



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

A Message From Chef Mike

Welcome to the June edition of *The Southern Foods At Home Kitchen!* This month, we're literally bursting out at the seams with a cornucopia of new articles for you. We start out with a terrific recipe of the month that's just perfect for Father's Day – grilled lamb

chops with pomegranate wine sauce. Absolutely divine!

You'll also get an opportunity to meet two special people: Cayci Johnson, the delightful and talented newest member

of our sales team and Josh Louchiey, the gifted young man who is the winner of our Southern Foods Student Athlete Scholarship. Of course, you'll find fresh updates in our regular columns, too. So grab a cold beverage, relax in your favorite chair, and enjoy!

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please email me at ChefMike@SouthernFoodsAtHome.com. Have a great June, a happy Father's Day to all the dads, and thank you so much for your business.

Southern Foods Father's Day Recipe Of The Month - Grilled Lamb Chops With Pomegranate Wine Sauce

Serves 2

- 4 lamb chops
- 1 tbs olive oil
- Salt & smoked pepper to taste

For the Sauce

- 1 cup pomegranate juice
- ¼ cup dry red wine
- 1 tsp fresh chopped rosemary
- 1 tsp lemon zest, chopped fine
- 1 tbs butter

1. Preheat grill on medium heat for 10 minutes. Place Dad in his favorite easy chair or hammock. In the meantime, rub the lamb chops with the oil and season to taste with the salt and smoked pepper.

2. Place the seasoned chops on the hot grill and cook for 2 minutes per side to make the grill marks. Meanwhile, hand Dad the remote to the TV and serve him his favorite beverage. Lower the heat to medium-low and

continue to cook until the lamb chops are medium-rare (130 degrees internal temperature). Remove the chops from the grill and keep warm.



3. Make the sauce by placing the pomegranate juice and wine in a sauce pan. Place over medium-high heat and simmer until liquid is reduced by half. Add the rosemary, lemon zest, and butter and stir until butter melts. Serve immediately to Dad with another glass of his favorite beverage and the sports page.

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

Enjoy! Chef Mike

Nature's Snack Food

For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. **Health conscious people now know that peanuts hold no damaging cholesterol.** Their high protein content makes them a good choice for anyone.

Technically, peanuts belong to the legume family

as do peas and green beans. **In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.** So the next time you get the munchies, consider skipping the chips and grab a handful of heart-healthy peanuts.



Congratulations To The Winner Of Our May Trivia Question!

Congratulations to **Sara Pless of Concord, North Carolina** for submitting the first correct answer to last month's trivia puzzler: 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 correct answer was "c," Mother's Day! Sara won one of our creamy **French Silk Pies**. Now it's your turn to take on the Southern Foods Challenge!

June Trivia Challenge

OK, sports fans here's one for you: Which sport had its first game played on June 19th, 1845, in Hoboken, New Jersey?

- a. Baseball
- b. Basketball
- c. Football
- d. Tennis
- e. Hockey



The first correct answer emailed to me at **ChefMike@SouthernFoodsAtHome.com** wins one of our incredible apple pies, the perfect cap to a summertime cook-out or barbeque!

Your Referrals Are Wonderful!

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 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!

Go Ahead, Spoil Dad This Father's Day. Here's How...

Doesn't dear old Dad deserve the best? This Father's Day, skip the steakhouse and surprise Dad with a special, one-of-a-kind meal at home! Running a little low on your premium Southern Foods steaks, breasts, chops, and filets? By all means, get your reorder in now.

Three Easy Ways To Place Your Order:

1. Call your food economist at **866-571-4921**
2. Log onto our convenient website at www.SouthernFoodsAtHome.com/reorders
3. Email your personal food economist



An Old Friend Returns! The Story In Her Own Words...

The Sam Holshouser Family was a customer of Southern Foods starting in the '70s when we lived in Badin, NC. After Sam's death in 1991, I moved to Asheville, NC and Southern Foods came with me. They helped me with a food program for one person, which worked wonderfully for me!



Sara T. Holshouser

Later, I decided while I was out and about I could buy groceries... and that was fun (at the time). Now I am OLDER...LAZY...and HATE to go to the new 24-hour Ingles grocery store. HATE IT! A friend, while visiting, reminded me of my good ol' days and the wonderful food that we had gotten from Southern Foods!!! THAT MADE ME START THINKING, and thank goodness....I found you online! My question is: Will you let this old person become a customer again??? I am still single, living alone, and STILL hate grocery shopping. I would love to have you back!

Sincerely, Sara T. Holshouser

Note: We are excited to report that Sara placed her first order as a return customer on April 15. She is absolutely THRILLED to be back (and avoiding the grocery store!), and plans to stay with Southern Foods for many years to come.

A Caution On Flavored Waters

They look good, taste good and are hydrating. **But some have almost as many calories as a bottle of regular soda.** The sugar and high fructose corn syrup sweeteners are also absorbed differently. Purdue University reports that when two groups were fed the same number of calories from jelly beans or drinks, the candy group compensated by eating less, but the soda group gained weight.

