artisana Chocolate with Mount Hagen Coffee	5% Friday New Frontiers will donate 5% of today's sales to Solvang Theaterfest	International Picnic Day 
12	13	14	15	16	17	18
Father's Day 	First day of summer 	Product Demo & Tasting 1 - 3 p.m. Boca Burgers Wheat Montana Buns, Boulder Chips, Zevia Cola	Product Demo & Tasting 11 a.m. to 1 p.m. Green Valley Vanilla Yogurt, Love Crunch PB Chocolate	Product Demo & Tasting 12 - 2 p.m. Cucina Antica La Vodka Sauce, Montebello Pasta	24	25
19	20	21	22	23	24	25
26	Product Demo & Tasting 12 - 2 p.m. Annie's Pasta with Celestial Seasonings Cool Brew Tea	28	Product Demo & Tasting 11 a.m. to 1 p.m. Morning Rounds, Earth Balance, Kevita	Music on the Green Our free summer concert series starts today; 5:30 - 7:30 p.m.	 It's Iced Tea Month Enjoy cool, refreshing iced tea from our deli, bottled, or made on your own.	
26	27	28	29	30		

Celebrate Seafood Month with fresh, sustainable seafood from our meat department. New Frontiers is committed to supporting sustainable seafood practices. Feel free to ask our knowledgeable butchers any questions you might have.



"No price is set on the lavish summer, June may be had by the poorest corner."

— James Russell Lowell

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

New Frontiers Events & Information

New Frontiers 5% Friday

To benefit the Solvang Theaterfest

Friday, June 17

On the third Friday of every month, New Frontiers donates 5 percent of sales to a local non-profit organization. This month's recipient is the Solvang Theaterfest, whose mission it is to support and promote live performing arts events in the Solvang Festival Theater. Among the ways in which Theaterfest meets its mission include owning and maintaining the Solvang Festival Theater to accommodate a variety of performances and community events, hosting PCPA, and expanding the audience base for the theater through various promotions and fundraising drives. Since the donation is based on a percentage of sales, you can help contribute by shopping with us on this day.

Music on the Green

free summer concert series

Thursday, June 30 • 5:30 - 7:30 p.m.

Music on the Green, the longest-running original music series in the Santa Ynez Valley, begins its 16th year with a performance by Mesa/Blue Moon recording artist, Dulcie Taylor.

The free outdoor concert series takes place every Thursday, June 30 - Aug. 11, from 5:30 - 7:30 p.m., in the courtyard outside of our store.

In addition to the music, we proudly serve an all-natural barbecue, featuring beef, chicken and vegetarian options, with all the fixin's, for \$8.

Further adding to the festivities on this day, we will be hosting our annual Old Time Ice Cream Social, by serving free ice cream with different toppings for sundaes, beginning at 5 p.m.

Other bands scheduled to perform in this year's concert series are:

- July 7 - Cuesta Ridge
- July 14 - Bent Myggen & the Best Available
- July 21 - The Ruben Lee Dalton Band
- July 28 - Stephen Styles
- Aug. 4 - Jacob Cole; and
- Aug. 11 - Frank Palmer / Ray Pannell / Richard Diaz

Music on the Green is a free event. Tables and chairs are provided for your comfort, or many people bring blankets or beach chairs to relax on the lawn.

Groundbreaking Ceremony

Introducing the Merkantile

Thursday, June 30 • 5 p.m.

Before the Music on the Green concert begins, there will be a groundbreaking ceremony to announce the redesign of the Valley Plaza shopping center, soon to be renamed The Merkantile. Representatives of the development will be on hand to present plans and a vision for the new center. Current tenants First Bank, Bloom Yoga and New Frontiers will be housed in beautiful new spaces. New Frontiers will approximately triple in size to greater serve the community. Our store will be open throughout all phases of the construction.



Men's Health Month

When it comes to nutritional guidelines, there are differences in the requirements for men and women. Men can follow these steps to help ensure that you're getting the required nutrition.

1. Know your body's calorie needs; a moderately active 180-pound man should consume between 2,400 - 2,600 calories a day.
2. Know your protein requirements; men require only about a third of a gram of protein per pound of body weight each day. Too much dietary protein elevates the risk of kidney stones.
3. Try to keep your fat consumption to 30% of your daily calories, and less when weight control is a concern. Cut down on saturated fat from animal products, and enjoy foods containing unsaturated fat, like olives, nuts and fish.
4. Consume enough carbohydrates. Like proteins and fats, carbohydrates are macronutrients that stoke your metabolism and keep you alert and active. About half your calories should come from carbohydrates, preferably complex carbs, including fruits, vegetables and whole grains.
5. Eat Real Food. Avoid packaged, processed foods as much as possible.
6. Drink plenty of water every day to hydrate the body and aid the digestive system.

Make it an Iced Tea

If you're looking for a healthy, thirst-quenching summer beverage, try iced tea. Whether it's made from green or black tea, iced tea is high in antioxidants to help strengthen bones, support heart health and protect against disease.

Unsweetened iced tea is low in calories, so it's good if you're trying to lose weight. Twelve ounces of sweetened iced tea typically has about 125 calories compared to just two calories for the unsweetened variety.

Tea contains a moderate amount of caffeine, which can boost your alertness and improve your mental performance.

So for a healthy alternative, choose tea.

Grilling Season

To get the best, start with the best - all-natural meat, chicken and seafood from New Frontiers.

Tender and delicious USDA Choice grade California-raised beef, hormone free, competely traceable from birth for greater peace of mind;

The cleanest, juiciest, most flavorful pork you can buy; no hormones or antibiotics, ever;

Smart Chicken - air-chilled means less water, less contamination, more flavor; humanely-raised without hormones or antibiotics;

The freshest, sustainably-raised seafood, delivered five days a week.

New Frontiers
natural marketplace

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