

A Monthly Newsletter For Customers And Friends Of Dearborn Market

Vol. 21, No. 9

[www.dearbornmarket.com](http://www.dearbornmarket.com)

September 2010



## HEALTH & WELLNESS FAIR

Sat. September 18<sup>th</sup> ♦ 11am - 5pm

In Our Greenhouse

It's the perfect time to get healthy!

Fall is on the way and eating well and exercising is an important part of taking care of yourself and your family.

**Dearborn Market's Health & Wellness**

**Fair is a great start.** We'll have a great variety of vendors for you to visit in our beautiful greenhouse on **Sat. Sept. 18<sup>th</sup> from 11am - 5pm.** **Bayshore Fitness and Wellness** will be performing free blood pressure checkups. **Dina Zamfotis, a certified nutritionist,** will discuss nutrition label claims and definitions and provide samples of health healthy snacks with recipes. **Jamie of Elevate Yoga** will be showing simple yoga stretches and explaining how to de-stress your daily life. **Boar's Head** will be sampling as well as giving great ideas for healthy packed sandwiches and lunches. **Passport Health** will be providing Flu Shots. And, **Dearborn Market Produce** will be sampling and giving fun facts on produce and it's healthy attributes. **Check our website for more info on the vendors and what they will be offering.**

Each attendee will receive a coupon sheet with great in-store savings on a variety of products. Vendors will be handing out great savings and coupons for their business as well.

### Recipe of the Month:

## Easy & Healthy Back-to-School Lunches!

Try spreading garlic cilantro hummus on a 7-grain roll and add store baked turkey, swiss cheese, sliced avocado, tomato and lettuce. For a snack, pack Dearborn's fresh cup of fruit salad.

Or, make a delicious lunch using Boar's Head low sodium ham, Boar's Head low sodium American cheese, fresh leaf lettuce, ripe sliced tomato and Boar's Head deli mustard on a Portuguese Roll. For a snack, just add Dearborn's snack pack with fresh sliced celery and carrot sticks with low fat ranch.

Dearborn Market will be offering **FANTASTIC FALL SEMINARS** all season long! Please visit our website for more detailed information and a list of our Fall Seminar dates and times!

## Fall Store Hours

To help serve you better this Fall, Dearborn Market now has longer store hours. Shop early or pick up dinner late with no rush. We will be open every day Monday through Friday from 8am - 7pm, Saturday, 8am - 6pm & Sunday, 8am - 5pm for your convenience.

# Coming in October

Weekends in October: Come meet our **Friendly Scarecrow** and have your picture taken together in our Garden Center!

Explore Our Exciting Straw Crawl!

- **Sat. Oct. 2nd & Sun. Oct. 3rd** - Mums & Music Festival - SATURDAY Hayrides/Pony Rides open to the public. What better way to spend our hayride season opening weekend than with some Mums and Music. Enjoy country bands all weekend long. For band details go to our website. Want to learn all about Mums? Our "Mum Expert", Mr. Gene Stickley from Michell's Horticultural Distributors will be presenting a unique seminar on how best to care for, design with and plant using Fall Mums; 1PM inside our retail greenhouse. You'll even learn of the unique Mum varieties and how their incredible lifecycle begins. Space is limited. Please call to reserve your spot today! Find out how to have the perfect Fall Lawn and how to best prepare it for the winter months ahead with FREE Jonathan Green Lawn Consultations from 10AM to 2PM in the greenhouse. Space is limited. Please call 732-264-0256 to reserve your place!
- **SUNDAY** Hayrides/Pony Rides - Last ride goes out Sat. at 5:30PM & Sun. at 4:30PM. Mums and Music Festival continues all day!
- **Sat. Oct. 9th & Sun. Oct. 10th** - Hayrides/Pony Rides open to the public • FREE Face Painting in the Garden Center from 11AM to 5PM both days!
- **Sat. Oct. 16th & Sun. Oct. 17th** - Hayrides/Pony Rides open to the public • Honky Tonk Ranch FREE Petting Zoo will be here this weekend!
- **Sat. Oct. 23rd & Sun. Oct. 24th** - Hayrides/Pony Rides open to the public.
- **Sat. Oct. 30th & Sun. Oct. 31st** - Halloween - Hayrides/Pony Rides open to the public • FREE Pony Rides on Halloween (10/31)! Join us for a Halloween Costume Contest and win a FREE cooking party for you and 9 friends! Winners will be drawn from 3 different age groups. For more information on times and details, visit our website.

