



Chef Mike – Executive Chef, Southern Foods At Home

A Message From Chef Mike

Happy Halloween and welcome to the October issue of *The Southern Foods At Home Kitchen!* It's absolutely SCARY how packed this month's edition is with information, news and little-known tips. When you dig in, you'll find an all-new recipe of the month, a very important anti-cancer article and a fun

Halloween feature! Plus, we have company news and updates in our regular monthly columns.

Last month I sent out some really fun **video emails**. Did you receive them? In case you've updated your email address or (horror of horrors) I'm missing your email address, send me an email with your new address. I'll include you on my VIP list. And speaking of videos, don't forget to log onto the Southern Foods At Home web site for my monthly video cooking demonstrations. I received a lot of great feedback on last month's "Lemon Lime Chicken with Mango Salsa" video.

If you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at **ChefMike@SouthernFoodsAtHome.com**. Have a great October, enjoy the newsletter, and thanks for your business.

Southern Foods At Home Recipe Of The Month Boneless Pork Chops with Pineapple Wine Sauce

OK, here's a mouth-watering recipe that will surely make your family sit up and take notice. As an added bonus, when you prepare this, it makes the whole house smell great. Try it tonight, then send me an email and let me know how it goes!

Serves 2

- 4 Southern Foods center cut boneless pork chops, thawed
- 2 tablespoons olive oil
- salt and pepper to taste
- ¼ cup chicken broth
- ¼ cup dry white wine (such as sauvignon blanc)
- ¾ cup pineapple preserves
- ¼ cup Creole mustard
- 1 tablespoon cider vinegar
- dash of Tabasco sauce
- 2 tablespoons light brown sugar

1. Heat a large skillet over medium high heat for one minute. Season the pork with salt and pepper to taste. Add the oil to the pan and swirl to coat. Add the seasoned chops and bronze for one minute per side. Reduce the heat to medium and add the chicken broth and wine. Cover and simmer for one minute.



2. Meanwhile, combine the remaining ingredients and add to the pork chops, turning well to coat. Cook the chops, uncovered, for another 2-3 minutes, turning occasionally.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com/kitchen



"You have it so easy. When I was your age, we didn't have spell checkers."

Why Corn Is Good For Your Eyes

According to nutritional expert Andrew Weil, as you age, you might want to consider eating a diet rich in lutein and zeaxanthin. These compounds form the yellow pigment of the retina and absorb blue light, believed to be a potentially harmful component of sunlight.

enough lutein and zeaxanthin, according to the Department of Ophthalmology and Visual Sciences, University of Texas Medical Branch, Galveston: Corn, egg yolk, orange pepper, kiwi fruit, grapes, spinach, orange juice, zucchini (and other kinds of squash).

Research shows that lutein may fight against macular degeneration and cataracts. These compounds are often found in orange and yellow vegetables. Here are some of the best foods for getting



Can Eating Breakfast Keep A Healthy Heart?

People who eat whole-grain breakfast cereal at least seven times a week significantly reduce their risk of heart failure, according to a recent analysis of the Physicians' Health Study. Researchers found that those who ate whole-grain cereals were 28 percent less likely to develop heart failure over the course of the study than those who didn't eat such cereal. Even those who ate whole-grain cereal two to six times a week showed a 22 percent decrease in risk, and a serving once a week reduced risk by 16 percent. When choosing cereals, look for those that list whole wheat, oats, barley, or other grains first on the ingredient list.



Top Costumes For Halloween 2007

According to www.extremehalloween.com, here are the top costumes for 2007:

For boys, Captain Jack Sparrow, Spiderman (black suit), Shrek, Harry Potter.

For girls, girl pirate, Disney Cinderella, Fairy witch.

For babies, Dronkey (baby of Donkey and Dragon from Shrek), Pea in Pod, baby Spidey, toddler lady bug.



Congratulations To The Winner Of Our September Trivia Question!

Congratulations to **Ronny A. Bell of Greensboro** for submitting the first correct answer to last month's trivia question... According to the National Football League Players Association, what is the average annual salary and length of career for most professional football players?

- 1) \$950,000/four seasons
- 2) \$1.1 million/three and a half seasons
- 3) \$2.3 million/seven seasons

The correct answer was **#2, \$1.1 million/three and a half seasons**. Ronny wins one of our country-style apple pies. Now how about you? Care to give this month's trivia question a try?

October Trivia Challenge

We're staying with sports again, so all you baseball fans here's your chance to win! The World Series, baseball's championship best-of-seven series played between the winners of the American League and National League playoffs, begins on Oct. 24. Which two teams hold the record for most World Series wins?

- 1) New York Yankees, St. Louis Cardinals
- 2) Boston Red Sox, Atlanta Braves
- 3) Minnesota Twins, Baltimore Orioles

The **first** correct answer emailed to me at ChefMike@SouthernFoodsAtHome.com wins one of our to-die-for pecan pies!



Eating Apples Protects Your Memory, Heart, And More

Apple season is here and it's time to chalk up another victory for Mom's "apple a day" advice. While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine.

Recent studies at Cornell University have found that apples are loaded with phytochemicals (plant chemicals), many concentrated in the peel, that fight chronic disease and promote health. In particular, apples are high in triterpenoids, which are very potent in retarding tumor growth.

