



*Chef Mike – Executive Chef,  
Southern Foods At Home*

## A Message From Chef Mike

Welcome to the March edition of *The Southern Foods At Home Kitchen!* With **St. Patrick's Day** almost here, you're in *LUCK* because this issue is bursting at the seams with all-new articles, tips, and trivia. Plus, we have an easy and delicious recipe to try out at home.

A few highlights this month include an easy weight loss strategy that anyone can use (swimsuit season isn't too far away), a feature on one of our most popular products, and even a green recycling tip!

I always **love hearing from you**, so if you have thoughts, comments, or feedback for me on this newsletter, my recipes, or anything else, please e-mail me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). Enjoy the wonderful beginning of spring and thank you so much for your business.

## Southern Foods At Home Recipe Of The Month

### Grilled Flat Iron Steaks With Asparagus (Plus Raspberry Sauce For Cheesecake)

What could be better than grilled steak topped off with an All-American dessert like cheesecake? Trust me, this is a meal that will make you a STAR in your home. Try it for yourself and don't forget to email me and let me know how it goes!

#### Steaks and Asparagus:

- 4 Southern Foods flat iron steaks
- 2 tablespoons of olive oil, divided
- Your favorite steak seasoning
- Southern Foods asparagus, thawed and trimmed
- Salt and pepper to taste



1. Heat your grill on high for about 20 minutes. Rub the steaks with one tablespoon of olive oil and season to taste. Grill them on high heat for 2 minutes per side to create grill marks.
2. Lower the heat of the grill to medium-low and continue to cook the steaks until they are just done. Toss the asparagus with the remaining olive oil and salt and pepper. Add them to the grill to cook as the steaks finish.

#### Raspberry Sauce for Cheesecake

- 1 bottle of Andre pink champagne
- ¼ cup of sugar
- 1 bag (16 oz.) of frozen raspberries
- 1 tablespoon of fresh lemon juice



1. Combine the pink champagne and sugar in a large pot and simmer over medium-high heat until the liquid is reduced by about ¾.
2. Add the frozen raspberries and simmer for about 5 minutes. Strain the mixture and cool it in the refrigerator. Add the fresh lemon juice and stir well before serving. Spoon the sauce onto serving plates and top with Southern Food's cheesecake.

You can watch a video demonstration of me preparing this delicious recipe at [www.SouthernFoodsAtHome.com](http://www.SouthernFoodsAtHome.com)!

Enjoy!  
Chef Mike



"The new diet not working out too good, huh, Frank?"

## Welcome To New Clients!

Here are some of our new clients who became members of my Southern Foods At Home family this past month. I'd like to welcome you and wish you all the best:

**Wayne & Lisa Bridgers; Jason & Karrie Clark; Kevin & Allyson Elliott; Jackie & Beth Gammons; Lyndall & Jennifer Honeycutt; Luke & Lori Hooker, Jr.; Christian & Emily Lannie; Brent & Jan Mizelle; Frank & Tonya Moore; Eddie & Lanie Peden; Stephen & Monica Price; Jason & Theresa Runnels; Brian & Vicky Sine; Harold & Robin Smith; George & Lisa Taylor; Ginger Weston; Jhamel Williams; Jeff & Hannah Wilson; William & Peggy Winslow.**

*Welcome*

## Congratulations To The Winner Of Our February Trivia Question!

Congratulations to **Cindy Bibb of Fair Play, SC** for submitting the first correct answer to last month's trivia question:

Celine Dion's "My Heart Will Go On" is the theme song for which 1997 blockbuster movie?

1. Men in Black
2. The Matrix
3. Fools Rush In
4. Titanic



The correct answer was "4," Titanic. Now it's your turn to try your luck at this month's trivia question!

## March Trivia Challenge

OK, let's get in the **St. Patrick's Day** spirit with this month's challenge! Celebrated on March 17th, St. Patrick's Day commemorates what anniversary? Is it his...

- a. Birth
- b. Death
- c. Date of Sainthood
- d. Baptism



The first correct answer emailed to me at **ChefMike@SouthernFoodsAtHome.com** wins **one of our creamy New York-style cheesecakes!** If you win, remember to try my delicious raspberry sauce to top it off!

