

**SALE GOOD
SEPT 1st - SEPT. 5th**



Gomarlo's
FOOD & CIRCUS
Rt. 10, W. Swanzey, NH • 352-3409
OPEN DAILY 8 AM - 9 PM • SUNDAY 8 AM - 8 PM

MEAT SPECIALS

CHUCK ROASTS	Boneless	\$2 ⁶⁹ Lb.
NY SIRLOIN STEAKS	Boneless	\$3 ⁹⁹ Lb.
BEEF TENDERLOINS	3-4 Lb. Avg. Whole Butt.	\$9 ⁹⁹ Lb.
PORK LOINS	Whole, Boneless	\$1 ⁹⁹ Lb.
PORK CHOPS	Boneless	\$2 ⁹⁹ Lb.
CHICKEN BREASTS	10 Lbs. or More, Boneless	\$1 ⁷⁹ Lb.
ROPE SAUSAGE	Family Pack Italian Hot or Sweet	\$2 ⁴⁹ Lb.
HAMS	Russer Virginia Baked or Canadian Maple	\$3 ⁹⁹ Lb.






SPECIALS

40 Oz. Heinz, Squeeze		
KETCHUP		\$1 ⁹⁹
30 Oz. Kraft Miracle Whip Assorted		
DRESSING		\$2 ⁹⁹
18 Oz. Kraft Assorted		
B.B.Q. SAUCE		99¢
5.75-6 Oz. Lindsay Black or Green		
OLIVES		2/\$3
16 Oz. Hidden Valley Assorted		
RANCH DRESSING		\$2 ⁹⁹
7 Oz. - 10 Oz. Nabisco Assorted		
SNACK CRACKERS		2/\$4
13 Oz. - 15.25 Oz. Nabisco Assorted		
CHIPS AHOY		2/\$4
Shurfine		
TOWELS		89¢
8 Oz. Heluva Good! Assorted		
CHEESE BAR		2/\$3
16 Oz. Hood Assorted		
SOUR CREAM		99¢
6.5 Oz. Shurfine Cheese or Pepperoni		
PIZZA		79¢
11 Oz. Lay's Assorted		
POTATO CHIPS		2/\$5
1 Gal. Hood		
1% MILK		\$2 ⁹⁹
12 Pk. Cans, Assorted Shurfine		
SODA		2/\$4
18 Pk. 12 Oz. Cans		
BUDWEISER OR BUD LIGHT		\$12 ⁹⁹

**NEW — We now carry SEITENBACHER
Gluten-Free and Natural Products**

PRODUCE

NATIVE TOMATOES		89¢ Lb.	BABY CARROTS		99¢ Lb.
NATIVE, GREEN PEPPERS		59¢ Lb.	CHEF POTATOES		\$14 ⁹⁹ 50-Lb. Bag

GOMARLO'S GULF GAS

Attendant on Duty 7 am to 7 pm

OPEN 24 HOURS — w/CREDIT CARD AFTER 7 PM

A Compelling Pleasure

"Can anyone deny the compelling pleasure of a summer tomato plucked right off the vine, still warm from the sun, eaten right there in the garden?" - Michele Anna Jordan, *A Good Cook's Book of Tomatoes*.

Tomatoes are best eaten seasonally, although they can be purchased year 'round. Serve sliced tomatoes with fresh basil leaves and slices of fresh mozzarella or Italian Fontina cheese; drizzle with extra virgin olive oil. Prepare a garden-fresh tomato sauce or soup. Serve tomatoes as a side dish or in an entree. Celebrate fresh tomatoes now while they're in abundance, for when the season is over, you won't savor their taste until next summer rolls around.

For best flavor, store tomatoes at room temperature. If your tomatoes could tell you one thing, it would be, "Please, oh please, don't refrigerate us!" Cold temperatures sap all the flavor from a tomato and turn the flesh unpleasantly mushy. Instead, store them at room temperature in a single layer, out of direct sunlight. If you need to refrigerate tomatoes for some reason, bring them to room temperature before serving.

Tomatoes, a symbol of power, love, protection, and prosperity, are also a cook's best friend. Whether you use them in salads, main dishes or canning, the red, juicy, vine-ripened tomato is a food beyond compare.

Tomato Cheese Salad

An easily prepared side dish or appetizer that's both attractive and delicious.

