



Hours: M-F: 10-7 Sat. 9:30-7 Sun 11-4
CAFE: T-F: 7-7 Sat. 9:30-7 Sun 11-4
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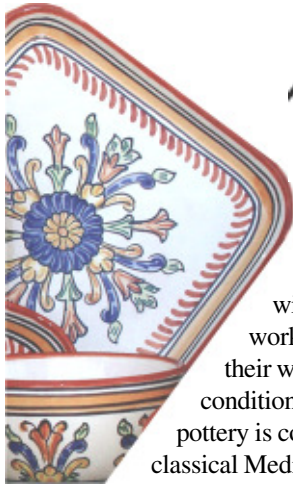


If you haven't heard yet, there's a grassroots movement going around and we think it's pretty smart. The **3/50 Project** is a campaign to support local independent business and strengthen your community. The premise is simple. **First**, choose **three local businesses** you would miss if they disappeared. Then spend **\$50** or more among these businesses each month. Instead of going straight to the big box store for that broom, bicycle, or bottle of olive oil, stop and think...I could buy that from that friendly local store where maybe they even know my name! **FACT:** For every \$100 spent in locally owned independent stores, \$68 returns to the community. At a national chain only \$43 stays here. Spend it on line and nothing comes home! Check out the website: **the350project.net** Thanks for sticking with us during the Uptown construction. We hope to see you again soon! —Dotti, Sarah, Jackie and Pam



CELEBRATING 5 YEARS OF GREAT FOOD IN THE CAFÉ!!
 OK, we're ready to take the plunge, we've heard loud and clear the pleading, begging and cries of the chorus from you, our loyal and loving customers ... we will have a **MONDAY Grand Opening** on precisely our 5 year anniversary Monday, **April 5th !!** Finally, we will be open every Monday, seven days a week! Thank you immensely for your support of another local business.

Please Deliver to Present Occupant



le Souk CERAMIQUE

Earth friendly, 100% hand-made and a pleasure to use on your table. Le Souk was started by two Americans who fell in love with the artisan pottery in Tunisia. They have worked with the artisans to create a market for their wares, always providing healthy working conditions, paying fair wages, and making sure their pottery is completely food-safe. Hand-painted with a classical Mediterranean floral design. The creamy toned "Savage" is rimmed with warm terra-cotta, with shades of blues, celadon and rich green in the center design. Prices range from \$14 to \$42 for a generous platter.



HIGHCHAIRS

Highchairs are great. Except when you don't have one. That's when the award winning washable squashable Totseat comes in. The **Totseat** is made of sturdy poly-cotton and safely anchors a tot between the ages of 8 and 30 months in almost any adult chair. It squashes into a pint-size bag and is really easy to use! Simply slip it over the chair back, adjust the length, clip it firmly and watch for signs of contentment from everyone! \$42



WASH YOUR HANDS

Introducing **Cucina Waterless Hand Soap**, made from 98% naturally derived ingredients that aren't harsh and leave your hands with a trace of clean gentle softness, not sticky residue! Available in three scents: *Coriander & Olive Tree*, *Lime Zest & Cypress and Orange & Fennel*, \$14.95. Also from Cucina, soothing hand care for the cook. Harvesting the best of the Mediterranean, **Coriander & Olive Oil Hand Wash** and **Hand Cream** are made from first cold press extra virgin olive oil that helps regenerate skin and improves elasticity, even with frequent washing. From \$19.95. Try a sample in our Cooking Class soon!



Chocolate Easter Eggs

Another chance for **Rubens Chocolates!** We know many of you enjoyed these luscious chocolates for Valentines Day and have been dropping in to get more of your favorites. We're letting you know now that we will have **chocolate Easter Eggs** just as beautiful as the fantastic chocolate hearts, ready to fill with chocolate creams, caramels and truffles. By then we trust the sun will be shining and spring ready to break out!





NEW FROM LE CREUSET

Set of four **Mini-Cocottes**. These irresistible lidded 8 oz. stoneware dishes look like miniature cast iron ovens. They come boxed in a set of four with a **cookbook** full of mouthwatering recipes and pictures to tempt you. \$80 for the set.