Last month to use your Loyalty Card!

## This Month at Dearborn September

### SUPER THURSDAY SPECIALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<b>In-Store Daily Sampling</b> 1 Freestone peaches – preserve now, enjoy later	2  Check Out Our Incredible In-Store Super Thursday Specials!	<b>In-Store Daily Sampling</b> 3 Check out the fall bulbs	<b>Boar's Head Sampling</b> 4	
<b>In-Store Daily Sampling</b> 5 Try our fresh Bell & Evans Poultry <b>Coupon 1</b>	<b>In-Store Daily Sampling</b> 6 <b>LABOR DAY CLOSE AT 1PM</b>	<b>Boar's Head Sampling</b> 7 Senior Citizen Discount - 10%	<b>In-Store Daily Sampling</b> 8 Great time to re-seed your lawn		9	<b>In-Store Daily Sampling</b> 10 Apply fall fertilizers now	<b>Boar's Head Sampling</b> 11
<b>In-Store Daily Sampling</b> 12 <b>Coupon 2</b>	<b>In-Store Daily Sampling</b> 13 Over 15 varieties of homemade stuffed breads	<b>Boar's Head Sampling</b> 14 Senior Citizen Discount - 10%	<b>In-Store Daily Sampling</b> 15 Try Dearborn's Prepared Dinners		16	<b>In-Store Daily Sampling</b> 17	<b>Boar's Head Sampling</b> 18 <b>Dearborn's Health &amp; Wellness Fair</b>
<b>In-Store Daily Sampling</b> 19 <b>Coupon 3</b>	<b>In-Store Daily Sampling</b> 20 Variety of 1/2 bushel produce available	<b>Boar's Head Sampling</b> 21 Senior Citizen Discount - 10%	<b>In-Store Daily Sampling</b> 22		23	<b>In-Store Daily Sampling</b> 24	<b>Boar's Head Sampling</b> 25 Nothing beats Dearborn's fresh-baked pies!
<b>In-Store Daily Sampling</b> 26 <b>Coupon 4</b>	<b>In-Store Daily Sampling</b> 27 Try our homemade pasta sauces	<b>Boar's Head Sampling</b> 28 Senior Citizen Discount - 10%	<b>In-Store Daily Sampling</b> 29 Pumpkins and Gourds now available	30			

Open every day Monday thru Friday, 8am - 7pm, Saturday, 8am - 6pm & Sunday, 8am - 5pm • 2170 Highway 35, Holmdel, NJ • 732-264-0256

### COUPON 3

Dearborn's Trimmed Chicken Cutlets

**\$2.99 a lb.**

(limit 10 lbs.)



While supplies last. Min. \$20.00 purchase required, not including product on sale. May not be combined with other offers.

Offer Good September 19th - 25th, 2010  
One coupon per customer

### COUPON 4

Dearborn's Famous Meat Loaf Mix  
(Pork, Veal, and Beef)

**ONLY \$3.49 a lb.**

(limit 3 trays)



While supplies last. Min. \$20.00 purchase required, not including product on sale. May not be combined with other offers.

Offer Good Sept. 26th - Oct. 2nd, 2010  
One coupon per customer

### COUPON 1

Dearborn's Grade A Extra Large

**EGGS .89¢ doz.**

(limit 2 doz.)



While supplies last. Min. \$20.00 purchase required, not including product on sale. May not be combined with other offers.

Offer Good September 5th - 11th, 2010  
One coupon per customer

### COUPON 2

Sweet Grape Tomatoes

**2 for \$1.00**

(limit 4)



While supplies last. Min. \$20.00 purchase required, not including product on sale. May not be combined with other offers.

Offer Good September 12th - 18th, 2010  
One coupon per customer