- Ingredients:**
4 large tomatoes, sliced
1 or 2 tablespoons balsamic vinegar
3 tablespoons extra virgin olive oil
1/4 cup pitted black olives (optional)
1/4 cup crumbled blue cheese (alternately, thin slices of mozzarella cheese)
1 tablespoon drained capers
2 or 3 anchovies, drained and chopped (optional)
fresh basil leaves, coarsely chopped or left whole
Arrange tomatoes on platter. Drizzle on vinegar and then oil; season lightly with salt and pepper. Sprinkle with other ingredients you choose to use. Top with basil and serve at room temperature. 4 servings.

Candied Cherry Tomatoes

Kids and adults both enjoy this slightly different warm tomato side dish.

- Ingredients:**
2 tablespoons butter
1/4 cup finely chopped onion
4 cups cherry tomatoes, stemmed
1/3 cup brown sugar or honey
1/2 teaspoon salt
1 1/2 cups lightly buttered bread crumbs



WELLS MEMORIAL SCHOOL



**Your Child's Education
is YOUR Choice and
OUR Responsibility**

- Small class sizes and individual attention
- Spanish K-6
- Full-day kindergarten
- High academic standards
- Before and After School Care and Enrichment Programming
- NHD1 year-long participation
- Affordable — **ONLY \$4900***, including before and after school care

Know what your choices are so you can make the best education decisions for your children

For more information, call 603-827-3272 or visit www.wellsmemorialschool.org Harrisville, NH (conveniently located off from 101)

*Some restrictions may apply

Knowledge and Responsibility for Today and Tomorrow

Sauté onions in butter (or olive oil). Add cherry tomatoes, brown sugar or honey (reserve 2 tablespoons), and salt. Cook slowly over very low heat to prevent sticking until liquid evaporates. Put mixture in shallow casserole dish. Top with bread crumbs and remaining sugar or honey. Bake in 350 deg. oven until crumbs are brown. Another way to use cherry tomatoes is to sauté them in a little butter or oil with garlic, chives, and basil.

Cooking Corner

with Nancy Adams



Greek Chicken, Tomatoes & Orzo

This main dish is quick, easy, and very tasty.

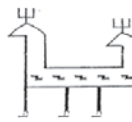
- Ingredients:**
2 cans chicken broth (14-1/2 oz. each)
1 small onion, finely chopped
1 teaspoon dried oregano
2 cups uncooked orzo
3/4 lb. boneless, skinless chicken breasts, diced
3 cups washed, torn spinach leaves (large stems removed)
1 large tomato, seeded and chopped
1/2 cup Feta cheese, crumbled
In a large skillet, heat broth, onion, and oregano to a boil. Add orzo; reduce heat, cover, and simmer for 6 minutes, stirring occasionally. Add chicken; cook for 6 minutes longer, or until chicken and orzo are cooked. Stir in spinach and tomato; heat just until spinach wilts. Remove from heat, and top with cheese. 4 servings.

Fresh Tomato Bisque

This easily prepared soup has the pure taste of summer-ripe tomatoes. Enjoy it with a salad and some fresh bread or just plain.

- Ingredients:**
2 tablespoons olive oil
1/2 onion, diced
2 lbs. plum-type tomatoes, coarsely chopped
1/3 cup white wine
8 whole cloves, tied in small cheese cloth or place in tea ball
2 bay leaves
1/4 cup chopped, fresh basil
1 1/2 cups light brown sugar
1 cup half and half or whole milk
salt and freshly ground black pepper
Heat oil in large saucepan; sauté onion until soft. Add tomatoes, wine, cloves, bay leaves, and basil. Bring to a boil; reduce heat, cover, and simmer 25 minutes. Remove bay leaves and cloves; put 3 cloves back into soup. Puree mixture in blender or processor; add sugar, stirring until dissolved. Add milk and season with salt and pepper. Heat to slow simmer and serve, garnished with fresh bay leaves if desired. 4 servings.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions — send them to: Nancy P. Adams, PO Box 23, Hancock, NH 03449.



ANTIQUE ORIENTAL RUGS
Good selection of older rugs.
Many with slight to moderate wear and very affordable.

Call Lori Frandino - 603-756-3982 and come take a look!
Walpole, NH • e-mail: frandino@cheshire.net

A Higher Quality of Craftsmanship



PHONE: 603 352-1807

WEB: www.artisanpaintingllc.com

Residential / Commercial
Interior / Exterior
Power Washing
Log Jamming
Free Estimates
Fully Insured
Discounts Available