

DOROTHY LANE MARKET®

market report

JANUARY 2012



Glenn looks over the menu at a light lunch in Ragusa.



Campo market in Palermo.



Farewell dinner at the Hotel Disio Resort in Marsala.

back row: Steve, Tom, Glenn, Guy, Gioacchino, Ramona, Ted.

front row: Sue, Wanda, Wilma, JoAnn, Chef Carrie, Becky, Dan, Pam, Myron.

Sicilian Food Lovers Adventure

I was the short, slightly bewildered American holding the welcome sign at the Palermo airport. I knew how lucky I was to have the pleasure of traveling with 16 adventurous fellow DLM customers to Sicily. Our first DLM Food Lovers Adventure was an amazing trip that had us spending three nights in Palermo, three nights in Ragusa, and three nights in Marsala!

We all took it easy on that first day with some down time after everyone's flights. Gioacchino, our gracious tour guide extraordinaire, highlighted a walking tour of Palermo to help get us situated in the capitol city. We purposefully chose not to have every minute of every day scheduled so it was really a nice mix of personal time and planned time. Since this trip was really all about food and wine, we got busy that first day enjoying arancinis (stuffed risotto balls) and Campari before our five-course dinner! One of my favorite restaurants in Palermo was at a beautifully restored tuna factory (aka-a stone castle villa) right on the bay. We watched the sun go down on the water and got to know each other over a couple glasses of Prosecco. Before we left

Palermo we managed to visit a winery, took a behind-the-scenes look at Sicily's famous ceramic industry, and had a guided tour of the historic district. We all loved our first taste of caponata—a relish made with eggplant, tomato, and olive oil.

Next up was Ragusa where everyone was excited for the cooking class at our four-star hotel. We went to the local market and bought vegetables, fruit, and meat with our chef instructor. Then we had a fabulous light lunch and relaxed until class started (naps were in order). We donned our aprons and helped prepare a six-course menu for that evening. A couple of the highlights were Ramona, Becky, and Dan making ravioli; Myron and Pam rolling salt cod meatballs; and Wilma stitching up that stuffed hen!

In Modica we were invited to spend some time with Antica Dolceria Bonajuto, an artisanal chocolate producer that's been in business since 1880. After a short hike up a cobblestone street, our group indulged in a chocolate dinner that included one of my favorite pasta dishes of the entire trip—cavati pasta with a meat and vegetable ragu dusted with marjoram chocolate flakes.

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New! Pop into 2012 with Kim's Magic Pop!

If you have been in the Washington Square store lately and heard a resounding “POP” noise, chances are you have witnessed our newest product called Kim’s Magic Pop. What in the world is Magic Pop, you ask? It is a delicious freshly made grain cake that is similar to a rice cake and is vegan, fat free, and sugar free! When I saw it for the first time I couldn’t stop watching because it was so neat. We take a pellet mixture made from brown rice, corn, and wheat, and pour it into a hopper. It is then fed by controlled portions in between two hot plates that press together. Then POP! Out flies a whole grain cake that is only 15 calories! It is available in Original Plain, Onion, Potato, Cheddar, and Cinnamon. (The Cinnamon contains 20 calories a cake.) It is great for a snack on it’s own or paired with toppings. Some fan favorites so far have been the Plain or Cheddar flavor (which tastes a lot like popcorn) topped with our homemade dips, DLM Spinach Dip, and DLM Hummus. The Cinnamon flavor marries incredibly well with the decadent Nutella chocolate hazelnut spread, and at 15 or 20 calories per cake, why not? Available now at all three DLMs. Stop by and check it out, try a sample, and start your new year off with a POP, Kim’s Magic Pop!



See the Magic Pop machine in action here or visit: <http://www.youtube.com/watch?v=0cyz2Kqf7Qw>

Jennifer Bakery Manager, Washington Square

“I have never had such delicious raisin bread. . . I like my bread full of raisins and both of your breads are loaded. It’s so delicious that I just eat it plain right out of the bag.”

–Francena Hall, Centerville

Wellness in the New Year

LORI KELCH AND CHRIS MYERS

JANUARY 24 • 7–8:30 P.M.

\$10 • DLM SPRINGBORO COMMUNITY ROOM

True health and wellness takes into account all aspects of an individual - our body, mind, spirit, and lifestyle. Influences like diet, the management of stress, the quality of interpersonal relationships, and a sense of purpose in our lives can have profound effects on our overall health and well being.

Nutritional considerations are essential to our health and well-being. Our food choices not only influence our weight, but also how our body may respond to stress. “Mindful” eating allows us to experience the relationship between what and how we eat, and our physical and emotional wellness.