Apples can also preserve memory and help to prevent asthma, diabetes, cancer and heart disease. Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body.

Apples are the best source of quercetin, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of unfiltered apple juice or eating three apples a day boosts production of quercetin.

C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's. Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have six times more antioxidants than the flesh.





President Jimmy Carter



Dale Earnhardt, Jr.



Evel Knievel



Tom Petty

October Celebrity Birthdays

President Jimmy Carter

Kelly Ripa, TV host

Gwen Stefani, singer

Bill Elliott, race car driver

Donna Karan, fashion designer

Dale Earnhardt, Jr., racecar driver

Penny Marshall, actress

Evel Knievel, motorcycle stuntman

Evander Holyfield, boxer

Tom Petty, singer

Dwight Yoakam, singer

Plains, GA

Stratford, NJ

Anaheim, CA

Dawsonville, GA

Forest Hills, NY

Concord, NC

New York, NY

Butte, MT

Atlanta, GA

Gainesville, FL

Pikeville, KY

Oct. 1, 1924

Oct. 2, 1970

Oct. 3, 1969

Oct. 8, 1955

Oct. 9, 1948

Oct. 10, 1974

Oct. 15, 1942

Oct. 17, 1938

Oct. 19, 1962

Oct. 20, 1953

Oct. 23, 1956

Is It Time For Your Reorder?

Isn't October a beautiful month? The weather turns cooler and there are so many wonderful fall recipes and dishes to make. Are you ready to replenish your supply of our nutritious, flavorful food?



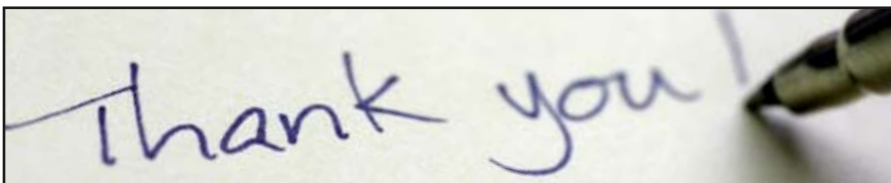
To place your order, please call your personal food economist. Can't remember the phone number? Just call our **24 hour reorder hotline at 866-298-7865** or log onto our website at www.SouthernFoodsAtHome.com/reorders. **Bon Appetit!**

Thank You, Thank You, Thank You!

I want to extend my special thanks to our wonderful clients who referred us last month. I can't begin to express how much I appreciate your friendship and support. **Thank you from the bottom of my heart.**

If you know of a friend or neighbor that could benefit from our service, please don't keep us a secret. As a token of our appreciation, for each referral that joins the Southern Foods At Home family, **you'll receive a \$100 credit and the free dessert of your choice** with your next reorder! I hope you'll consider referring us not just for the \$100 reward but because you believe we provide healthier, better food. To refer a friend, you can simply go to www.SouthernFoodsAtHome.com/referrals and fill out the easy referral form. We'll take special care of your friends and even give them a complimentary French Silk Pie as a **surprise gift from you!**

Thanks in advance for your support!



What's In Your Pocketbook?

A recent study by researchers at the University of Arizona tested 50 purses for harmful bacteria and discovered that one in four handbags was contaminated with E. coli, the bacteria found in human and animal waste. Many more were carrying other bacteria, such as staphylococcus aureus and salmonella.

Researchers advise using a disinfectant wipe daily on your purse and, when in public spaces such as restrooms, suggest hanging your bag rather than placing it on the floor.

It's also a good idea to avoid putting your purse on countertops or anywhere food is prepared.



Easy Weight Loss Tip

Judith Beck, author of *The Beck Diet Solution*, says a simple weight loss trick is not to eat standing up. "We fill up on snacks at parties, take free samples in the grocery store, nibble as we prepare meals, sneak bites of food as we clear the dinner dishes," she says. "Food that we eat standing up is usually food that we didn't plan to eat. We consume more calories than we realize this way."



Mark Your Calendar

Columbus Day

Oct. 8

Annual observance of Christopher Columbus's discovery of the new world.



Halloween

Oct. 31

Ancient pagan festival now celebrated by dressing up in costumes and trick or treating.



Small Bites Add Up

Before you reach into that Halloween stash, you might want to check out the caloric implications. These are the calorie counts for typical bite-sized candies:

20 pieces of candy corn	100
1 Hershey's Kiss	25
1 mini Tootsie Roll	25
1 mini bite-size candy bar (Snickers, Milky Way, Butterfingers etc.)	55
1 Fun Size M&M packet - Plain or Peanut	90
1 mini Reese's Peanut Butter Cup	33



Pumpkin Carving Tip

Whether you're making a pie or carving a jack-o-lantern, don't bend your serving spoons or sprain your wrist scooping out pumpkin seeds. Instead, use a sturdy one-piece ice cream scoop.



- Inside this month's issue:
- ◆ Recipe Of The Month - Boneless Pork Chops with Pineapple Wine Sauce
 - ◆ Why Eating Apples Protects Your Memory, Heart, And More
 - ◆ October Trivia Challenge

The Newsletter For Better Living
at home Since 1954

Southern Foods *

Southern Foods At Home
3669 N. Peachtree Rd, Ste. 200
Atlanta, GA 30341
866-571-4921

Presorted
First Class
US Postage
PAID
Rome, GA
Permit No. 79