

# NEWS

Fresh-picked news from Newcastle Produce!

January 2005 [www.NewcastleProduce.com](http://www.NewcastleProduce.com) Volume 6, Issue 3

## Chalkboard Specials

### BIERWAGEN IS BACK

We are so pleased to again offer you unfiltered apple juice and organic dried peaches from Bierwagen's of Chicago Park. Both are delicious and great for the kids!

### MORE ORGANICS

We are adding more organic items to the store all the time! Check our produce case for several organic selections, including apples, pears, kiwi, carrots, and potatoes. And we also have organic milk, cheese, and yogurt in our fridge, too!

### LIKE LICORICE?

Try some of our delicious Kookaburra Licorice from Australia. Soft and chewy, it is packed with licorice flavor.

### SHAKE ON THE TASTE!

These seasonings make it easy to amp up the taste of your meals. From Cow Camp comes two new shake-on seasonings: Old Fashioned Fish Seasoning and Poultry Seasoning (Jan recommends the fried chicken recipe on the package!)

### CHECK OUT THE CHEESE

Take a peek in our fridge the next time you stop by. We have lots of new cheeses in our expanded section, including: Rembrandt, a Dutch Extra Aged Gouda that was named the 2004 world Champion by the Wisconsin Cheesemakers Association; Grana Padano, an Italian cheese from the same family as Parmigiano-Reggiano; Alpenzeller, an aged Swiss cheese that's washed with a brine of white wine and spiced with pepper and herbs; Emmi Cave Aged Emmentaler, a Swiss cheese with a gentle, rich flavor and hint of nutty sweetness; and Fontina, from Wisconsin, a cheese with a smooth, buttery texture that melts beautifully. 🍷

## Winter's Delicious Bounty

Mother Nature sure knows how to take care of us. While summer means heaps of tomatoes and peppers, winter has its own appeal with all of the delicious citrus and vegetables that are ripe now.

In addition to making a great snack, the zest from citrus fruits makes a great addition to lots of recipes from breads and muffins to entrées to desserts. "Remember to grate just the thin colored layer of skin," says Jan.

### CITRUS SEASON

While we still have some mandarins, the season is nearing its end. Clementines and clemenule mandarins are going strong, though, and they are just two of the many delicious citrus available now. From Jan and Francis Thompson's Twin Brooks

Farm in Loomis comes our delicious Navel Oranges. Sweet and juicy and nearly seedless, these oranges make a great snack for everyone in the family. And keep your eyes "peeled" for the giant yellow grapefruit-like pummelos and red blood oranges from Joe and Leah Rogers' orchard in Newcastle.

### LOCAL LEMONS & LIMES

Thanks to Jan's sister and brother-in-law, Donna & Brendan Kelly of Loomis, we have a bumper crop of local tangy-sweet Meyer lemons (a lemon and mandarin cross), sour Eureka lemons, and some Bearss limes (also known as a Sicilian lemon).

### EAT YOUR VEGGIES

Winter vegetables are plentiful now, too, and we have lots of fresh and local

items in the store that you can make for dinner tonight!

From Twin Brooks Farm, choose from several varieties of lettuce, plus beautiful purple cauliflower, and our popular sweet broccoli.

Plus we have a fresh potato crop, including two new varieties to try. Maris Piper is a dry potato with white flesh. Popular in Europe, it makes great French fries and is also delicious boiled or baked. Red Thumb is a delicious deep red skinned fingerling that is great roasted, fried, or boiled. "Cut one in half lengthwise and you can see a red thumb outlined in the flesh," describes Jan.

Stop by soon and stock up on winter's bounty! 🍷



### 3 Lettuce Salad w/Oranges, Raisins, & Pecans

*A delicious way to eat your greens for the day!*

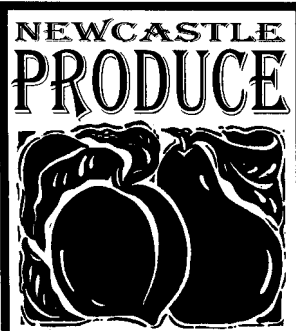
1/2 head each of your three favorite lettuces (we suggest Red Leaf, Green Leaf, and Butter Lettuce), torn (or use our Newcastle Produce Spring Mix)  
2 cups mandarin, clementine, or navel orange sections (peeled and seeded)  
1/2 cup raisins  
1/3 cup pecans

#### DRESSING

2 T Bariani Olive Oil  
2 T Sparrow Lane Cabernet Sauvignon Vinegar  
2 cloves garlic, minced  
1/8 teaspoon salt

In a large salad bowl combine lettuces. In a small bowl, stir dressing ingredients until well mixed. Toss salad to coat just before serving. Serves 4.

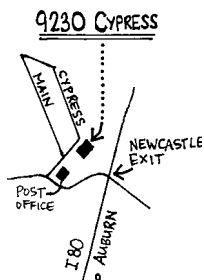
NOTE: Our complete recipe archive is available online: [www.NewcastleProduce.com](http://www.NewcastleProduce.com).



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RETURN SERVICE REQUESTED

January 2005						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
#Try our delicious Vegetable Minestrone Soup— Available every week this month!				# New England Clam Chowder, Seafood Burritos Breakfast Burritos		
10	11	12	13	14	15	16
#Italian Onion Soup		Cream of Broccoli Soup		# New England Clam Chowder, Seafood Burritos Breakfast Burritos		
#Chicken Broccoli Alfredo						
17	18	19	20	21	22	23
Cream of Tomato Soup		#Potato Leek Soup		### New England Clam Chowder, Seafood Burritos Breakfast Burritos		
#Chili Rellenos						
24	25	26	27	28	29	30
#Corn Chowder Soup		Butternut Squash Soup		### New England Clam Chowder, Seafood Burritos Breakfast Burritos		
#Stuffed Chicken Breasts						
31	Split Pea and Ham Soup		Ready to cook? We'll have some new cooking classes starting next month. Watch our web site for details!			
Enchiladas						

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