



MARCH 15TH 2010



Gourmet to Go offers the freshest ingredients with creative flair to the St Louis area homes and businesses for over 27 years. Gourmet to Go has retail outlets on Clayton Road in Clayton & Ladue, a cafe at 8182 Maryland in Clayton; new location in downtown St Louis at Broadway and Olive in St. Louis Place and a catering business Par excellence.



Gourmet to Go president Martha Uhlhorn says “We are thrilled to be in downtown St. Louis! I think people who know us for our corporate catering will enjoy the eat-in experience in our new café. We will have a full array of freshly made food.” Gourmet to Go vice-president and general manager Sandy Sims says “We want to be part of the fabric of the new, revitalized downtown area. This new location will give us the chance to be even more one-on-one with our customers.”

Creative. Distinctive. Impressive



Current owner Martha Uhlhorn, formerly of La Bonne Bouch fame, purchased The Company from founder Barbara Schwartz three years ago. Since then she has taken them to next level, they always were at the top, so it hardly seems possible there was another level. Martha’s new menu features entrees that change daily and seasonally often using local produce when available.

There are many ways to experience the culinary delights Gourmet to Go has to offer. Stop by one of the stores for prepared dishes (plenty of choices to mix and match). Have your next dinner party catered in style and have time to enjoy your guests. Have your next corporate event catered with box lunches or complete meals that will impress any client or pamper you employees. Or visit one of our cafes and dine in and sit at one of our comfortable tables and enjoy. However, you choose to enjoy The Gourmet to Go experience you will be met with the courtesy and professionalism only attainable from a company that has long tenured employees, as does Gourmet to Go.

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FINGERLING POTATOES

FOUR VARIETIES IN STOCK

ORDER THEM TODAY

Buy them separately or buy them mixed

Ask your sales rep or call the office for more information

French Fingerling

Though plumper than most, this potato (also known as Nosebag) is still considered a fingerling. Radiant rose-red skin and deep yellow flesh with an occasional red ring make this potato stand out. Creamy, smooth texture with exceptional flavor lends itself well to salad with thinly-sliced red onions and chunks of crisp cucumbers.

Red Thumb Fingerling

Dug as small “babies,” these bright red-skinned thumbs of delicacy have beautiful dark pink flesh. Pleasing flavor and firm flesh is perfect for roasting in olive oil and rosemary, then caramelizing. Serve with your favorite steak and salad.

Russian Banana Fingerling

Probably the best known of the fingerlings. Tan skin with dark yellow flesh. Steamed and tossed with butter and parsley, these make a tasty late-summer dish.

Sweet Potato Fingerling

Sometimes called Baby Sweet potatoes an excellent addition to the growing number of fingerling potatoes.



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HEALTH MATTERS

Why We Desire Certain Foods PART 1

Do you ever wonder why certain foods, like chocolate, potato chips, or pastries appeal to you? "Cravings are a natural part of being human," says Tamara Melton, RD, a wellness nutritionist who teaches and counsels the employees of Children's Healthcare of Atlanta. "Past generations had to work hard for foods like salt, fat, and sugar. Although all these foods are easily available now, we are still hard-wired to want them." Fortunately, [healthy alternatives](#) are also available. With these tips, it's easy to indulge — just a little bit — while sticking to a healthy diet.

"Sugar gives you an instant high that can be addictive," says Melton. Eating sugary snacks causes your pancreas to secrete insulin, which triggers your body to pull sugar out of your bloodstream. Since your brain needs that sugar, you'll want to eat more. This creates an unhealthy cycle that could lead to type 2 diabetes. You really need to break that cycle. Substitute [healthy foods](#) like fresh fruits to wean yourself off simple sugars," says Melton.

Chocolate is at the top of many a [food](#) wish list. A good substitute is an eight-ounce cup of hot chocolate made with non-fat milk, cocoa powder, and artificial sweetener — a candy bar would have twice the calories and none of the calcium. When only the taste of real chocolate will do, think dark chocolate. Keep a bag of dark chocolate chips in your freezer and allow yourself just a few a day. "High-quality dark chocolate is less sweet, but still has the feel and flavor of chocolate. It also has antioxidants, so it's a better way to feed your chocolate craving," says Melton.

"Processed foods and [fast foods](#) contain a lot of salt you don't even taste. You can become addicted to salt without adding any of your own," says Melton. "Salt actually masks the taste of food, and many people find that food tastes better once they reset their taste buds to become accustomed to less salt. Acidic foods like limes or lemons can be used as a substitute for salt." These healthy alternatives also deliver vitamin C with every squeeze. "If you crave salty nuts, try mixing salted with unsalted and gradually wean yourself off the salt. You'll still get the healthy fats and proteins found in the nuts," suggests Melton.

If it's the crunch of greasy potato chips you want, you can still get the sensation without the fat and salt. There are plenty of crunchy [snacks](#) that can fit into a healthy diet. "Nuts and seeds and raw vegetables can all give you a healthy crunch," says Melton. Baked potato chips are also an option, since they contain less fat, but they're still high in calories without much in the way of nutrients or fiber. You're better off going for air-popped or low-cal, oil-free microwave popcorn. Popcorn is a whole grain, and it's full of fiber. It's also surprisingly high in antioxidants, according to a recent study conducted by researchers at the University of Scranton in Pennsylvania.