



Sycamore Hy-Vee Wine & Spirits

Presents

Wine & Food Monthly

Volume 13

September, 2012

Welcome to your Hy-Vee Wine & Spirits in Sycamore. Prepare yourself for the best wine, spirits and beer experience you have ever seen!! Featuring over 1,800 wines, over 1,500 spirits and over 1,000 varieties of beer (and growing), we are proud to present the finest selection not only in Sycamore, but surrounding areas as well.

Fall is approaching quickly and we are ramping up the events as promised. We start this weekend with our Oktoberfest event, then four upcoming dinner events, dozens of tasting events and more. Check out our list of upcoming events - sure to be something for everyone!

The Craft Beer Club continues to grow, now over 150 members strong. Don't miss out on the opportunities and savings this club has to offer. Our craft beer selection changes almost daily; stop in soon and see what's new.

Starting in October, we will be featuring a new and different supplier-tasting each and every Saturday for the rest of the year. Three to four of our finest suppliers will join us at each event which will feature over 25 wines - a new program each week!

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**Not receiving our
Newsletter?**

**Log on to Hy-Vee.com and
select the Sycamore store
to register!**

Upcoming Special Events

Saturday September 8, 2012 –2 to5

You won't want to miss the presentation of our first **Hy-Vee Oktoberfest**. Taste many of the great beers of the season, from traditional Oktoberfest brews, to some of the great pumpkin brews to hit the scene the past few years, and a few other great craft brews. We'll throw in some German wines and some outstanding German foods for sampling.

Saturday September 15, 2012

From **2 to 5 p.m.** we will be joined by the Chicago representatives of the portfolio of **Jorge Ordonez**, arguably the top importer of **Spanish wines** in the world today. We will taste through the bulk of the Ordonez portfolio - great whites, prolific reds, crisp sparklers and unique dessert wines. A few Spanish cheeses will make an appearance as well.

Saturday September 29, 2012

From **2 to 5 p.m.** we will be joined by **Anthony Hendrie**, Midwest sales manager for **Negociants, USA**. A native of Australia, Anthony represents a vast array of wines from all regions of Australia.

Saturday September 29, 2012- 6 p.m.

Our first dinner of the fall season will feature Sonja Kassebaum of North Shore Distillery. We will be featuring an entire local menu, from proteins to fruits & vegetables withwithto the outstanding spirits with cocktail concoctions from North Shore of Lake Bluff. Cost \$50.00 per person; make

your reservations soon! See the menu elsewhere in this newsletter.

Saturday October 6, 2012 - (and every Saturday through December from 2 to 5 p.m.)

Join us for our fall tasting series. We will be joined by three to four of our favorite suppliers showcasing over 25 wines at each tasting event. A different program will be featured each week, so you want to make as many as possible!

Saturday October 13, 2012-6 p.m.

Dinner number two of the fall will feature the **Spanish selections** of **Garnacha, Ltd**, distributors of the Jorge Ordonez portfolio. Five courses with two wines per course to really explore the great depth of wines that Spain has to offer. Fantastic Spanish cuisine will of course be the other highlight of the evening. \$50.00 per person; menu details elsewhere in this newsletter.

Saturday October 27, 2012-6 p.m.

Our third dinner presentation of the fall will feature the great wines of Australia. Our friend Anthony Hendrie of **Negotiants, USA** will be back to present his great Aussie wines and sparklers paired with another inspired menu from Chef Jon. Stay tuned for menu details.

Saturday November 4, 2012-TBA.

Mark your calendars for our **Second Annual Hy-Vee Holiday Gala**. Sample foods from our fresh departments, taste great wines and spirits and see what Hy-Vee has in store for the holiday season.

Saturday November 11, 2012-6 p.m.

Spend an evening in South America as we present our South American Wine Dinner. Great wines from Chile and Argentina AND another great menu from Chef Jon to match. Watch for details.

North Shore Distillery Cocktail Dinner

With guest *Sonja Kassebaum*,
Owner of North Shore

Saturday September 29, 2012

Welcome cocktail:

A surprise featuring our newest spirit, not yet announced

1st course:

Nadir Farms Beef TarTare, Hard-Boiled Nadig Farms Eggs, Butter Lettuce, Mustard Vinaigrette
Spiced Apple Sparkler-

Aquavit-Private Reserve, Fresh Lemon Juice, Simple Syrup, Sparkling Apple Infusion

2nd course:

Nadig Farms Pork Chop Brined with Juniper Berries, Apple-Onion "Stuffing" with Reams Bacon, Cider-Braised Cabbage
Fall Gimlet – Distiller's Gin No. 6, fresh lime, pear-ginger syrup

3rd course:

Roasted Garlic Nadig Farms Chicken Sausage, Smoked Tomatoes, Pearl Onions, Garganelli Pasta, North Shore Vodka Sauce

Grapefruit Basil Fizz – Distiller's Gin No. 11, grapefruit juice, simple syrup, fresh basil, soda

4th course:

Curried Leg of Nadig Farms Lamb, Moroccan Couscous, Pickled Carrots, Parsley Puree
Parisian Mule - Sirène Absinthe Verte, Orgeat, Koval Rosehip Liqueur, fresh lime, ginger beer

5th course:

Spiced Apple Cider Ice Cream, Hot Apple Donuts, Whiskey Caramel Sauce

Sweet Sol Sour – Sol Chamomile Citrus Vodka, cranberry, brown sugar, citrus

\$50 per person

Seating limited - make your reservations now!

