

# Hearthside Happenings – Spring 2010

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## Anniversary Open House

Once again, we at Hearthsides are celebrating our anniversary with door prizes, sampling of delicious new products, and discounts throughout the store. Please join us **Friday, April 30** and **Saturday, May 1** to celebrate with us!

## Fresh Fruit Orders

In addition to what you'll find at the Farmer's Market, don't forget to preorder your fresh fruits for the summer. You'll be sure to enjoy them fresh as well as frozen, canned, dried, or however you like to preserve them for winter goodness. Call Hearthsides at 785-284-0303 and order now to reserve your supply of the following:

- Apples (sauce)
- Apricots
- Blueberries
- Cherries (sweet)
- Gooseberries
- Peaches
- Pears
- Plums
- Strawberries

Remember that we can also order frozen sour cherries and marionberries throughout the year.

## New Kitchenware

Just in time for summer's heat, treat the children in your life to healthy, juicy pops with our **Silicone Ice Pop Makers**. Our **Mini Silicone Basting Brush** will find many uses in your kitchen as well.

Add a fresh taste to spring and summer dishes with lemon and orange zest – made easy with the **Extra Fine Ultra Grater**.

## New at Hearthsides

If you're looking for an easy way to add more variety of grains to your diet, **Bob's Country Style Muesli** is the answer. With its blend of oats, wheat, rye, triticale, and barley, you'll have a great start to your morning. The almonds, dates, raisins, sunflower seeds and walnuts add even more nutrition – enjoy it hot or cold!

Speaking of grains, have you tried **Quinoa** yet?

Pasta salads are even more colorful with our new **Semolina Veggie Elbows**.

New sweet treats are available, whether you make your own or want something ready to eat. **Caramel Coconut Tips**, **Double Chocolate Caramel Creams** from Goetz, and **Wilton's White and Chocolate Melting Disks** for homemade treats are all here! Another new treat is **Twizzler's Sweet & Sour Twists**, combining a soft, chewy texture with a tart & tangy filling.

For snacks, we've added **Bite Size White Tortilla Rounds**. Pair them with **Great Lakes Easy Cheese Spread** for a great snack. **Genisoy's Multi-Grain Crisps** provide a crunchy treat along with whole grains and protein.



Enjoy more vegetables when you serve a stir fry supper. **Spectrum Stir Fry Oil** will have the meal ready in a jiffy.

## Quinoa Vegetable Salad

- ½ c. quinoa, rinsed
- 1 c. water
- 1 c. grape tomatoes, halved
- ½ c. frozen peas, thawed
- 1 small carrot, shredded
- 1 shallot, minced
- 2 Tbsp. lemon juice
- 1 Tbsp. white balsamic vinegar
- 1 Tbsp. minced fresh parsley
- 1 Tbsp. minced fresh thyme *or*
  - 1 tsp. dried thyme
- 2 tsp. olive oil
- 1½ tsp. Dijon mustard
- ¼ tsp. sugar
- ¼ tsp. salt
- 1/8 tsp. pepper
- 2 c. fresh spinach

In a small saucepan, bring quinoa and water to a boil. Reduce heat; cover and simmer for 12 – 15 minutes or until water is absorbed. Remove from heat; fluff with a fork. Transfer to a large bowl; cool completely.

Add tomatoes, peas, carrot and shallot. In a small bowl, combine the lemon juice, vinegar, parsley, thyme, oil, mustard, sugar, salt and pepper. Drizzle over quinoa mixture; toss to coat. Chill until serving.

Place spinach on a serving plate; top with quinoa salad. Yield: 4 servings.

Recipe from *Country Woman*, April / May 2010

## Market Fresh!

It's time to start thinking about fresh garden produce. The **Farmer's Market** at Hearthsides is scheduled to begin **Wednesday, May 26**, from 4:00 pm to 5:30 pm. You never know what you'll find, but you know it will be fresh and delicious. Past offerings have included garden produce, home baked goods, homemade ice cream, nuts, and more. Look for vendors beside the store each Wednesday through Labor Day.

## Quinoa Notes

Quinoa has been eaten in South America for thousands of years. This grain, pronounced KEEN-wah, is actually the seed of a plant related to beets and spinach. It is slightly crunchy and has a mildly sweet and nutty flavor. It is gluten free and packed with protein, fiber, B vitamins, iron, zinc, calcium and vitamin E.

Always rinse quinoa before cooking it to remove any residue on the kernels. It cooks like rice, but is quicker cooking than most grains.

## Flour Differences

Pastry flour is made from pastry wheat, also called soft wheat. Pastry flour will make baked goods lighter and fluffier. This is the type flour you would use for your pie crust, muffins, cookies, cakes, pancakes, quick breads, etc. Pastry flour cannot be used to make yeast bread.

