

News By the Slice

Bella Cafe & Java Express



March 2009



Volume 5

NEW Friday Fish and Shrimp Dinners

Back by popular demand, we now have Fish and Shrimp Dinners available all day on Fridays. We are serving a Fried, Battered, Iceland Haddock Dinner and Breaded Medium Butterfly Shrimp Dinner. Dinners start at just \$6.95 and include our homemade Italian Macaroni and Cheese, Stewed Tomatoes, Soup or Salad and Breadsticks.

Amazing 1/2 Price Pizzas on Tuesdays

Starting Tuesday, March 3, we are offering 1/2 Price Pizzas for dine in only friends. What a deal especially during these hard economic times! Sorry, this special deal can not be used in combination with any other offers or coupons. Come alone or bring the entire family.

Bella goes GREEN on St. Patricks Day

Stop in on St. Patrick's Day for your FREE Irish Cream Coffee but only for those who wear GREEN!

Food Safety Tips for Emergencies

If you lose electricity during winter storms, follow these steps to make sure that food remains safe:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full and the door remains closed.)
- Food may be safely refrozen if it still contains ice crystals or is at 40° F or below.
- Never taste a food to determine its safety!
- If the power has been out for several days, check the temperature of the freezer with an appliance thermometer or food thermometer. If the food still contains ice crystals or is at 40° F or below, the food is safe.
- If a thermometer has not been kept in the freezer, check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power.
- When in Doubt, Throw it Out!

~as seen on www.fsis.usda.gov

Forest Hills Teachers said:

The teachers at Forest Hills LOVE to eat at Bella on In-Service days. It sure is close and has delicious food! Thanks SOOOO much!

Paul & Rochelle Schlemmer said:

Hi Bella Java Cafe . . . Just wanted to say we love you guys. You are well worth the trip from Ebensburg. We're big Bella pizza fans, but we've tried many of your dishes . . . all excellent. Hope to see you in the next few days. Umm!!!



Monthly Minestrone

Marzipan

A combination of almond paste, sugar and egg whites used in making pastry and small fruit shaped for holidays.

Inside this issue

New at Bella Cafe	1
Keeping Your Food Safe.....	1
Bella Birthdays	2
Kitchen Cures for Pain	2
Clean Spice Mills with Bread	2
Where in the World	2
Recipe of the Month	3
Greener Food, Greener Living	3
Bella Newsletter Promotions	3
Upcoming Events	4

Bella Café & Java Express

1300 Railroad Street
 Summerhill, PA 15958
 814-495-4950

www.bellajavacafe.com

Bella Birthday Celebrations

Happy Birthday, from the staff and management at Bella to these friends. Remember at Bella Café "Family, Friends & Food are a Celebration".

FEBRUARY BIRTHDAYS - Andy Teno, Beth Landini, Betty Giles, Beverly Bopp, Beverly New, Bobbie Sewart, Bonnie Guzic, Charlene Wholaver, Denny Jordan, Ellen Dividock, Esther Pometo, Frances Milazzo, Haleigh McCall, Helen Bucci, Jeanie Thomas, Jenny Kuntz, Jordan Andeson, Joseph Donoughe, Kevin Wilson, Linda Bodenschatz, Logan Fox, Lori McManus, Marcia Fukas, Meade Bailey, Patti Bolvin, Patty Cafeo, Pauline Beltowski, Susan, Yasick, Tony Baran

MARCH BIRTHDAYS - Barbara Lubas, Beverly Blanchetti, Billie Rae Moss, Bonnie Mack, Cindy Jenkins, David Cafeo, Danielle Schrift, Dave Ferchalk, Delrose Miller, Donna Facciani, Emily Thompson, Helen Picklo, Helen Slonac, Helen Teno, Jay Prince, Joshua Wholaver, Joy Price, Kurtis June, Lauren Lazzari, Lily Krull, Linda C. DeArmin, Maria Bodenschatz, Marjorie Glass, Nancy Hill, Patrick Donoughe, Ray Boley, Ruth Arnold, Sandra Nagle, Shirley Homola, Tim Miller, Violet Kline, Violet Teeter

Kitchen Cures for Pain*

Heartburn

1. Put the Fire Out with Turmeric—Bitter herbs such as turmeric (a key curry ingredient) help stimulate the flow of digestive juices, moving food along and preventing acid buildup. If using turmeric as a spice doesn't stop the burn, try two or three turmeric capsules (1/2 to 1 g), available at health food stores, before a meal.

Headache

2. Brew up some Rosemary — Rosemary helps keep blood vessels dilated. Use 1 teaspoon of rosemary per cup of hot water, cover, and steep for 10 minutes. Strain, and sip a cup three times a day.

Sinus Pain or Pressure

3. Turn to Thyme—If your sinus secretions are clear or white, you need a warming, drying herb such as thyme. Thyme is strongly antiseptic and is a traditional remedy for respiratory infections. Drink a cup of fragrant thyme tea—made by steeping 1 to 2 teaspoons of dried thyme in a cup of boiling water for about 10 minutes—three times a day.

Colds and Flu

4. Warm Up in the Kitchen, to take the chills out of your cold, make a beeline to the kitchen, and fix yourself a traditional herb and spice remedy. Combine 1 oz (by weight) sliced fresh ginger, 1 broken-up cinnamon stick, 1 teaspoon coriander seeds, 3 whole cloves, 1 lemon slice, and 1 pint water. The recommended simmering is for 15 minutes and strain. Then drink a hot cupful every 2 hours.