LE CREUSET SPECIAL

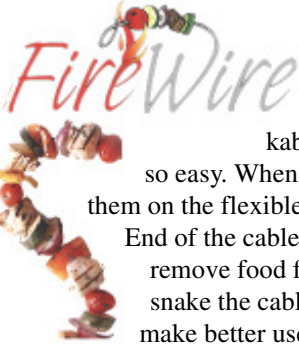
The **9 1/2" x 12" rectangular stoneware baker** is probably one of the most versatile sized baking dishes in the kitchen for everything from brunch casserole to roasted chicken with vegetables to apple-rhubarb crisp. This 3 qt. baking dish is



offered at a great special this spring. Reg. \$45, on **SPECIAL for \$29.99**.

MADE in the USA

Sturdy commercial grade construction is obvious when you pick up one of our new **USA Baking Pans!** Made from 65% recycled steel, the slick corrugated surface is coated with a proprietary clear silicone that bakers prefer for easy food release and even baking. Two sizes of cookies sheets and jelly roll pans, cake, muffin, traditional loaf pan, a rounded bottom long Hearth Bread Pan we can't wait to try and a *perfect* pie pan. From \$15.99



This ingenious flexible **stainless steel cable skewer** makes grilling kabobs or skewered foods fun and oh so easy. When marinating ingredients, just thread them on the flexible cable and coil it into a bowl or bag. End of the cable stays cool allowing griller to turn or remove food from the grill without tools. You can snake the cable around other foods on the grill to make better use of space. \$14.95, set of 2.

THE SWEDISH DISHCLOTH



A small thing to brighten up your cleaning chores! This marvelously **absorbent dish cloth** from Sweden is a wonder in the kitchen. You may never want to go back to sponges when you see how it works. A stiff flat square, it softens when wet and washes and dries like a dream. Kitchen surfaces are virtually streak-free. Made of earth-friendly 70% cellulose and 30% cotton, and machine washable. \$7.25

CLEAN FOOD

With spring just around the corner, gardeners are just itching to get their hands in the dirt. Once those veggies start popping up, I'll be combing the pages of this new cookbook, **Clean Food**. Over 200 recipes fill this seasonal guide for eating from your own backyard to the nearest Farmer's Market. I can just taste the Swiss Chard with Roasted Beets & Sweet Peas or tender Fingerling Potato & Green Bean Salad with Lemon Dill Dressing. For dessert, try the Strawberry Rhubarb Compote with Cashew Maple Cream (oh my!). A useful "What's That?" section defines ingredients and the nutritional punch each provides. Easy to use, no fuss, just full of flavor! \$30



BOX APPETIT



A revolutionary new combination of a Japanese Bento box and a Lunch box. More like a ceramic bowl than your standard food container. The clear lid locks for a water tight seal. A removable sauce pot is ideal for salad dressing (or ketchup), so you can dress your salad just before you eat it. An inner dish allows you to separate different foods so you can heat up one, but keep the other cold. BPA free, microwave and dishwasher safe, 7 1/2" sq., \$21.95. To pair with the "Box Appetit", a new book will inspire you and give you new ideas on what lunch can be! Filled with delicious international dishes, **Lunch Box Revolution**, has quick, fun and easy to prepare recipes designed to increase your energy levels, improve your health and save you money, \$7.95.

PUT A CORK IN IT

We are always impressed by great design on simple products as is the case with original artist designs screened on our new **smooth cork trivets and coasters**. Cork is an environmentally friendly renewable resource and we love it because it is soft and light weight, heat resistant and washable, with a warm earthy quality. Trivets \$22.95, set/4 Coasters \$32.95



Utensils that Make Sense

Once in a while something new comes along that shows the result of really inventive thinking, something more than just style. That is how we feel about a **new series of kitchen tools** produced by the same people that make our now favorite square colander. The utensils are designed with a slightly weighted handle and a well placed fulcrum so the business end of the tool does not touch the counter, therefore no mess! Very comfortable in the hand. \$8.95 each.