Spanish Wine Dinner

With guests from *Garnacha, Ltd. Distributors*

Saturday October 13, 2012

Welcome:

Llopart Brut Rose Cava

1st course:

Spanish Chorizo-Stuffed Chicken Thighs, Saffron Cream Sauce, Endive Slaw

La Cana Albarino, Nisia Old Vine Verdejo

2nd course:

Tapas Course featuring Serrano Ham-Wrapped Melon, Citrus & Garlic Spanish Olives, Pepper-Crusted Tuna Loin

Tarima Monastrell, Tres Picos Garnacha

3rd course:

Paprika-Cured Smoked Pork Loin, Spanish Wild Rice, Roasted Fall Vegetable with Romesco Sauce

Alfa Crux Argentine Blend, Alto Moncayo Old Vine Garnacha

4th course:

Seafood Stew of Mussels, Clams, Whitefish, Shrimp, Crab, Roasted Tomatoes, Pickled Garlic and Saffron

Alfa Crux Malbec, Muga Rioja Reserva

5th course:

Roasted Pumpkin Empanadas with Crème Fraiche Ice Cream
Jorge Ordonez Seleccion #2 Moscatel

\$50 per person

Seating limited - make your reservations now!

New Spirits Arrivals!!

- Fultons Harvest Pumpkin Pie Cream
- Smirnoff Cake and Caramel Vodkas
- North Shore Sol Vodka
- Pendleton 1910 Canadian
- Zen Green Tea Liqueur
- Sammy Hagar's Beach Bar Rum

Saturday December 1, 2012-6-9 p.m.

Join us this evening for our finest tasting event of the year. Our **Second Annual Reserve Red Tasting** will feature over 40 wines, all retailing over \$40.00 per bottle. Chef Jon will be preparing some wonderful hors d'oeuvres and other tasty treats to complement the evenings wine selections. Price for this very special evening will be only \$40.00 per person. Reservations in advance, please.

Saturday December 1, 2012-2-5 p.m.

Get into the holiday spirit at our **Holiday Champagne Tasting** event. Taste dozens of great sparklers from all over the world, sample some holiday-inspired champagne cocktails and entertaining ideas. We'll even throw in a few still wines for those who aren't as fond of the "bubbly." Price per person for this very special event will be \$5.00, with proceeds donated to JDRF (Juvenile Diabetes Research Foundation).

Each and Every Friday -4 to 7 p.m. Its **Four O'Clock Fridays**, featuring a selection of gourmet cheese paired with a selection of fine wines. Sometimes it's in the Wine & Spirits Department, some weeks near the deli, every week a perfect way to start your weekend right!

2 Days Only

It's the Hy-Vee Wine & Spirits Stock-Up-The-Cellar Sale.

Friday, September 14, and Saturday, September 15

Our entire wine inventory will be

15% Off!!



Customer Service

- Kodak Photoshop
- Utility & Bill Payments (500 + options)
- Dry Cleaning
- Lottery
- Western Union
- Money Orders



Now we offer full United States Postal services!

It's not too late to join....

The Sycamore Hy-Vee Craft Beer Club

For only a \$30.00 membership fee, you will receive a welcome packet consisting of your own set of Speigelau beer tasting glasses (a \$36.99 Value), goodies from participating breweries and more.

Member benefits include:

A special assortment of new and rare beer arrivals from the previous month at a special price.

5% discount on all craft beer purchases for club members.

Special invitations to monthly seminars and tastings with our featured breweries of the month.

Discounts to beer dinners and seminars.

First crack at new and limited release beer offerings.

And much, much more.

A Bit from our Dietitian

5 Ways Around the Table

As the school year is in full swing, the dinner hour is a busy time. With all the running around, it can be tempting to just run through the drive-through and eat in the car on the way to the next event. However, when we eat at home, we not only are spending less money, we are also eating a healthier meal. But the way to get that meal to the table is to plan - and the weekend is a perfect time to do just that. Base your meals on MyPlate – an easy visual to gauge the healthiness of your meal – with half your plate being fruits and vegetables, a quarter as lean protein, a quarter as whole grain, plus a serving of low-fat dairy.

September 24th is recognized as National Family Day to recognize the importance of eating together as a family. Benefits to children are seen when family meals happen between five and seven times per week. Those benefits include improved academic performance and self-esteem, lower rates of obesity and eating disorders and lower incidences of substance abuse and teen pregnancy. An easy way to gather everyone to the table is with a fun food station. This could happen at the evening meal or even breakfast; the important thing is that everyone is present and eats together.

