

MARKETPLACE MORSELS

NEWSLETTER



NEW AROUND THE MARKET

The Ring Bros. Marketplace family welcomes you to 2024!

We are very excited to start a new year and want to thank all of our customers for a wonderful 2023! Thank you for supporting us and making every day fun here at the marketplace. We have truly enjoyed your company.

Although it has always been our mission to provide the freshest, healthiest and most unique products and services here at Ring Bros. Marketplace, this newsletter will highlight the more nutritious finds throughout the store. Because we believe that overall wellness starts with healthy eating habits and we'd like to help you achieve that. A more balanced diet aids in managing stress, boosting immunity and increases energy levels. Now, who wouldn't want that, right? Now, let's squash (get it) the misconception that healthy foods have to be bland and boring. It's quite the opposite. Check out the next few pages for healthier meal choices that will be sure to get your taste buds dancing (and you, as well, because you will have the energy).

If you need some help with a plan or just need some advice, we will be welcoming Nutritionist, Erin Mackirdy, (M.Ed. Nutrition) to the marketplace in late-January. Her mission is help people clarify their health, nutrition and/or fitness priorities, values and goals, work with them to achieve these goals and to support their journey. If you are interested in taking part, please sign up for the Ring's Juice Bar "Juicy News" newsletter for details and updates.

For those of you who look forward to our Winter Warm-up meals, they're back! Stay tuned for our 3-course meal options, available in store or by doorstep delivery, starting up in mid-late January. These meals will be displayed in the foyer soon...we are just putting the final touches on the menus!

From all of us at Ring Bros. Marketplace, HAPPY NEW YEAR!!

RECIPE OF THE MONTH

INSPIRED BY OUR OWN EMPLOYEES

HEARTY FIRESIDE HASH



MEET AMANDA BARABE

Years worked at Ring Bros:

1 Year

Department/Position:

Juice Bar Manager / Ring's Juice Bar

Fun fact about Amanda:

Avid photographer and herbalist

Favorite food:

A warm bowl of gluten-free pasta and a red clam sauce

Find the recipe on the recipe flyer in the foyer or online at www.ringbrosmarketplace.com/recipes

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DARK HORSE BEEF & DELI

Think comfort food and creativity this January at Dark Horse!

Rotating beef truffles are hot this month over at Dark Horse! Inspired by Butchercraft in the UK, these beef truffles are easy to bake and serve and make a perfect meal for two. Come try these well-seasoned nests of ground sirloin filled with savory treats and cheese. You may find some flavors like chutney with brie, blue cheese and sundried tomato and Boursin garlic & herb cheese, puff pastry and prosciutto!

Need a slow-cooker meal for those long winter days? Dark Horse has the perfect cuts of beef, including boneless beef short ribs and chuck roasts. Want something a little lighter, but packed full of protein and flavor? How about a marinated pork tenderloin, ground lean chicken breasts or boneless, skinless thighs.

January is also a time to focus on playoff football—even though the Patriots didn't quite make the cut. So sad. Pick up some lighter snack options in the retail case like the popular Boar's Head gluten-free yogurt-based dips in yummy flavors like French Onion and Spinach. Pair these with fresh veggies, artisan chips or crackers for a delicious treat your guests will love!



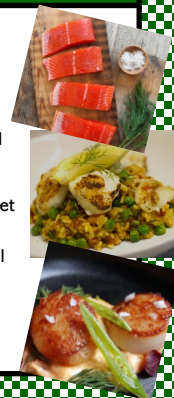
CHATHAM FISH & LOBSTER

Fish is one of the most nutritious foods on the planet!

All fish at Chatham Fish & Lobster is high in protein and low in fat. Fish is also filled with heart-healthy omega-3 fatty acids and vitamins, such as D and B12. Did you know that salmon is considered one of the healthiest species of fish? That is because salmon has a high concentration of protein and fat-based nutrients such as selenium (thyroid and reproductive health), omega-3 fatty acids (brain health) and B12 (central nervous system health). Come check out all the varieties of salmon, including King Ora salmon, Wild salmon, Scottish salmon and Arctic Char and treat your body right this January!

Also, growing in popularity and absolutely delicious, are cod cheeks! These tender and flavorful bites have a delicate flavor that is slightly sweet and briny. If you are a seafood lover (which, if you are reading this, you must be) and looking to expand that palate, cod cheeks offer a unique experience! Try them in a nice chowder, pan fried, or grilled—they are extremely versatile. Find them today at Chatham Fish! Wait until you see how fresh and tasty they look!

