

# NEWS

Fresh-picked news from Newcastle Produce!

October 2004 [www.NewcastleProduce.com](http://www.NewcastleProduce.com) Volume 5, Issue 12

## Chalkboard Specials

### EASIER THAN PIE

Try the new cobbler mix from Plentiful Pantry. Cobbler can replace pie anytime this fall with this delicious mix that is easy to prepare. It also makes a great hostess gift. Try all three mix flavors: Pumpkin Cobbler, Very Berry Crisp, and Apple Crisp.

### TEA FOR A FULL MOON

Celebrate the season with Republic of Tea's Harvest Moon Tea—a caffeine-free blend of citrus, apple, blossoms and spices.

### BREAK OUT THE CHOCOLATE

New- pure Belgian chocolate Break Up Bars in dark, milk and white chocolate, with and without almonds, and rocky road bars in milk and dark chocolate.

### CROCK POT CLASS

Get ready for winter comfort food in this crock pot primer with Jeanette Nuss. Learn how to convert recipes for the crock pot, and choose the best ingredients for a yummy result. When: Oct. 26, 6 to 8:30 p.m., Cost: \$45. See our web site for menu and more details. Call the store to sign up!

### COOKIE BOUQUET

Join Cathy to learn how to make a bouquet of "flowers" that you can eat! WHEN: Wed, Oct. 20, 6:30-7:30, and Wed, Oct. 27, 6:30-9. COST: \$30.

### CATHY'S HOLIDAY CLASSES

Cathy's holiday classes (like the gingerbread house decorating class) are some of our most popular events. Stop by the store or check our web site for dates and details, and sign up right away to save your spot! 🍪

## Fall Is Time to Mind Your P's & Q's

Which P's and Q's do we mean? Why PlacerGROWN persimmons, pumpkins, pomegranates and quince, of course!

Now that the fall harvest is underway, you have a wealth of delicious, healthy, and locally grown fall produce to choose from at Newcastle Produce.

### PERSIMMONS

Most of the world calls them kaki, but here they are called persimmon after the Algonquin Indian word for the American wild persimmon. Persimmon means "food of the gods."

"To eat a fresh hachiya persimmon you must let it ripen to the point that it feels like a ball of jelly," says Jan. (Don't try eating it before it is ripe—you'll be sorry.) Hachiya persimmons make wonderful fall cookies, nut bread, and steamed pudding.

Fuyu persimmons, often called apple persimmons, are best eaten when firm and are crisp. They are a delicious snack and also make a sweet addition to salads.

Another variety, Chocolate persimmons, have brown flesh and a complex flavor with "hints of pumpkin, nutmeg, cinnamon, and chocolate and a buttery, juicy texture," says Jan.

### PUMPKINS

We have lots for you to choose from, including adorable baby Jack be Little, perfect for baking or decorating; Baby Pam, your best choice for pie; Big Jack o' Lanterns, a great canvas for the kids to carve; Baby Bear, mini-pumpkins for decorating or baking; and Lumina, ghostly white pumpkins that are also great to decorate or eat.

### POMEGRANATES

The best parts of a pomegranate—the juicy seeds—are locked away inside a leathery skin and encased in bitter white membrane. But the work is worth it. The taste is sensational, and the juice is one of nature's most powerful antioxidants.

(Hint: For easier access to all the yummy health benefits, try POM Wonderful Pomegranate Juice.)

### QUINCE

Quince is closely related to the apple and pear, with a delightful fragrance and a rich flavor and gorgeous red color once it is cooked. Quince is a great fruit for jams and jellies, as well as pies and tarts.

We hope you will stop in soon and taste the bounty of the fall harvest! 🍂



## Fresh Pumpkin Soup

*The perfect slow-cook soup for a cool fall evening.*

- 8 cups peeled and chopped fresh pumpkin (about 3 pounds)
- 4 cups chicken broth
- 3 small tart apples, peeled and chopped
- 1 medium onion, chopped
- 2 tablespoons lemon juice
- 2 tablespoons minced fresh ginger root
- 2 garlic cloves, minced
- 1/2 teaspoon salt

In a slow cooker, combine ingredients and mix well. Cover and cook on low for 8-10 hours, or until pumpkin and apples are tender. Cool pumpkin mixture slightly; process in batches in a blender or food processor. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds or sour cream. Makes about 8 servings.

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

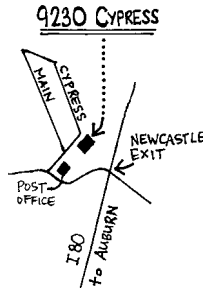
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Take the Newcastle Road exit off I80, drive into downtown, past the firehouse. We are located just past Newcastle Mini Storage.

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RETURN SERVICE REQUESTED

## October 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Satisfy that sweet tooth! Every Wednesday this month, Cathy, our Queen of Sweets, will be baking Pumpkin Tortes, Chess Pies, Pioneer Pies, and Chocolate Banana Cream Pies. Stop by and pick one up for dessert!				1	2	3
				# New England Clam Chowder, Seafood Burritos		
4	5	6	7	8	9	10
#Greek Lemon Soup		#Potato Cheddar Soup		# New England Clam Chowder, Seafood Burritos		
#Enchiladas, Vegetable Minestrone Soup						
11	12	13	14	15	16	17
#Chicken Chili		#Cream of Mushroom Soup		# New England Clam Chowder, Seafood Burritos		
#Three Kinds of Lasagne, Vegetable Minestrone Soup						
18	19	20	21	22	23	24
#Cream of Chicken Soup		#Chili		# New England Clam Chowder, Seafood Burritos		
#Shepherd's Pie, Vegetable Minestrone Soup						
25	26	27	28	29	30	31
#Italian Onion Soup		Butternut Squash Soup		# New England Clam Chowder, Seafood Burritos		
Newcastle Potato Bake, Vegetable Minestrone Soup						

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!