



Barrie's Garden Club Newsletter

# Cuttings

February 2018



FEBRUARY'S GUEST  
SPEAKER:

**Denise Tucker**

TOPIC:

*All about Oil and  
Balsamic Vinegar  
& How to Kick Your  
Cooking Up a Notch!*



**February 6<sup>th</sup> 2018**

**@7:00pm**

**At the ANAF Club**

**52 Morrow Rd.**

\*\* Remember the new location  
and anyone needing the elevator,  
please go to the back of the  
building on the first floor !!\*\*



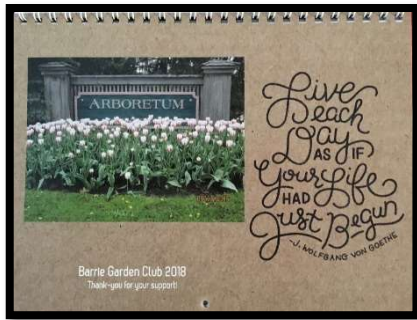
Denise is the owner and operator of the Barrie Olive Oil Company, which now has 2 locations in Barrie. There are over 50 flavour varieties of oil and balsamic vinegars available in her store to create thousands of taste sensations to enhance any recipe! She provides customers with the highest quality olive oil and balsamic vinegars for the best possible prices! She takes time with everyone and let's you sample before you purchase, to make sure you go home with something you truly love.

She even has a recipe collection on-line to help with decisions before you get to the stores. These can be found at:

<http://barrieoliveoil.com/recipes/>

**Extra Virgin Olive Oil (EVOO)** is simply made by crushing olives and extracting the juice. It is the only cooking oil that is made without the use of chemicals and industrial refining.

**Balsamic Vinegar** is a very dark, concentrated, and intensely flavoured vinegar made wholly or partially from grape must, (aged for several years in a series of wooden barrels) originating in Italy. The word *balsamico* (from Latin *balsamum*, from Greek *βάλσαμον*) means "balsam-like" in the sense of "restorative" or "curative."



Barrie Garden Club 2018 Calendars still available!!  
 They will be on sale at our February Meeting!  
 Only \$10.00!  
 See Joan N/A at the Greeting Table!



**REMEMBER!**

If you renew your membership (only \$25.00!) by the end of our February 6<sup>th</sup> Garden Club Meeting, you will receive your new 2018 **Garden Club** (magnetic back) **Name Tag** included with your membership!!

## VOLUNTEER HOURS

The Barrie Garden Club has now mandated that each member needs to volunteer a **minimum of 4 hours per year** for our Club.... It's easy to do! Just ask any of the Executive Members how you can get involved! (And remember to record your Volunteer hours at our meetings in our Volunteer box at the Greeters Table!)



### WE NEED A NEW BGC LOGO!

Do you know someone artistic?  
 Do you know someone that would be great at creating a new symbol to represent our Club?  
 We've decided it's time to update our LOGO!

**Criteria:**

- It should relate to the City of Barrie
- Include our Club's symbol of a rose
- Include that we were established in 1874
  - Be garden related



Please submit a 1200X1200 pixel png or jpeg to Kim at [kmsturge@gmail.com](mailto:kmsturge@gmail.com)



Barrie Garden Club Annual Spring Seminar  
 Saturday, April 14<sup>th</sup> 2018  
 At Tangle Creek Golf Course  
 Tickets \$45.00 (BGC Members)  
 \$50.00 (non-members)  
 More info to come soon!

For tickets or info contact us at: [bgcspringseminar@gmail.com](mailto:bgcspringseminar@gmail.com)

## Executive Member Still Needed!

We are still looking for someone to take over the Membership Coordinator position for 2018.

Please contact Joan Nieman-Agapas ([jnabarrie@yahoo.ca](mailto:jnabarrie@yahoo.ca)) for details or if you are interested!



