

# NEWS

Fresh-picked news from Newcastle Produce!

August 2004 [www.NewcastleProduce.com](http://www.NewcastleProduce.com) Volume 5, Issue 10

## Chalkboard Specials

### WHO IS COOKING IN AUGUST?

You are when you sign up for one of our cooking classes. Bernadette will give you lots of recipe ideas for tomatoes at her class on Wed., Aug. 4, 6:30-9. \$45. And Join Raylene Snow of Snow's Citrus Court for a class demonstrating stuffed tomatoes, vegetarian spring rolls, herb tower, and mandarin orange baklava, all featuring Snow's Citrus Court products. **WHEN:** Aug. 30, 6-9 p.m. **COST:** \$10. See our web site for details. Space is limited! Call the store to sign up.

### FIZZY LIZZY DRINKS

We knew you would love them! We added three new flavors: Grapefruit, Fuji Apple, and Orange.

### GOLDEN RASPBERRIES

Try our organic golden raspberries grown in Auburn by John Ratcliff of Vining Cottage. Wow!

### NEW OLIVE OILS

Everyone raves about the Arbequina Olive Oil from California Olive Ranch. Now we have two new extra-virgin, unfiltered olive oils ready for you to sample and love. Try Arbosana, a subtle Spanish Varietal with a full flavor and a hint of almonds; and Estate Reserve Blend, a delicious blend featuring three classic Mediterranean olives (Arbequina and Arbosana from Spain, plus Koroneiki from Greece). Stop in the store for samples. 🍷

## Taste the Sweets of Summer Now

We are in the height of the bountiful summer fruit season. Here in Placer County, folks have been growing peaches and other summer fruits for over a century. And now at Newcastle Produce, we have an amazing selection of the finest, freshest, and sweetest fruit you can get.

### PERFECT PEACHES

"August is the height of the peach season," says Jan. "I remember getting letters at summer camp from my grandmother, and she would always write that she was busy canning peaches. My family was in the peach business then, and they didn't let any go to waste." When you have fruit this sweet and delicious, you don't want to waste any! Our locally grown fruit is tree ripened, and that means it is tops in flavor and sweetness. (Check out our website for great peach recipe ideas!) Peach season also means variety

because each kind of peach ripens at a slightly different time, and the growers plant several varieties so that we can enjoy fresh, ripe fruit all season.

Try our peaches from Howard Nakae's Twin Peaks Enterprises, a Newcastle ranch that has been around for a long time. We also have peaches from Tosh Kuratomi of Otow Orchards in Granite Bay. And don't miss our organic peaches from Chris Bierwagen's Donner Trail Fruit in Chicago Park.

### MANY MELONS

We have mountains of melons in the store now, many of which are grown on our own Twin Brooks Farm in Loomis. Try these summer favorites: Ambrosia (a soft, sweet, juicy melon); Galia (a green flesh, Israeli perfume melon that is delightfully

aromatic); Primo (a firm, traditional cantaloupe with extra-sweet flesh); Breakfast Melon (a sweet, Tuscan-style cantaloupe with distinct ribs); Tiger Baby (a small, red-fleshed watermelon); and Yellow Doll (a small, yellow-fleshed watermelon).

Most melons will not get any sweeter after they are picked. They will get softer as they sit, so eat your melon quickly if you like it firm, and hold a few days if you like it softer.

Need help choosing a watermelon? Here are some tips from Jan. "A good melon will reverberate," she says. "Compare the sounds of two watermelons. The lower tone will be the riper melon."

Stop in soon and pick up some summer sweets! 🍷



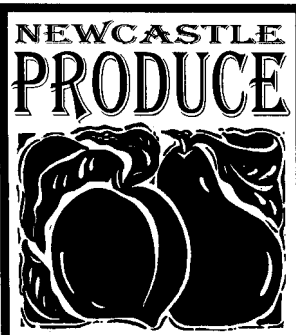
### Melon, Cherry Tomato, & Mint Salad

*This delicious salad showcases all the beautiful colors of summer.*

- 4 cups chilled melon balls (We suggest a combination of Galia, Primo, Tiger Baby, and Yellow Doll)
- 2 cups cherry tomatoes (Try Sun Gold and Sun Cherry)
- 4 teaspoons lemon juice
- 1/2 cup coarsely chopped fresh mint
- 3/4 teaspoon kosher salt

In a large bowl, gently toss all ingredients, and serve immediately. Makes 8 servings.

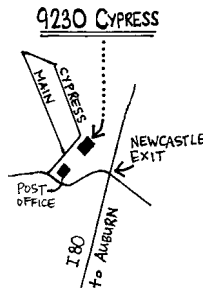
Note: Our complete recipe archive is available online: [www.NewcastleProduce.com](http://www.NewcastleProduce.com).



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| August 2004                                    |   |                                   |          |  |           |        |
|--|---|-----------------------------------|----------|--|-----------|--------|
| Monday   | Tuesday   | Wednesday                         | Thursday | Friday   | Saturday  | Sunday |
| 2<br>#Cucumber & Tomato Soup                   | 3<br>#Lasagna, Hacienda Onion Salad                             | 4<br>#Sweet Corn Soup             | 5        | 6<br>New England Clam Chowder, Seafood Burritos  | 7<br>#    | 8      |
| 9<br>#Greek Lemon Soup                         | 10<br>#Curried Shrimp Stuffed Tomatoes                          | 11<br>#Italian Onion Soup         | 12       | 13<br>Manhattan Clam Chowder, Seafood Burritos   | 14<br>#   | 15     |
| 16<br>#Chicken Gazpacho                        | 17<br>#Stuffed Chicken Breasts, Red Potato and Green Bean Salad | 18<br>#Tortilla Soup w/Vegetables | 19       | 20<br>New England Clam Chowder, Seafood Burritos | 21<br>### | 22     |
| 23<br>#Roasted Red Pepper Soup                 | 24<br>#Chicken Broccoli Alfredo, Asian Noodle Salad             | 25<br>#Summer Squash Soup         | 26       | 27<br>Manhattan Clam Chowder, Seafood Burritos   | 28<br>#   | 29     |
| 30<br>#Italian Onion Soup, Stuffed Portabellas | 31<br>Chinese Chicken Salad                                     |                                   |          |  |           |        |

NOTE: Our web site has more info. on events: [www.NewcastleProduce.com](http://www.NewcastleProduce.com). Our menu is subject to change. Please feel free to call and see what's cooking!