Sunday **Monday Tuesday** Wednesday **Thursday Friday Saturday** It's National Picnic **Product Demo &** Month! We've got **Tasting** July 2016 portable meals, chips 11 a.m. to 1 p.m. and dip, cold beverages, Late July chips desserts, and much more. Spindrift soda Independence Day **Product Demo & Product Demo &** Music on the Green **Product Demo & Tasting Tasting** 5:30 - 7:30pm **Tasting** 1 - 3 p.m. 11 a.m. to 1 p.m. 11 a.m. to 1 p.m. Featuring Cuesta Ridge Back to Nature Daiya pizza with Back to Nature crackers with Organic Hubert's lemonade crackers with Hope Valley cheese hummus **Product Demo & National** Music on the Green It's National National Blueberry French Fries Day Muffin Day - Have **Tasting** 5:30 - 7:30pm Graham Cracker Cascadian Farm's Day - Celebrate with you tried our bakery's 1 - 3 p.m. Featuring Crinkle Cut Fries are S'mores. fresh baked blueberry Bent Myggen and the Alexia oven friens spud-tacular! muffins? Best Available Band with Santa Cruz organics lemonade **Product Demo & Product Demo &** Full moon Music on the Green National **Tasting** Hot Dog Day **Tasting** 5:30 - 7:30pm 11 a.m. to 1 p.m. 11 a.m. to 1 p.m. Featuring Ruben Lee Dalton Kinnikinnick Animal Veggie fries with Cookies with Apple & Spindrift soda Eve Juice **Product Demo & National Product Demo &** Music on the Green National Ice Cream Day **Tasting** Cheesecake Day **Tasting** 5:30 - 7:30pm 1 - 3 p.m 11 a.m. to 1 p.m. We have a Featuring wide selection Pamela's Whenever Rising Moon Stephen Styles Bars with Cadia of ice cream Celebrate Butternut Squash Coconut Water on sale now. Salad Week San Pellegrino **It's Chill and Grill Month!** New Frontiers has everything you need for tasty and healthy grilling. We've got naturally raised beef, pork and chicken; sustainable seafood, fresh vegetables, a huge variety of spices, sauces, and marinades, and much more. New Frontiers Solvang • 1984 Old Mission Dr. • NewFrontiersMarket.com

___New Frontiers_____ Events & Information

Music on the Green

Community Concert Series

Every Thursday, 5:30 - 7:30 p.m.

It is part of our company mission "to improve the quality of life, in our relationships, in our community, and in our world." It is with this mind that we started the Music on the Green concert series. Now in its 16th year, Music on the Green adds to our quality of life by creating an opportunity for friends and families to gather and enjoy good music, good food, and good company in a beautiful setting.

Music on the Green features all original music, and an all-natural barbecue with beef, chicken and vegetarian options, including all the fixin's. Seating is available, or bring a blanket or a lawn chair and enjoy the fun. It's free!

Our lineup for July is:

July 7 - Cuesta Ridge July 14 - Bent Myggen & The Best Available Band July 21 - Ruben Lee Dalton July 28 - Stephen Styles.

New Frontiers 5% Friday

To benefit Arts Outreach

Friday, July 22

On the third Friday of each mmonth, New Frontiers donates 5 percent of sales to a local non-profit organization. This month's recipient is Arts Outreach, which has been serving the Santa Ynez Valley since 1980. By working together with teachers, principals, superintendents,

professional artists and other members of the community, Arts Outreach has been able to serve it's mission of promoting visual, literary and musical arts in the Santa Ynez and Los Alamos Valleys.

Programs include music concerts, in-school and after-school classes, Real Men Cook, APPLAUSE Young Artists Program, a youth Glee program, an Elder Arts program serving senior citizens, and much more.

Since our donation is based on a percentage of sales, you can help maximize our contribution by shopping with us on this day.

Probiotics: a Fad or a Necessity?

by Dr. Greg Anderson, D.C.

Friday, July 22 • 12:30 p.m.

Another part of our mission as a company is "to educate ourselves and others." With this in mind, we presenty free monthly seminars. This month, Dr. Anderson will educate us about Probiotics. More specifically, he will talk about:

- The human biome;
- The gut and the immune system;
- Causes of gut flora imbalance;
- Dysbiosis and the damage done;
- How probiotics work;
- Are probiotics permanent residents or
- Which species of probiotics are best; and
- Probiotic foods and the gut flora. Join us in the comfortable setting of the New Frontiers conference room, in the Home Office, Suite A-7.

Picnic / Take-Out

July is National Picnic Month, and our deli has everything you need for a delicious and delightful outdoor spread.

We have fresh made-to-order or Grab-and-Go sandwiches and wraps. Our deli case is packed with all sorts of sidesalads, veggie dishes; salmon, chicken and turkey entrees; cole slaw, potato salad, quiches, mozzarella croquettes, rice and noodle dishes, quinoa cakes, enchiladas, chips and dips, fresh baked goods including muffins, scones, cookies, bars and brownies, and of course spectacular desserts, such as gourmet cakes, pies, tarts, tortes and so much more.

So the next time you're looking to create a great outdoor food experience, remember the world of delights in the deli at New Frontiers.

Salad ---

A main dish salad is a quick, easy, and nutritious way to enjoy a meal. Here are some tips for adding flavor, nutrition and enjoyment:

Kick up your salad with colorful fruits such as fresh strawberries, sliced peaches, fresh pomegranate seeds, or dried cranberries.

Mix up the veggies by adding crisp jicama or green beans, carrots, radishes, colorful bell peppers, cucumber, and red cabbage.

Gain some crunch with sunflower seeds, pumpkin seeds, or nuts like pistachios, sliced almonds, or chopped pecans.

Add extra nutrition with



canned beans such as garbanzo, white beans, or black beans.

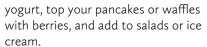
Top it with grilled beef, chicken, lamb or seafood for a satisfying lunch or dinner.

Dress lightly - don't drown your salad in a sea of dressing. Use just enough to add the right flavor without adding extra calories or fat.

Berries, Berries!

Berries are bursting with vitamins and minerals, many of which are classified as antioxidants. Researchers from the USDA found that blueberries, cranberries, blackberries, raspberries, and strawberries were among the top 11 foods for antioxidant activity. Antioxidants may help increase our immune function and protect against cancer and heart disease.

- Look for firm, plump, full-colored berries with no bruising. After purchasing, cover and refrigerate until ready to serve.
- Most berries are naturally sweet and need no preparation.
- Add berries to foods you already eat: sprinkle on cereal, mix into





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