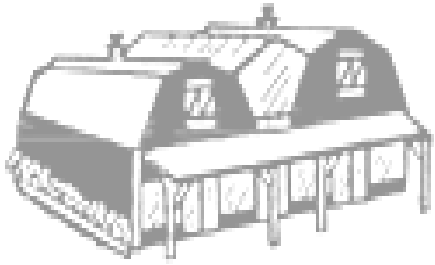


# Kremer's Market



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Crescent Springs, KY 41017

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WINTER  
2010

## Take the Chill Off with Hot Soup

Warm up this winter with a bowl of steamy soothing soup. Our deli has several homemade soups created right here at Kremer's Market. Black Bean Chorizo, Tomato Basil with Ravolini Cream of Potato, Chicken Wild Rice, Mild Mushroom Beef Barley and Quinoa (Keen-wah) with Vegetables and Beans. (If you are asking what is quinoa, it is a grain that has a fluffy, slightly crunchy texture and a somewhat nutty flavor when cooked). We carry two types of Chili, Chicken and Beef. Everyday our lunch menu features a "soup of the day". We also have pints for sale that you can find in the freezer section.

For the chef who likes to make their own rendition, try our line of Bean Cuisine. These mixes are packaged in bags with all the seasonings and dried beans. You add the vegetables, chicken, bacon, sausage or what ever you are feeling the urge for. Recipes are on the bags. When you're here to pick up your soup, stop by our produce department or salad bar. Along with fresh bread from our bakery you'll have that complete and satisfying meal.

### Celebrate St. Patrick's Day March 17th.

Kremer's feature bakery items from both Servatii's and Bonbonerie Bakeries.

Guinness Cake,  
Irish Whiskey Cake  
Chocolate Irish Cream  
Shamrock Cookies

Cakes, pies and packaged cookies are ready to "pick up and go" at our bakery counter.



### The Republic of Tea has several new teas.

**New**

Sip for the cure **Pomegranate Vanilla Red and Pink Lady Apple Green Tea**. Enjoy these premium quality, health promoting teas, rich in antioxidants. With the sweet-tart notes of juicy pomegranate, or the crisp sweet flavor of Pink Lady apples these teas are rich in flavor. The Republic of Tea will donate \$1 of sales from each Sip for the Cure tea tin directly to Susan G Komen for the Cure, whose mission is to save lives and end breast cancer.

The Republic has 4 new Red Rooibos Teas. A deep red tea from South Africa whose name translates to "red bush". Rooibos is caffeine free, deep in red color and brews into a rich, satisfying body with all the depth black tea drinkers expect. **Ginger Peach Red** is paired with the lushness of a fancy peach seasoned with the tingle of spicy ginger. **Passion Fruit Mango** combines the sunny tropical flavors of passion fruits and mango. **Cinnamon Orange** says it all with the stimulating flavors of cinnamon and orange. **Double Red Rooibos** makes a rich, red brew with full-bodied flavor.

**Cranberry Blood Orange** is a Fair Trade Tea with a tart sweet fruitful blend.



Store Hours: Monday –Saturday 9:00 am to 7:00 pm, Sunday 9:00 am to 6:00 pm

# Mardi Gras kicks off the Lenten Season

**Mardi Gras is February 16th** and is otherwise known as Fat Tuesday. It is noted for its carnival like celebrations of wearing masks and costumes, large parades, and the practice of eating richer, fatty foods before the ritual fasting of the Lenten season, which starts on **Ash Wednesday February 17th**. Another tradition of Mardi Gras is the King Cake. A ring shaped pastry decorated in sugary icing and in traditional Mardi Gras colors (purple, green, and gold). Purple represents justice, green as faith, and gold as power. Included is a plastic baby for you to place under the cake. The one person who finds this under their piece will act as the king or queen for the day and must host the next party. The three different colors also represent the Three Kings who came to visit the baby Jesus. The round shape represents the route they took in search for the Christ child.



This Lenten season, be adventurous and try a new recipe with fish. Fish is low-fat and is a good quality protein, filled with vitamins like riboflavin (Vitamin B2), which aids the body in the metabolism of amino acids, fatty acids, and carbohydrates and Vitamin D, which aids calcium absorption to help prevent osteoporosis. Fish is also rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, potassium (a mineral needed for muscles, nerves, and fluid balance in the body), iodine, and magnesium. Kremer's Market sells only the freshest, top-grade fish available. Sole, swordfish steaks, sea bass, sea scallops, king crab legs, salmon, shrimp, grouper, red snapper and more. Lent is a great time for change. Try something new and enjoy our large variety of fresh fish.

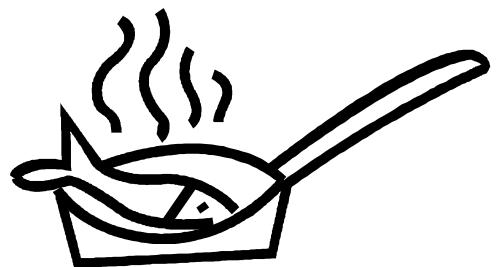


## Skillet Fish Dinner

1 celery rib, chopped  
1/2 cup chopped green Pepper  
1/2 cup chopped onion  
1 tsp olive or canola oil  
2 plum tomatoes, chopped  
1/4 tsp salt  
Dash pepper  
1/2 pound cod or orange roughy fillets  
1/4 tsp seafood seasoning  
Hot cooked rice  
Hot pepper sauce

This healthy recipe takes very little time.  
Serve with a salad and whole wheat rolls.

Serves 2



In a skillet, sauté the celery, green pepper and onion in oil until almost tender. Add tomatoes: cook and stir for 1-2 minutes. Sprinkle with salt and pepper. Top with fish fillets and sprinkle with seafood seasoning. Reduce heat; cover and simmer for 6 minutes. Break fish into chunks. Cook about 3 minutes longer or until fish flakes easily with a fork. Serve over rice. Serve with hot pepper sauce if desired.