

NEWS

Fresh-picked news from Newcastle Produce!

February 2005 www.NewcastleProduce.com Volume 6, Issue 4

New Items

DELICIOUS DELI SALADS

Here's an easy and tasty way to keep your healthy-eating resolution: Stop by our deli and try our new "Top Shelf Salads." Choose Baby Spinach or Spring Mix as your base, and then pick from the four house-made seasonal salads to go on top: Grilled Shrimp Salad with hard cooked eggs, bacon, parmesan, green onion, and lemon juice; Garlicky Grilled Chicken Salad with blue cheese, dried cranberries, and toasted almonds; Southwestern Turkey Salad with cilantro, bell peppers, corn, green onion, black olives, tomatoes, pepper jack, avocado and black beans; or Garden Veggie Salad with seasonal, raw, fresh veggies. We include a container of gourmet dressing (Ranch, Fat Free Savory Herb, Raspberry Vinaigrette, or Sherry Vinaigrette) and house-made croutons. Eat in or take out. \$6.99—\$8.99 per plate.

NP PRIVATE LABEL

Don't miss our delicious new Newcastle Produce private label items, including Pickled Carrot Sticks, Pickled Green Beans, Pickled Snap Peas, Pickled Asparagus, and Roasted Corn & Tomato Hors d'oeuver Spread.

NEW GOURMET SAUCES

Try our two new items from Norman Bishop Epicurean Marinades & Grill Sauces. The Mexican Lemon Lime Marinade, (with a mild chili flavor seasoned with lemon, lime, and wine) makes a creamy marinade for chicken and seafood, and a great vegetable dip. And try the Roasted Garlic & Sesame Tamari Sauce. It is great for grilling and makes your stir fry sing.

EATING WELL MAGAZINE

Dubbed "the magazine of food & health," *Eating Well* has lots of healthy recipes and ideas for you. Pick up your copy today for just \$4.95.

Chocolate Is Good For You?

Looks like it might be true! In moderation, of course, this sweet treat does not have to be a guilty pleasure. Research suggests that eating chocolate, especially dark chocolate, has many health benefits including helping to lower blood pressure, promoting heart health, and prolonging your life. Chocolate contains the same beneficial antioxidants as wine, as well as iron, calcium, potassium, and vitamins A, B1, C, D, and E.

Plus, as many of us know, eating chocolate can just make you feel better. "Did you know that 'stressed' spelled backwards is 'desserts?'" jokes Jan.

SWEETHEART TREATS

So this Valentine's Day, treat your sweetheart (or yourself!) to some healthy chocolate! And look no further than Newcastle Produce for a huge selection of chocolate concoctions.

One of the top gourmet chocolates is Scharffen Berger, our "local" chocolate maker, based in Berkeley. For a great gift, try a selection of the 1 ounce bars, the 3 ounce bars, or the adorable Mini Squares (the perfect size for a tiny treat after dinner!). Available flavors include Semisweet, Bittersweet, Extra Dark, Milk, Mocha (with crushed coffee beans), Nibby (with cocoa bean pieces), and Mint. Or pick up some Natural Cocoa Powder (it makes the most amazing hot chocolate!).

From Gil's Gourmet Gallery we have Pinot Noir Chocolate Cherries and Tiramisu Chocolate Caramels. "We've received rave reviews from folks who tried them at Christmas time," says Jan. Another very popular item is the divine Belgian Chocolates from San Francisco Chocolate Company.

We also have a new line from Marich: Trufflz in 10oz boxes. Choose from Chocolate, Raspberry, and Mocha. Yum!

GIFT BASKETS

For a creative and easy gift, stop in and pick up our Chocolate Lover gift basket, featuring Newcastle Produce Cabernet Chocolate Sauce, Almondina Chocolate Dipped Biscuits, Belgian Chocolate Break Up Bars in Milk Chocolate and Dark Chocolate Almond, Scharffen Berger Sweetened Cocoa Powder, Lady Walton's Gourmet Cookies, and Scharffen Berger Mini Chocolate Squares. All of these yummys are artfully arranged and wrapped in a beautiful basket for just \$42.

We hope to see you and your sweet tooth in the store soon!

We Can Help You Get Cooking!

Our popular cooking classes fill up fast, so reserve your space soon! Call us to sign up: 916-663-2016. Our web site has more information, teacher bios, and additional classes: www.NewcastleProduce.com.

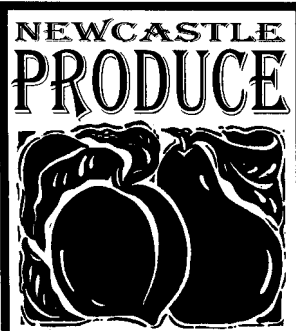
THREE WITH BERNIE: Bernadette Ambers shares her easy and delicious recipes.

- **Soups On!** Making delicious soup can be quick and easy. Menu includes Onion, Minestrone, Potato Leek, and Corn Chowder. February 16, 6:30-8:30 p.m., \$45.
- **Tea and Treats** Learn the secret to tea, wonderful finger sandwiches, and delicious sweets. March 16, 6:30-8:30 p.m., \$35.
- **Brunch Anyone?** Make a delicious Frittata, Eggs Benedict, Wonderful Muffins, Fruit Bowls, and more. April 21, 6:30-8:30 p.m., \$45.

CREATE WITH CATHY: Our Queen of Sweets helps you make delicious treats.

- **Cookie Bouquet Class** Learn to make a beautiful and edible cookie bouquet...just in time for Easter! 2 evenings: March 8, 6:30-7:30 p.m. and March 15 6:30-8:30 p.m., \$35.
- **Basic Cake Decorating Class** Cathy shares her tips and tricks for decorating gorgeous cakes. 4 evenings: April 4, 11, 18, and 25, 6:30-8:30 p.m., \$45, supplies not included.

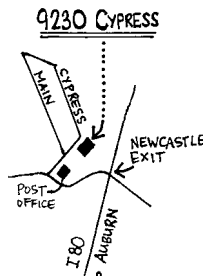




Locally Grown Produce
 Gourmet Take Out
 Decadent Desserts
 Creative Gift Baskets
 Hearty Soups & Salads
 Fancy Jams, Sauces & Oils
 Fresh Bread • Spices & Herbs
 Cooking Classes



9230 Cypress Street
 Newcastle, CA 95658
 (916) 663-2016
 M-F 9-6, Sat. 9-5, Sun 12-5
 NewcastleProduce.com



Take the Newcastle Road exit off I80, drive into downtown, past the firehouse. We are located just past Newcastle Mini Storage.

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RETURN SERVICE REQUESTED

February 2005						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	#Split Pea and Ham Soup	Greek Lemon Soup		New England Clam Chowder, Seafood Burritos Breakfast Burritos		
	#Enchiladas					
7	8	9	10	11	12	13
	#Cream of Mushroom Soup	Butternut Squash Soup		New England Clam Chowder, Seafood Burritos Breakfast Burritos		
	#Lasagna					
14	15	16 Soup Class	17	18	19	20
	Chicken Chili Soup	#Cream of Chicken Soup		New England Clam Chowder, Seafood Burritos Breakfast Burritos		
	#Chili Rellenos					
21	22	23	24	25	26	27
	#Italian Onion Soup	Marrow Bean Soup		New England Clam Chowder, Seafood Burritos Breakfast Burritos		
	#Four Cheese Pasta					
28	Tomato Soup		Ready to cook? Look inside for details on our new cooking classes this Spring!			
	Chili Rellenos					

Our web site has recipes, events, and other info: www.NewcastleProduce.com. Our menu is subject to change. Please feel free to call and see what's cooking!