Don't depend on flavored waters that are fortified with vitamins, herbs, minerals and caffeine. Some have no studies backing up their claims. Others may take you over the recommended daily allowance when combined with food and a daily supplement. If you must have water in a bottle, plain water is good enough on its own.



Meet The Newest Member Of Our Team, Cayci Johnson

We're so proud to introduce you to our newest team member, Ms. Cayci Johnson. Cayci began her professional career as an on-air news reporter for WMBD-TV in Peoria, Illinois after earning a degree in broadcast journalism and Spanish from Illinois State University. Following a move to Atlanta, she decided to return to school for a culinary degree. She recently graduated at the top of her class from the Art Institute of Atlanta and when looking for a career she sought to bring together her communication degree with her culinary degree. Southern Foods is an outlet for both.

Food has always been a passion for Cayci. Moreover, cooking and entertaining in the home is something she would like to see families do more often. **"Whether it be to celebrate a special occasion or simply talk about your day, food brings people together.** It is my goal to inspire folks to get around the dinner table as a family, and working with Southern Foods allows me to provide them with the tools necessary to make those family meals convenient, affordable, healthful, and memorable. With Southern Foods' service, even the busiest people will have time for a family meal."



Cayci in her herb garden

Cayci's love of food began when she was a little girl cooking in her Midwestern grandmother's kitchen. Family meals were a tradition every Sunday and as often as possible during the week. While in college during two trips to Europe, she realized what an impact those meals can make on people and have made on her own life. She studied both in Spain and Italy; the families she came to know and ultimately share meals with were still having daily meals with the entire family. **For those families, their relationships were bonded by the meals they shared.** From her own grandmother's kitchen to a kitchen on the other side of the world, Cayci will always associate food with warmth and togetherness and aspires to do so for others.

Cayci also hosts a weekly talk show in Atlanta (AM 1620) Wednesday mornings at 11:00. The show is designed to give people tips on how to lead a gourmet life on a budget.

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:

Jason & Karen Gainey; Robert & Anmarie Gorman, Jr.; Trip & Donna Hale, III; Ed & Ruth Longbrake; Adam Marion & Matt Boger; Mary McGuire & Levette Hampton; Chris & Doreen Morris; Steve & Kay Norris; Jeff & Kandace Perryman; Jeremiah Sampson; Tom & Sarah Starling, Jr.; Tim & Patti Via

Another Reason To Get Going

It seems like everyday you hear a new reason to exercise. Add this to your incentives to do so: You'll have longer telomeres. Telomeres are caps at the ends of chromosomes, which tend to shorten as people age. Who needs them? Anybody who wants **fewer wrinkles, stronger muscles, and more resistance to disease.** Studies by the University of Medicine and Dentistry of New Jersey and elsewhere show that people who exercise the most have longer telomeres. Authorities at the National Institute on Aging say the finding is "provocative."

Southern Foods Scholarship Awarded!

We are thrilled to announce that the winner of **The Southern Foods Student Athlete of the Year Award is Mr. Josh Louchiey.** Josh, who will be entering 9th grade this year, combines intelligence with athleticism, making him a role model for his peers and other members of the community.

Born in the United Kingdom, Josh moved to Atlanta with his parents in 2004, and has been recognized for both his academic and sporting achievements. **He maintains a 4.0 grade point average, and even took the SAT in eighth grade through the Duke TIP program, earning a very high score.**

Josh has also been a leader on the playing fields, acting as captain of the football team, captain of the basketball

team, and a member of the track team. This past year, he won the prestigious Golden Helmet Award from Coca-Cola. The award is presented to just one student each year in celebration of exceptional accomplishments in both academics and athletics.

The scholarship will be applied to a two-week student leadership program, called People to People, at Harvard University this summer. This program is offered by invitation only to students like Josh who demonstrate outstanding accomplishments in their schools. Congratulations, Josh! We are proud to present you with this year's scholarship.



Josh Louchiey

Keeping Alzheimer's At Bay With Antioxidants

We all want to keep our minds as clear as possible for as long as possible and it may be as simple as . . . well, apples and oranges (and bananas, too!).

Researchers believe that the brains of Alzheimer's patients are subject to increased oxidative stress, and the resulting dysfunctions are responsible for the nerve degeneration that takes place. So Cornell professor Chang Y. Lee set out to determine which antioxidant-rich fruits provide the best protection against this oxidative stress.

Lee found that unpeeled apples had the highest antioxidant effect, followed by bananas and oranges. Plums, grapes, and cherries also provided strong antioxidant protection.



"Apples, bananas, and oranges in our daily diet along with other fruits may protect neuron cells against neurodegenerative disorders such as Alzheimer's disease," Lee says.

To find out how many servings of fruits and vegetables you should be eating according to your age and level of activity, go to www.fruitsandveggiesmatter.gov/benefits/index.html and select the first link in the text: "How many fruits and vegetables do you need?" The findings were originally published in the Journal of Food Science.

Mark Your Calendar

Flag Day, June 14

To celebrate the anniversary of the American Stars and Stripes.



Father's Day, June 15

64.3 million: The estimated number of fathers in the United States.



First Day of Summer, June 20

Summer begins in the northern hemisphere.



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at home Since 1954

Southern Foods *

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