

New Year & New Hope

As this is being written, snow is falling outside and as you're reading, it probably is, too! We are known for our snowfall here in northwestern Pennsylvania and Mother Nature is not letting us down this year. We are used to it here, and, in fact, take an odd pride in our ability to deal with it. Not much slows us down.

Right before Thanksgiving, though, we did slow down a bit to honor Jack McCarthy, father of owner Kathy Ames, who died on November 23 and Betty Demenik who died on November 24 and is mother of Production Manager Sue Bliel and part-time employee Rosemary Maher, and grandmother of Shelley Ramirez, also a production employee. It was never so clear to us how much a family we really are!

Winter is a time of holiday hustle and bustle, but is also a time of quiet reflection, too. As we make our way from one year to the next and, eventually, from winter to the glorious spring, those of us at Naturally Yours are marking that transition secure in the comfort of the many condolences sent our way—thank you—and with the hope of renewal that the new season brings.

Eat to Live!

This tasty pesto featuring pistachios—one of our favorites—is a refreshing alternative to basil pesto. Besides a super topping for hot pasta, it works well as bruschetta or pizza topping too!

Pistachio Herbed Pesto

- 1/2 to 1 clove garlic, peeled
- 2 cups packed flat-leaf parsley
- 2 tablespoons fresh lemon thyme leaves
- 2 tablespoons fresh tarragon leaves
- 1 tablespoon fresh sage leaves
- 1 tablespoon fresh oregano leaves
- 1/2 cup grated Parmesan
- 3/4 cup roasted Naturally Yours pistachios, shelled
- Salt and pepper
- 2/3 cup olive oil

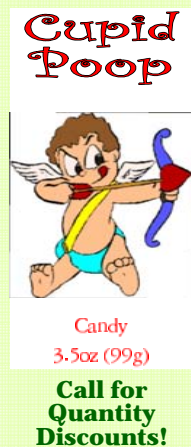
Into a blender with the motor running, add the garlic and pulse until finely chopped. Add all of the herbs, cheese, pistachios, salt, and pepper to the blender, and blend until finely chopped. With the blender running, add the olive oil in a steady stream until the mixture becomes creamy and emulsified.

We're Thinking...

....**Spring!** Leprechauns, Cupids and Easter Bunnies & are sneaking their way into the production line. See our website, www.yoursnaturally.com for the full selection of spring specialty items. Here's just two:

Cupid Poop, cherry ball candy in a clear bag with a red bow, will give your customers a warm-hearted chuckle, just what we need to melt the winter chill.

New for Easter is **Bunny Tails**, our very popular yogurt covered pretzel balls dressed up to celebrate the arrival of the bunny. They make a great addition to the usual chocolate line up.



Spice (the fun stuff)

Pistachios are tree nuts that grow in areas where summers are long, hot and dry, and the winters are moderately cold (not here in Erie, in other words!). Once grown exclusively in the Middle East, they are now cultivated elsewhere, especially California. The outer covering, which turns rosy as the nut ripens, is removed after harvest. It's the beige inner shell we see when buying them.

Like other nuts, the pistachio is "heart smart;" low in saturated fat and cholesterol free.



Pistachios hang in clusters on the tree in their rosy outer shells prior to harvest.

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 Cape Cod-New England Gift Show
 Boston Gift Show
 White River Junction, VT
 Minneapolis Gift Mart

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