



Chef Mike – Executive Chef,  
Southern Foods At Home

## A Message From Chef Mike

Welcome to the April edition of *The Southern Foods At Home Kitchen!* This issue is loaded with brand new articles to help you prepare delicious, healthy spring meals at home.

We kick things off with a terrific recipe – grilled swordfish steaks with pecan wine sauce.

This is a wonderful break from the “everyday” that truly bursts with flavor. We’ve also included important articles on spring cleaning tips for allergy sufferers, helping your kids live a more active lifestyle, and more.

I always **love hearing from you**, so if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please e-mail me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). Have a great April and thank you so much for your business.

## Southern Foods Recipe Of The Month - Grilled Swordfish Steaks With Pecan Wine Sauce

### Ingredients

- 2 Southern Foods At Home swordfish steaks, thawed
- Instant Gourmet® Original Seasoning, (substitute: any seafood seasoning or salt and pepper) to taste
- 1 tablespoon olive oil

### Pecan Wine Sauce

- 1 tablespoon olive oil
- 3 green onions, sliced white part only
- 1-2 cloves garlic, diced fine
- ½ cup light brown sugar
- ½ cup chopped pecans
- 3 tablespoons white wine (such as chardonnay)
- Water\*



1. Rinse the swordfish steaks under cold water and pat dry with a paper towel. Rub the steaks with the oil and season to taste with the seafood seasoning. Place on a hot, well oiled grill and cook for 3-4 minutes per side (or until the center is just done). Remove the steaks to a clean plate and cover with foil to rest.
2. Heat a large skillet over medium high heat for one minute. Add the oil and green onions and sauté for one minute. Add the garlic and sauté for one more minute. Add the brown sugar, pecans, and wine to the skillet. Simmer until sauce thickens (about 2 minutes). *\*If sauce is too thick, add 1 tablespoon water to the skillet (at a time) until desired thickness.*
3. Place the swordfish steaks on a plate and spoon sauce over top.

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

**Chef Mike**

## Fitting In Fitness

**The American Institute for Cancer Research recommends one hour a day of moderate activity and one hour a week of vigorous activity.** If that seems difficult to fit into your schedule, the institute suggests breaking it down into shorter time periods.

### Here are a few examples:

- Take the dog for a brisk walk in the morning = 15 minutes
- Park the car at the edge of the lot and walk to the store = 5 minutes
- Take the stairs at work instead of riding the elevator = 10 minutes
- Garden or play softball with your kids after school = 30 minutes

For vigorous activity, play tennis on the weekend or try some brisk hill walking.



"We're moving to a higher tax bracket!"

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

Congratulations to **Geneva Ashley of Whiteville, NC** for submitting the first correct answer to last month's St. Patrick's Day trivia question:

Celebrated on March 17th, St. Patrick's Day commemorates what anniversary?

Is it his...

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



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

## April Trivia Challenge

This month's challenge is a real "gem". If you were born in April, you might know this one. Which of these is April's birthstone?

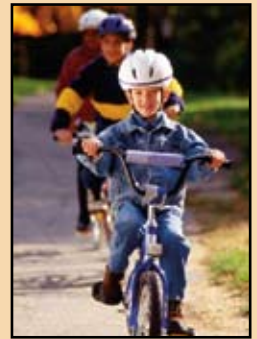
- a. Peridot
- b. Garnet
- c. Amethyst
- d. Ruby
- e. Diamond



The first correct answer emailed to me at **ChefMike@SouthernFoodsAtHome.com** wins one of our legendary **Key Lime Pies!**

## Getting Kids Active, Keeping It Fun

All Jack likes to do is sit at the computer. He's only 9, but already his lifestyle is sedentary and his weight isn't what it should be. As a concerned parent, you encourage him to exercise: You tell him how important it is and that it's good for him. And if Jack's like most children, your explanation got you exactly . . . nowhere! So what can you do? [Try some of these kid-friendly tactics:](#)



- Don't use the word *exercise*. Instead, use words such as *fun* and *play*.
- Keep a stock of items that your child can get active with: beanbags, jump ropes, kick balls, hula hoops.
- Suggest a party or get-together for your child and his or her friends during which they can play active games like "Red Light, Green Light" and "Simon Says."
- Sculpt your approach around your child's natural interests. If your child loves to read, suggest riding a bike to the library to get books. If your child loves surfing the Internet, ask him or her to research a topic—gardening, for instance; then plant one together. If your child's passion is video games, buy one that incorporates body movement, such as "Dance Revolution."
- Plan a nature walk or a day out skating, swimming, or any other active endeavor your child enjoys.
- If your child is a TV-watcher, take advantage of the commercials. Suggest doing a little cardio movement (just don't call it cardio!) before the show resumes: walking up and down some stairs, seeing who can do more toe touches or jumping jacks, or marching in place and counting the steps.
- If your child is a pet-lover, ask him or her to take the dog for a walk or race with the dog in an enclosed area.
- If you need something from the store, ask your child to walk there with you. Play "I-Spy" or other such games along the way.

