

# Randall's Farm

631 Center Street  
Ludlow, MA 01056 (413) 589-7071  
www.ranfarm.com



# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Open 7am-6pm  
New Year's Eve

Open 9am-6pm  
**2018**  
Happy New Year

**The Coffee Club**<sup>2</sup>  
**Returns!**  
Details in Store!

Bakery Features:  
Italian Bread  
Apple Pie  
**POT PIES**

Bakery/Deli Specials  
Boars Head Roast Beef \$ 12.99/lb  
Boars Head Cheddar Cheese \$ 7.99/lb  
Grade A Fresh Boneless Skinless Chicken Breasts \$ 3.99/lb

January 3rd - 9th  
Beef \$ 12.99/lb  
Chicken Breasts \$ 3.99/lb

**Lucky Bamboo**<sup>6</sup>  
and  
**Money Trees**  
for Good  
Fortune in the  
New Year!

**Winter Hours:**  
Mon- Fri  
7 a.m.-8 p.m.  
Saturdays &  
Sundays  
7 a.m. - 7 p.m.

**Healthy Resolutions**<sup>8</sup>  
from **BOARS HEAD**  
Oven Gold Turkey...\$ 8.99/lb.  
Muenster Cheese...\$5.99/lb.  
**ALL MONTH!**

**Air Purifying**<sup>9</sup>  
**Houseplants**  
in the Greenhouse

Bakery Features  
Kaiser Rolls  
Coffee Cakes  
**POT PIES**

Bakery/Deli Specials  
Boars Head Golden Classic Chicken Breast \$ 8.99/lb  
Boars Head Monterey/Pepper Jack Cheeses \$ 6.99/lb  
USDA Stew Beef \$ 6.99/lb. Reg. \$7.99/lb.

January 10th - 16th  
Chicken Breast \$ 8.99/lb  
Pepper Jack Cheeses \$ 6.99/lb

**HEALTHY**<sup>13</sup>  
**RESOLUTIONS**  
FOR 2018  
Fruits & Veggies  
for  
**GOOD HEALTH**  
from **RANDALL'S**

**Winter Blooming**<sup>14</sup>  
Cyclamen  
Perfect Cold Weather  
Bloomer!

**MARTIN LUTHER KING**<sup>15</sup>  
for All Occasions

**Custom Designed**<sup>16</sup>  
**Fresh Flowers**  
for All Occasions

Bakery Features  
Garlic or Olive Oil  
Ciabattas  
Cinnamon Rolls  
**POT PIES**

**WINTER WORKSHOP**<sup>18</sup>  
in Bill's Garden Bar  
Create Your Own  
Succulent Garden  
6pm - Details on Back

Bakery/Deli Specials  
January 17th - January 23rd  
Boars Head Cracked Pepper Turkey \$ 8.99/lb  
BH Baby Swiss Cheese \$ 8.99/lb  
USDA Bone-In Center Cut Pork Chops \$ 4.99/lb.

**WINTER WORKSHOP**<sup>20</sup>  
in **Bill's Garden Bar**  
Create Your Own  
Succulent Garden  
4pm - Details on Back

**NATIONAL SOUP MONTH**<sup>21</sup>  
Fresh Homemade Soups

Two Each Day!! Enjoy a Hot Bowl or Take Home a Quart

**Feed your feathered friends-**<sup>22</sup>  
Bird feeders, Suet Feeders,  
Lyric Bird Seed

**Garlic Knots**<sup>23</sup>  
Apple Caramel Walnut  
Pies  
**POT PIES**

Bakery Features  
Garlic Knots  
Apple Caramel Walnut  
Pies  
**POT PIES**

Bakery/Deli Specials  
January 24th - January 30th  
Boars Head Lemon Pepper Chicken Breast \$ 8.99/lb  
BH Lacey Swiss Cheese \$ 8.99/lb  
USDA Extra Lean Ground Beef \$ 4.99/lb.