Lori Kelch

And although we may often fail to notice minor stresses and strains, most people notice physical or emotional pain as the body calls out for attention. Typically, we’ll try to suppress it or get rid of it. Instead we should attend to it. When we become aware of our feelings and sensations of pain or discomfort, we have the opportunity to tap into the vast self-regulatory network of our body and mind to find the most optimal tools for healing.

Lori is a Nutrition Educator with over 18 years experience with whole foods nutrition and nutritional supplements. She will discuss whole foods nutrition as well as the relationship between physical and emotional health and our food choices.



Chris Myers

With over 30 years experience as a Psychotherapist and 15 years as a bodywork practitioner of the Alexander Technique, Chris helps people make the connections between their physical, emotional, and spiritual pains. In this presentation, she will talk about how an individual can map a path from physical pain to wellness and wholeness.

Seating is limited, so please register early online at www.dorothyane.com, or contact Joanna Adams (937) 748-6800 or Joy Kemp (937) 434-1294.



Healthy Living Director | [facebook.com/dlmhealthyliving](https://www.facebook.com/dlmhealthyliving)



A slightly spicy yogurt dressing is the perfect complement to the romaine and riccioli pasta used in this salad. It is made with your favorite Greek yogurt which is low in calories and high in protein. It's easy to make this salad the main course by adding grilled DLM All-Natural Air Chilled Chicken, grilled shrimp, or using DLM Asiago Encrusted Chicken from our Gourmet Take-Away!

Greek Salad with Spicy Yogurt Dressing

SERVES 2 | PREP 30 MIN | COOK 30 MIN

Salad

- 1 cup DLM Authentic Italian Riccioli Pasta
- 1 tomato
- 1 cucumber
- 1 small red onion
- Romaine lettuce, 1 head
- ¼ cup Kalamata Olives (from Olive Bar)

Dressing

- ¼ cup Greek yogurt
- 1–2 tsp Sriracha hot sauce (depends on how much heat you want)
- 1 tsp lemon zest
- 2 Tbsp lemon juice
- 1 garlic clove, minced

Salt and pepper to taste

¼ cup DLM Vera Jane's Extra-Virgin Olive Oil

1 Tbsp feta cheese, crumbled

Boil water and cook pasta according to package directions.

Drain and set aside. Wash tomato and cucumber. Quarter tomato and cut each quarter in half so you have 8 tomato wedges. Slice cucumber into ¼ inch slices. Peel red onion and slice into ¼-inch slices and break into rings.

Wash the romaine and put through a salad spinner or pat dry. Assemble the lettuce, pasta, cucumber slices, onion rings, tomato wedges, and olives on a plate.

To make dressing, add the Greek yogurt, sriracha sauce, lemon zest, lemon juice, minced garlic, salt, and pepper to a food processor. Slowly add the olive oil and blend until smooth. Pour the dressing into a small bowl.

Drizzle the lettuce mixture with the dressing and top with crumbled feta cheese.



Calories 522, Protein 10g, Carbohydrates 40g, Fiber 6g, Total Fat 37g, Sat Fat 5g, Cholesterol 8mg, Sodium 616mg

Oliver Director of Customer Resources

Happy New Year, Kids!

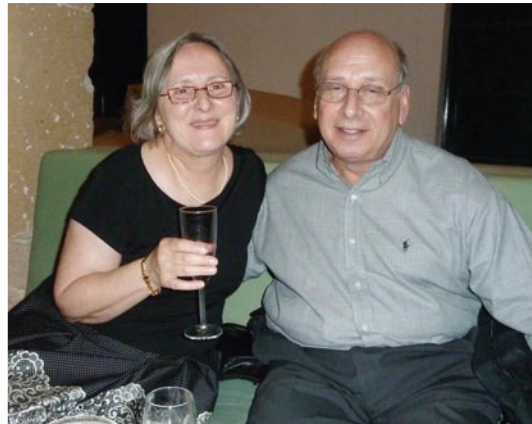
The holiday season is over, and we're into a new year full of exciting possibilities! Come and meet me at Washington Square on Saturdays. I will be passing out balloons to all my friends.

You can also e-mail me at oliver@dorothylane.com or drop a note to me at Guest Services. We have lots of fun-filled events planned throughout the year. -Your Friend, Oliver





Olive tree at our resort in Ragusa.



Pam and Myron enjoy Prosecco.



Lunch at Porto San Paolo in Largo San Paolo, Sciacca.

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I don't know how, but somehow we managed to have quite an appetite for each and every meal-I guess all that history, beautiful architecture, shopping, and touring helped us to walk it off everyday. I'll admit that the cappuccinos helped us every morning with all that wine!

