

# Newsletter

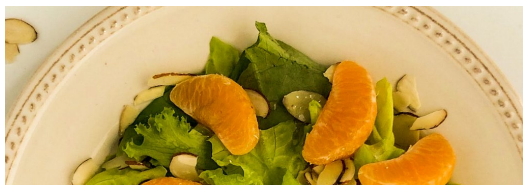
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## Get Fresh!



### This Week's News

- [A Fresh Look at the Winter Menu](#)
- [Local Pride: Meal Mantra](#)
- [Events: At the Market Tomorrow!](#)



Good morning,

Eating well and keeping well are related.  
The theme is Health tomorrow at Hope



& Main's Meet Your Maker market! Mary and Tatiana will be there, with recipe cards for our current [Mixed Greens with Clementine](#).

Order from the Winter Menu now through **Friday, Jan. 24**, for delivery on **Wednesday, Jan. 29**. But if you forget to order by Friday, contact us anyway. There is always frozen food that is available. Place your order online at [savoryfareinc.com](http://savoryfareinc.com), email us at [Mary@savoryfareinc.com](mailto:Mary@savoryfareinc.com), or call 401-454-4955.

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### [A Fresh Look at the Winter Menu](#)

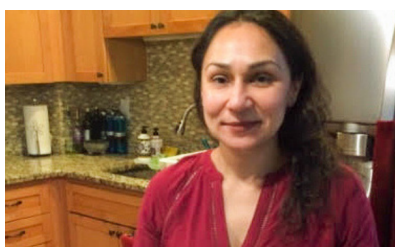
A vegetarian Indian curry on a winter day, warming and filling! Our [Indian-Style Curry with Chickpeas, Potatoes, and Cauliflower](#), simmered with tomatoes and herbs and served over rice with Meal Mantra's homemade Indian Curry sauce, is delicious and satisfying to the spirit. (Scroll down for more on Meal Mantra!)



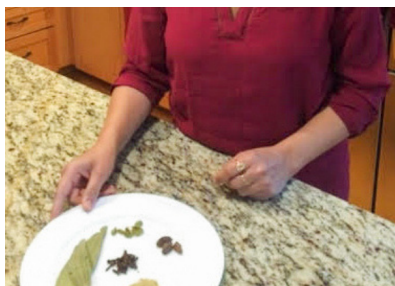
What's always fresh on the menu? The vegetables in our [Vegetable and Side Dishes](#) and [Soups and Salads](#) are always prepared fresh. We use fresh mushrooms. All of our salad dressings and most of our sauces are prepared fresh. For this menu, we chose Meal Mantra's Indian Curry sauce for our curry dish because of its high quality of ingredients and preparation.

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### [Local Pride: Meal Mantra](#)



Meal Mantra, maker of traditional Indian sauces, is a Hope & Main graduate now based in Newton, Massachusetts. Tarun and Anu Bhalli work with all fresh ingredients and heirloom recipes from Anu's grandfather, who is regarded as the



originator of tandoori chicken cuisine.

Working with fresh ingredients can be more time consuming but results in a more flavorful sauce free of additives, preservatives and excess salt. Tarun and Anu choose not to sacrifice quality and health to save time; for example, they use fresh garlic and ginger. Even with cardamom, which most of us know as an aromatic powder in a little bottle, they begin with the small seed pods, and they use both kinds (who knew there were two kinds?).

After steeping the black pods to take out the bitterness, the black cardamom, which has a nutty flavor, is ground along with the green cardamom, which has a slightly floral character, and added to the sauce, which includes turmeric and other spices and herbs. The ingredients are always prepped the day the sauce is made: four hours of loving labor for one kettle of sauce.



Meal Mantra's website features sample recipes for use with each sauce. In Rhode Island, their three tasty sauces are for sale at Dave's Fresh Marketplaces as well as at Johnson's in Warren.

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## Events

### **January Meet Your Maker**

***Tomorrow***, Jan. 19, 10 AM – 2 PM

[Hope & Main](#)

691 Main St., Warren

Sample our Frozen Favorites —

Buy some to take home at 10% off!

Check out our menu and place an order.

First-time orders are 25% off!

Delight a friend or coworker with a Gift Certificate!

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***Save the Date!***

**Our Birthday Bash!**

Hope & Main's demo kitchen

Saturday, Feb. 29, 11:00 AM to 1:00 PM

Come celebrate our third birthday with us at the place where it all began (officially)! Yes, it's our birthday! — and there will be cake!



Be sure to arrive hungry so you can enjoy tasting everything. Watch a cooking demonstration and then sample the results and tell us what you think! Take part in the Taste Test. Compare your comments with others' written on the chalkboard — the dish with the most votes will appear on an upcoming menu! And lots more.

With warm wishes,

Mary and the Savory Fare Team

**Resources for Seniors in Rhode Island**



Find valuable resources for seniors in Rhode Island on one website:

[RIElderInfo.com](http://RIElderInfo.com).



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