



The Hearty Times

Where Sampling Is a Must!

921 S. 8th Street, Manitowoc, WI 54220
Phone: (920) 663-1360
Sign up for our Free E-Newsletter at:
www.theheartyolive.com

HOURS
Monday - Friday
10am - 6pm
Saturday
10am - 4pm
Sunday: CLOSED

Owners: Rick & Linda Couron

Rick's Tips: January 2020

First, I would like to thank you for giving me the opportunity to provide quality olive oils and balsamic for your culinary taste. As many of you have discovered, we are more than just Olive Oils and Balsamic. I provide quality Wisconsin made products. We have GREAT vendors who take pride in their products and it shows in the taste.

Keep in mind we grow when you tell your friends about The Hearty Olive. People from all over stop in because they heard about us from a family member or from a friend. Referring someone to us is the best compliment you can give us. This is your store and we are serving you with quality products. It is fun listening to customers from outside the area talk about the store when they come in. Many times, I am asked, "Why can't we have a store like this in our town?" I often hear, "Thank you for being here in Manitowoc."

Second, as we start the New Year, we would like your 20/20 (ha ha). Take a minute and email me at rcouron@theheartyolive.com. I would like to hear from you about what you would like to see in the store. Or even ways we might be able to improve. Also, we are developing topics for the cooking classes and your input would be helpful. Email your suggestions to rcouron@theheartyolive.com.

Remember, you can always stop in and tell us HI or about your favorite recipe or what you are cooking.

Bring A Friend: Bring someone NEW to The Hearty Olive! Share with family and friends your culinary experience and how food does not need to be boring. Come into the store with your friend and receive a FREE Tapi Pour Spout!

— Rick

2020!

HAPPY NEW YEAR!

Order Online!



Tailgate With Lambs & Thyme Dip

It's football season again! As you get ready for game day, remember to grab Lambs and Thyme dip! Lambs and Thyme has a great selection of dry dip mixes for your game day party. All you need is a little bit of the mix and some sour cream or cream cheese. Mix together and you've got the perfect snack to eat while watching the game! Stop in and see their many flavors.

Save \$1.00
at The Hearty Olive
when you refill your **200/375 ML** bottles
•WASHED & DRIED•

*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.



JANUARY PRODUCT FEATURES

100% Cherry Juice



NEW!!!! 100 % Cherry Juice! Try CherryLand's Best's delicious cherry juice! It's made in Door County with 100% Montmorency Cherries. If you enjoy the delicious taste of Door County Cherries you are sure to enjoy this juice!

NEW: Frontier Soups



This winter we have brand new soup mixes for you to enjoy by Frontier Soups! Try their White Bean Chili Mix, Corn Chowder Mix, Split Pea Soup, Sausage and Lentil soup mix, and more! Each soup mix comes with a recipe on the back along with ways to enhance your soup. These soups are gluten-free and have no added salt. They are hearty, healthy, and delicious. Perfect for this time of year!

Tart Cherry Sleepytime Elixir

- 4 ounces Tart Cherry Juice
- 8 ounces Dream Tea or any chamomile tea
- 1 tsp Raw Honey

DIRECTIONS:

1. Warm tart cherry juice gently in a small saucepan on the stove.
2. Brew Dream Tea according to instructions.
3. Combine Dream tea and tart cherry juice, stir in raw honey.
4. Serve immediately.
5. Sip slowly and prepare for slumber.

Recipe: <https://abraskitchen.com/tart-cherry-sleepy-time-elixir/>

Try using Cherryland's Best 100% Cherry Juice and one of our Urbal Tea's. We suggested Berry Well tea or your favorite tea for relaxing.



R&R Homestead

R&R Homestead Homemade Hot Fudge Toppings are not only good on ice cream but also delicious on top of brownies, pie or in your hot cocoa or coffee! Pick up a jar today!

Ingredients:

- 3 overly ripe bananas
- 3 large eggs
- ½ cup softened butter or Butter Olive oil, plus more to grease the pan
- ¼ cup maple sugar or brown sugar
- 1 tablespoon Spicely Organics Vanilla Extract
- 1 tablespoon Spicely Organics Cinnamon Ground
- ½ teaspoon Spicely Organics Nutmeg Ground
- 1 cup of flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt
- 1 cup chopped walnuts
- ½ cup chocolate chips (optional)

Directions:

Preheat the oven to 350 F (180 C) and grease a 9 x 5-inch (23 x 13-cm) loaf pan.

Peel and mash the bananas in a large bowl.

In a separate bowl or stand mixer, beat the eggs with the butter or Butter Olive oil, maple sugar, vanilla, cinnamon, and nutmeg. Add the mashed bananas and beat until smooth.

In a separate bowl, whisk the flour with the baking powder, baking soda, and salt.

Slowly stir the dry ingredients into the wet, and mix until combined. Fold in the chopped walnuts and chocolate chips (if using).

Pour into the prepared loaf pan and smooth the top; bake for 50 to 60 minutes or until an inserted skewer comes out clean.

Cool completely before slicing and serving.

Recipe:

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

Extra Virgin Olive Oil Consumption Can Protect Against Dementia

A new study by researchers at Temple University has demonstrated that consuming extra virgin olive oil in early adulthood can protect against dementia.

The results of the new research published on November 24, 2019 in the journal *Ageing Cell* reveal that extra virgin olive oil consumption delays the onset of cognitive impairment and dementia by slowing down a group of diseases known as tauopathy.

