



**Spring is upon us...** The snow has melted off the backyard grill, and it's time to clean out your spice collection in preparation for lots of cooking fun ahead. If you have dried herbs and spices that have lost their color, aroma or flavor, toss them in the compost pile and come on by for a fresh set from the latest harvest! Don't settle for a bland meal. At Heather's, you can replace a large number of your herbs and spices for minimal cost, and still have some left over to share with friends and family! Plus, you can recycle our spice bags and you won't have to buy yet another bottle, ever again!

**Visit our Blog!** <http://heatandflavor.blogspot.com/> My latest post is a recipe for limoncello that Brian made over the holidays. Served freezer cold, it's a citrusy, refreshing aperitif before a meal on a hot summer day, or a palate-cleansing way to end a meal. Go easy, though, as this one is strong enough to knock you for a loop.

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## Events

**Buffalo Brills Salsa Demo ~ ~ Saturday, April 5, 10 a.m. - 2 p.m., Heather's Heat & Flavor at Legacy Village.** No reservation required! These unique and sweet salsas are great for snacking with chips or to serve warm as a topping for fish, chicken or pork. Pour over a warmed round of Brie with crackers (or just a plain block of cream cheese, if you're in a hurry). These can even be used for desserts, too! Meet Buffalo Brill himself, try the salsa and learn more easy recipes.

**Knife Sharpening ~ ~** Our expert knife sharpener and instructor, Steve Bottorff, is on vacation and will be back on his monthly 2nd Thursday schedule with us, starting **May 8, 3-6 p.m.** In the meantime, take good care of your knives and keep those already sharp blades in great slicing condition by drawing them lightly against a sharpening steel a few times on each side before each use.

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## New

**Il Primo Gardiniera Relish Spreads (Mild/Hot) ~ ~** Spread this traditional Italian relish on sandwiches, pizza, sausage, hot dogs. Mix with tuna for a unique salad. Top off your favorite garden salad or pasta dish. Brian and I recently added it to a simple salad of romaine lettuce, sliced tomatoes and shredded parmesan cheese with Italian dressing. He'll usually eat salad, but only reluctantly. Well, this time he went back for seconds!

**A&W Rich & Hearty BBQ Sauce ~ ~** Enjoy the smooth, creamy flavor of A&W root beer on the grill. The taste will add an unexpected, layered richness to your barbeque. Whether basting, marinating or dipping, you'll savor every bite.

**Dr. Pepper Sweet & Kickin' BBQ Sauce ~ ~** Give your BBQ a kick with the 23 flavors of Dr. Pepper combined with slow-simmered, sweet and spicy seasonings. Perfect for basting, marinating or dipping.

**Budweiser Wing Sauce ~ ~** What's better than wings and a beer? Beer on your wings! Try this yummy, thick wing sauce with the added bonus of a dash of Budweiser beer.

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## It's Back!

**Cackalacky Spice Sauce ~ ~** "Everything you want on it is in it!" This sauce has been a favorite of ours for some time, so many of our customers were disappointed when we could no longer get it. Finally, it's back with a new label, but the same great taste we love. This is a super everyday sauce for all sorts of uses.

**Visit our store online – [www.heatandflavor.com](http://www.heatandflavor.com).** If you have any trouble with the Web site, please let us know (e-mail [service@heatandflavor.com](mailto:service@heatandflavor.com) or call one of our stores). Buy logo shirts and other fun stuff at [www.cafepress.com/heatandflavor](http://www.cafepress.com/heatandflavor).

*Happy Spring!*

*Heather Marks*

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