FROM THE CHEESE CASE

We've added three new cheeses to offer on your spring cheese plate with fruit, olives or a selection of salamis & prosciutto.

Bleu d'Auvergne—This classic Roquefort style blue cheese comes from central France, where the same recipe has been used for over two centuries. Cows graze on lush meadows of clover, lavender and wild onion, lending an earthy quality to this rustic blue cheese. Great for serving with a bold Cotes du Rhone, or lighten it up with a sparkling French champagne. \$14.50/lb.

Big Ed's from Saxon Creamery—The 2nd cheese offering from a 100-year-old family farm in Cleveland, Wisconsin. Big Ed (that's dad) loves young, buttery cheeses so this is his namesake. Pasture-raised cattle are free to roam the organic fields filled with native wild grasses, making this light, nutty cheese nature's best. Great on its own, but decadent as a grilled cheese with apple & fennel. \$15.99/lb.

Cocoa Cardona from Carr Valley—Chocolate & cheese unite in this award-winning American Artisan goat's milk cheese from LaValle, Wisconsin. This 10-lb wheel is aged to give a semi-soft texture before being hand-rubbed with cocoa powder & black pepper. Received top honors twice in the American Cheese Society Awards and the creamy white body looks beautiful in contrast to the dark cocoa rind. A special treat, \$21/lb.



TOP YOUR TABLE

Functional, classic **cork-backed placemats** with bright, fresh contemporary appeal will take your table into spring. And so practical – hard placemats are moisture resistant, heat resistant to 225, wipe clean and store easily. But what sold us was the freshness and beauty of the designs. Set of four, \$42, and coasters to match.



FLOWER LOOPS

We have loved our polished chrome "Loop" candle holders which can be used singly or clustered and looped together for artistic arrangements. Now we are excited to bring you the new companion **Flower Loop**. A single bud vase with the same intriguing loop of chrome at the base. Again, the vase can be used singly, in groups, or combined with the candlesticks, \$36



WHO WILL YOU BE?

Life is full of surprises, big & small, and what our children will grow up to do with their lives is one of the most joyful of all. **So Many Days**, a new children's book by Alison McGhee (author of a G.P. favorite **Someday**), reminds us to celebrate the choices they make each day. "You are stronger than you know...you are capable of more than you could ever imagine" are words that encourage & support, yet sometimes are overlooked in a hectic day. So at the end of the day, tuck your little one in and read a book that gives your child the strength & courage to become the best they can be. \$15.99



SPRING RAIN

We're looking ahead and thinking fondly of warm spring rains to feed the emerging flowers. Go explore our local parks, and freely squish down the pathway looking for wild trillium in our attractive black **Rubber Boots**. Easy to take on & off these ankle high rubber boots look so cool! \$Sizes s-xl, hurry in for your size! \$48



CHIME IN

Listen to the subtle sounds of our new **Bamboo Chimes**, soft and delicate, reminiscent of an island paradise! The **Aloha Chime** is a decoratively cut bamboo cylinder surrounding silver chimes in natural or cool aqua. The spiritually inspired, **Amazing Grace** is a perennial favorite and Dotti's favorite, the pleasingly tuned **Chimes of Bach** are welcomed back to the Garlic Press collection this spring. From \$21.95

NOSH LIKE THE STARS

Rich, buttery, chocolate-enrobed bites of **crunchy English toffee** are like a little piece of Heaven (or Hollywood.) **Terry's Toffee** is made in Chicago, from his grandmother McCall's recipe and attractively gift-boxed with an Art Nouveau design. Choose the creamy Milk Chocolate or the deep Dark Chocolate, both topped with sweet Georgia pecans. It's so decadent! For five years running, Terry's Toffee has been in the VIP gift bags for the Academy Awards and it is a favorite treat of Oprah Winfrey, Michelle Obama and Diane Sawyer. \$9.95-\$15.95



CLOTHING CORNER

FLAX for spring is full of great cross-dyed bright colors you will love! A lively teal/blue color called Margarita, a rich red/orange Bloody Mary in styles that are proven winners. A graceful **Reversible Sweeping Tee, Flood Pants**, and the **Soda Pop Top** remake with a slightly longer body with deep side slits are very flattering. Come see all the new designs, they're simply beautiful!



