

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2016



Peaches are at their peak this month! Enjoy their sweet, juicy goodness.

National Watermelon Day



**Music on the Green**  
5:30-7:30pm  
Featuring Jacob Cole

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National Zucchini Day



Book Lover's Day  
*Every day is a great day to buy a new cookbook.*



**Chair Massage**  
10am - 3pm  
**Product Demo & Tasting**  
12 - 2 p.m.  
Think Thin bars

**It's the final night! Music on the Green**  
5:30 - 7:30 p.m.  
Featuring Frank Palmer/Richard Diaz/Ray Pannell

**Product Demo & Tasting**  
1-3pm  
Sesmark Crackers

National Filet Mignon Day  
*New Frontiers Natural Beef is tender, flavorful, and free from hormones and antibiotics.*

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**Product Demo & Tasting**  
12 - 2 p.m.  
Beanfiled chips and dip

**Product Demo & Tasting**  
12 - 2 p.m.  
Beeler's Bratwurst and mustard

**Product Demo & Tasting**  
11 a.m. to 1 p.m.  
Once Again PB & J with Cadia bread and Almond Breeze

**Product Demo & Tasting**  
12 - 2 p.m.  
For Peach Month - Bobo's Oat Bar (peach), Honest Tea (peach)

5% Friday  
New Frontiers will donate 5% of today's sales to The Equine Sanctuary

National Bacon Lover's Day  
*You won't believe the great taste of Beeler's and Niman Ranch Bacon. Try some today!*

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**Product Demo & Tasting**  
1 - 3 p.m.  
Starlite taquitos

National Waffle Day



**Product Demo & Tasting**  
12 - 2 p.m.  
Bionature Pasta, Cucina Antica Sauce

**Women's Equality Day**, marking the passage of the 19th amendment, allowing women the right to vote.

National Banana Lover's Day



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**Check out the wide variety in our Bulk Department.**

*The benefits of buying in bulk include: reducing the amount of direct packaging going into landfills, reducing food waste by buying smaller amounts, and ... organic bulk foods are less expensive than their organic packaged counterparts*

Enjoy the dog days of summer while you can. It's **Eat Outside Day.**



"Rejoice as summer should...chase away sorrows by living." — Melissa Marr

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**NewFrontiersMarket.com**

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# New Frontiers Events & Information

## Music on the Green

Thursday, Aug. 4 & 11

This is the 16th consecutive summer that New Frontiers has been hosting free concerts for the community through our Music on the Green series, which was voted by readers of The Santa Ynez Valley News as "The Best Music Event" in the Santa Ynez Valley. Music on the Green was started and continues to be offered for the sole reason of enhancing our quality of life in the Valley.

In addition to live original music, we offer a delicious all-natural barbecue, featuring beef, chicken and vegetarian options with all the fixings for \$8.

Our two August concerts will be the final ones before construction and renovation begins on our new store and the rest of the beautiful new center, to be renamed The Merkantile. We provide free tables and chairs, or you can bring a blanket or a lawn chair and relax and enjoy good music, good food, good friends, and the blessings of small town community life, in a beautiful setting.

On Aug. 4, we present Jacob Cole, who has been part of the series for the past six years, and then we close things out Aug. 11 with Frank Palmer / Ray Pannell & Richard Diaz.

The music runs from 5:30 - 7:30 p.m. Join us for these final events of our 2016 concert series.

## New Frontiers 5% Day

To benefit The Equine Sanctuary

### Friday, August 19

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 The Equine Sanctuary.

Noting the mission of The Equine Sanctuary, founder Alexis Ellis explained, "My lifelong passion for horses became a mission as I witnessed our beautiful US equine athletes being sent to slaughter after career-ending injuries."

Gaining 501(c)3 status in 2000, The Equine Sanctuary specializes in the care of professional polo and race horses. Many of the horses are successfully placed in carefully approved homes, while the permanently injured ones are trained as goodwill ambassadors serving as therapy partners for educational and therapeutic experiences with children and U.S. veterans with PTSD or traumatic brain injuries.

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

## Art in the Deli

by Jackie Seamann

### all month long

We are proud to display the pastel, acrylic and watercolor paintings of Jackie Seamann, whose subjects include a wide variety of Santa Ynez Valley images.

## It's Time to Go Back to School

Many school children trade or discard items from their packed lunch. This makes it hard to know if they're getting the kind of well-balanced meal necessary to prepare them for learning. Here are some tips that might help your kids eat the lunch you packed for them:

- Vary the items you pack in their lunches, such as a sandwich one day, and a macaroni and vegetable salad the next.
- Vary breads for sandwiches, such as pita bread, rolls or hot dog buns. Choose whole grain breads for good nutrition.
- Instead of denying your children snacks, try healthy treats like whole grain granola bars without artificial sweeteners, or applesauce cups.
- Encourage kids to eat colorful vegetables by including a tasty dip. Add color and a little sweetness to lunch with delicious fruit. Remember, five servings of fruits and vegetables are recommended daily.
- Set a good example for your children by eating healthy, well-balanced meals yourself. New Frontiers has everything you need for breakfast, lunches and snacks, for kids of all ages.

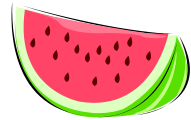
Check out some of the Back to School items on sale this month:

- Apple & Eve and Back to Nature juices
- Bobo's Oat Bars in a variety of flavors
- Boulder Canyon Popcorn
- Kind Bar breakfast bars
- Nature's Bakery brownie bars and fig bars
- Late July mini crackers with cheddar cheese or peanut butter
- Santa Barbara snack bars
- Once Again nut butters
- Love Grown and Purely Elizabeth cereals
- Milton's cookies
- Newman's Own organic cookies

And much, much more

## The Sweet Taste of Summer

**Watermelon** is fat free and low in calories. Two cups of diced watermelon chunks is only 80 calories.



The National Watermelon Promotion Board Web site at [www.watermelon.org](http://www.watermelon.org) has recipes using watermelon and tips on choosing and storing watermelons.

**Peaches** are the ultimate summer fruit. Not much can top the delight of biting into a ripe, juicy peach. They also pack a lot of nutrition - one medium peach contains 2 grams fiber and is a good source of vitamins A and C.



Try stepping outside the box with these sweet peach ideas:

- Finely dice peaches and add to salsa.
- Sprinkle peach halves with a little brown sugar, grill them, and top with vanilla ice cream.
- Puree peaches with a little lemon or lime juice. Pour puree into a glass and add sparkling water or lemonade.
- Add sliced peaches to salad, add some chopped toasted walnuts or pecans, and crumbled blue cheese.

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