Food stations can be easy meals if you do a little prep work beforehand. Have your family brainstorm ideas on toppings they like, remembering to include fruits and vegetables within the choices. Gather the family into the kitchen Sunday night to chop up a few vegetables or pre-cook some chicken breasts. You can also use frozen vegetables; thaw and then sauté them. Cooking ahead allows you a quick and easy meal during the week.

5 Food Stations for Family Meals:

Oatmeal Bar (Because sometimes a family meal is in the morning!) – If you cook your oatmeal in the crockpot overnight, it will be ready to go by morning. Topping ideas: fresh fruits, thawed frozen fruit, nuts, dried fruit, cinnamon, maple syrup, flax seed, chia seed, granola and vanilla yogurt.

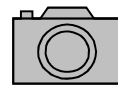
Spud Bar – Utilize the frozen Steam n' Mash potatoes or pre-bake some baked potatoes and have the following toppings available: broccoli, cauliflower, peppers, tomatoes, salsa, green onions, black beans, cheese, rotisserie chicken or diced ham.

Nacho – Top whole grain corn chips with chicken, black beans, salsa, tomatoes, avocado, lettuce, pre-cooked brown rice (find it in the freezer section), crumbled cooked lean hamburger, corn, peppers, plain Greek yogurt, cheese. Bake it in the oven for 5-10 minutes until cheese melts.

Pasta – Precook whole grain pasta and top with a variety of sauces: low-fat Alfredo, pesto, marinara, steamed vegetables, cooked shrimp, cooked chicken, reduced-fat meatballs, fresh basil, cheeses, fresh baked bread.

Pizza – Whole grain pita crusts or whole grain tortillas with toppings: cheeses, pesto sauce, pizza sauce, cooked broccoli, diced peppers, canned pineapple tidbits, olives, mushrooms, diced ham, turkey pepperoni, cooked chicken, fresh herbs.

Hy-Vee Coupon



**9-cent 4x6 photos
Tuesdays/Thursdays**

No Limit

Valid 9/1/12 through 9/30/12

Great Recipe Idea from Dietitian Lisa Brandt

Chicken Nacho Supreme

All you need:

Hy-Vee whole grain tortilla chips
1 tablespoon olive oil
1 red bell pepper, chopped
2 cups diced rotisserie chicken
1 cup black bean and corn salsa
1 cup Hy-Vee finely shredded reduced-fat cheddar cheese
Sour cream, green onions, optional

All you do

Preheat oven to 350 degrees.
Spread a single layer of tortilla chips on baking pan.
Heat oil in a nonstick skillet over medium-high heat. Sauté red bell pepper, stirring constantly, until crisp-tender, about 2 to 3 minutes. Spoon evenly over chips.
Combine chicken and salsa in a bowl. Spoon over bell peppers. Sprinkle cheese on top.
Bake for 5 minutes at 350 degrees, or until cheese is melted.
Serve with sour cream and chopped green onions, if desired.
*Low-fat option: Use baked tortilla chips.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Source of statistic above:
www.usatoday.com "School Lunch Can Pack a Punch" by Nanci Hellmich, *USA Today*, 9/15/2003

September Bakery Special



Coming this month!

Honeycrisp Apple Fritters
You won't want to miss this new treat from your Hy-Vee Bakery!

Hy-Vee Coupon



10% off Dry Cleaning

Orders of \$10.00 or more

Valid 9/1/12 through 9/30/12

New Wine Arrivals!!

More of John's Personal Favorites

Hess Select Pinot Noir 2010
Hess Select Treo Red Blend 2010
Vigilance Cabernet Sauvignon 2010
Dunham Washington Riesling 2009
Dunham Trutina Red Blend 2008
Ste. Michelle Indian Wells Red 2010
Clayhouse Adobe White 2011
Montalcino Chianti Riserva 2007
St. Francis White Splash 2011

Coming this Month!!



Hy-Vee is proud to introduce our first seasonal addition to our new exclusive line of craft beers, **Baraboo**. Look for the arrival of our Marzen Fest Beer to join our Baraboo line later this month!!

Red Granite Lager

Lumberjack IPA

Woodpecker Wheat

Now available exclusively at Hy-Vee. Only \$7.99 a six-pack; you'll want to try them all.



This Saturday
September 8

Join us for our first-ever
Hy-Vee Oktoberfest

Great Beers
Great Wines
Great Food

Saturday, September 8
2 to 5 p.m.

New Craft Beer Arrivals!!

Sam Adams Harvest Pumpkin
Oskar Blues Old Chub
Oskar Blues Gubna Imperial IPA
Oskar Blues Dale's Pale Ale
Oskar Blues Little Yellow Pils
Sam Adams Stony Brook Red
Revolution Coup D'Etat
Revolution Cross of Gold
Boulevard Stingo Collaboration #3
Boulevard Reverb Imperial Pils
Van Steenberg Sour Power
Summit IPA
Summit Extra Pale Ale
Hypothesis IPA
Harpoon Leviathan IPA
Capital Pilsner
Capital Hop Cream
Dozens of Oktoberfest and Pumpkin Brews

More Almost Daily!

Sycamore Hy-Vee

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