

# Hearthside Happenings – Holiday 2011

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## Holiday Open House

It's that time of year already – time for Hearthside's annual Holiday Open House.

Please join us **Friday, November 18** and **Saturday, November 19** from 8:00 a.m. to 5:30 p.m. Enjoy refreshments and special discounts and register for a chance to win door prizes.



## Thinking of Holiday Baking?

It's time to start thinking of special holiday treats that are a tradition in your family – or maybe you'd like to begin a new tradition. Make special memories by baking or making candies with your children, grandchildren, neighbor children, or a group of friends!

To help with your baking needs, Hearthside has candied fruits and nuts in stock including roasted / salted Spanish peanuts, raw Spanish peanuts, and black walnuts. We also have a wide variety of dried fruits including peaches, pears, pineapple, raisins, prunes, and more. Just in time for holiday trays, we have special prices on dried apricots (\$3.89 / lb.) and raisins (\$3.69 / lb.).



## New at Hearthside

Looking for something different for comforting meals during the cold winter months? Check out our *soup mixes* from *Bountiful Pantry*. We are also carrying soup mixes from *Elsie Grace's*.

Just in time for holiday baking, *lemon curd* is back in stock. Also try *raspberry curd* and *key lime curd*. Recipes for use are available.

Add a healthy dose of variety to your noodle dishes with *Mrs. Miller's 9 grain noodles*. They are delicious and nutritious!

We have a large assortment of *kitchen towels* – including one *made of bamboo!* There are many other holiday gifts available as well.

Bring back memories of the “good old days” with 3 all-time favorite chewing gums – *Black Jack*, *Clove*, and *Beeman's*.

## Unadvertised Holiday Special

Every well-supplied kitchen includes a stock pot. They are indispensable for making soup or pasta for a crowd, preparing foods for canning and freezing, making delicious jams and jellies, and more. We have a limited supply of *Norpro Krona 16 quart stainless steel stock pots* at the special price of \$89.00. These triple core bottom, high quality pots regularly sell for \$129.00. Don't miss this holiday gift opportunity!



## Honey-Nut Granola with Olive Oil

Try this granola in a bowl with milk or yogurt, or just grab a handful for a snack. This blend will keep for a week, stored in an airtight container at room temperature.

- 3 c. old-fashioned rolled oats (not quick)
- ½ c. coarsely chopped almonds
- ½ c. unsweetened shredded coconut
- ½ c. sunflower seeds
- ½ c. flax seeds, preferably golden
- ½ c. sesame seeds
- ½ c. honey
- 6 Tbsp. extra-virgin olive oil
- ¼ c. packed light brown sugar
- 1 tsp. vanilla extract
- ¼ tsp. fine sea salt
- 2/3 c. dried cranberries
- 2/3 c. golden raisins
- 2/3 c. chopped dried apricots

Place rack in the center of the oven; preheat to 350° F. Line a large rimmed baking sheet with parchment paper. Combine oats, almonds, coconut, and sunflower, flax, and sesame seeds in a large bowl.

Combine honey, olive oil, sugar, vanilla extract, and salt in a small heavy-bottomed saucepan. Warm over medium-low heat, stirring occasionally, until the sugar has melted and the mixture is well blended, about 5 minutes.

Add honey mixture to oat mixture and stir until no dry spots remain. Spread over the baking sheet. Bake until light golden brown, 18 - 20 minutes, stirring once halfway through baking. Transfer the baking sheet to a wire rack and leave the granola on the sheet to cool completely, about 1 hour. It will crisp as it cools. Break into bite-size chunks and stir in the cranberries, raisins, and apricots.

## Mint – More than a Breath Freshener

Mint can give you a healthy boost both inside and out. Try these natural solutions to look and feel your best.

**Hair** – Peppermint essential oil fights skin dryness and benefits scalp circulation. Add a few drops to your shampoo or to plain water, massage into your scalp, and rinse. (Don't use the oil undiluted.)

**Skin** – Mint reduces body odor because of its natural antibacterial and antimicrobial properties. It may even repel mosquitoes. Mix ¼ c. witch hazel, ¼ c. water, ¼ c. aloe vera gel, and a few drops of mint essential oil. Shake together and spritz on clean underarms.

**Mouth** – Mint can banish bad breath by fighting the bacteria that causes it. Make your own mouthwash with ¼ c. water, 1 tsp. baking soda, 1 drop tea tree oil, and 1 drop peppermint essential oil.

**Digestion** – A cup of mint tea is the perfect ending to delicious holiday meals. Its muscle-relaxing properties help prevent intestinal spasms.

Taken from *DeliciousLiving*, June 2011

## Kids + Junk Food = Lower IQ

We know that kids need healthy foods for healthy bodies and minds. Here's even more proof: new research shows that a poor diet with lots of processed foods may result in a lower IQ at age 8. The biggest impact of diet on IQ happens before age 3, when the brain grows fastest.

Taken from *DeliciousLiving*, June 2011