Day Boat scallops "aka jewels of the sea" are also available! These local jems are harvested December through February in New England. These fresh, sweet and delicate boat-to-table scallops come 10-20 per pound and can be pan-seared, grilled or served as crudo. Enjoy!!



SPINNERS PIZZA & BURRITOS

There are always healthy options at Spinners!

This month, Spinners would like to feature their most healthiest meals! What do these all have in common? Yes, you got it. Lots and lots of veggies. Because we all need more of these this month, admit it.

Come by the stand and ask for a made-to-order mouth-watering syrian veggie pocket on fresh store-made syrian bread. This is filled with broccoli, carrots, mushrooms, onions, roasted tomatoes and cheddar cheese. This will warm you right up and give you the nutrition you need for the day!

If you are in the mood for a pizza, but don't want to feel the guilt, please try the vegetarian option. This is made with spinach, roasted tomatoes, onions, mushrooms and artichokes. Available in 10in or 14in. No meat, no problem. You won't miss it!

Over in our hot case, you will also find Mae's spring veggie quesadilla and a vegetable burrito (veggies vary with availability). Sure to keep you satisfied while also reinforcing those New Year's resolutions!

Come by Spinners today for your vegetable (and coziness) fix!



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NATA'S NOODLES

Nata's Noodles is your shortcut to nourishment without the hassle!

This department is exploding with options to help with the healthier eating habits we are all after following the holidays. Let Chef Dave and his team do all the work and pick up some of their healthy pre-made meals and sides. Mixed in, of course, are the comfort foods you have grown to love. Don't worry, we still have those too!

Need a few healthy meal ideas? Let us help you...because we all need a vacation from meal-planning...

How about some broccoli rabe, which is mixed with a simple combo of garlic, salt, chili flakes and olive oil. Pair this with the maple-roasted sweet potatoes and a piece of all-natural grilled chicken breast and you have a meal that is rich in protein and all those healthy nutrients we are all craving.

Another option for a lunch or dinner could be the roasted salmon, which is seasoned with some salt, dill and a little olive oil. Pair this with the orzo, which contains tomatoes, baby spinach, salt and pepper and the mediterranean green beans! Delicious, healthy and oh so colorful!

Treat yourself to the apple-pecan crusted pork, which is a gluten-free healthy, lean option. Anything mixed with nuts adds a little protein-rich punch! Pair these with the roasted brussel sprouts and garlic rosemary red bliss potatoes and off you go!

Not interested in the meat or fish and still want a meal packed with protein? Try the lemon parmesan chickpea salad, which is packed with garbanzo beans, spinach, lemon, scallions, red and green bell peppers, red onion and a little salt and pepper. SO healthy and delicious. Need a little more fiber and iron in your diet? Try the couscous and red grain salad made with couscous, red and brown rice, quinoa, garlic, yellow bell peppers, petite peas, carrots, shallots and basil -roasted shallot vinaigrette. Sounds like something you could snack on or have as a nice meal!

Love your veggies, but also love your cheese? Guess what...you CAN have both. Vegetables are certainly packed with the nutrients our body needs, but cheese also can provide our bodies with protein and calcium, as long as we don't go overboard! Check out the cucumber salad, which has cucumbers, red onion, feta, tomato, honey, lemon juice, orange juice, olive oil and salt and pepper! So fresh and loaded with flavor.

Have fun enjoying all the meals Nata's has to offer! And enjoy all the free time you will now have. You're welcome.



PORTSIDE LIQUORS

Toast to a guilt-free January at Portside!

Raise your glass with low-calorie and low-sugar cocktails, where the only numbers you'll be counting are the seconds until your next sip, not the calories in your glass. Cheers to a healthier happy hour!

For a hearty winter cocktail and low in calories, enjoy a hot toddy. Pick up some scotch or bourbon and then add water, honey, lemon and a pinch of cinnamon. Cut back on even more calories by adding more hot water and less whiskey or add just a touch of honey and load up on the lemon juice and cinnamon. This cocktail warms your heart on these cold winter nights!

For an even lower calorie treat, how about some tequila with a squeeze of lime juice. Or, if you're feeling ambitious, how about a Paloma made with tequila, fresh lime juice, fresh-squeezed citrus juice of your choice and grapefruit seltzer. No added sweeteners or syrups.

