



We are a small family owned business that takes pride in our store & the quality of our products.

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www.theheartyolive.com



Rick's Tips: July 2019

10 Things you might not know about the Fourth of July!

1. The Declaration of Independence wasn't signed on July 4th (or in July at all). It was August 2, 1776.
2. The first celebrations weren't that much different then today's.
3. Eating salmon on the 4th of July is a tradition in New England.
4. Massachusetts was the first state to recognize the holiday.
5. The oldest annual Fourth of July celebration is held in Bristol, Rhode Island.
6. The shortest Fourth of July parade is in Aptos, CA.
7. There are around 15,000 Independence Day Fireworks.
8. We'll eat an obscene amount of hot dogs.
9. We'll spend billions on food (around \$6.7 billion).
10. Three Presidents have died and one was born, on the Fourth of July.

Have a Happy Fourth of July!

— Rick

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



Happy Fourth Of July!

Cherry BBQ Sauce

What better way to celebrate the Fourth of July than with a good old BBQ! Try Seaquist Orchards Cherry BBQ Sauce on top of ribs, pork roast, or burgers!

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.



July Product Features



Pasta lovers rejoice! Announcing new pasta from Dalla Terra! Their Pappardelle pasta is handcrafted and made using organic tomato, organic spinach and sea salt! This pasta is perfect for your summertime gatherings and holiday parties!

Yum Bruschetta!

River Valley Ranch and Kitchens Spicy Olive Bruschetta and Spinach Artichoke Dip make the perfect summer snack! Eat them with crackers, on pizza or in pasta! They also make a great appetizer for all your summer get togethers! Find these and more yummy options in store!



Wild Rice & Bean Stuffed Peppers



Ingredients:

- 4 large red or orange bell peppers, cut in half, cleaned and seeded
- 2 tsp. Wild Mushroom and Sage olive oil
- 1 small onion, chopped
- 3/4 asparagus, trimmed and cut into 1 inch lengths
- 1 small yellow summer squash
- 1/2 tsp. cumin
- 1/2 tsp. coriander seeds
- 1/2 tsp. salt
- 1 1/2 cups cooked, Rustic Meadow or your choice or Rice River Farms Rice blend.
- 1 cup chopped tomatoes
- 1 1/4 cups cooked and drained chickpeas
- 1 1/2 Tbsp. chipotle in adobo sauce
- 2 Tbsp. pepitas (pumpkin seed)
- 1/2 cup grated sharp white cheddar cheese or smoked cheese of choice

Directions:

Heat oven to 350 degrees.

Coat a baking sheet or dish with cooking spray.

Arrange peppers on dish or sheet and roast for 20 minutes. While they are roasting, heat oil in skillet, add onion, asparagus, yellow squash, coriander seeds, cumin, and salt. Cook until vegetables are softened.

Remove from heat, stir in wild rice, tomatoes, chickpeas, chipotle and adobo sauce. Toss then stir in the pepitas. Remove peppers from oven, stuff with mixture and top with grated cheese. Bake 15 minutes.

Recipe:

<https://www.chieftainwildrice.com/recipes/stuffed-peppers-with-garbanzo-beans-wild-rice>

Baked Goods

Mudd Creek has the best Gluten-free dry mixes we've ever tried! They have a great selection of cookies, brownies, Angel food cake mixes and more! Perfect for dessert tonight or for your next summer gathering! Stop in store and find your new favorite dessert!



Chicken Carbonara Rosa

Ingredients:

- 4 boneless, skinless chicken breast halves (about 1 1/4 pounds)
- 1 TBSP Basiks at Home™ Italian Table Blend, divided
- 1 TBSP basil Olive Oil
- 1 small onion, chopped
- 1 slice(s) bacon or pancetta, chopped
- 1 cup(s) thawed frozen green peas
- 1/3 cup(s) dry white wine or chicken broth
- 1 jar Pasta Sauce
- Chopped fresh parsley (optional), for garnish
- Freshly grated Parmesan Cheese, for garnish if desired

Directions:

Heat olive oil in 12-inch nonstick skillet over medium-high heat and brown chicken seasoned with 1 teaspoon Basiks at Home Italian Table Blend, about 5-7 minutes. Remove chicken and set aside.

Cook onion, bacon, and peas in same skillet, stirring occasionally, 6 minutes or until bacon is crisp and onion is tender.

Stir in wine/broth and cook on high 2 minutes. Stir in Pasta Sauce and remaining 2 teaspoons of Basiks at Home™ Italian Table Blend and cook 3-4 minutes, until just ready to boil. Reduce heat to low, return chicken to skillet and simmer covered 5 minutes or until chicken is thoroughly cooked.