## Olive oil and Balsamic Vinegar Pairings

From: <http://www.olivemeco.com/olive-oil-balsamic-vinegar-pairings>

Extra Virgin Olive Oils		Balsamic Vinegars	
basil olive oil	<i>mix with</i>	- <b>strawberry</b> balsamic - <b>fig</b> balsamic	- <b>raspberry</b> balsamic
blood orange olive oil	<i>mix with</i>	- <b>raspberry</b> balsamic - <b>dark chocolate</b> balsamic - <b>cinnamon pear</b> balsamic	
butter olive oil	<i>mix with</i>	- <b>lemon</b> balsamic - <b>white</b> balsamic - blend with garlic olive oil and refrigerate for an amazing garlic-butter spread/sauce.	
chipotle olive oil	<i>mix with</i>	- <b>dark chocolate</b> balsamic - <b>raspberry</b> balsamic	- <b>lemon</b> balsamic - <b>tangerine</b> balsamic
garlic olive oil	<i>mix with</i>	- <b>fig</b> balsamic - <b>lemon or white</b> balsamic - <b>honey ginger</b> balsamic - blend with butter olive oil and refrigerate for an amazing delicious garlic-butter spread/sauce	
lemon olive oil	<i>mix with</i>	- <b>blueberry</b> balsamic - <b>cherry</b> balsamic - <b>strawberry</b> balsamic	- <b>raspberry</b> balsamic - <b>pineapple</b> balsamic
Persian lime olive oil	<i>mix with</i>	- <b>blueberry</b> balsamic - <b>honey ginger</b> balsamic	- <b>cinnamon pear</b> balsamic - <b>Fig or Lemon</b> balsamic
Tuscan herb blend olive oil	<i>mix with</i>	- <b>lemon</b> balsamic - <b>traditional</b> balsamic - <b>raspberry</b> balsamic - <b>fig</b> balsamic	- <b>cinnamon pear</b> balsamic - <b>honey ginger</b> white balsamic
wild mushroom & sage olive oil	<i>mix with</i>	- <b>fig</b> balsamic - <b>raspberry</b> balsamic - <b>lemon</b> white balsamic	

# One-skillet Paleo Mediterranean Chicken

From: [www.yummly.com](http://www.yummly.com)

## Ingredients:

1/2 **yellow onion** (diced)  
3 cloves **garlic** (minced)  
8 ounces **mushrooms** (sliced)  
3 **roma tomatoes** (diced)  
8 ounces **artichoke hearts** (liquid drained)  
1/2 cup **sun-dried tomatoes** (chopped)  
1/3 cup **kalamata** (chopped)  
1 pound **chicken pre-cooked and sliced**  
fresh **spinach** (a couple of handfuls)  
3 tablespoons flavoured extra virgin **olive oil** (1-2 tbs to sauté the veggies, another 1 tbs for cooking)  
1 tablespoon **balsamic vinegar**  
1 teaspoon **dried parsley**  
1 teaspoon **dried oregano**  
2 tablespoons **fresh basil** (chopped for garnish)  
pepper  
salt



## Instructions:

1. In a large skillet over medium heat, add 1 Tbsp of olive oil and sauté the chopped onions for 3-4 minutes.
2. Add the minced garlic in with the onions, and sauté together one more minute.
3. Add the sliced mushrooms to the sautéed onions and garlic and cook 5-7 minutes until the mushrooms are golden. Add salt and pepper to taste while cooking.
4. Add 1 tablespoon of olive oil and 1 tablespoon of balsamic vinegar to the pan then toss in the Roma tomatoes, sun-dried tomatoes, artichoke hearts, and olives. Sprinkle in the parsley, oregano, and stir a few minutes.
5. Next add the chopped chicken and spinach to the pan - stir and cook 1-2 minutes, or until chicken is heated through. Add more salt and pepper if needed.
6. Serve hot garnished with the fresh basil.

## Oil and Vinegar Ratios

bread dippers	• mix 2 parts olive oil with 1 part balsamic vinegar
<i>mild</i> salad dressings / vinaigrettes	• mix 2 parts olive oil with 1 part balsamic vinegar
<i>bold</i> salad dressings	• mix equal parts olive oil and balsamic vinegar
marinades	• (chicken, pork, beef, seafood, tofu, vegetable) mix equal parts olive oil and balsamic vinegar