Looking to take part in "dry January"? Check out our non-alcoholic craft brews by Athletic Brewing Company. And you will be supporting a New-England based business. We love that, of course!



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RING BROS. MARKET

Romaine calm! Ring Bros. Market has all the healthy (and delicious) options to start your January!

PRODUCE

Nothing says healthy like fresh fruits and veggies! Whether you are starting a new health kick or plan to maintain your healthy eating habits, head over to the salad bar where you are sure to find something new every day! The girls take pride in their work and keep it looking fresh, stocked and unique all the time! You will not only get an amazing salad, but you are sure to see one (or many) of their smiling faces as well...can't "beet" that! If you don't have time to make your own salads, we now offer NEW Little Leaf salad kits for \$5.99 each. We've tried them and they are super easy, fresh and delicious! Take it and eat on the go! While you are in the area, pick up some top quality, fresh "store-squeezed" OJ, which is just so sweet. Also, don't miss out on the NEW CROP of Florida strawberries and California seedless Halo clementines—eat as a healthy snack instead of those cookies you've been eating all last month! You probably won't even know the difference :).

GROCERY & DAIRY

Looking for a warm, cozy meal this January that also supports a local business? Centerville Pie is featuring their chicken pie, sweet potato pie, shepherds pie and pie crusts this January! Don't you want to know why these are Oprah's favorite pies? I do. So easy and tastes just like mom used to make. If you aren't in the mood for this flakey favorite, check out the beautiful Di Martino spaghetti and linguini featured on display in the grocery section of the store! The only issue you'll run into here is that you won't want to tear the packaging. It's a work of art! Still searching for something other than pie or pasta? Cook up your own meat dish with our NEW item, PS Seasoning! On the shelf this January are flavors like Notorious P.I.G., Cock-A-Doodle Brew, Cherry Bomb BBQ, Blue Ribbon BBQ and more! Who wouldn't want to check these out with names like those! For the kids (or those chocolate lovers!), we have Cocoa Bombs (the original!) in dark chocolate, milk chocolate and cookies & cream flavors. Pour some hot milk over them and watch the marshmallows float to the top! If this isn't sweet enough for you, you can add some Safe + Fair dark chocolatey popcorn or strawberry shortcake popcorn. Can you ever really have TOO much chocolate or popcorn for your "cheat day"? I sure don't think so. You weren't worried about it in December, so why now? Are you vegan or know someone who is? Check out our new product, Abe's Vegan Muffins, which come in four delicious flavors—banana bread, coffee cake, chocolate chip and blueberry. Spice your mornings up with something different!

RING'S JUICE BAR

Whether you want to start a juice cleanse, add more fruits and veggies into your diet or just want to try some new flavor combinations, the juice bar is waiting for you! A smoothie or a juice is a great way to add some extra nutrients into your diet, no matter how often! Sign up for their newsletter, "Juicy News" at the bar counter and stay in the know about specials, nutritional information and new products. Who knows, maybe you'll get so into it that your New Year's resolution will continue through the rest of the year! In addition to the smoothies and juices, did you know that there are now hot tea options—chamomile, lemon balm and chocolate mint—as well as hot cocoa from Stonewall Kitchen available? I mean, could it get any better?!

RING'S FLORAL SHOP

Come check out our beautiful Primula available at the floral shop! Growing locally at a nursery in Rhode Island, these multicolored flowers are a perfect little pop of color and a hint of spring! These will be available throughout the month. Bring some home to brighten up those cold, gray days of January!

HISSHO SUSHI

Stop by Hissho Sushi for another healthy option this January. Pick up some simple nigiri or sashimi and pair with a seaweed salad or fresh roasted veggies for a little extra nutrition. If you are searching for a more substantial meal, but still want to stay on the healthier side, pick up any of the rolls that contain salmon. This fish is high in protein and omega-3 fatty acids. Really...you can't go wrong here! Have fun.

COMMUNITY

Did you know 1 in 6 children on Cape Cod are facing hunger and many of these children are school-aged? It's our 7th year donating the health, fresh fruit that goes into the bags handed out weekly by Cape Kid Meals to food-insecure children on Cape Cod. So far, since the beginning of the 2023 school year, we have donated over 10,000 pieces of fruit. We love our partnership with CKM.



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