Our final destination was Marsala, the famous resort town known for its distinctive wine. On the way there we enjoyed our best lunch of the trip at a small fishing town of Largo San Paolo that is not on any tourist map. Course after course of octopus, shrimp, squid, and swordfish just kept coming! We washed it all down with Grillo, a Silican white wine variety that everyone came to love (even the die-hard red wine fans)

We visited Olio Verde, a family-run olive oil producer. Who, BTW, produce olive oil from their own trees, live in a chateau on the grounds of their olive oil grove, and run a bed and breakfast. Wow, it was really a memorable evening! We drove along the coast and saw the salt flats where most of Sicily's sea salt comes from. The final full day we toured, tasted, and enjoyed lunch at our private tour of Florio, a famous Marsala wine producer. We capped off the trip with a farewell dinner stuffed with some of the best food and wine of our lives, and our hearts full of new friends and memories!

We will be heading back to Italy soon for another trip-We'll keep you posted. Ciao for now!

Chef Cassie Corporate Chef

DLM Food Lovers Adventure – Sonoma

March 1–5, 2012 • \$3,200 (Double Occupancy) • \$3,900 (Single Occupancy)

Highlights of our Food Lovers Adventure:

- Hosted by Certified Specialists of Wine, Todd Templin and George Punter
- Access to exclusive venues and wineries for lunches and dinners
- Barrel and Flight Tastings at local wineries (some not accessible to the public)
- Private tour with chef demo and lunch at Fred MacMurray's Ranch
- Private Cave Dinner at Kunde Estate
- "Day Your Way"—giving you access to your own private car & driver for the day to explore the wine country at your leisure

Space is limited to 30 guests. For more details on this adventure, or to reserve your space, go to www.dorothyane.com/sonoma or call Gayle Burt at (937)535-5696.

Please note: The cost of your airline ticket is not included. Feel free to contact The Travel Authority, (937) 684-9044, or your own travel agent for assistance with tickets and trip insurance.





This flavorful soup is not only comforting but nutritious as well. Pistou refers to the purée of basil, garlic, and olive oil – more commonly known in its Italian translation, pesto. Serve with one of our hearty crusty breads to make this soup a satisfying lunch on a cold January day. It's even better the second day!

White Bean Pistou

SERVES 9 | PREP 20 MIN | COOK 40 MINS

- 6 Tbsp Vera Jane's Extra-Virgin Olive Oil, divided
- 1 cup onion, chopped
- 1 cup leeks, chopped
- ½ cup celery, chopped
- ½ cup carrots, chopped
- 1 Tbsp garlic, chopped
- 6 cups low-sodium chicken broth
- (1) 15.5-oz can fire-roasted diced tomatoes
- 1 tsp fresh thyme leaves
- 1 tsp fresh rosemary, chopped
- 1½ tsp salt
- ¾ tsp pepper
- (1) ¾-oz package fresh basil
- 6 Tbsp grated Parmesan
- ¼ cup chopped parsley, divided
- 4 medium garlic cloves
- 1 Campari tomato, chopped
- ¾ pound Swiss chard, chopped
- (1) 15.5-oz can cannellini beans, rinsed and drained

In a large stockpot over medium-high heat, heat 2 tablespoons olive oil until hot. Lower heat to medium and add onion, leeks, celery, carrots, and chopped garlic. Cook for 8 to 10 minutes, or until vegetables are soft. Add chicken broth, fire-roasted tomatoes, thyme, rosemary, 1 teaspoon salt, and ½ teaspoon pepper and simmer for 15 minutes.

Meanwhile, in the work bowl of a food processor make the pistou by combining the basil, Parmesan, 2 tablespoons parsley, garlic cloves, Campari tomato, ½ teaspoon salt, and ¼ teaspoon pepper. Pulse until mixture is well combined, approximately 1 minute. With motor running, slowly add remaining ¼ cup olive oil, processing until well blended; set aside.

Add Swiss chard, cannellini beans, and remaining 2 tablespoons parsley to soup, stirring to combine. Cook until greens are tender, about 16 minutes. Ladle hot soup into serving dishes and top each with pistou. Serve immediately.



Calories 211, Protein 9g, Carbohydrates 20g, Fiber 2g, Total Fat 11g, Sat Fat 2g, Cholesterol 5mg, Sodium 746mg

Cathy School of Cooking Director



Sicilian Artisans Dinner

January 20 • \$90

Seven-course meal paired with wines
DLM School of Cooking

Join us as we taste our way through Italy with Gioacchino Passalacqua, founder of aTTavola Food. Thanks to our friendship with Gioacchino, we have been able to bring you some extraordinary foods from Italy. Gioacchino deals with small, hands-on producers of traditional foods from Italy, with an emphasis on his native Sicily.

Register online at www.dorothylane.com



New! DLM Naples-Style Pizza

We've always been interested in the origins of great food, and are enamored with duplicating it as closely as we can. We've been going to Italy for years, and always loved the pizza. The greatest pizza tradition is in Naples, where the artisan *pizzaioli* pizza makers combine two elements, the oven and the ingredients, to create their renowned *pizza napoletana*. Our DLM Naples-Style Pizza has the signature airy crust with a charred exterior and chewy interior, and each pizza is topped with the perfect ratio of ingredients.

