

THIS WEEK RANDY RECOMMENDS...

- New York Strip Steak, special this week at \$7.99.
- Weldon Farm organic spinach, locally grown. Even Pop-eye recommends it. \$3.99 a bag.
- RMC's own herring in wine sauce, no sodium nitrates! Another fine treat for the discriminating diner.
- Fresh russet potatoes are in, just in time for Hanukkah latkes.

Order a Hanukkah brisket directly from Randy at 233-4329.

RANDALL SCHOOL THIRD-GRADERS VISIT THE RMC

Ms. Tina Sugar, who teaches at Randall School, went on a shopping trip to the Regent Market Coop this week with her class of third graders. They had been saving their pennies all fall and were ready to spend the \$55 they collected. The children had been saving to contribute to the Second Harvest Food Bank. Each child was assigned a food item to choose and purchase. They had to study the labels on the products, looking out for excess sugar and salt, and evaluating portion sizes to get the most for their money. Ms. Sugar stood by with her counsel and her pocket calculator. They were great little shoppers, both curious and courteous, and their total came out just right.



In order to fit the children into the aisles of our market, Ms. Tina broke her class in half and made two visits. The photo below shows the first group. Thanks to the principal of Randall School, John Wallace, who stayed with the half left behind.

We commend Ms. Sugar for the way she engages her students and teaches them many lessons at once, and we commend all her students for their generous and open hearts.

HAPPY HANUKKAH

HANUKKAH begins Saturday, December 12. Hey kids, come in and get your Hanukkah coloring page. Color it, return it, and claim a candy of your choice. We'll hang your page up in the store. Let's see how many you can do.

HAPPY HANUKKAH AGAIN

This is one of the most famous of Jewish foods and a specialty of Hanukkah. The latkes are served as an appetizer, as a side dish, and even for tea with a sprinkling of confectioners' sugar. They can be marvelous if properly prepared just before eating.

Potato Latkes

By Claudia Roden

Reprinted with permission from *The Book of Jewish Food* (Knopf, Inc.).

SERVES 6

- 2 lbs potatoes
- 2 large eggs
- Salt
- Oil for frying
- Sour cream as topping

Peel and finely grate the potatoes. Put them straight into cold water, then drain and squeeze them as dry as you can by pressing them with your hands in a colander. This is to remove the starchy liquid, which could make the latkes soggy.

Beat the eggs lightly with salt, add to the potatoes, and stir well. Film the bottom of a frying pan with oil and heat. Take serving-spoonfuls, or as much as 1/4 cup (50 ml), of the mixture and drop into the hot oil. Flatten a little, and lower the heat so that the fritters cook through evenly. When one side is brown, turn over and brown the other. Lift out and serve very hot.

Variation

You may add black pepper, chopped parsley, and finely chopped onion to the egg and potato mixture.

Adding 4 tablespoons of potato flour binds the fritters into firmer, more compact cakes, easier to handle but not quite as lovely to eat.

Serve with a dollop of fresh sour cream!

HOLIDAY SHOPPING AT THE RMC

There are lots of items up and down the aisles that would make great little gifts for Hanukkah or in the Christmas stocking. Here's a short list. Please email in suggestions for other RMC items that make good gifts.

- Porchlight plum or strawberry jam (Porchlight — what a great local cause!)
- A box of Numi organic tea
- A pound of fair-trade Just Coffee
- Avalon Organics Bath and Shower Gel in rosemary or lavender
- Gentle Breeze honey
- Clem's Hot Pepper Relish or Hot Pepper Mustard, grown and produced in Baraboo
- Rose Cottage jams, made from raspberry, rhubarb, cherry, and blueberry.
- A block of Cedar Grove cheese paired with a packet of Potter's Crackers
- A box of 6 note cards with 3 artful watercolor scenes of your wonderful little market

And how about a snazzy cloth shopping bag with the retro RMC logo to package your food gifts?