

PASQUALINA'S ITALIAN MARKET & DELI

Did You Know that OCTOBER is National Italian American Heritage Month: Every year the U.S. president signs an executive order designating the month of October as **National Italian American Heritage Month**. Coinciding with the festivities surrounding Columbus Day, the proclamation is recognition of the many achievements, contributions, and successes of Americans of Italian descent as well as Italians in America. Over 5.4 million Italians immigrated to the United States between 1820 and 1992. Today there are over 26 million Americans of Italian descent in the United States, making them the fifth largest ethnic group. The country was even named after an Italian, the explorer and geographer Amerigo Vespucci.

Italian Americans have made significant contributions to the culture and entrepreneurial spirit of America. From the songs of Frank Sinatra and Dean Martin to Costantino Burmidi's frescos in the Capitol dome and the vaudeville acts of Jimmy Durante; the Italian American spirit lives through these and many others who gave, and still give, a deeper dimension to the culture of America. The story of the Italian Americans is sometimes tragic, sometimes inspirational, but always compelling and colorful. It is evident in the prominence of Columbus Day parades, which mark the culmination of acceptance when all of America celebrates an immigrant holiday. With so many Americans claiming Italian ancestry, it is a testament to the value of the intangible riches that these immigrants brought with them so long ago.



Issue 29

October 1st, 2010

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THE CHEESE CORNER W/BRIAN

E-MAIL YOUR QUESTIONS TO: brian@pasqualinas.biz

SARDINES vs ANCHOVIES: Though they are both small saltwater fish with soft bones and Mediterranean origins, the sardine and the anchovy are not the same fish.

Sardine is an imprecise term for any number of small, silvery saltwater fish related to the herring and found throughout the world. They tend to travel in large schools close to the water's surface and are harvested fresh in the summer. In the U.S., sardines are mostly found canned in oil or sauce, salted or smoked. In Europe, larger sardines are also eaten fresh, roasted in the oven or cooked on the grill either whole or in fillets. The name "sardine" may be a reference to the Sardinian coast, where pilchards were one of the first fish to be packed in oil. The sardine is rich in [Omega-3 fatty acids](#) and is generally considered to be a brain food.

Anchovy refers to a family of small fish found in the Mediterranean, the Black Sea, the Pacific and Atlantic coasts. Anchovies are sold flat or rolled, filleted and either salt-cured or oil-packed. In Europe, however, marinated fresh anchovies are eaten frequently, available in restaurants and Spanish, Greek and Italian groceries.

CHEESE OF THE MONTH:

MOUNTAIN GORGONZOLA

Italy's famous blue cheese comes from Lombardy. Made from cow's milk taken from local herds that graze on beautiful rolling pastures, no Italian Cheese Assortment would be complete without a cut of authentic Gorgonzola.



RECOMMENDED RECIPIES:

ENJOY!!

ITALIAN GREEN SAUCE

- *4 slices Italian bread
- *3 tablespoons capers, rinsed and drained
- *6 anchovy filets
- 3 cloves garlic, peeled
- 2/3 cup fresh parsley leaves
- 1/4 cup fresh basil leaves
- *1 tablespoon lemon juice
- *2/3 cup olive oil

Combine the bread, capers, anchovies, garlic, parsley, basil, and lemon juice in a food processor or blender. Purée for 10 seconds, then drizzle in the olive oil in a thin stream. Season to taste with salt and pepper and serve room temperature or chilled as a sauce for fish and meat.

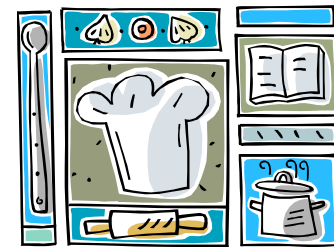
Gorgonzola Spread (for fruit)

- *12 oz. Mascarpone cheese
- *4 oz. Gorgonzola cheese, cut up (about 1/4 to 1/2 cup)
- 3 tablespoons almond flavored liqueur
- 2 tablespoons chopped toasted almonds
- Sliced pears or apples tossed in orange juice

Directions:

1. In medium bowl, thoroughly combine cream cheese, gorgonzola cheese, almond liqueur and almonds.
2. Cover and chill at least 1 hour.
3. Serve with sliced fruit.

Makes about 1 cup spread



* ingredients available at Pasqualina's

IT'S NOT TOO EARLY TO THINK ABOUT CHRISTMAS!! Pasqualina's can put together Gift Baskets to fit any budget. Check out our Olive Oil Sampler.... A great way to try three delicious international extra-virgin olive oils.



Anne Marie York an independent Silpada Designs Representative, will be offering fine Sterling Silver jewelry. Come out and take a look at her collection at Pasqualina's On Saturday, October 16th from 10-2. She will be offering some cash and carry items at a discount.

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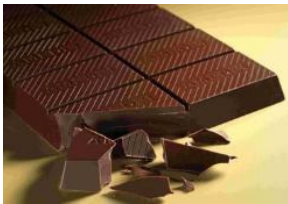
"Come Get To Know Us"

**PASQUALINA'S CELEBRATES
5 YEAR ANNIVERSARY**

A sincere **THANK YOU...GRAZIE**
for your loyal patronage
these past 5 years.
Brian & I appreciate
your support!



**10% OFF CALLEBAUT
BELGIAN CHOCOLATE**
***WHITE *DARK &
*MILK**



**OCT. 7, 2010— GOLF BALL
DROP**

WIN \$5000*

Buy a golf ball for a \$50.00 donation to Angel Flight East. A maximum of 200 golf balls will be dropped from a helicopter and one that lands closest to the target wins! Join us and enjoy cocktails and light hors d'oeuvres at the Philadelphia Aviation Country Club as we watch the Golf Ball Drop. The helicopter will lift off from the grounds of Wings Field on October 7th at 6:00 pm. You need not be present to win. The golf balls are being sold to the first 200 entries received. You could win \$5,000!! All proceeds will benefit Angel Flight East.

www.angelflighteast.org



**15% Off a Total
Purchase of \$50.00 or
more**
**(Does not include
Catering)**



Expires: Oct. 31st, 2010

Thank you for
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