



# The Hearty Times

Where Sampling Is a Must!

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[www.theheartyolive.com](http://www.theheartyolive.com)

Owners: Rick Couron & Linda Couron

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

## Rick's Tips: November 2019 Edition

What is pungency and bitterness? These terms are used in describing olive oils. Which can be confusing! Why would I want to use something in my food that is pungent and or bitter? Phenolic compounds are responsible for the bitterness and pungency of extra virgin olive oil. They are also the compounds related to the health benefits associated with consumption of olive oil.

What is pungency? Pungency is the stinging in the throat which can force a cough and indicates the presence of healthy polyphenols. The pungent taste is the hottest of all five tastes and can be found in numerous vegetables and spices. The difference between spicy and pungent is negligible. The pungent taste can stimulate digestion, clear congested sinuses, promotes sweating and detoxification. It improves circulation and relieve some types of muscle pain. It also helps emulsify fat from oily foods.

Foods considered pungent: ginger, garlic, onion, cayenne, cinnamon, cardamom, cumin, turmeric, wasabi, horseradish, greens, and black and green peppercorns.

What is bitterness? Bitterness is a characteristic of fresh olive oil. The degree of bitterness depends on how ripe the olive is. A bitter olive oil is a positive thing. Depending on your taste you may want an olive oil that has a balance of fruity and bitter you would like. That is why we have Mild, Medium and Robust. Bitter tasting foods each have their own unique health benefits. Protection against cancer, heart disease and diabetes. As well as reduced inflammation and oxidative stress. The benefits come from the polyphenols, which act as antioxidants, anti-inflammatories and even prebiotics.

Foods considered bitter tasting: broccoli, brussels sprouts, kale, radishes, arugula, cranberries, cocoa, coffee, green tea and red wine. The vegetables contain a compound called glucosinolates, which give them their bitter taste and are responsible for many of the health benefits.

Bottom line, pungency and bitterness is a good thing. Keep in mind when using olive oils, the bitterness and pungency is absorbed in the food and you barely notice. It will enhance your foods with flavor.

Enjoy your favorite EVVO!

— Rick

## Order Online!



### MINI GIFTS

Get ready for the holidays with our new mini Olive Oil & Spicely Organics seasoning pairings! They are the perfect gift for aspiring chefs and college kids. Plus they make awesome stocking stuffers!

Store **CLOSED** on Thanksgiving day.

# HAPPY THANKSGIVING!

## 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.



# November Product Features

## W I N E S

Looking for the perfect glass of wine for the holidays? We have a great selection of wine from four local wineries, Quinney Estate Winery, Trout Springs Winery, Cold Country Winery and Duck Creek Winery. Whether you are looking for reds or whites, sweet, semi-sweet or dry we have a fantastic selection to choose from!



## Gift Baskets

Looking for the perfect gift for the holidays? Why not pick up a lovely gift basket full of olive oil, balsamic vinegar and more delicious goodies. The chef in your life will love it! We can even make custom baskets for you in a variety of sizes! Or pick up one of our pre-made ones! Stop in and we'll help you find the perfect gift!



## Apple Butter

- 4 large apples - peeled, cored, quartered
- 2 cups apple cider
- 1/2 cup sugar
- 1 tsp Organic Ground Cinnamon
- 1/4 tsp Organic Ground Cloves
- 1/4 tsp Organic Ground Allspice
- juice of 1/2 lemon
- a few grinds of Grey Sea Salt

### Directions:

Combine all ingredients in a heavy bottomed pot and bring to a boil.

Lower the heat and let simmer for 20 minutes, or until apples are soft.

Put apples and liquor in a blender (or use an immersion blender) and puree. Return to pot.

Reduce the puree over low heat until thick and buttery, occasionally stirring to prevent burning.

Serve with toast, oatmeal, peanut butter sandwiches - the sky is your limit.

### Recipe:

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

## Wine Stoppers

Need a house-warming gift? Why not pick up a hand-carved wooden wine stopper. Pair it with a bottle of wine and you've got the perfect gift for the holidays!