~ as seen on www.prevention.com

* This article is for reference only, not a medical recommendation

Where in the World...

Wurstfest

Hermann, MO

March 28 & 29, 2009

Old-World delicacies, such as Bratwurst, Leberwurst, Schwarzenmagen and Sommer Sausage, will be available to sample and purchase at the Stone Hill Winery Pavilion and Hermannhof Festhalle.

Entertainment will include performances by the Rhineland Wurstjaeger Dancers and live German music.

Other events include a state-wide sausage-making competition, old-time sausage-making demonstration, a whole-hog sausage breakfast and a Wiener Dog Derby in addition to wine tasting.

For more information:

<http://www.hermannmo.info/Wurstfest/>

**"To make an apple pie from scratch,
you must first create the universe."**

~Carl Sagan

Clean Your Spice Grinder with Bread

If you use a grinder for spices, but want to avoid any cross-contamination from one spice to another, you are familiar with the difficulties of cleaning the spice dust. If, you place a half to three-quarters of a slice of bread in the spice mill, the damp bread crumbs pick up even the smallest spice particles, and the mill will be clean and shiny, ready for the next batch of spices.

Use Lemon on Calcium Deposits

If you live in an area with high calcium content in the water, unsightly calcium deposits can develop around the sink faucets and other places in the kitchen. The mild acid in lemon juice dissolves these deposits. So every time you use a citrus fruit, squeeze the last drops on the calcium deposits on the faucet. This saves future scrubbing with abrasive cleaners or chemicals, and the citrus scent is genuine.

— as seen in *How to Break an Egg: 1,453 Kitchen Tips, Food Fixes, Emergency Substitutions, and Handy Techniques*



Bella Newsletter Promotions

Below are the March & April Newsletter Promotions only available to Newsletter recipients. Please be sure to show your newsletter to the cashier when ordering or when you pickup your order to receive these special promotions

Tuesdays in March & April

All Pizzas are $\frac{1}{2}$ Price on Tuesdays !! Dine in ONLY. Sorry, this special offer can not be used with any other offers or coupons.

Saturday in March & April

Family Night Out – One XL, 16" two topping pizza, a dozen of our new deep fried wings and 4 fountain drinks or coffee. All for an amazing deal of only **14.99**.

Fridays in March & April

Fish Fry Friday, special fish dinners and sandwiches served all day.

Sundays in March & April

Free dessert with all Pasta Dinners, Dine in ONLY.

St. Patrick's Day – Tuesday, March 17, 2009

Corn Beef, Potatoes & Cabbage Dinners includes soup or salad, breadsticks and cake. **ONLY \$7.99**

Greener Food, Greener Living

Some people don't realize that the food they eat and shop for could be contributing to the rising pollution problem and global warming. Using dangerous chemicals, pollutants and hormones that can harm our bodies and the environment grow produce and other foods at the grocery store. How can you do your part? You can help eliminate this problem by buying foods that have been grown organically.

Buying organic and whole foods not only benefits the health of your family, but you are helping to cut down on the chemicals going into the air that we breathe everyday. Whole foods and organic foods are grown by energy efficient practices as well as without chemicals and pesticides. Shopping for organic foods is a smart decision all around.

— as seen on www.lifetips.com



Recipe of the Month

The Original Girl Scout Cookies*

Makes six to seven dozen

- 1 cup butter or substitute
- 1 cup sugar
- 2 tablespoons of milk
- 2 eggs
- 1 teaspoon of vanilla
- 2 cups of flour
- 2 teaspoons of baking powder

Cream butter and sugar together, add well beaten eggs, then milk, flavoring, flour and baking powder. Roll thin and bake in quick oven. Sprinkle sugar on top.

*This is the first published recipe for Girl Scout cookies. It was printed in July, 1922.

~ as seen on www.epicurious.com

Win a Free Italian Gift Basket

Name _____

Address _____

City _____ State _____

Zip Code _____

Telephone Number _____

March 2009 Gift Basket Contest. Drop off or mail your entry to the address below. March contest ends March 31, 2009. All entries must be postmarked by March 31, 2009, and received by April 15, 2009. Drawing is by random selection and winner will be notified by phone.

Bella Café & Java Express
PO Box 42
Summerhill, PA 15958
814-495-4950

Expires 03/31/2009

**Bella Café & Java
Express**

1300 Railroad Street
Summerhill, PA 15958

Phone:
814-495-4950

E-Mail:
BellaJavaCafe@comcast.net

**Mon – 4 to 8,
Tues, Wed, Thu – 11 to 8
Fri & Sat - 11 to 9
Sun – 12 to 8
Closed Easter Sunday**

We're on the web!

Visit us at:

www.bellajavacafe.com

**Upcoming
Events**

	Time	Date
Bella Bingo	5:00	Mondays
Pizza Pasta, Salad & More Buffet	5:00	Wednesdays
Family Night Out	Anytime	Saturdays
Friday Fish Dinners	Anytime	Fridays
Free Desert with Pasta Dinners	Anytime	Sundays
½ Price Pizza Day – Dine in ONLY	Anytime	Tuesdays
Corn Beef & Cabbage Dinners, Free Irish Cream Coffee	Anytime	Tuesday March 17th

March 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**Note – Daylight Savings
Time begins March 8th
at 2:00 AM**

Bella Café & Java Express
1300 Railroad Street
Summerhill, PA 15958



GOOD NEWS
your March newsletter has arrived!

Customer Name
Street Address
City, ST ZIP Code

