



## Let's Celebrate Early Spring!

### Participating Vendors

- Arbonne** Mind. Body. Soul
- Baseball Card Buddies** for collectors and fans
- Better Life Food** take home comfort food and baked goods & **Depot Spice** the seasoning for all seasons
- Bobby Mack The Knife** mobile knife sharpening
- Corrine Rhode Photography**
- Derby Farms beautiful** seasonal flowers
- Giant Gorilla Greens** micro greens.
- Helen F Ray** handcrafted soaps
- HAPI** - African spice and sauce
- Humble Bones** granola
- Karma Fine Crafts** unique pieces from around the world
- Kikos Coffee Roaster** whole beans and snap-chilled can coffee
- Lock Tree** sustainable household items
- Lynne White Robbins Vintique** local honey and uniques gifts
- Maman Myrthe's** real fruit jams & jellies
- Off Our Rockers** healthy GF cookies & granola
- PetWants Newton** fresh natural small batch pet food
- Quicksilver Baking Company** ready to bake rugelach, frozen and ready
- Scout & Cellar** clean crafted wines
- Terri Hart** handmade bags
- The Elchemist** Inspired by the beauty rituals in Asia



## Spring Pop Up Market

AT



344 Elliot Street, Newton Upper Falls

### RAIN DATE: Sunday, March 20th

11:00am to 3:00pm

**Time to put aside those winter blues. Get outside and celebrate.**

The days are longer and the weather is getting warmer, which means spring is around the corner. Our outdoor market is a celebration of the many local talents we have in Newton and the surrounding area.

There's a little something for everyone. Baseball Card Buddies for the kids, Fresh Smoothie Samples and Micro Greens, Flowers and Gifts, Nutrition Pet Food and treats, Gluten Free Baked Goods, Granola, Bath & Beauty, the best Irish Soda Bread ever, Sustainable Household item, Unique Gift Items, Locally Brewed Coffee, Knife Sharpening, Take Home Comfort Food, Handmade Empanadas. What a great way to spend a beautiful Sunday! Parking available at the Echo Bridge Mall or for you Upper Falls neighbors, it'll be a great day for a walk!

### Take Home Comfort Food

Time to stock your freezer. Here's a sampling of our Take Home Comfort Food. Take a break from cooking and get outside!

**Traditional Shepard Pie** - seasoned beef, corn and Yukon gold mashed potatoes.

**Indonesian Chicken Cottage Pie** with a sweet potato top

**Traditional Chicken Pot Pie** with a real pastry crust and a side of whole cranberry sauce.

**Mushroom Lasagna** - with layers of bechemel, ricotta and mozzarella

**Butternut Squash & Spinach Lasagna** deliciousness layered in cheesy goodness.

*All dinners and more are available Mon-Fri 11am-4pm.*

*Pre-Order online or by phone and pick-up in our Nonantum kitchen.*

*More info at:*

**[www.betterlifefood.com/take-home-food](http://www.betterlifefood.com/take-home-food)**

### Seasonal Favorites

Irish Soda Bread and Depot Spice (always in season)

#### Available now and at our Pop-Up:

Irish Soda Bread large and small, Scones, Shortbreads, Tea Breads, Yummy Cookies, Spring inspired Whoopee pies: chocolate raspberry or marshmallow.



#### Depot Spice is always in season

It's perfect to help make for whatever you're preparing for dinner a little tastier. We say it's Mother Nature's best friend. Amazing on eggs, raw or cooked vegetables and meats.

Other flavors to excite your taste buds. Rosemary, Lemon and Red with Paprika.



Available in store locally and always available on line and shippable.

**[www.betterlifefood.com/depot-spice](http://www.betterlifefood.com/depot-spice)**

### We're Ready to Cater Your Next Party

Welcome Back!

Spring is almost here and summer is around the corner. Let's get outside and celebrate the things in life that mean so much to us.

Better Life Food provides corporate and personalized catering services with a spotlight on creativity, presentation and using the freshest ingredients possible.

We're here for you in good times, celebratory times and even the not-so-happy times. Whether it's a Corporate Function, Net-Working Event, Mitzvah, Christening, Birthday, Retirement, Engagement, Graduation Wedding, Brunch or Memorial Service, Better Life Food is ready to serve!

For our Corporate Customers we've made ordering wicked easy by partnering with EZ Cater. More information at **[www.betterlifefood.com](http://www.betterlifefood.com)**