

February Is Time To Be

# HEART HEALTHY

It's time for good and good-for-you foods from Adams - the freshest fruit, vegetables, lean meats & seafood for great tasting healthy meals you're sure to love every day of the year. Start a healthy habit and be heart smart!

## FREE SEMINARS

Pick up a brochure in our store or see it online at [adamsfarms.com](http://adamsfarms.com)

Saturday February 25, 1:00 p.m.  
**Introduction to Bee Keeping for the Hobbyist**  
 with John Benzinger ~ Garden Center Associate  
 Yes you can have honeybees this year!  
 John will discuss these things and more.

Sunday February 26, 1:00 p.m.  
**Corned Beef Dinner Anyone?**  
 with Tim Scott ~ Assistant Store Manager  
 Tim will show two ways to prepare the traditional St. Patrick's day corned beef. One for the stove top and one for the oven.

Sweet, Little  
**Grape Tomatoes**  
**99¢** ea  
 PINT BOX



Fresh! No Waste  
**Broccoli Crowns**  
**79¢** lb



Fresh! California  
**Navel Oranges**  
**\$1.99**  
 4LB BAG



Fresh! Value! Quality! Plus Some Heart Healthy Options! ♥♥♥

## ♥♥♥ Adams Meat Department

**90% Lean Ground Round**  
 Always in-store ground fresh!  
**\$2.79** lb  
 Sale!

**Country Pride Frozen Cornish Game Hens**  
**\$1.59** lb



**Ground Turkey**  **\$3.49**  
 From Plainville Farms, 94% lean .....lb

**Bell & Evans Chicken Cutlets** **\$4.99**  
 Thin sliced. All natural, taste the difference! .....lb

**Cross Rib Roast** **\$3.29**  
 Certified Angus Beef .....lb

**Porketta Roast** **\$2.09**  
 Boneless, center-cut. Seasoned with garlic & parsley in-store .....lb

**Hot Smoked Sausage** **\$3.49**  
 Boar's Head. Hot and tasty! .....16oz pkg

### ADAMS FRESH SEAFOOD

**Fresh! Farm Raised Norwegian Salmon Fillet**  
 Bake or poach  
**\$7.99** lb



**Multigrain Crusted Haddock Fillet** **\$3.99** 5.5oz ea  
 With lemon & thyme. Bake at 375° 25-30 minute

**Beer Battered Haddock Fillet** **\$5.99** 11oz ea  
 Frozen. Bake at 375° 25-30 minutes

### ADAMS DELI SPECIALS

Certified Heart Healthy by the American Heart Association

**Boar's Head Classic Golden Chicken**  **\$3.49**  
 The "sandwich chicken" from Boar's Head. Deli-sliced

**Boar's Head Deluxe Roast Beef**  **\$4.99**  
 Extra lean & tender. Only 40mg sodium per oz

**Boar's Head Ovengold Turkey**  **\$3.99**  
 Our best seller - it's good for you too!

**Boar's Head Premium Low Salt Ham**  
 47% lower sodium  
**\$3.69** 1/2lb



**Sharp Wisconsin Cheddar**  
 Excellent with apples  
**\$5.99** lb



### CHEESE SHOP SAVINGS

**Fat Free Feta**  **\$4.99**  
 Crumbled & ready to serve for all your dishes.....ea

**Jarlsberg Lite** **\$7.99**  
 Our best tasting lower fat, lower salt Swiss.....lb

**Sabra Hummus**  **\$3.49**  
 Assorted varieties. Great with pita chips or vegetables....ea


**Santa Barbara Peach Mango Salsa**  **\$2.99**  
 Delicious & nutritious! 16oz ea

### GROCERY & DAIRY HEART HEALTHY

**Nasoya Organic Tofu** **2 \$5.00** FOR 14oz  
 Rich in calcium, niacin, protein and fiber

**Tropicana Orange Juice** **2 \$6.00** FOR 59oz  
 All Pure Premium Varieties

**My Brother Bobby's Tropical Salsa**  **\$3.99** 16oz  
 Locally made, fresh & light. Excellent on fish!

**La Squisita Beans**  **4 \$3.00** FOR 15oz  
 Kidney, black, cannellini & chick peas.

**Bob's Red Mill Organic Whole Ground Flaxseed Meal**   
 Provides Fiber, Lignans & Omega-3 Fats.  
 Friend of the heart.  
**\$2.99** 16oz



**RT 9W, KINGSTON 336-6300** [www.adamsfarms.com](http://www.adamsfarms.com)  
 Sale good 2/21 - 2/23/12. Store hours: Mon-Sat 8am-8pm, Sun 8am-7pm.  
 Visit Adams on Rt 9, Wappinger 632-9955, Rt 44, Poughkeepsie 454-4330 & Rt 300, Newburgh 569-0303. \*Sale items vary per store. While supplies last.  
 All information deemed reliable but not guaranteed.