

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2016



3

Independence Day



4

Product Demo & Tasting

1 - 3 p.m.

Back to Nature crackers with Organic Valley cheese

5

Product Demo & Tasting

11 a.m. to 1 p.m.

Daiya pizza with Hubert's lemonade

6

Music on the Green

5:30 - 7:30pm

Featuring Cuesta Ridge

7

Product Demo & Tasting

11 a.m. to 1 p.m.

Late July chips Spindrift soda

1

It's National Picnic Month! We've got portable meals, chips and dip, cold beverages, desserts, and much more.



9

It's National Graham Cracker Day - Celebrate with S'mores.

10

National Blueberry Muffin Day - Have you tried our bakery's fresh baked blueberry muffins?



12

Product Demo & Tasting

1 - 3 p.m.

Alexia oven friens with Santa Cruz organics lemonade

National French Fries Day

Cascadian Farm's Crinkle Cut Fries are spud-tacular!

13

Music on the Green

5:30 - 7:30pm

Featuring Bent Myggen and the Best Available Band

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17

18

Full moon



19

Product Demo & Tasting

11 a.m. to 1 p.m.

Veggie fries with Spindrift soda

20

Music on the Green

5:30 - 7:30pm

Featuring Ruben Lee Dalton

21

Product Demo & Tasting

11 a.m. to 1 p.m.

Kinnikinnick Animal Cookies with Apple & Eve Juice

22

National Hot Dog Day



23

National Ice Cream Day

We have a wide selection of ice cream on sale now.



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Celebrate Salad Week

25

Product Demo & Tasting

1 - 3 p.m.

Pamela's Whenever Bars with Cadia Coconut Water

26

Product Demo & Tasting

11 a.m. to 1 p.m.

Rising Moon Butternut Squash San Pellegrino

27

Music on the Green

5:30 - 7:30pm

Featuring Stephen Styles

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29

National Cheesecake Day



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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 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 month, 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 its 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 presently 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 tourists;
- 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 side-salads, 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!

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 yogurt, top your pancakes or waffles with berries, and add to salads or ice cream.



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