

**ADAMS POUGHKEEPSIE**  
**Lawn & GARDEN SHOW**  
**2012**  
**FEBRUARY 24 - MARCH 4, 2012**



**FREE SEMINARS**

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

**WAPPINGER STORE**

Wednesday, February 22, 5:30 p.m.  
**"Sugar Blues"** with Julia Mailler & Lori Rolison  
 Learn on how to control your sugar cravings.

Saturday, February 25, 1:00 p.m.  
**Raised Bed & Container Gardening**  
 ~New Techniques with Greg Draiss

Sunday February 26, 1:00 p.m.  
**Easy Recipes Using Vegetables and Herbs** with Diane Watt of Watts Blooming  
 Easy recipes with simple and fresh ingredients.

**POUGHKEEPSIE STORE**

Wednesday, February 22, 5:30 p.m.  
**"Essential Nourishment"**  
 with Local Author Marika Blossfeldt  
 "Recipes from My Estonian Farm"

Cooking demonstration, discussion & **BOOK SIGNING!**

FRIDAY, February 24, 5:30 p.m.  
**Fortune Telling with Flowers**  
 with Sue Adams (Adams Greenhouses)  
 Let's go back to the Victorian era and not only enjoy the beauty of flowers, but also their meanings. Want your fortune told?

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

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

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

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

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

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

- Ground Turkey** From Plainville Farms, 94% lean .....lb **\$3.49**
- Bell & Evans Chicken Cutlets** Thin sliced. All natural, taste the difference! .....lb **\$4.99**
- Cross Rib Roast** Certified Angus Beef .....lb **\$3.29**
- Porketta Roast** Boneless, center-cut. Seasoned with garlic & parsley in-store ..... lb **\$2.09**
- Hot Smoked Sausage** Boar's Head. Hot and tasty! .....16oz pkg **\$3.49**

**ADAMS FRESH SEAFOOD**

**Any Crusted or Seasoned Tilapia Fillet**  
 Bake at 375° 25-30 min.  
 Quick entrees for your healthy heart!  
**\$2.99** 5.5oz

**Fresh! Tilapia Fillet** Great for making fish tacos.....lb **\$6.99**

**Fresh! Cod Fillet** Mild & sweet. North Atlantic.....lb **\$6.99**

**Cooked Shrimp** Large. Great for cocktail .....lb **\$8.99**

**HOT SANDWICH & LENTEN SPECIAL**

*Made Fresh to Order at The Poughkeepsie Store Only!*  
**Chicken Quesadilla**  
 Grilled chicken, peppers, onions, cheddar cheese. Served with sour cream & salsa  
**\$6.75** ea

**Beer Battered Cod Fillet Sandwich**  
 Served with tomato, lettuce tartar sauce & fries  
**\$5.75** ea

**ADAMS DELI SAVINGS**

*Certified Heart Healthy by the American Heart Association* ♥♥♥

- Boar's Head Golden Classic Chicken**  
 America's favorite ham! 42% lower sodium  
**\$3.49** 1/2lb
- Boar's Head Premium Lower Sodium Ham**  
 Oven roasted. 42% lower sodium  
**\$3.69** 1/2lb
- Boar's Head Deluxe Roast Beef**  
 Extra lean & tender. Only 40mg sodium per oz  
**\$4.99** 1/2lb
- Boar's Head Ovingold Roasted Turkey Breast**  
 Our best seller - it's good for you too!  
**\$3.99** 1/2lb

**TAKE CARE OF YOUR HEART HERE!**

- Sabra Hummus**  
 Assorted varieties. Heart healthy dip! Great with pita chips or vegetables  
**\$3.49** ea
- Bob's Red Mill Organic Whole Ground Flaxseed Meal**  
 Provides Fiber, Lignans & Omega-3 Fats.  
**\$2.99** 16oz
- Nasoya Organic Tofu**  
 Rich in calcium, niacin, protein and fiber. Great in all your recipes!  
**2 \$5.00** FOR 14oz

**RT 9, WAPPINGER • RT 44, POUGHKEEPSIE**  
**632-9955 • 454-4330**  
[www.adamsfarms.com](http://www.adamsfarms.com)

Sale good 2/21-2/23/12. While supplies last. Store hours: Mon.-Fri. 8AM-8PM Sat & Sun 8AM-7PM  
 All information deemed reliable but not guaranteed. Sale items may vary per store.