

The Annual Olive Oil Sale is ON!

YES the California olive harvest is bountiful, YES it's olive oil order time! If you know, you know – just skip to the order details.

If you don't know:

This is our 11th year hosting a special sale by **our favorite California olive farm**. Calivirgin's first-press, extra-virgin, organic unfiltered Olio Nuovo is the real deal! The olive harvest and pressing is currently under way; it will arrive in Durham next month and wow us with its green peppery goodness, packed full of flavor and antioxidants.

Olio Nuovo is typically only sold in small bottles. Calivirgin provides us with a bulk gallon size, a great deal at $108. This is the same price as last year, which is amazing when everything in the world keeps getting more expensive.

Olio Nuovo is unfiltered, therefore doesn't have a long shelf life. It should be used within 6 months. You could consider sharing a gallon with a friend, or separating into smaller bottles as a sure-bet holiday present. We save up clean, dark glass bottles (Pellegrino, kombucha, wine bottles etc.) to pour oil into, cap well, and store covered in a cool, dark space.

And of course, pair the oil with Calivirgin's crazy-good **18-year barrel-aged balsamic vinegar** from Modena, Italy. Drizzle it on butternut squash soup or your turkey sandwich. Use 1:2 vinegar:olive oil (+ pinch of salt) for the most simple and satisfying salad dressing. After one

taste you'll agree that it's the only balsamic vinegar worth eating.

Nuovo Olive Oil: $108/gallon (MHS special bulk rate is $17 less than Calivirgin's normal gallon price, plus the shipping is on us!)

18-year Balsamic: $48/liter (similar quality vinegars at specialty stores are $43 for 250 mL!)

Place your order between now and November 2:
Call 919.286.9595 or email info@meridianhealthnc.com
Your order is not confirmed until payment is received

...We hope to have the yum in time for Thanksgiving, but no guarantees as shipping matters are out of our hands. We will contact you when it's in!

Tea, Tea ware, Tea Tasting



Fang was in China recently and spent a relaxed afternoon in her favorite tea shop in Chengdu. She came back loaded with goodies:

• On our shelves now, limited 3-tea sampler pack of green, jasmine, and red teas
• To get us through winter, earthy, fermented teas that warm and benefit digestion.
• If you've ever lamented not having your own tiny teapot to brew the perfect amount of good

Chinese tea, we will have for sale a few gorgeous, hand-crafted teapots in the Ru Kiln style.

Come taste tea at Meridian Health Solutions on Sunday, November 1, 9-11am. We will enjoy different kinds of Pu Er tea, aged citrus peel, and something new to us – fermented Tibetan tea!

No RSVP needed. Come drink tea, hang out, and learn about teaware with 1,000+ years of history!

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