



Harmons Health Fair



As part of Harmons continued commitment to providing our communities with health and wellness resources, Harmons will host three health fairs.

The Health Fairs will be from 1 P.M. to 4 P.M. on the following dates:

Saturday, September 10th at Bangerter Crossing (125 E. 13800 S. Draper)

Saturday, September 17th at Station Park (200 N. Station Parkway, Farmington)

Saturday, October 1st at Taylorsville (5454 S. Redwood Road, Taylorsville)

Come learn about:

- Preventative Care
- Dental Care
- Serving Sizes
- Nutrition
- Vision Health
- Exercising

Healthy food samples will be available at the event. Customers are encouraged to pick up a Health Passport. Visit each of the booths and complete the passport for a chance to win a 1-hour consultation with a Harmons Registered Dietitian.

Participating companies include: Select Health, Altius, Opticare, Orriant, Gold's Gym and Blomquist Hale.

What is Quinoa?

If you have never tried quinoa before, now is the time! Quinoa is commonly prepared as a savory side dish for dinner but it can also be used to make a slightly sweet breakfast.

Why is quinoa a great choice? Quinoa is a high-protein seed native to South America and is commonly considered a grain. As a whole grain, quinoa provides a good source of fiber, which will keep you feeling full longer and may reduce the risk of heart disease and certain cancers. Quinoa is also a good source of iron, which is often low in the diets of women.

Go Fish for Great Health

Many people are intimidated by cooking fish, especially unique varieties like Mahi Mahi. Mahi Mahi is an easy fish to cook! Place the fish on the grill and cook 5 minutes a side for each ½" thickness.

Mahi Mahi is a very low-calorie, low-fat source of quality protein. A 3-oz serving of cooked Mahi Mahi contains only 100 calories and .8 grams of fat, but packs in 20 grams of protein. It is also a great source of selenium, an important antioxidant mineral that supports immune function.

Mashed Potatoes with Sun-Dried Tomatoes

INGREDIENTS:

- 3 pounds red potatoes -- quartered
- 2 teaspoons salt
- 2 tablespoons butter
- 1/2 cup heavy cream
- 2 tablespoons sun-dried tomatoes, oil-packed chopped, 1 teaspoon oil reserved
- 2 tablespoons fresh basil -- chopped
- salt and white pepper -- to taste

DIRECTIONS:

In a large pot, cover the potatoes with cold water and add the first amount of salt. Bring to a boil and cook until tender, about 35 minutes. In a small saucepan, heat the cream and butter together. Drain the potatoes and mash them. Add the remaining ingredients and stir to combine.





Cheese Bread Mania

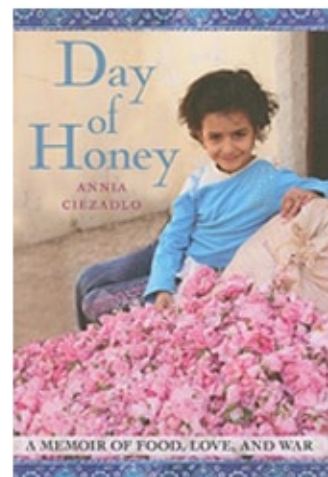
Cheese Bread Mania is a local product carried in all 14 Harmons' locations. The gluten-free bread is available in the frozen food section.

Debora Hammond was born and raised in Brazil. She moved to Utah in 1998 and missed the "Pao de Queijo," a traditional Brazillian cheese bread. She decided to make the product in Utah to satisfy her cravings and the product took off from there.

Brazillian Cheese Breads are crispy on the outside, but soft inside. The bread is made from manioc starch, which makes the product gluten-free. Manioc starch is a flour-like substance that is made from a yucca plant. Harmons carries four flavors: four-cheese, original, jalapeno and sundried tomato.

Cooks and Books

Love to read? Love to cook? Join us for "Cooks and Books" – a book club and cooking class in one. We are partnering with The King's English Bookshop. The Kings English Bookshop is located in Sugarhouse and has been a local company since 1977. Each month either a representative from the bookshop or an author will come lead the discussion at Harmons Bangerter Crossing.



Harmons' own Chef Evan will be preparing foods that relate to the book selection. To sign up for Cooks and Books visit www.harmonsgrocery.com. To pick up your copy of the book, print off your registration receipt and bring it to the Bangerter Crossing business center or The King's English Bookshop (1500 S. 1500 E.) Be sure to read the book prior to the class so that you can join in on the discussion.

Join us on Sept. 14th to discuss "A of Day of Honey: A Memoir of Food, Love and War", by Annia Ciezadlo and enjoy some Middle Eastern cuisine. Price of the class includes a copy of the book.

Home-Canned Tomatoes

INGREDIENTS:

- 4 pounds tomatoes
- 8 basil leaves
- 1/4 cup fresh lemon juice
- 2 teaspoons kosher salt

DIRECTIONS:

Bring a large saucepan of water to a boil. Add the tomatoes and blanch just until the skins loosen, about 30 seconds. Using a slotted spoon, transfer the tomatoes to a large, rimmed platter to cool slightly. Slip the skins off the tomatoes. Halve the tomatoes crosswise and squeeze out the seeds. Quarter any large tomatoes and pack into 4 hot sterilized 1-pint jars, stopping 1/2 inch from the top. Bury 2 basil leaves in each jar and add 1 tablespoon of lemon juice and 1/2 teaspoon of salt. Use a knife to release any air pockets. Wipe the glass rims and close the jars. Set them in a water bath and bring to a boil. Process for 1 hour and 25 minutes.