January 24th - January 30th  
Chicken Breast \$ 8.99/lb  
Swiss Cheese \$ 8.99/lb

**Chef Mike's**<sup>27</sup>  
**Winter Warming Workshop**  
2pm in the  
Greenhouse

**GET READY FOR**<sup>28</sup>  
**SUPERBOWL 51**  
SUNDAY  
Feb 4th

**NATIONAL HEALTH MONTH**<sup>29</sup>  
**BEST FRESH**  
Healthy Fruits &  
Veggies

**Marbled Rye or Pumpernickle**<sup>30</sup>  
Mini Whoopie  
Pies  
**POT PIES**

Bakery Features  
Marbled Rye or  
Pumpernickle  
Mini Whoopie  
Pies  
**POT PIES**

*All of us at Randall's wish  
our loyal customers and friends  
a Happy and Healthy New Year - 2018!*



# HEALTHY RESOLUTIONS for 2018

The *BEST FRESH* Fruits & Veggies for Good Health at Randall's Farm

## TEN TOP Picks for HEALTHY EATING

**#1 ~ Healthy Greens**~full of folate, calcium, & other nutrients that support bone health & have other "anti-aging" properties.. Cruciferous veggies such as broccoli and cabbage to help reduce memory loss & cancer. *Broccoli, Kale, Escarole, & Spinach* top our list and are easy to add to soups, stews, salads, & stir-frys.



**#2 ~ Whole Grains** ~ Rich in fiber, vitamins, minerals, & anti-oxidants, whole grains can lower the risk of cardiovascular disease and cancer. Because they're digested more slowly than processed grains they can also help control blood sugar levels.



*Brown Rice, Barley, Whole Oats*~ more than just Breakfast!

**#3 ~ Berries** ~ *Blueberries, Blackberries, & Cranberries* rich in anthocyanins have been shown to slow the growth of certain cancers as well as improve brain function, muscle tone, balance.

**#4 ~ Olive Oil** ~ Rich in antioxidants and anti-inflammatory monounsaturated fat, *Olive Oil* can be used as your primary cooking oil. Its benefits are shown by the lower rates of cardiovascular disease, cancer, and age-related cognitive decline of those who follow the Mediterranean Diet.

**#5 ~ Tomatoes** ~ Lycopene rich tomatoes can help maintain youthful skin texture and may reduce the risk of certain kinds of cancer such as prostate and stomach cancers, and heart disease. A concentrated source of lycopene is cooked tomato sauce.



**#6 ~ Nuts**~Almonds and Walnuts contain a generous helping of healthy fats, vitamins, and protein that benefit cardiovascular and brain health. A little goes a long way! Snack on 1/4 - 1/2 c. four to five times a week.



**#7 ~ Red Grapes** ~ The antioxidant resveratrol is rich in red grapes& accordingly purple grape juice & red wine. Its anti-inflammatory and anticoagulant properties help promote heart health.

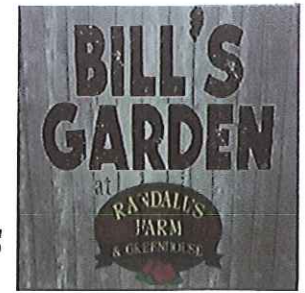
**#8 ~ Fish** ~ *Wild Alaskan Salmon, Alaskan Black Cod, and Canned Sardines* are oily fish rich in omega-3 fatty acids that help combat inflammation in the body. Studies have shown that people who eat several servings per week of such fish have a lower risk of Alzheimer's disease and stroke.

**#9 Tea** ~ EGCG, one of the most powerful antioxidants known is found in all types of tea, especially green and white teas. Again this antioxidant is linked to lower rates of heart disease, cancer, and Alzheimer's Disease.

**#10 ~ Herbs & Spices** ~ Fresh *Garlic, Onions, and Ginger* are our favorites.. They contain anti-inflammatory substances and antioxidants that help fight disease. Season liberally! Tumeric is another super-spice.



## Bill's Garden Bar Winter Workshops



*Create Your Very Own Succulent Garden  
while Enjoying Food & Drinks with your Friends.  
Plant Easy Care Succulents and a Resolution Stone  
in a Rustic Metal Container*

## SUCCULENT GARDEN WORKSHOP

*At Bill's Garden~ Randall's Greenhouse*

**Thursday, January 18th 6pm-8pm**

**Saturday, January 20th 4pm-6pm**

**\$30 Fee Includes ~ Instruction, Materials,  
and First Glass of Wine or Soft Drink**

**Limited Class Size~Registration and Prepayment Required**

**Call Now to Register at 413-589-7071**

**SAVE THE DATE!**

**Chef Mike's Winter Warming Cooking Class**

**January 27th in The Greenhouse**

**??? Registration/ Fee**



**CHECK OUT KAREN RANDALL'S HEALTHY RESOLUTIONS ON**

**"YOUTUBE"!!! [www.youtube.com](http://www.youtube.com); search Randall's Farm Healthy!**