



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

## A Message From Chef Mike

Welcome to the May edition of *The Southern Foods At Home Kitchen!* This month I've got a recipe that you're truly going to love – a gorgonzola hamburger with grilled Vidalia onion. This is what I call a “**fence leaner**”. When you're cooking this, the aroma from the grilled onions and bullion is irresistible. All the neighbors lean

over the fence and say, “Hey, whatcha grilling?” Better make a few extras because you might pick up a few guests. You'll see.

Next, we've got a special interview for you. We're always talking about how much healthier our food is, but would you like to hear

what a professional dietician has to say? We sat down to talk with Dana Yarn, who by the way is such a big fan of our food, she's also a client.

Finally, I want to wish all the moms a very happy Mother's Day. Anybody can *take* mom to dinner, so why not do something really special for your mom this Mother's Day and *make* her dinner? You'll avoid the long restaurant waits, and she'll appreciate it even more because it came from YOU.

Thanks for all your emails last month. I always love hearing from you. 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 May and thank you so much for your business.

## Southern Foods At Home Recipe Of The Month Gorgonzola Burger With Grilled Vidalia Onion

### Per Burger

- ¼ pound ground beef
- 1 tablespoon crumbled gorgonzola cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon fresh chopped rosemary

1. Combine all of the ingredients in a large bowl except for the cheese. Roll the ground beef into a ball and insert your thumb to make an indentation half way through. Place the cheese in the hole and form the beef around the cheese. Flatten to a burger.
2. Place on pre-heated grill over medium heat. Grill until well done. Serve on toasted bun with your favorite fixings.

### Per Vidalia Onion

- 1 Vidalia onion
- 1 tablespoon butter
- Worcestershire sauce
- 1 beef bullion cube
- ½ teaspoon dry mint leaf
- 2 square sheets aluminum foil

1. Core out the middle of the onion and remove skin. The hole should be 1½ inches wide and should not go all of the way through.
2. Place the butter in the bottom of the hole. Add the bouillon cube and fill up the hole with the Worcestershire sauce. Sprinkle the top with the mint leaf and wrap in the foil. Be careful to keep the onions in the upright position.
3. Place on hot grill over medium high heat. Cook for 45 minutes to one hour before grilling your meat. Remove from foil and enjoy!



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



## The Lowdown On Energy Bars

Energy bars may seem like a healthy alternative to candy bars, but many nutritional experts say that some brands - particularly the ones with chocolate - are very high in calories. In fact, some “nutritional bars” have as much or more sugar and fat as a standard sized chocolate bar. To make a better choice, compare calories and opt for a lower calorie bar with **less than two grams of saturated fat and at least three grams of fiber.**



## 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:

Christopher & Nicole Bass; Mike & Beth Bottoms; John & Becky Brenseke, Jr.; Benjamin Brooks & Donna Oakley; Jerry & Judith Cooke; Johnny & Josie Davis, Jr.; Larry & Glori Frye, Jr.; Alton & Judy Griffin; Kenneth Manning Jr.; Danny & Shanelle Marcengill, Jr.; Neil & Darlene Martone, Jr.; Mike & Carole Mitchell; Raymond & Catherine Oakes, Jr.; Jason & Melinda Pegg; Charles & Radell Rasmussen; Steve & Carol Satterfield; David & Jerri Sigmon; Johnny & Keevy Woodruff.

## Why You Should Bag The Big Bags

The American Chiropractic Association says that the giant handbag trend is causing a number of women to develop neck and shoulder pain, as well as headaches. Many large fashionable bags can easily hold 10 to 15 pounds, but the ACA says handbags should weigh no more than one to two pounds fully loaded.



## Why Mom Was Right About Washing Your Hands

It turns out mom was right. According to Dr. Chris Coulter, chief medical officer for Precept, a health management provider, washing your hands five to six times a day decreases your chances of getting sick by 50 percent. "For most people, that means washing them for 20 seconds every time you go to the bathroom, before and after meals, and after taking public transportation," he says. So make sure your little ones listen to mom and wash up!



## 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 & Kelly Thompson of Mount Gilead for referring Larry & Glori Frye, Jr.

Warren & Lori Hooker of Lowgap for referring Johnny & Keevy Woodruff

Danny L. Marcengill, Sr. of Seneca for referring Danny & Shanelle Marcengill, Jr.

Robert & Jennie Jones of Washington for referring Alton & Judy Griffin

Charles & Radell Rasmussen of Washington for referring Kenneth Manning, Jr.

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!



## Southern Foods At Home Client Profile – Building A Healthy Lifestyle With Dana Yarn

When it comes to eating healthy and choosing the right foods, Dana Yarn is an expert. Though a new Southern Foods client, she has quickly become one of our biggest fans, and is continually referring new customers. That's because Dana knows good, nutritious food when she sees it. She is a **registered dietician and nutrition coach** with Life Time Fitness in Lawrenceville, GA.

Dana had a romantic introduction to Southern Foods a few months back. After one of her clients referred her to the service, Dana and her husband, Ben, enjoyed their first Southern Foods dinner together on Valentine's Day. They quickly fell in love with the service and have been using it ever since.

"For me, there are two huge benefits to using Southern Foods At Home," Dana says. "The health aspects are great, of course. Being a dietician, I was so turned on by the idea of fresh, uncontaminated meat." With all the current talk about unsafe beef, Dana loves knowing that she can trust the hormone-free meat that Southern Foods delivers to her. "The other big benefit is the convenience," she says. "I have a busy schedule, and **having the food delivered from FedEx, ready to go is such a big help to me.**"

Working cooking and shopping time into a busy schedule can be difficult for everyone, and for Dana it is especially tricky. She has worked with Life Time Fitness since October (she previously worked as a fitness director at Chateau Elan), and her schedule is packed with one-on-one consultations and nutrition coaching, fitness classes, and personal training.