Find baskets like these and more in store!



## Florida Citrus Turkey

### Ingredients:

- 1 Turkey, thawed, rinsed, giblets/neck removed
- 1 navel orange, quartered
- 1 lemon, quartered
- 1 small onion quartered
- Lemon Olive Oil or Blood Orange Olive Oil
- Basiks at Home Lemon Pepper or Original Blend

### Directions:

Place rinsed, clean turkey in shallow roasting pan. Place cut orange, lemon and onion inside bird. Drizzle to coat outside skin with lemon Olive Oil. Then sprinkle BAH™ Original Blend all over the outside of the bird to coat skin well. Follow manufactures instructions on baking or 20 mins per pound at 350 degrees or until meat thermometer reaches 180°F when placed at thickest part of thigh. Remove turkey from oven and let stand 15 minutes to rest meat before carving, sprinkle meat with additional Lemon Pepper or Original Blend after carving.

### Recipe:

[http://www.basiksathome.com/\\_blog/Recipes/post/Florida\\_Citrus\\_Turkey/](http://www.basiksathome.com/_blog/Recipes/post/Florida_Citrus_Turkey/)

## SOUP SEASON

It's officially soup season! With the cold winds moving in and the temperature dropping, it's time to stock up on your favorite soups from "Soup & Dippity". They have Tomato Basil, Baked Potato, French Onion, Stuffed Green Pepper, Chicken Dumpling and more delicious flavors in store! Stop in and find your new favorite soup!



### Phenolic Compound in EVOO May Be Beneficial for Parkinson's Disease

A new study published in Neurobiology of Aging suggests that tyrosol, a phenolic compound found in extra virgin olive oil, could have the potential to become a nutraceutical compound for Parkinson's disease; bringing hope of a new treatment to the estimated 10 million worldwide sufferers of the progressive neurological condition.

The pioneering study, which was carried out by researchers from the University of Jaén and the Bellvitge Institute for Biomedical Research, examined the effects of tyrosol on *Caenorhabditis elegans* worms with various forms of Parkinsonism.

The research team discovered that worms treated with tyrosol enjoyed a significantly longer lifespan of around 21.33 days compared to untreated worms whose average lifespan was just 18.67 days.

The researchers concluded that tyrosol delayed neurodegeneration in worms and reduced oxidative stress. It also appeared to induce the expression of different protective genes in a particular form of Parkinsonism.

It was also noted that worms treated with tyrosol benefited from 80 percent of dopaminergic neurons being intact at two weeks of age compared to just 45.33 percent in untreated ones. This was an important finding as the loss of these neurons is a trademark of Parkinson's disease.

The tyrosol treatment was also noted to significantly reduce the levels of molecules associated with damaging DNA and cellular structures. While untreated worms averaged 124.5 of these molecules, the tyrosol treated creatures had a much lower average of around 12.06. These figures suggested that the tyrosol treatment had been effective in reducing neurodegeneration.

The overall results suggested that the tyrosol treatment had had an effective antioxidant effect on the study's worms with the treatment significantly increasing the expression of some proteins; including heat shock proteins which are known to assist cells in protecting themselves from damage.

The tyrosol treatment also substantially reduced the number of clumps of the alpha protein synuclein (an indicator of Parkinson's disease) to 22.63 per worm in treated creatures compared to 58.72 per worm in untreated ones.

While it was noted that the treated worms ability to move independently was significantly better on the ninth day of its life, at no other points in time was there a notable difference. It was also reported that both treated and untreated worms developed paralysis by the time they reached 11 days old. In an earlier study by the same research team, it was discovered that tyrosol delayed aging, increased life spans and reduced markers of cellular stress in worms. This study inspired the team to investigate if the phenol could be beneficial to neurodegenerative conditions, particularly Parkinson's disease.

In 2016, Olive Oil Times reported on a study which found that phenols found in extra virgin olive oil provided antioxidant and anti-inflammatory benefits to the brain and offered neuroprotective activity against diseases including Parkinson's and Alzheimer's.