## One Happy Customer!

Pictured is **Brian Squillace**, 21, of Jacksonville, Florida raiding the freezer after his food delivery arrived. *Now that's what we call an enthusiastic customer!*



## Welcome Back!

**Larry and Mary Snead, of Oak Island, NC**, recently returned to Southern Foods At Home after some time away, and they are thrilled to be back! Larry tells their story:



*Larry (above) recently lost 152 lbs. by eating right and exercising. Way to go!*

"I was a regular customer from January 1996 to May 2003. I retired in April 2003, and my wife and I decided that we would have more time and less money, so we would shop the "old-fashioned" way at the local grocery store. Well, we probably would have been

back sooner if it had not been for the blessing of a local chef who rescued us. You see, the local grocery store simply does not have the quality to which we had become accustomed. Until recently, our chef was providing high-quality and nutritious meals. It was when she became less available that we placed our recent order. We are even more pleased than before. The same high quality is there, and the delivery, now that it is handled via FedEx, is more convenient, and there is less turn-around time from order to delivery. Thank you for still being there and we are glad to be back!"



## Cooking From The Core

One of the trickiest (and most important) parts of cooking is preparing your food so that it is **evenly heated all the way through**. Lake Industries' oil core skillet has always been one of our most popular products, because it uses ingenious technology to ensure your food comes out perfectly each time.



The skillet is designed to create a water seal between the cover and the edge of the pan, which seals in moisture and maintains consistent heat throughout. To ensure that heat is distributed evenly over the entire cooking surface, a special-grade, high-temperature oil is sealed between the layers of stainless steel that make up the skillet. The oil core will even keep your food hot after you unplug the skillet, **so your family can enjoy a warm meal no matter what time they come to the table.**

For more information on this wonderful product you can visit Lake Industries' website at [www.lakeindustries.com](http://www.lakeindustries.com) or call **Connie Catalano at 866-571-4921.**

## Thanks For The Kind Words!

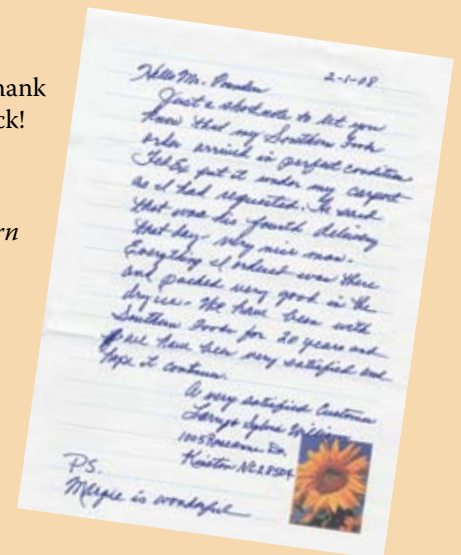
We recently received the following letter from **Larry and Sylvia Williams of Kinston, NC**. Thank you so much; we always appreciate your feedback!

*Hello Mr. Pounders,*

*Just a short note to let you know that my Southern Foods order arrived in perfect condition. FedEx put it under my carport as I had requested. He said that was his fourth delivery that day—very nice man. Everything I ordered was there and packed very well in the dry ice. We have been with Southern Foods for 20 years and we have been very satisfied and hope it continues.*

*A very satisfied customer,  
Larry & Sylvia Williams*

*P.S. Margie, our food economist, is wonderful!*



## Simple Weight Loss Secret

According to Dr. David Katz, author of *The Way to Eat*, **the key to successful weight loss** is to eat three small meals throughout the day, interspersed with healthy mid-morning, afternoon and evening snacks. **Frequent small meals help the body burn calories more efficiently and discourage overeating.**



One way to do this is to take a “**half-now, half-later**” approach. Save half of your breakfast for a mid-morning snack. At lunch, put aside half of a sandwich for an afternoon snack. Then, at dinner, save your dessert for the evening. You’ll be amazed at how spacing out six small meals a day will help you to feel satisfied and avoid hunger pangs and binge eating.

## Happy Anniversary Margie and Janice!

Our heartfelt congratulations go out to food economists Margie Bandiero (pictured left) and Janice Tanksley. Margie celebrated her 30th anniversary with the company in January and Janice recently celebrated her 25th year with Southern Foods!

Ladies, thank you for your many years of service. You are appreciated!

## It’s Time To Fire Up The Grill!

Spring fever is in the air! With the first official day of spring on March 20, it’s time to break out the ol’ grill and plan a get together with family and friends. And what better to offer your guests than our delicious, nutritious steaks, chops, burgers, and filets? If it’s time to restock, please contact your personal food economist today.