ZULU GRASS

An amazing idea for economic opportunity was born out of a great drought in Kenya that ended in 2001 leaving the land devastated and the pastoral Maasai tribes without a livelihood. So the Maasai women of Kenya are creating colorful **beaded necklaces** made from sustainable natural grasses that grow easily in the region. Designed to be worn in multiples for great color combinations. Over 1400 Maasai women are making the beads now while continuing to lead their traditional lifestyle. \$8ea. or 2/\$15 From the Leakey Foundation.



HAND CARE

Your hands take a beating especially in the winter. We found a convenient little **cuticle pen** which can really help keep your nails and cuticles in good shape. A blend of several natural and therapeutic oils can be applied as often as you like. Oil absorbs quickly and leaves no oily residue. We've been using our sample pen and love the results. \$12.95



VINYL ART—Wow, what a great idea, the **Record Frame**, to hang your most prized record album covers on the wall instead of stored in a dusty box in the basement or lost, sandwiched between Barry Manilow and Abba. A unique and easy way to decorate and a fantastic gift for a hard to buy for guy, \$17.50.

SPRING 2010 COOKING CLASSES

CLASS REGISTRATION POLICIES: First Date For Phone Registration: (Strongly Recommended!) Thurs., March 25. On 3/25, please Call: 452-8841 (OR 454-1983 on 3/25 only) from 6–7:30 p.m. Phone registrations always accepted after 3/26. **First Date Mail Registration Accepted:** Fri., March 26. **Class Limitations:** Maximum of 2 Classes, 2 People per Class from March 25. 25-April 19. After 4/19, you may register for as many classes and people as you wish. **Payment:** Classes are \$35 each, except where noted. Payment must be made in **Cash or Check ONLY!** (No credit/debit cards accepted!) Payment must be received within 5 days of registration, Wed., March 31 for those who register on 3/25. After 5 days, unpaid seats will be released to those on waiting lists. **Times/Policies:** Classes are from 6-9 p.m. **No** alcohol is allowed at classes. **Refunds:** ONLY issued if cancellation is received 3 days before class - if less than 3 days, recipes will be issued.

Father's Day Feast—with Sandi Knapp. What says Father's Day better than a fabulous meal with all his favorites – beer, steak & potatoes. Tonight Sandi will show you how to raise the bar and make pop a dinner he won't soon forget. Enjoy Brewsky Appetizer Dip; Marinated Parmesan Cheese Bites; Sear-Ahead Steaks with Port Wine Sauce & Blue Cheese; Caramelized Onion & Gruyere Stuffed Potatoes; Tomato, Olive & Feta Salad; and Fresh Lemon-Blueberry Tart. Go ahead, celebrate – it's Dad's day!
Monday, April 26

Shaker Springtime Supper—with Michael Pullin. Take an evening and reflect on these classic, flavorful dishes that celebrate early Americana. The simplicity in Shaker cooking highlights each ingredient and tonight Michael will share his favorites for the season. Join him for Spring Vegetable & Herb Soup; Chicken Breasts with Fried Apples; Mushroom & Rice Cakes; Fresh Minted Cucumber Salad; and Baked Peaches with Ice Cream. Celebrate spring with these comforting classic American dishes.
Tuesday, April 27

Mother's Day Brunch—with Gretchen Norton. Make Mom feel extra special this year and gather family & friends together to celebrate that special someone who's always there. Join us tonight and you'll be recipe ready for a terrific buffet including Grandma Obenhaus' Punch; Bloody Mary "Goo" (it's good!); Peanut Butter & Granola Pinwheels; Brown Sugar Bacon; Cinnamon Toast Pecans; Cherry Almond & Cinnamon Granola; Citrus Salad; Batter Coffee Cake; and Quiche Lorraine. Mother's Day is just around the corner!
Wednesday, April 28

