



**MARKET
PLACE**

JUST PICKED

fruitcentermarketplace.com FEBRUARY 2012



HINGHAM



MILTON



FRESH



LOCAL



SPECIALS

PopCorner Pop Corn Chips

5 oz. bag – Regularly \$1.99

NOW

2 for \$3.00

Nature's Path Love Crunch Granola

11.5 oz. bag – Regularly \$5.99

NOW

\$2.99

Ines Rosales Tortas

All varieties – Regularly \$4.69

NOW

\$2.99

Way Better Snacks Tortilla Chips

All varieties – Sug. retail \$3.99

NOW

\$2.99

Raos Pasta Sauce

32 oz. jar – Regularly \$11.49

NOW

\$8.99

Valentine's Day Essentials

Equal Exchange Chocolate Bars

3.5 oz. bar – Regularly \$3.99

NOW

\$2.99

Stonewall Kitchen Dark Chocolate Sea Salt Caramel Sauce

12.5 oz. jar – Regularly \$5.99

NOW

\$4.99

DELI

Fruit Center's Own Store Baked Ham

Regularly \$7.99lb.

NOW

\$6.99lb.

Fruit Center's Own Quinoa Salad

Regularly \$6.99lb.

NOW

\$4.99lb.

CHEESE

Delice de Bourgogne

Regularly \$16.99lb.

NOW

\$12.49lb.

Milton Creamery Prairie Breeze

Regularly \$16.59lb.

NOW

\$11.49lb.

Wensleydale with Cranberries

Regularly \$14.49lb.

NOW

\$10.49lb.

Fruit Center's Own Chocolate-dipped Strawberries

Hand-dipped right in our stores.
Available starting February 12
through February 14.



mon-sat: 8am-8pm / sunday: 8am-7pm

Milton Marketplace: 617.696.5274 / 10 Bassett St., Milton, Ma 02186

Hingham Marketplace: 781.749.7332
79 Water St./Rt. 3A, Hingham, Ma 02043

JOIN OUR COMMUNITY

Read our "Just Picked" blog: fruitcenter.typepad.com

Become a "fan" on Facebook

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Class Schedule

NUTRITION CLASS

Food and Mood

Tuesday, February 21, 6:30 to 7:30

FREE

Have you ever fallen into the cycle of unhealthy food choices, feeling sluggish, and craving more junk food? Have you noticed that when you eat better you feel healthier and have more energy? Nikki Tierney, Registered Dietitian, Certified Personal Trainer and co-owner of A Healthy Balance in Quincy, will be talking about how to break the un-healthy food cycle, the connection between your mood and food choices, and what foods can actually boost your mood and energy levels! And stay for the "store tour" after the class.

This class is **FREE** but you must pre-register. To sign-up, please call Mike Dwyer at 617-696-5274, Monday through Friday from 9am to 4pm.

WINE EVENT

"Meet the Winemaker" Wine Dinner

featuring Ken Forrester of Ken Forrester

Vineyards

Friday, Mar 23, 6:00 to 7:30

FEE: \$45, includes a \$10

Fruit Center gift card



Ken Forrester, owner of Ken Forrester Vineyards in South Africa, and the Fruit Center's Tim Paulus, will be joining together for a night of wine and food. Ken will join us to discuss and sample wines from his winery and will join Tim Paulus, the Fruit Center's wine buyer and graduate of the Culinary Institute of America, in the kitchen to create four dishes to pair with some of the wines.

To sign-up, please call Mike Dwyer at 617-696-5274, Monday through Friday from 9am to 4pm.

All events are held at Marketplace Cafe, our restaurant on the second floor of our Milton location.

PRODUCE FEATURE

Onion Alternatives

One of the tried-and-true ingredients you'll find in many styles of cooking is the onion. But there are some flavorful alternatives to the basic onion that offer similar, yet slightly different, flavors. A few of the options we recommend are shallots, leeks, scallions (or spring onions) and cipollini onions. Each has a taste reminiscent of a traditional onion but they also have subtle flavors all their own. Try one of these quick and easy recipes to experience some of the "alternative onions".

Braised Cipollini Onions and Balsamic Vinegar

2 pounds cipollini onions
2 tablespoons (1/4 stick) butter
2 tablespoons olive oil
6 tablespoons orange juice
6 tablespoons balsamic vinegar
2 tablespoons water

Bring large pot of water to boil. Add onions and cook 2 minutes. Drain and cool. Peel onions and cut off root ends. Melt butter with oil in large nonstick skillet over medium heat. Add onions; sauté until brown and tender, about 10 minutes. Add orange juice, vinegar and 2 tablespoons water to skillet. Reduce heat to medium-low. Simmer until liquid is reduced to glaze, about 4 minutes. Season with salt and pepper.

Braised Carrots and Leeks with Tarragon

2 tablespoons extra virgin olive oil
1 pound leeks, white and light green part only, root ends cut away, halved lengthwise, cleaned and sliced
2 garlic cloves, minced
1 pound carrots, peeled, halved or quartered lengthwise if thick, then cut in 2-inch lengths
1/2 cup water
Salt to taste
2 teaspoons fresh lemon juice
1 tablespoon chopped fresh tarragon

Heat the olive oil in a medium saucepan or lidded skillet over medium heat. Add the leeks and a generous pinch of salt. Cook gently until just about tender, about three minutes. Do not allow the leeks to color. Add the garlic, and cook, stirring, until fragrant, 30 seconds to a minute. Add the carrots, water and salt to taste, and bring to a simmer.

Cover and simmer 10 to 15 minutes until the carrots are tender when pierced with a knife. Stir in the lemon juice and tarragon. Taste and adjust salt. Transfer to a platter if desired, making sure to scrape out the tasty residue from the bottom of the pan with a wooden spoon or spatula. Serve hot, or allow to cool and serve at room temperature. If serving at room temperature, sprinkle with additional fresh tarragon just before serving.