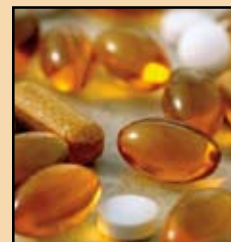
### Three Easy Ways To Place Your Order:

1. **Call** or e-mail your personal food economist.
2. **Log onto** our convenient website at [www.SouthernFoodsAtHome.com/reorders](http://www.SouthernFoodsAtHome.com/reorders).
3. **Or call** our 24-hour reorder hotline at **866-298-7865**.



## Don’t Rely On Vitamins Alone

Many people believe that taking a multivitamin means that they don’t have to watch what they eat. However, Dr. Isadore Rosenfeld, a professor of medicine at New York Hospital Weil Cornell Medical Center, disagrees. “Even the best multivitamins don’t provide all the nutrients you need and are not a substitute for a healthy diet,” he says. **“It’s much better to fulfill your vitamin and mineral needs from food sources.”** In addition, some nutrients and vitamins, such as beta-carotene and Vitamin E, can be harmful when taken in the high doses available in some vitamin pills.



## The Southern Foods At Home Spotlight!

Who’s in the spotlight this month? Just our wonderful clients who referred us last month, that’s who. **A heartfelt thank you to:**

- **Kevin & Allyson Elliott** of Boiling Springs for referring Thomas and Melanie Peden
- **Roy & Nancy Thomas** of Martinsville for referring James and Elizabeth Gammons
- **Christopher & Jan Mizelle** of New Bern for referring Rhonda Cobb Roper
- **Chad & Amy Ingle** of McLeansville for referring Stephen and Monica Price
- **Phillip Covington** of Waxhaw for referring William and Lori Duncan
- **Robert & Rhonda Lyons** of Washington for referring Robert Lewis Jones
- **Kevin & Allyson Elliott** of Boiling Springs for referring Ethan and Donna Burroughs
- **Gloria McCreary** of Mount Airy for referring David and Dianne Lawson

If you know of a friend or neighbor who 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](http://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! Thank you for your loyalty and support!

## Going Green - Recycling Hangers

According to Bob Kantor, CEO of HangerNetwork, a company that makes recycled paper clothes hangers, 3.5 billion wire hangers wind up in U.S. landfills each year and they can take over 100 years to degrade. If your dry cleaner doesn’t use the new paper hangers yet, **return your wire ones to the cleaners**. Each hanger costs about 8 cents, so they’ll be happy to take them. Most **thrift stores need wire and plastic hangers** as well. When buying new clothes, leave the hangers at the store.

Every little bit helps **keep our planet green!**



## Mark Your Calendar

### Daylight Savings Time March 9

Don't forget to change your clocks.



### St. Patrick's Day March 17

Honors the patron saint of Ireland.



### Spring Equinox March 20

The first official day of spring.



### Easter Sunday March 23

Christian festival celebrating the resurrection of Christ.



## Quotable

You're happiest while you're making the greatest contribution.

- Robert F. Kennedy



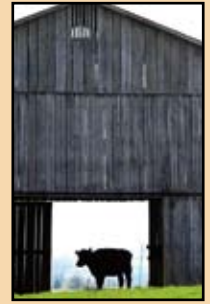
There is more to life than increasing its speed.

- Mahatma Gandhi



## California Beef Recall Makes The News

You've probably heard about the recent beef recall, initiated in California after federal officials discovered that a meat manufacturing plant had allowed sick or crippled cattle to be processed without the required inspection. If you saw the undercover video, it was truly appalling how these animals were treated.



I hope it goes without saying, but just for the record, Southern Foods never has and never will do business with companies like that. All of our beef is the **highest quality available** and is always USDA inspected. In fact, **we have a USDA inspector that works in our facility full-time** (unlike the one in California).

Aside from the fact that our food tastes great and is nutritious, a big benefit of being a Southern Foods customer is that you don't have to worry about the safety of your food. We only provide you with the best and will continue to do so.

◆ It's Time To Fire Up The Grill!

◆ Simple Weight Loss Secret

◆ Southern Foods Recipe Of The Month - Grilled Flat Iron Steaks With Asparagus

Inside this month's issue:

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