This type of mental decline occurs when a protein called tau accumulates in the brain and results in a decline in cognitive function known as tauopathy, or frontotemporal dementia.

The research team was made up of five scientists from Temple University's Lewis Katz School of Medicine and the Department of Medico-Surgical Sciences and Biotechnology at Sapienza University of Rome.

As part of the study "Extra virgin olive oil improves synaptic activity, short-term plasticity, memory, and neuropathology in a tauopathy model," the researchers fed extra virgin olive oil to a group of lab mice engineered to develop dementia and of an age that would be comparable to 30 or 40 years in humans.

They found that the mice who were fed the olive oil diet were 60 percent less likely to develop tau deposits in the brain compared to those who were not given extra virgin olive oil. The same mice also showed improved performance on memory and learning tests.

The extra virgin olive oil used to feed the lab mice was from the Apulia region of Italy with a total polyphenol count of 253 milligram per kilogram, while levels of α -tocopherol and γ -tocopherol (forms of Vitamin E) were measured at 381 milligram per kilogram and 23 milligram per kilogram, respectively, through chemical analysis.

The study points out that there has been increasing evidence in recent years of the benefits of consuming extra virgin olive oil for brain health and lowering the risks of Alzheimer's disease, cognitive impairment, and dementia.

Previous research conducted by investigators at the same school of medicine had concluded that consumption of extra virgin olive oil prevents memory loss and protects against Alzheimer's disease.

"Extra virgin olive oil has been a part of the human diet for a very long time and has many benefits for health, for reasons that we do not yet fully understand," said Dr Domenico Praticò, director of the Alzheimer's Center at Temple University's Lewis Katz School of Medicine and one of the researchers.

"The realization that extra virgin olive oil can protect the brain against different forms of dementia gives us an opportunity to learn more about the mechanisms through which it acts to support brain health," he added. "We are particularly interested in knowing whether extra virgin olive oil can reverse tau damage and ultimately treat tauopathy in older mice."

The results of this study suggest that thanks to its beneficial properties – including extra virgin olive oil's high polyphenol content, which acts as an antioxidant – its consumption in early adulthood can limit cognitive decline and the onset of age-related illnesses, including dementia.

Full article:

<https://www.oliveoiltimes.com/health-news/extra-virgin-olive-oil-consumption-can-protect-against-dementia/71482>

Jimmy J's Razorback Rib Sauce

New to The Hearty Olive is Jimmy J's Razorback Rib Sauce. This rib sauce comes in a variety of flavors. Try Mild, Medium, Hot or XXX. Perfect for not only ribs but also chicken, homemade chili and more! Stop in and check out Jimmy J's Razorback Rib Sauce.



Manitowoc & Two Rivers

JANUARY EVENTS CALENDAR

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

January 11th

GRACED Grand Opening
Schuette Building on 8th St.

January 22nd

NEXT Cooking Class
"Pasta & Wine" **Must be 21+ for wine.**
Time: 6:00PM
\$10.00 Fee Required Upon Sign Up.
The Hearty Olive
Limited availability please call:
(920) 663-1360 or stop in to sign up.

February- 18th (SIGN UP EARLY)

Life Long Learning 2020:
Health Benefits of Olive Oil & Balsamic Vinegar
Presenter: Rick Couron
UW-Manitowoc Campus
10:00 AM - 12:00 PM
Fee & Sign Up in advanced required:
Call Coordinator Liz Kohler (920) 242-3750
This event is at the UW-Manitowoc Campus

WINTER REMINDER:

Sundays we will be closed. Thank you.

Grilled Tofu & Pepper Tacos

- 1/2 pound of extra firm tofu, cut into strips
- 1 red pepper, cut into strips
- 1 onion, cut into strips
- 2 teaspoons salt
- 1 teaspoon organic ground cumin
- 1 teaspoon organic ground coriander
- 1 teaspoon organic California chili powder
- 1/2 lemon, juiced
- Olive oil - Try Cilantro & Roasted Onion
- 1/2 cup feta, crumbled
- 1 teaspoon parsley, for garnish
- 4-6 tortillas

DIRECTIONS:

In a large frying pan, add enough olive oil to lightly coat the bottom of the pan. Add onions and cook over medium heat until soft and beginning to turn translucent.

Turn up the heat to high and add tofu, red pepper, salt, lemon juice and spices. Cook 2-4 minutes on high until red peppers become soft and the onions begin to caramelize.

Warm up tortillas in a dry skillet or in the oven. Add grilled vegetables and tofu to warm tortillas, top with feta and parsley for garnish.

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

*This recipe can be made with your choice of meat as well.

LARGE & MEDIUM SIZES ONLY

Save \$1.00

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•WASHED & DRIED•

at The Hearty Olive

Drying Tip: Warm oven, place bottle in - till dry

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We recommend washing the bottles in a dishwasher and allowing them to dry thoroughly. Handwashing with Dawn dish soap will work as well. To ensure the best quality and experience, we must ensure the bottles are clean and dry before refilling. We will NOT refill a bottle if there is moisture inside the bottle or old olive oil or balsamic vinegar inside.



www.theheartyolive.com • January 2020

*You are receiving this letter because you signed up for the Hearty Olive's monthly newsletter. Email info@theheartyolive to unsubscribe.