Quick & Easy Elegant Spring Menu—with Gene Larson. The season is upon us (finally!) and tonight we welcome Gene back for the next class in his continuing series of quick & easy meals. You'll enjoy Creamy Butternut Squash Soup; Sweet & Savory Salad; Poached Side of Salmon; French Style Green Beans; and Cheery Cherry Cobbler Ala Mode. His dishes are so good; you'll never believe how fast you can get out of the kitchen with flavor & flair!
Tuesday, May 4

Taste of The Garlic Press—with Michael Pullin. We've been streamlining our specialty foods to offer only the foods we *really* love and sometimes feel we couldn't do without. Michael always enjoys tempting us with high-flavored fare and tonight you'll have a select tasting of his favorite "hidden" treasures of The Garlic Press shelves as he shares how to use them. There's no telling what's in store, but he promises sweet & savory, crunchy & smooth; salty, spicy and everything in between. Remember, students receive a 10% discount on products used that night, so stock your pantry and you'll be ready for a party or impromptu get-together, from appetizers through dessert!
Monday, May 10

Soufflés, You Don't Say!—with Carol Hiebert. One of Julia Childs' favorite dishes was the soufflé! She once described the dish on "Julia & Jacques" (a PBS cooking program she hosted with another icon, Jacques Pepin) as a "light eggy bit of heaven." But it can be a tricky dish! Tonight Carol shares techniques for making the Classic Cheese Soufflé with variations; Fallen Goat Cheese Soufflés; Crab Stuffed Roulade; Marmalade Soufflés; and a decadent Chocolate Soufflé with White Chocolate Chunks. You'll be whipping one up soon.
Wednesday, May 12

From the Farm to the Fork, A Chef's Connection—with Chef Ken Myszka & Epiphany Farms. Their last class was a hit, so this time WE ARE OFFERING IT TWICE! (Note registration is for one class night only.) Join them for a culinary journey of dishes that connect sustainability, seasonality and locally grown foods directly from their farm near Downs! Ken & other chefs from Epiphany will develop a full menu close to the date of each class to capitalize on what's growing at that time, with a focus on how to make a local harvest turn into amazingly balanced dishes that you and your family will enjoy. What a treat to have them back! **REGISTER FOR 1 CLASS ONLY**
Tuesday, May 18-OR-Tuesday, June 15

Herbs Grown Here!—with Carol Hiebert. Don't you love all the fresh herbs that pop out of the ground in warm spring & summer months! There's no match for the flavor of fresh snipped garden herbs and this elegant menu highlights many varieties. Join Carol for Baby Spinach, Radish & Mint Salad with Creamy Lemon-Chive Dressing; Pan-Roasted Pork Tenderloin with Black Olives & Oranges; Roasted Asparagus with Shallots; Smashed New Potatoes with Leeks & Goat Cheese; Little French Fudge Cakes. Sure to be a delicious night!
Tuesday, May 25

Gretchen's 10th Anniversary!—with Gretchen Norton. It's been 10 years since we had the pleasure of welcoming Gretchen as a new teacher to the Garlic Press kitchen. My how the "thyme" flies! Tonight she revisits that original menu that kicked it all off! Join her for Double Crust Lemon Blueberry Pie; No-Chill Rolled Sugar Cookies; Cornmeal-Crusted Chicken Pot Pie; Corned Beef Reuben Loaf; and Homemade Biscuits with Lemon Curd or Southern Chocolate Gravy. Great, quick dishes the whole family still loves!
Wednesday, May 26

Here Comes Summer—with Sandi Knapp. How does Sandi do it?! She keeps coming up with delicious menus that make our mouths water! Tonight's class is filled with fun & flavorful summer dishes that will make your food the hit of any party. Try her Pan-Fried Onion Dip; Roasted Salmon Nicoise Salad; Guacamole Salad; Roasted Shrimp & Orzo; Parmesan Chicken; Homemade Chocolate Gelato; and Peach-Blueberry Crumble. Great ideas for the 4th of July too!
Tuesday, June 1

