

SECRETS FROM OUR KITCHEN



125 BROADWAY, ORANGEVILLE, ONTARIO
519-942-5908
www.kitchentotable.com

It's Earth Month -- go green with fresh herbs!



April is Earth Month, and for those of us who live and work in this spectacular region of Ontario, environmental responsibility is a way of life,

something most of us practice every day!

At this time of year, our thoughts turn to spending time outside, enjoying the warm spring breezes, and getting out and experiencing everything spring has to offer.

For those of us who love to garden, bringing the garden into our kitchens seems like second nature.

In this issue we focus on herbs, and provide some ideas for selecting herbs for your home

garden that are ideal for culinary use.

Our Product of the Month - the Prepara Power Plant -- makes growing herbs in your kitchen as easy as can be. So if you don't have the space (or the inclination) to have your own herb garden, consider the Prepara Power Plant for year-round fresh herbs!

Our Kitchen Toys are all "green" as well -- handy gadgets for your kitchen or for environmentally friendly spring cleaning!

Welcome to spring. We look forward to seeing you in the store after a long winter!

With warm wishes,

Sigrid Wolm



UPCOMING EVENTS

Saturday, April 18th

MILLCROFT INN & SPA CULINARY CLASSES

"Sauces & Dressings" featuring Executive Chef Rob Fracchione. Sponsored by FROM THE KITCHEN TO THE TABLE.

2:00 pm -- The Millcroft Inn & Spa

Thursday, May 14th

FROM THE KITCHEN TO THE TABLE'S SEMI-ANNUAL HENCKELS KNIFE SHARPENING CLINIC

5:00 pm to 8:00 pm

\$0.50 per knife -- proceeds donated to the Orangeville SPCA.

APRIL STORE HOURS

Mondays to Thursdays:
10:00 am to 5:30 pm

Fridays:
10:00 am to 7:00 pm

Saturdays:
10:00 am to 5:00 pm

Closed Sundays
Closed Good Friday - April 10th

Sign up for our monthly electronic newsletter for all the latest in kitchen trends & products, and for unique recipes and entertaining ideas. Visit our website at www.kitchentotable.com to subscribe.



DID YOU KNOW.....

...Herbal seeds have been found in pre-historic cave dwellings and are said to date back as many as 500,000 years!

...Egyptians have studied herbs and used them for medicinal and religious purposes since as far back as 3500 B.C.

...Written records about the study of herbs in China date back to 100 B.C.

...Christopher Columbus was attempting to open trade routes for rare spices and herbs when he discovered the New World.

...Herbology is the study of herbal medicine.

...According to the World Health Organization, over 82% of the world's population uses some sort of herbal medicine.

...A culinary herb uses the leafy part of the plant, unlike spices which can use all other parts of the plant including seeds, bark, berries or root.

...A herb is a seed plant that does not produce a woody stem, but which will develop long enough to produce flowers and seeds.

...*Bouquet garni* is a bundle of herbs used to prepare soup, stocks or stew (slow cooking).

...*Fines herbes*, a mainstay of French cuisine, is less pungent than a bouquet garni and is used for shorter cooking applications.

FUN KITCHEN TOYS

Snip your herbs in seconds!

The Endurance Herb Scissors make simple work of cutting and chopping herbs. The unusual blade design features a set of five 3" blades that allow you to cut, chop or mince herbs conveniently & quickly.

\$15.00 each



As featured in Food & Drink Magazine!



MÜ cloth combines a high-quality microfibre dishcloth with a durable scouring scrubber. The cloth renders harsh cleaning chemicals entirely unnecessary. The MÜ bamboo cloth is super-absorbent and fast drying. And bamboo releases an all-natural anti-bacterial agent that kills bacterial growth. You'll notice the fresh bamboo scent of your bamboo towels and cloths.

MÜ bamboo tea towel - \$10.99 each

MÜ bamboo dishcloth - \$8.99 each

Cleaning can be green!

The exceptional cleaning power of E-Cloths and water provide a revolutionary way to clean without chemicals. The E-Cloth furniture pack contains 1 fluffy Furniture Cloth, which when used damp will clean all types of furniture, including fabrics, leather, wood and all other hard surfaces. Used dry it acts as a great duster. Also includes a glass & polishing cloth to provide the perfect finish on all shiny surfaces.

\$18.99 each



Keep it green!



These Leaf Shears from Chef'n, in a bright lettuce green colour, are simple and highly effective for cutting all types of lettuce, and are great for cutting herbs, as well. The serrated nylon cutting edge helps prevent the lettuce from wilting or browning after chopping. The Chef'n Leaf Shears are simple to use, measure 7.5" long, and are dishwasher safe.

\$4.99 each



PRODUCT OF THE MONTH - Prepara Power Plant



**power
plant™**
\$50.00 each

The **Prepara Power Plant** allows you to have a mini garden, at your fingertips, all year long! You will proudly show off freshly grown Italian sweet basil or newly sprouted dwarf parsley from the comfort of your kitchen, anytime, rain or shine!

The **Prepara Power Plant** is a little green growing machine that will allow you to grow your own plants, right in your kitchen! Experiment with any seed! It's easy to set up and simple to use. Just seed it, feed it and leave it!

You'll see the simplicity of this unique technology that allows you to be bug, worm and dirt free. It sits brightly on your sunny window sill, requires very little maintenance, grows fuller plants, quickly, and takes the guesswork out of growing!



powerplant™
professional
no dirt soilless gardening
\$100.00 each



A Guide to Culinary Herbs!

HERB NAME:	CULINARY USE:
Anise	Use in cookies, cakes, fruit fillings, breads, with shellfish or in pasta dishes.
Basil	Use in tomato dishes, pesto, sauces and salad dressings.
Chervil	Use in soups, salads, sauces, eggs, fish, veal, lamb & pork.
Chives	Use in vegetable dishes, dressings, casseroles, rice, eggs, cheese dishes, sauces, gravies & dips.
Dill	Use seeds in pickles and with strong vegetables like cauliflower, cabbage and turnip. Use fresh with green beans, potatoes, cheese, soups, salads, seafood & sauces.
Fennel	Use in pastries, sweet pickles, sausages, tomato dishes, soups, vinegars and oils.
Marjoram	Use with meat, fish, dairy or any vegetable dish that isn't sweet. Add towards the end of cooking time.
Mint	Use in Middle Eastern dishes, as well as in roast lamb, fish, in salads, jellies or teas.
Oregano	Use in Italian cooking, in tomato dishes, with squash, potatoes, mushrooms, beans, or as a marinade for lamb or game.
Parsley	Use fresh in soups, sauces, salads, and as a garnish.
Rosemary	Use with poultry, lamb, tomato dishes, stews, soups & vegetables. Also use finely chopped in breads and custards.
Sage	Use in cheese dishes, stuffings, soups, pickles, with beans, peas and in salads. Great for salt-free cooking.
Summer Savoury	Use in soups, stews, stuffings, with fish, chicken, green beans & eggs.
Tarragon	Use with meat, eggs, poultry, seafood, in salad dressings, marinades & sauces.
Thyme	Use in casseroles, stews, soups, ragouts, with eggs, potatoes, fish & green vegetables.



From the Kitchen to the Table
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All sale prices in effect while quantities last.
 Price reductions based on regular list prices.
 No rain-checks.