The beneficial effects of extra virgin olive oil have been attributed to its high levels of antioxidants and monounsaturated fatty acids, with tyrosol, in particular, being acknowledged for its antioxidant properties.

Continue Full Article:

<https://www.oliveoiltimes.com/olive-oil-health-news/phenolic-compound-in-evo-o-may-be-beneficial-for-parkinsons-disease/69324>

# Manitowoc & Two Rivers

## NOVEMBER EVENTS CALENDAR

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

**November 1 - 15**

**Tiny Art Show**

Silver Lake College

**November 6**

**Wood burning and Wine**

CNC Links : \$65.00. RSVP

**November 9**

**Artisans Quilts Show**

Agriculture Heritage Farm

**November 13**

**Cake Corner Workshop**

CNC Links: \$35.00. RSVP.

**November 20**

**Painting in the Club House**

CNC Links- \$50.00. RSVP required.

**November 22 - Dec. 30**

**Lights in Lincoln Park**

Lincoln Park Zoo

**November 23**

**Christmas on the Farm**

Agriculture Heritage Farm

**November 27**

**Holiday on the Lakeshore**

Silver Lake College, Manitowoc.  
Gift Show.

**November 27- Jan.5**

**Christmas in the Mansion**

Rahr-West Art Museum

**November 27**

**Lakeshore Holiday Parade**

Manitowoc

**November 29 -Dec. 1**

**Holiday Open House**

London Dairy Alpaca Ranch

**November 30**

**Small Buissnes Saturday**

Manitowoc

**November 30**

**Hometown Christmas Parade**

Downtown Two Rivers

**Nov. 28th Store Closed Thanksgiving Day.**

### ROASTED BUTTERNUT SQUASH STACKS WITH SAGE PUMPKIN SEED PESTO

#### For the Roasted Butternut Squash

- 1 medium butternut squash peeled, and cut in to 3"- 4" "sticks" no more than 1" thick.
- 2 tablespoons of intense UP Extra Virgin Olive Oil such as Picual, Arbequina, or Coratina.
- 2 tablespoons of Cinnamon Pear Balsamic Vinegar.
- 1 teaspoon sea salt.
- freshly ground pepper.

Preheat the broiler or oven to 500 F. and adjust the rack to the highest position in the oven. Combine the oil and vinegar in a bowl large enough to hold the butternut squash. Whisk to combine the oil and vinegar thoroughly. Toss the butternut squash with the mixture and arrange the squash in a single layer on a shallow, lined baking sheet. Liberally season the squash with salt and pepper.

Roast the squash for 10 minutes per side, flipping half way through, until the edges turn golden brown.

#### Toasted Pumpkin Seed & Sage Pesto

- 1/4 cup tightly packed fresh sage leaves
- 1/3 cup + 1/4 cup shelled, toasted pumpkin seeds
- 1/3 cup super fruity Medium intensity UP Extra Virgin Olive Oil or an infused olive oil such as Mushroom Sage Olive Oil, Gremolata Olive Oil, or Garlic Olive Oil
- 1/3 cup + 1/3 cup ricotta salata, feta, or grated Pecorino can be used as a substitute
- sea salt and pepper to taste

In the bowl of a food processor or jar of a blender, add the sage leaves, 1/3 cup of toasted pumpkin seeds, olive oil, and cheese. Process until the paste is fine in consistency. Season with salt and pepper to taste.

#### To Assemble

Arrange the butternut squash on a decorative platter. (I built tall stacks with the butternut squash sticks). Drizzle the pesto all over the butternut squash, followed by the reserved toasted pumpkin seeds, and the reserved cheese. Serve warm.

Serves 4-6



Photo Credit: Rachel Bradley

Recipe: <http://www.deliziaioilandvinegar.com/2018/10/for-roasted-butternut-squash-1-medium.html>



[www.theheartyolive.com](http://www.theheartyolive.com) • November 2019

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