We chose every single ingredient very carefully to produce the optimum pizza. We use our own signature ingredients including Vera Jane's Extra-Virgin Olive Oil from Tuscany and cheeses we make right here such as DLM Fresh Mozzarella and Ricotta.

To make a Naples-style pizza, you need to bake directly on the hearth of an extremely hot oven. Our Italian Hearth Oven, recently installed at our **Washington Square store**, reaches temperatures well over 1,000 degrees in the upper part of the oven! Baking this way produces the amazing crust of a Naples-style pizza. Come in to Washington Square and place order your today!

Colin VP of Food



Fresh Locally Roasted Coffee by Boston Stoker

Boston Stoker was founded by my family in 1973 right here in Dayton. My father, Don Dean, opened his first cigar and tobacco shop in Englewood and soon expanded to include Centerville and Fairborn. We got our start in coffee by offering it as a free service. The coffee became so popular that we began selling it by the pound.

In 1979, Boston Stoker started roasting coffee at our Fairborn location eleven pounds at a time. Our first direct trade relationship started in the early 80s with a farm in Costa Rica called *Hacienda La Minita* (small gold mine.) Ever since, we have been slowly evolving into Dayton's premier coffee brand.

In the past five years I have been traveling the world to understand coffee from the ground up. I have established many new direct trade relationships with individual coffee farmers. I have not only learned how to grow and cultivate amazing coffees, but have seen first-hand where our money is going by spending the extra dollar on a quality product.

At Boston Stoker we view our coffee as produce. Even before we roast our coffees, we ensure we are buying freshly harvested beans from around the world. We then roast each small batch of coffee to its peak flavor. I have recently started buying smaller lots of seasonal coffees that will be rotating throughout the year. We just finished up with some Central American coffees from El Salvador and will begin to shift towards some freshly harvested Africans in the coming months.

Hej VP of Operations, Boston Stoker Coffee



All-natural,
antibiotic-free
meat.



Fresh seafood,
never frozen.



Deli salads
prepared fresh
daily.



Artisan bread
made right
here.

WHAT CLUB DLM DOES FOR YOU!

DOROTHY LANE MARKET
CLUB DLM 

- Saves you money on the great food you buy at DLM.
- The more you spend with us, the better deals you get.
- We can notify you quickly about recalled products.
- Our Good Neighbor Program rebates a percentage of your purchases back to your favorite nonprofit organization.
- You are entered in our monthly sweepstakes every time you use your Club DLM card.
- Get great discounts at other local businesses who are “Club DLM Merchants”.
- If you lose your keys with an attached Club DLM key fob, it can be mailed to us, and we can then return them to you.

Remember, Club DLM is a true loyalty card. That is, the more you purchase with your Club DLM card, the better your offers!



JANUARY CLUB DLM PRIZES

- 1) DLM Valentine's Day Gift Basket (\$65 value)
- 2) \$100 Gift Card to the Montgomery Inn
- 3) DLM Floral Arrangement (\$65 value)

Each time you scan your Club DLM card, you'll be entered in our monthly drawing. One set of prizes will be awarded at each store location. No purchase necessary to enter.

DOROTHY LANE MARKET

6177 Far Hills Ave. • Dayton, OH 45459



 www.dorothyane.com

 www.shopDLM.com

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ADDRESS SERVICE REQUESTED



New Club Merchant! Balloons Galore & Gifts

786 N MAIN STREET (MARKETPLACE AT SETTLERS WALK) SPRINGBORO, OH 45066 • (937) 514-7455

WWW.BALLOONSGALOREANDGIFTS.COM • HOURS: MONDAY-FRIDAY 9-6, SATURDAY 9-5

Balloons Galore & Gifts may be new to Springboro, but not new to the Dayton area. Since 1988, their storefront has expanded into a one-of-a-kind balloon and gift shop. They feature six lines of American-made greeting cards, Ohio wine and wine accessories, gourmet food, candles, Ohio State items, and grab-n-go gifts for any occasion.

Gorgeous gift baskets are a specialty item with handmade bows. For corporate gift baskets, they can add imprinted ribbon showing a company's logo.

Impress someone with a unique balloon bouquet from Balloons Galore & Gifts. A variety of shapes and sizes of balloons will impress the recipient. DLM cookies and Killer Brownie® brownies can even be added to balloon bouquets and gift baskets for delivery. Let their Certified Balloon Artist help design beautiful décor for your corporate events, weddings, birthdays, anniversaries, and retirement parties. Check out their website!

10% off regular priced gift baskets and balloon bouquets over \$40. Cannot be combined with other discounts or coupons.