

Hearthside Happenings – November / December 2009

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Holiday Open House

Please plan to join us **Friday, November 20** and **Saturday, November 21** for our annual **Holiday Open House**. In addition to delicious food samples, door prizes, and specials, check out the holiday items that are arriving weekly.

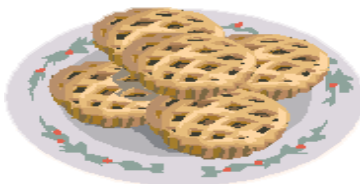


Topeka “Merry Market”

Hearthside will have a booth at “The Merry Market” in Topeka November 13 & 14. The show is sponsored by the Junior League of Topeka.

Prairie Meadows Bake Sale

Prairie Meadows Private School will be holding a **bake sale** at Hearthsides from 9:00 am until Noon on **Saturday, December 12**. If you’ve attended one of their bake sales before, you know you don’t want to miss this one! If you haven’t, be sure to stop in early to discover the best selection of delicious homemade candies, cookies, breads, and rolls.



Welcome, Martha!

Stop by and welcome our newest employee – Martha Scoby. Martha is a student at Highland Community College and works after school and Saturdays.

New at Hearthsides

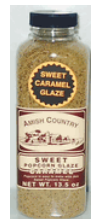
When you are looking for a snack without the effects of “junk food,” check out **LÄRABAR** - a delicious blend of unsweetened fruits, nuts and spices. These gluten free snacks are packed with healthy energy. Our **Tropical Fruit Tart** contains dates, pineapple, coconut, almonds, coconut oil, cashews, orange juice concentrate, and orange peel – and that’s all! No added sugars or preservatives. Or, try a pack of mini bars featuring **Cherry Pie**, **Cashew Cookie**, and **Apple Pie**.



Speaking of gluten free foods, we’ve also added **Pamela’s Chocolate Chunk Cookies** and **Food for Life Rice Tortillas**.

For a 100% vegan taste treat, try **Scone Mixes** from **Sticky Fingers Bakery**. Both cranberry and apple cinnamon mixes are available with no eggs, dairy, or cholesterol.

Making your own caramel corn is easier than ever with our new **Caramel Popcorn Glaze**. Prefer the traditional taste? We also have **Buttery Popcorn Topping**. Look for them with our assortment of popcorn.



Do you like your snacks hot & spicy? We’ve added two crunchy delights just for you! Try **Wasabi Peas** and **Salsa Trail Mix** for the right blend of crunch and heat.

Not new, but back by request: we have **Italian Dressing Mix** again.

New Kitchenware

The holidays bring out the sweet tooth in many of us. We can help with new kitchenware items for your baking projects.



The heavy **Cast Aluminum Holiday Mini Loaf Pan** bakes festive designs directly onto the tops of your baked goods.

Enjoy monkey bread without the hassle of cleaning up baked-on glaze with our **Nonstick Monkey Bread** pan.

Tailor your cookie cutouts to the interests of your family and friends. We now have cookie cutters in these new shapes:

- ◇ screwdriver
- ◇ acorn
- ◇ oak leaf
- ◇ pliers
- ◇ owl
- ◇ elephant

New Food Items, Continued

We’ve carried products from **Pantry Shelf** in the past. We’re pleased to add **Apple Spice**, **Lemon Poppyseed**, and **Wild Cherry Muffin Mixes** for the holidays. Enjoy them yourself, serve them to guests, or tuck the attractive boxes into a gift basket.

Chickweed Healing Salve

Chickweed Healing Salve is used for skin problems from cuts and dry skin to irritation from poison ivy. A brochure with customer testimonials is available in the store.

Cranberries – Superfood Superstar?

If you only think of cranberries as a required dish at holiday meals, it’s time to consider the powerful benefits of this little fruit. Cranberries contain flavonoids which can help promote circulation. Research also indicates that the fruit can promote HDL cholesterol – the good kind – as well as lower blood pressure and help prevent the formation of clots that can cause strokes.



Here’s a new way to enjoy cranberries, either as an entrée or a side dish:

Cranberry Couscous

- 1 Tbsp. olive oil, plus more to drizzle
- 1 ½ c. couscous
- 2 c. water (or broth)
- ¼ c. dried cranberries
- ¼ c. dried apricots, chopped
- ¼ c. slivered almonds

In a medium pot, heat the oil on medium heat. Add the couscous and stir continuously for several minutes, until it becomes a toasty brown. Add water (or broth). Bring to a boil, cover tightly, and turn the heat down. Simmer for about 10 minutes. Stir in the cranberries, apricots, and slivered almonds and, if desired, a drizzle of olive oil. Serve hot or cold.

Recipe from *Today’s Diet & Nutrition*