Recipe:

http://www.basiksathome.com/_blog/Recipes/tag/Italian_Table_Blend/

Frying Vegetables in Extra Virgin Olive Oil Recommended for Men With Prostate Cancer

A new pilot study recommends adding extra virgin olive oil to the diets of men with prostate cancer.

The study found that adding extra virgin olive oil to the plant-based diet recommended by the Prostate Cancer Foundation (PCF), produced similar weight loss results as well as helped to increase the absorption of compounds with anticancer properties. For men who have low-risk prostate cancer, the PCF recommends weight loss as a way of reducing the risk of cancer recurrence and metastasis.

"Being overweight is the greatest lifestyle risk factor for a poor prognosis," said Mary Flynn, the lead researcher on the study.

The PCF also recommends fruits and vegetables that are high in carotenoid content and glucosinolate, natural compounds with strong cancer protection traits. However, the foundation's dietary recommendations say nothing about adding extra virgin olive oil to supplement fruit and vegetable intake.

Carotenoids require fat in order to be properly absorbed, while water-based preparations lose some of the glucosinolates in vegetables such as broccoli and kale. Researchers conducting the study suggested cooking these vegetables in extra virgin olive oil as a healthy alternative.

"Effective dietary advice for decreasing prostate cancer risk and progression should include healthy fat to prepare the cancer protective vegetables to maximize absorption of carotenoids and possibly the glucosinolates," Flynn wrote in the study.

The study also noted that men in Greece and Spain, many of whom traditionally consume an olive oil enriched Mediterranean diet, have low rates of prostate cancer.

"Studies show that the health benefits (from extra virgin olive oil consumption) start at two tablespoons per day," Flynn said. "I selected three tablespoons as I thought it was a reasonable amount to ask the participants to consume each day and would be likely to show benefit."

The study, which was conducted by the Miriam Hospital Department of Medicine in Providence, Rhode Island, asked some participants to follow a plant-based olive oil diet and others to follow the PCF diet for eight weeks. At the end of the eight weeks, the participants switched diets for another eight weeks. After consuming both diets, participants were asked to select one of the diets and continue to consume it for an additional six months.

The results of the study found that weight loss for both diets was about the same. However, the diet that included extra virgin olive oil resulted in lower levels of insulin and fasting glucose than the foundation's diet.

"There is a positive relationship between fasting insulin to prostate cancer development and both blood glucose and insulin resistance are positively related to cancer mortality," Flynn wrote in the study. "Daily consumption of extra virgin olive oil may help improve survivorship for cancer."

For the purposes of the study, Flynn did not ask how participants consumed the extra virgin olive oil. However, she said other studies had shown evidence that cooking vegetables into extra virgin olive oil may make them healthier.

Manitowoc & Two Rivers

JULY EVENTS CALENDAR

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

- | | | |
|---|--|---|
| July 4
4th of July Events
Manitowoc, Two Rivers & Mishicot | July 10, 24
Night Market 920
Manitowoc Farmers Market Lot- 5:30pm. | July 20
Acoustic Fest
Washington Park, Manitowoc |
| July 4
Four on the Fourth
CNC Links - See CNC Links for Details. | July 12 -14
Subfest
Wisconsin Maritime Museum | July 22
Pinecrest Pints and Plates
Pinecrest Historical Village. Fee. |
| July 8
Free Golf on Our Birthday
CNC Links - See CNC Links for details. | July 18
Clipper City Chordsmen
Two Rivers Central Park- 6-8pm | July 27
Owl Fest
Woodland Dunes 9am-noon |
| July 9
Newton Lions Fun Day
Manitowoc County Expo | July 19-21
Two Rivers Fish Derby and Festival
Two Rivers | July 27
Brew Dash
Two Rivers, Main St. |

Balsamic Cured Beef Jerky



Photo Credit: Rachel Bradley

Cooking Tip: Try experimenting with different balsamic vinegars to change up the flavor. Try Serrano Honey if you want some spice, Pomegranate for some sweetness, or Neapolitan Herb Balsamic for a more savory flavor! The possibilities are endless!

Ingredients:

- 2 pounds beef round steak, cut into very thin strips across the grain
- 1/4 cup soy sauce
- 3 Tablespoons Traditional Balsamic
- 2 Tablespoons natural liquid smoke
- 2 Teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon hot red chili flakes (optional)

Directions:

Place beef strips in the bottom of a large bowl and add soy sauce, balsamic, liquid smoke, salt, pepper, garlic powder, onion powder, and red chili flakes (if using).

Mix to assure the meat is evenly coated and cover and marinate in the refrigerator for 8 hours or overnight.

Remove meat from bowl and arrange the meat strips on the tray of a dehydrator and dry at your dehydrator's highest setting until done to your liking, at least 4 hours. Store in an airtight container or resealable bags.

Recipe:

<http://www.deliziaoilandvinegar.com/2019/05/balsamic-cured-beef-jerky.html>



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