

# NEWS

Fresh-picked news from Newcastle Produce!

May 2005 [www.NewcastleProduce.com](http://www.NewcastleProduce.com) Volume 6, Issue 7

## New Items

### FANTASTIC FLATBREAD

Try our new Margaret's Artisan Flatbread with the flavor of chives and a subtle hint of garlic. It was an award winner at last year's Fancy Food Show. Elegant, crisp and thin, these flatbreads are delicious with dips and spreads, hot with melted cheese, or straight out of the package.

### HOT OLIVES

For a colorful and hot treat, try Gil's Crying Tongue Olives. These Manzanilla olives are hand stuffed with a bright red African Piri Piri pepper that looks like a little tongue!

### NEW ON THE NP LABEL

Try our new private label gourmet items, including Ginger Wasabiyaki Sauce, a zesty teriyaki for veggies or meat. Our Honey Ginger Lemongrass Vinaigrette and Sesame Soy Ginger Vinaigrette are creamy and delicious. Both are perfect for a Chinese chicken salad or raw veggies.

### GET READY TO GRILL

From Bronco Bob's come three grilling and dipping sauces: Smoked Bacon Chipotle Sauce, Tangy Apricot Chipotle Sauce, and Roasted Raspberry Chipotle Sauce. Great on the grill or with cream cheese and crackers.

### CALL THEM BLUZINS?

Have you tried our Organic Dried Wild Maine Blueberries? Kids (and adults!) love this healthy treat. Wild blueberries are loaded with antioxidants. Eat them straight or add them to oatmeal, cereal, or muffins.

### FOOD AND WINE CLASS

There are a few spaces left in Charles Vollmar's May 23 Food and Wine Paring class. Call soon to sign up! 🍷

## Eat Your Fruits and Veggies First!

For the average person, who needs about 2,000 calories each day, the new Dietary Guidelines for Americans suggest eating at least 4 cups of fruits and vegetables daily.

And studies have shown that if you eat your vegetables first, you are likely to eat fewer calories at the meal because the vegetables help you feel satisfied sooner.

Here at Newcastle Produce, we want to help you and your family eat well. Our store is a great place to find lots of ripe, locally grown fruits and vegetables that are delicious and so good for you, too. And what better way to make Mom proud than to eat well and take good care of yourself?

### THE BOUNTY OF MAY

This month, we have lots of fruits and vegetables from the early summer season, so you "May" want to take this opportunity to include more healthy and delicious fruits and veggies in your meals.

### LOCAL STRAWBERRIES

In the store now are those to-die-for sweet local strawberries, including some pesticide-free strawberries that are locally greenhouse grown. These delectable local berries bear little resemblance to the hard and lackluster strawberries you may have purchased in stores. Get your mouth ready for the soft, delicate texture and the intense sweetness of these red beauties. You can't beat it.

### SUMMER VEGGIES

Early summer veggies are coming in now. We have the first of the popular sweet onions, which are great on the grill or in salads. Our summer squashes are blooming and will be available soon, too. And what summer would be complete without some pesto? Jan has planted lots of sweet Genovese basil in the greenhouse to get a jump on the outdoor season so she can help you get your pesto fix.

### SUMMER FRUIT

In late May, look for the first summer fruits: cherries and early peaches. "And after that," says Jan, "it just keeps on getting better and better." Come see us soon! 🍓



## Cathy & Bernie's Cooking 101—With a Kick!

Remember when cooking wasn't a chore? In these sassy and fun classes, Cathy Bianchi and Bernadette Ambers will remind you how enjoyable cooking can be. Come learn about different aspects of basic cooking, all with a modern day kick. Classes will have lots of samples to taste and easy and delicious recipes to take home. Each class is \$55, or sign up for 4 or more and pay \$50 a class. Classes are held on Tuesdays from 6:30-9 p.m. in the store.

**JUNE 14:** Appetizers: They can be delicious and not take all of your time.

**JUNE 28:** Soup: Hot, cold, and awesome. You'll never eat canned soup again.

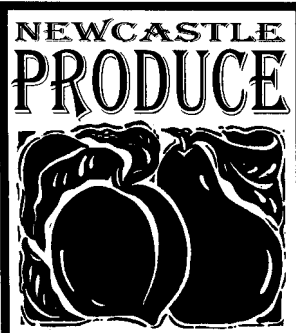
**JULY 12:** Salad: Not just the greens. A variety of salads, dressings, and oils.

**JULY 26:** Side Dishes: More than mashed potatoes, we're talking yummy sides.

**AUGUST 9:** Main Courses: Grill, poach, sear, bake—it's all doable, really!

**AUGUST 23:** Desserts: Stop drooling. You can make great sweets yourself.

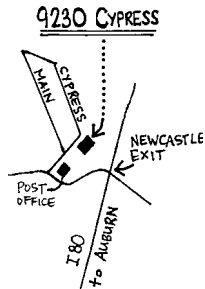
Our popular cooking classes fill fast. Call the store to reserve your spot today!



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

May 2005						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8 Happy Mother's Day
#Italian Onion Soup, Twice Baked Penne Pasta				# New England Clam Chowder, Seafood Burritos		
9	10	11	12	13	14	15
#Tomato Basil Soup		Mushroom Soup		# New England Clam Chowder, Seafood Burritos		
#Stuffed Chicken Breasts						
16	17	18	19	20	21	22
Potato Leek Soup		#Chicken Chili		### New England Clam Chowder, Seafood Burritos		
#Newcastle Porato Bake						
23 Food/Wine class	24	25	26	27	28	29
#Splilt Pea and Ham Soup		Greek Lemon Soup		# New England Clam Chowder, Seafood Burritos		
#Enchiladas & Chili Rellanos						
30	31					
CLOSED FOR MEMORIAL DAY						

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!