## Welcome To New Clients!

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

**Ethan & Donna Burroughs, Russell & M. Alison Dixon, Jimmy & Janet Dorsett, Bill & Lori Duncan, Scott & Jennifer Hawks, Doris Holleman, Lewis & Jennie Jones, David & Dianne Lawson, Sr., Harry & Jayne Meisell, Joyce Patrick, Adam & Heather Smith.**

## April Showers Bring May... Appetites!

Spring is finally here for good! There's no better way to celebrate the warmer weather than with our beautiful steaks, roasts, chops, filets, other top of the line selections. Our nutritious and delicious food always fits the bill whether you're serving ten or preparing an intimate dinner for two. Are you ready to restock for spring? Please contact your personal food economist today and she'll be happy to help you with your reorder.

### 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**. Your food economist will return your call in short order.





Jackie Chan



Emma Thompson



Roy Clark



Jennifer Garner

## April Celebrity Birthdays

Merle Haggard, singer	Bakersfield, CA	April 6, 1937
Jackie Chan, actor	Hong Kong	April 7, 1954
Steven Seagal, actor	Lansing, MI	April 10, 1951
Al Green, singer	Forrest City, AK	April 13, 1946
Emma Thompson, actress	England	April 15, 1959
Roy Clark, singer	Meherrin, VA	April 15, 1933
Jon Cryer, actor	New York, NY	April 16, 1965
Jennifer Garner, actress	Houston, TX	April 17, 1972
Al Unser, Jr., race car driver	Albuquerque, NM	April 19, 1962
Ryan O'Neal, actor	Los Angeles, CA	April 20, 1941
Jack Nicholson, actor	Neptune, NJ	April 22, 1936
Kelly Clarkson, singer	Fort Worth, TX	April 24, 1982
Renee Zellweger, actress	Katy, TX	April 25, 1969
Casey Kasem, radio personality	Detroit, MI	April 27, 1932
John Daly, golfer	Carmichael, CA	April 28, 1966

## Spring Cleaning Tips for Allergy Sufferers

It's hay fever and allergy season. If someone in your family suffers from allergies, try these suggestions from the Mayo Clinic to help reduce allergens in your home:

- Wash sheets and blankets once a week in water heated to at least 130 degrees Fahrenheit.
- Use allergy-proof covers on mattresses, box springs, and pillows.
- Vacuum carpets and furniture weekly with a vacuum cleaner equipped with a small-particle or HEPA filter.
- Consider removing carpeting, especially where you sleep, if you're highly sensitive to dust mites.
- Bathe cats or dogs on a weekly basis and keep them off the furniture.

## 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:](#)

**Bernice & Lisa Bridgers** of Kenly for referring Thomas & Della Davis, Jr.

**George & Lisa Taylor** of Clemmons for referring Wesley & Laura Hauser

**Frank & Carrie Clark** of Walnut Cove for referring Adam & Heather Smith

**S. Mark & Tami Pack** of Mount Airy for referring James & Janet Dorsett

Do you know of a friend or neighbor who could benefit from our service? If so, 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!



## Fresh Herbs for Health

Fresh herbs normally contain more healthful antioxidants than the dried variety. And according to recent research by the U.S. Food and Drug Administration, some fresh herbs are even higher in antioxidants than fruits and vegetables.

Researcher Shioh Wang found that fresh oregano contains 42 times more antioxidant activity than apples, 30 times more than potatoes, and 12 times more than oranges. Other herbs with high levels of antioxidants include dill, thyme, rosemary, and peppermint. **Now that spring is here, why not consider your own herb garden?** Not only are these spices good for you but they will really bring your recipes to life!



## Project Of The Month: Making Sachets

If you want your clothes and linens to smell **springtime fresh** all year round, go to a local florist and grocery store to gather the ingredients for these herbal sachets:

- ❁ 1/2 pound lavender flowers
- ❁ 2 tablespoons sea salt
- ❁ 1 tablespoon dried mint
- ❁ 1 tablespoon dried thyme
- ❁ 1 teaspoon ground caraway
- ❁ 1 teaspoon ground cloves

Strip the lavender blooms from their stems and mix with the rest of the ingredients. Place two tablespoons of the mixture in small 4x4 inch squares of cotton or silk cloth. Gather the four corners together and securely tie with string. Place in closets, drawers, and boxes. In addition to a pleasant scent, these sachets will protect against insect infestations.



## Mark Your Calendar

### Earth Day April 22

To draw attention to accelerating the transition to renewable energy worldwide. For more information, go to [www.earthday.net](http://www.earthday.net).



## Just Your Cup of Tea

Health experts have long held that **tea lowers the risk of heart disease, stroke, and possibly some cancers**. Now British researchers at the University College London are saying that tea lowers stress. In a study, half the participants drank four cups of black tea a day; the other half drank similarly tasting tea but without active tea ingredients.

After six weeks, **the real tea drinkers had lower levels of the stress** hormone cortisol than the ones who had been drinking the placebo tea. High levels of cortisol can weaken the immune system, increase blood pressure, and lead to unwanted fat storage in the abdomen.



Inside this month's issue:

- ❖ Southern Foods Recipe Of The Month
- ❖ Grilled Swordfish Steaks With Pecan Wine Sauce
- ❖ Getting Kids Active, Keeping It Fun
- ❖ Spring Cleaning Tips for Allergy Sufferers

**Southern Foods** ★  
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