



SAVE THE DATE!
ADAMS
Lawn & GARDEN SHOW
 •2012•
MARCH 2ND-18TH

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!



Sweet, Little
Grape Tomatoes

PINT BOX **99¢** ea



Fresh! No Waste
Broccoli Crowns

79¢ lb



Fresh! California
Navel Oranges

4LB BAG **\$1.99**



FREE SEMINARS

Pick up a brochure in our store or see it online at adamsfarms.com



Saturday February 25, 1:00 p.m.
Selecting and Making The Most of Your Produce with Gary Mayhon~Produce Manager
 Gary will discuss how to choose, store and prepare your fresh produce.

Sunday February 26, 1:00 p.m.
Tomato Grafting with Mark Adams (Adams Greenhouses)
 Forget heirloom, organic, local and hybrid! That is so last year! The new rage is grafted tomatoes. See what's up and how to do it.

ADAMS SEAFOOD

Fresh!
Boneless Trout
 SAVE \$1.00! Grill, bake or pan fry
\$5.99 lb

Fresh!
Chopped Clams **\$3.99** lb
 SAVE \$1.00lb! Delicious over pasta

Haddon House Clam Juice **\$1.49** ea
 SAVE 50¢! All natural. Great for clam sauce

Spinach & Cheddar STUFFED SOLE
 Also stuffed with Shrimp & Garlic or Scallop & Crab
\$1.99 5oz ea
 SAVE \$1.00!

Fresh! Value! Quality! Plus Some Heart Healthy Options! ♥♥♥♥♥♥♥♥♥♥
Adams Meat Department

Certified Angus Beef Cross Rib Roast ... **\$3.29** lb
 Perfect for Sunday dinner

Boneless, Center-cut Porketta Roast **\$2.09** lb
 Store-made seasoned with garlic & parsley

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

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

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

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

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

DELI SPECIALS

Boar's Head Premium Low Salt Ham
 America's favorite ham! 42% lower sodium
\$3.69 1/2lb
 Deli Sliced!

Boar's Head Classic Golden Chicken **\$3.49** 1/2lb
 The "sandwich chicken" from Boar's Head. Deli-sliced

Boar's Head Deluxe Roast Beef **\$4.99** 1/2lb
 Low salt. Only 40mg sodium per oz

Boar's Head Low Salt Bologna **\$2.49** 1/2lb
 Same great taste, 28% lower sodium

Boar's Head Monterey Jack **\$2.99** 1/2lb
 Great melting cheese for your hot sandwich!

Adams Cole Slaw **\$2.99** lb
 Cool and crisp. Prepared fresh daily!

CHEESE SHOP

Wisconsin Sharp White Cheddar
 Excellent with apples
\$5.99 lb

Beemster Lite **\$11.99** lb
 Gouda from Holland made with 2% milk

Manchego Cheese **\$9.99** lb
 100% Sheep's milk cheese from Spain

Smoked Mozzarella **\$5.99** lb
 Locally made by Laraia's. Also hickory smoked

Jarlsberg Lite **\$7.99** lb
 Just like the original with less calories for your to enjoy

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

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

GROCERY & DAIRY

Bob's Red Mill 100% Whole Grain Steel Cut Oats **\$2.99**
 World champion gold medal oatmeal. 24oz

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

Texmati Basmati Rice **\$4.99**
 White or Brown 35oz cannister

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

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