



The Hearty Times

Where Sampling Is a Must!

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HOURS
Monday - Friday
10am - 6pm
Saturday
10am - 4pm
Sunday
12pm - 4pm

Rick's Tips: September 2019 Edition

In preparing for a presentation, "Health Benefits of Olive Oil and Balsamic Vinegar", for the Lifelong Learning Institute at UW - Manitowoc, Sept 9th. I found great information regarding on how to use olive oil and balsamic in your diet. The most popular being the Mediterranean Diet. So, what is the Mediterranean diet? The Mediterranean Diet is based on the traditional foods people used to eat in countries like Italy and Greece back in 1960.

There are four simple categories:

1. EAT: Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices, seafood and extra virgin olive oil.
2. Eat in moderation: Poultry, eggs, cheese and yogurt.
3. Eat only rarely: Red Meat.
4. Don't eat: Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

Consider all of this as a general guideline. The most important ingredient is the Olive Oil. And of course, a good balsamic can be added to the fruits and vegetables. Balsamic has many health benefits, for your digestive system.

If you are looking for a recipe, just Google "Mediterranean recipes" and you will find some GREAT tips and ideas. Happy Tasting!

— Rick

Olive Oil & Balsamic Vinegar!

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*Please **WASH** and **DRY** bottles carefully, as moisture will negatively affect the refilled oil or balsamic! We recommend washing the bottles in a dishwasher and allowing them to dry thoroughly. Hand-washing with dish soap will work as well - we suggest Dawn. To ensure the best quality and experience, we must be certain the bottles are clean and dry before refilling.

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80+ Spices In Store!



Back to FALL Back to BASICS Spicely Organics

Creating an exciting new meal can be as easy as adding a different spice to your favorite old recipe. Spicely Organics has a wide variety of Organic Spices, seasoning mixes, and fruit and nut extracts, such as Vanilla Extract. Stop in and see our wide selection of spices!



September Product Features



Salt Sisters - S.A.L.T Sisters creates unrefined salt blends and bread dips. Their blends include Pink Himalayan Salt, Green Bamboo Ka'nani Hawaiian Sea Salt, Black truffle Sea Salt and more!

Tabal Chocolates- Tabal Chocolates is based out of Milwaukee WI. We carry a wide selection of stone ground chocolate that is gluten-free, soy-free, farmer sourced, and vegan. Stop in and find your new favorite chocolate bar!



Coffee- Two Rivers Roasting company has a great selection of coffee! Try flavors such as Carmel Apple, Hazelnut, De-Caf Amaretto and more! They even make K-cups of select flavors! Stop in and see our selection.



Mudd Creek- Mudd Creek has fantastic Gluten-Free baked goods but did you know they have a great selection of instant soups as well. Try their French Onion Soup, Cream Soup, and Cream Beef soup.



Bacon Wrapped Coconut Curry on the Cob



Ingredients:

- 1 to 2 pounds thin-sliced bacon
- 12 ears of fresh corn on the cob (shucked)
- 1 cup Cream of Coconut
- 1 tsp Coconut Balsamic
- 3 Tbsp Spicely Organics Curry Powder

Directions:

Preheat your grill to 350°. Gas or charcoal grills work equally as well here, but as a proponent of cooking over lump hardwood charcoal, I can attest to the fact that the charcoal grill will yield exceptional smokey flavors.

Wrap each cob of corn in bacon, tucking the ends of the bacon underneath itself to ensure that it does not unravel. Depending upon the size of the corn cob, you may need more than one piece. Place corn directly on the grill and cook, covered for approx. 20 minutes until the bacon begins to brown and turn slightly crispy.

Mix Cream of Coconut and Coconut balsamic with curry powder and brush on the corn liberally. Allow the mixture to set in the heat of the grill for at least 5-10 minutes and reapply as desired.

Recipe & photo :
<https://www.croixvalleyfoods.com/blogs/recipes/bacon-wrapped-coconut-curry-corn-on-the-cob>

Mocha Cinnamon Smoothie

- 4 frozen bananas
- 1/2 Spicely Organics vanilla bean or 1/2 tsp vanilla extract
- 2 dates, pitted
- 2 tbsp cacao powder
- 1/2 tsp Spicely Organics ground cinnamon
- 3/4 cup cold brew coffee (Try Two Rivers Roasting Co.)
- 1/2 cup almond milk

METHOD

Place all ingredients in a blender and blend on high for 1 minute or until smooth. Pour and enjoy!

<https://www.spicely.com/pages/organicrecipes>

Study Suggests Mediterranean Diet Benefits Pregnant Women

The study showed that pregnant women following a Mediterranean diet benefited from less pregnancy-related weight gain and a lowered risk of developing gestational diabetes.

A study published this week in PLOS Medicine suggested that the Mediterranean diet may offer some health benefits to pregnant women.

The study was conducted by Shakila Thangaratinam and a team of researchers at Queen Mary University of London. The 1,252 women involved in the study were chosen from five separate English maternity wards and of diverse backgrounds.

The study results showed that the Mediterranean diet may offer benefits such as reducing pregnancy-related weight gain and lowering the risk of developing gestational diabetes for expecting mothers.