Over the past several months, Dana has referred many of her clients to Southern Foods At Home. "I always emphasize the convenience," she says. "One of the main complaints I hear from my clients is that they just don't have the time to cook and shop for food with a healthy mindset. Southern Foods At Home is a great solution."

If you'd like to share your Southern Foods story with us, feel free to e-mail it to [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). You could be featured in an upcoming newsletter!





Randy Travis



Emmitt Smith



Drew Carey



Colin Ferrell

## May Celebrity Birthdays

**Randy Travis, singer**

**Willie Mays, baseball hall of famer**

**Bobby Labonte, race car driver**

**Yogi Berra, baseball hall of famer**

**Stephen Colbert, comedian**

**Emmitt Smith, former football player**

**Al Franken, comedian**

**Drew Carey, actor/game show host**

**Brian Urlacher, football player**

**Henry Kissinger, former Secretary of State**

**Gladys Knight, singer**

**Colin Farrell, actor**

**Marshville, NC**

**Westfield, AL**

**Corpus Christi, TX**

**St. Louis, MO**

**Charlestown, SC**

**Pensacola, FL**

**New York, NY**

**Cleveland, OH**

**Lovington, NM**

**Fuerth, Germany**

**Atlanta, GA**

**Dublin, Ireland**

**May 4, 1959**

**May 6, 1931**

**May 8, 1964**

**May 12, 1925**

**May 13, 1964**

**May 15, 1969**

**May 21, 1951**

**May 23, 1961**

**May 25, 1978**

**May 27, 1923**

**May 28, 1944**

**May 31, 1976**

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

Congratulations to **Nonie Sowers of Whiteville, NC** for submitting the first correct answer to last month's "gem" of a trivia question:

Which of the following is April's birthstone?

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



The correct answer was "e", diamond! Nonie won one of our legendary Key Lime Pies. Now it's your turn to match your wits in this month's trivia question!

## May Trivia Challenge

Which holiday was made *official* on May 9th, 1914?

- a. Arbor Day
- b. Groundhog Day
- c. Mother's Day
- d. Father's Day
- e. Mardi Gras



The first correct answer emailed to me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com) wins one of our creamy **French Silk Pies!**

## Project Of The Month - Preserving Memories

This project is a little different than the ones we've presented in the past. According to police and fire departments, photo albums are the number one possession that people regret losing in a flood or fire. **They recommend putting photo negatives or CDs in a watertight envelope and placing it in a fireproof box.**

This is a simple and inexpensive "just in case" project that everyone should do, but is often overlooked. Simply collect photo negatives from your various albums or drawers around the house. Older photos without negatives can be scanned by any photo center. Digital photos can be backed up onto CDs or DVDs.

Watertight envelopes and fireproof boxes can be found in many discount and office supply stores. While you're at it, you may want to consider storing important documents like birth certificates and passports there as well.

## Memorial Day Grilling At It's Finest!

Memorial Day is considered to be the unofficial start of summer. Many will head to the lake or beach, or just get together with friends for a barbeque and good conversation. If your holiday plans include cooking out, by all means make sure you bring the good stuff – beef, chicken, poultry, and seafood from Southern Foods. You'll impress your guests when they taste the difference! Please get your reorder in early, to allow plenty of time for delivery before the holiday.

### Two Easy Ways To Place Your Order:

1. Call your personal food economist at **866-571-4921**
2. Log onto our convenient website at [www.SouthernFoodsAtHome.com/reorders](http://www.SouthernFoodsAtHome.com/reorders)

## Mark Your Calendar

### Mother's Day, May 11

According to the U.S. Census Bureau, there are 82.5 million mothers in the United States, with 4 million women giving birth each year. Most American women will have two children in their lifetime compared to 17th century women who had an average of 13 children.



### Memorial Day, May 26

To honor those who have died in battle. Also known as Decoration Day, because of the tradition of decorating the graves of service people.



## When It Comes To Sunglasses, Color Matters

Does it matter what color the lenses of your sunglasses are as long as they have the UV protection tag on them? According to Ladies' Home Journal Health Journal, it does. Columbia University professor of ophthalmology Janet Sparrow says, "The blue light spectrum in sunlight is particularly dangerous." This is because it can create free radicals, unstable oxygen molecules that may precipitate macular degeneration, the most common cause of vision impairment in the United States. That's why you should avoid sunglasses that have blue-tinted lenses - they don't filter out any blue light. A better choice, according to LHJ, is yellow or amber tints for your lenses because they are more effective at reducing the amount of blue light that might reach your eyes. Dark tinted glasses will reduce your overall exposure to all wavelengths of light. Also choose glasses that protect against both UVA and UVB rays.



## Simple Way To Prepare Broccoli On The Grill

It's a great addition to a deck party or grilling outside at a picnic. In her book *Super Natural Cooking* (Celestial Arts, \$20), author Heidi Swanson says here's how to do broccoli on the grill. The first step is cutting each head of broccoli into crosswise sections about as thin as a pencil. Then add a little olive oil. Cook in a metal basket with the grill covered for five minutes or less. Drizzle with more olive oil and add a squeeze of lemon juice and ground flaxseeds.

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Inside this month's issue:

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First Class  
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