Quick & Easy Vegetarian—with Gene Larson. If you make meat the center of your plate, but want to lighten up your usual fare, join Gene tonight with this collection of quick & easy vegetarian dishes that the whole family will enjoy. On the menu is Potato-Leek Soup (with many freeze-dried ingredients); Portabella Mushroom & Avocado Salad; "Meatless" Meat Loaf (made with TVP, but kids think it's meat); Roasted Veggies with Sweet Potatoes, Peppers & Onions; and Amish Oatmeal Cake. So good you won't miss the meat!
Monday, June 7

Lazy Weekend Brunch—with Michael Pullin. Oh how we all are looking forward to lazy summer days, the sunshine on our cheeks, the Sunday Paper and a late breakfast on the patio. After tonight's class you'll be ready for a great meal and have some time to put your own feet up too! Join Michael for Spinach & Mint Soup; Blue Cheese, Bacon, Apple & Walnut Scrambled Eggs; Crunchy Country Fries Extravaganza; Cornmeal Pancakes; and refreshing Citrus Salad. Delicious breakfast treats to share with friends & family.
Tuesday, June 8

Gourmet Memories—with Tom O. McCulley. Along with a whole generation of foodies, Tom was saddened when *Gourmet Magazine* ceased publication last fall. Tom picked up many of his cooking skills, recipes & general food knowledge from *Gourmet*. Join Tom as he remembers this important cultural & culinary icon with a few of his favorite summertime recipes including Classic Lemonade; Catalan Tomato Bread; Arugula & Pancetta-Wrapped Peaches; Chicken Rice & Mango Lettuce Wraps; Corn & Tomato Gratin; and a bold Summer Citrus Tart to complete the meal. Sounds like a menu that would make Ruth Reichl (and others) proud!
Wednesday, June 9

Festive Summer Grilling—with Sandi Knapp. We so enjoy cooking and dining al fresco in the summer and now you can do it with the same flair as a four-star chef. Tonight Sandi offers a collection of mouth-watering recipes any restaurant would be proud to serve. Join her for Portabella Burgers with Piquillo Pepper Aioli; Fresh Fish Tacos with homemade Salsa Verde; Cheddar Dogs with Cider Braised Leeks & Apples; Open-Faced Crab Burgers Red Pepper Dressing; and to sweeten the pot Chocolate Meringue & Mint Chip Ice Cream Cake; Mixed Berries with Limoncello; and Panacotta; with Balsamic Strawberries. What an evening – sure to fill up fast!
Monday, June 14

Southern Cooking from a Yankee Boy—with Michael Pullin. When I yearn for summer, I often think of good, down-home Southern cooking. The kind of food you read about in a good book on your porch (or the veranda if we were in the South). Well tonight, Michael will take you there with a menu of favorite dishes from the old...and new South. You'll enjoy Charleston Devilled Eggs; Silken Turnip Soup; "Grandmaw's" Classic Chicken & Rice; Skillet Asparagus; and Southern Lemon Chess Pie. Ya'll don't want to miss it!
Monday, June 21

Summer at the Uptown Normal Farmer's Market—with Carol Hiebert. Early summer produce abounds at the Farmer's Market and you can learn how to utilize our local farmers' efforts by turning their bounty into beautiful meals for your family. Join Master Gardener Carol Hiebert for a Garlic Press favorite class as you shop our Uptown Normal Market with her, meet the local farmer's that grow food right here in our area, then return to our classroom for a meal made from the fresh produce you helped select. We never know what the dishes will be, but we promise a full dinner from salad through dessert. If you haven't taken this class before, it showcases what we love about a Midwest summer. PARTICIPANTS MUST MEET AT THE STORE AT 3:30 P.M. TO SHOP THE MARKET. Be a locavore - don't miss it!
Tuesday, June 22

Mark Your Calendars for Class Registration Thursday, March 25th!!!