All of the women involved in the study were older than 16, of varied backgrounds and had one metabolic risk factor. These include obesity, high blood pressure, chronic hypertension, or hypertriglyceridemia.

This means that their chances of developing pregnancy-related complications were high. Researchers assigned the pregnant women dietary advice at 18, 20, and 28 weeks. Five hundred and ninety three followed the diet, while 612 made up the control group.

In general, the Mediterranean diet is rich in fruits, vegetables, nuts, extra virgin olive oil, non-refined grains and legumes, poultry, and seafood. It is also low in red meat and processed foods. Often, it involves approaching meals as leisurely social activities, rather than hurried events.

Queen Mary University researchers found that women who followed a Mediterranean-style diet were less likely to develop gestational diabetes. This condition affects between two and 10 percent of pregnant women in the United States. According to the Center for Disease Control, around half of women who develop gestational diabetes go on to develop Type 2 diabetes.

Gestational diabetes can also be a factor in pregnancy complications for expectant mothers, such as high blood pressure. Women with gestational diabetes are more likely to give birth to infants that are born large, too early or delivered via cesarean section.

The study participants who followed the Mediterranean diet saw their odds of developing gestational diabetes drop by 35 percent. While the average weight gain of the control group was 8.3 kilograms (18.3 pounds), the average weight gain of the women on the Mediterranean diet was 6.8 kilograms (15.0 pounds).

While the study does point to this diet lessening weight gain and lowering the mother's risk of developing gestational diabetes, it seems to have some limits. The Mediterranean diet did not seem to have any effect on the mother or child's overall risk of experiencing complications.

The authors of the study want more research to be done to uncover more possible benefits of the Mediterranean diet for expecting mothers. Future studies are necessary to uncover whether this diet can reduce the risk of childhood obesity, asthma, allergies, and the mother's risk of developing Type 2 diabetes.

Manitowoc & Two Rivers

SEPTEMBER EVENTS CALENDAR

Here's what's going on in the Manitowoc & Two Rivers area. Go out and find fun and excitement in your community!

September 1-15

Members & Manitowoc Artists

Rahr-West Art Museum

September 1

Kite's Over Lake Michigan

Neshota Beach

September 7

Sputnikfest

Rahr West Art Museum

September 9

"Health Benefits of Olive Oil & Balsamic Vinegar"

Lifelong Learning Institute

UW- Manitowoc. Fee & Sign up required.

September 14

Manitowoc County Youth Hockey Association Blade Bash

Manitowoc County Expo

September 17

Mid-Lakes Thresheree

Pinecrest Historical Village. Fee.

September 21

Kurtz's Oktoberfest

Downtown Two Rivers

September 21-22

Art Slam

Downtown Manitowoc

September 27- Oct. 27

Art Slam Opening Reception (27th)

Rahr-West Art Museum

Smoked Salmon Nicoise Salad



Photo Credit: Rachel Bradley

Ingredients:

- 3 cups organic baby spinach
- 1 small head of organic romaine, trimmed, leaves left whole
- 4 large eggs, hard boiled, cooled, peeled, halved
- 1 English or hot house cucumber
- 2 large heirloom tomatoes cut into large slices (or 2 cups cherry tomatoes)
- 1/2 pound washed, trimmed fresh green beans, par boiled and cooled
- 2 pounds new potatoes boiled in salt water until just fork tender, and cooled
- 2 teaspoons capers
- 1/2 small red onion sliced thinly (about 1/2 cup)
- 1 cup lemon stuffed manzanilla olives
- fresh chopped Italian parsley leaves for garnish (optional)
- fresh ground pepper to taste

- 1 pound of cooked and cooled meat/protein of choice such as smoked, poached or grilled salmon, poached or grilled chicken, grilled steak, seared tuna, fried or baked tofu, etc. (there are no wrong answers here)

Dressing

- 1/4 cup freshly grated parmesan
- 3 tablespoons champagne vinegar
- 1 tablespoon fresh squeezed lemon juice
- 1 teaspoon grainy mustard
- 1/2 teaspoon fresh ground pepper
- 1 anchovy fillet (optional)
- 2 medium garlic cloves, crushed
- 1/2 teaspoon salt
- 1 cup of UP or infused olive oil of choice (I used Hojiblanca here but dill, garlic, lemon, orange, lime, picual, etc. would all be great here)

Add the vinegar, lemon juice, anchovy fillet, mustard, garlic, salt, pepper, and cheese to the jar of a blender or food processor bowl. Pulse to combine well. Slowly drizzle in the olive oil until thickened.

Assembly

In a large bowl, toss the cooked and cooled baby potatoes with two tablespoons of the dressing. On a large platter just before serving, arrange a bed of baby spinach topped with the whole Romaine lettuce leaves. Arrange the various components around the platter with the meat, fish or protein showcased in the center. Add a grind of fresh black pepper and serve the platter with the dressing on the side.

Serves 6 as a meal or up to 10 as a starter.

Recipe: <http://www.deliziaoilandvinegar.com/2019/07/smoked-salmon-nicoise-salad-with-lemon.html>



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