



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

A Message From Chef Mike

With Thanksgiving around the corner, I'd like to take a moment to express my gratitude to everyone associated with Southern Foods At Home.

That certainly includes our loyal customers, many of whom have been with us for twenty years or longer. And, of course, it also

includes the talented, wonderful team we have here, who work so hard to provide you with the service you deserve. Thank you one and all for everything you do.

I would also like to point out that on November 11th, we honor

the men and women who have defended us, including veterans of the Korean war, Vietnam war, and particularly our most recent group of veterans, those who served in Afghanistan and Iraq.

Certainly, we can all give thanks for these brave men and women, who put their lives on the line to preserve our freedom. They have strengthened our country with their sacrifices and contributions, many of which were beyond duty's call. On behalf of everyone here at Southern Foods, thank you.

As always, 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. Have a joyous and safe Thanksgiving, and thank you for your business. You are most definitely appreciated.

Southern Foods At Home Recipe Of The Month - Smoked Turkey And Homemade Cranberry Sauce

- Smoker
- Thawed turkey, cleaned and rinsed
- Salt and pepper, to taste
- Hickory chips, soaked in water for one hour
- 1 gallon boiling water
- 1 onion, sliced
- 2 tablespoons soy sauce
- 2 tablespoons of your favorite seasonings

1. Set the burner on the bottom of your smoker on high. Season well-cleaned turkey to taste with salt and pepper.
2. Place water pan in smoker and add the boiling water. Add the onion, soy sauce, and seasonings.

For Cranberry Sauce

- 12 oz. fresh cranberries
- 1 cup water
- 1 cup sugar
- 1 tablespoon orange zest
- ¼ cup fresh orange juice



1. Bring water and sugar to a boil, stirring until sugar is dissolved. Add cranberries and orange zest. Reduce heat and simmer 10-15 minutes.

3. Arrange the hickory chips on the burner (or hot coals if your smoker is not electric). Set the mid section of the smoker on the bottom pan that holds the wood chips. Lay turkey on the top rack and place lid on top of smoker.
4. Cook until smoke stops coming out of smoker (about one hour). Open side door of smoker and add 5-6 pieces of soaked hickory. Let the smoker slowly cook your turkey for 3-5 hours (depending on the size of your turkey and the amount of heat your smoker generates). Use an instant read meat thermometer to check for doneness (160 degrees).



2. Stir in the fresh orange juice and transfer to a bowl. Let cranberry sauce cool to room temperature before placing in the refrigerator.

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

Enjoy! Chef Mike

Making Thanksgiving Dinner Special

Turkey, of course, is the main course at Thanksgiving meals in 90 percent of U.S. households. There's turkey and then there is TURKEY! Southern Foods has the most delicious, moist, and flavorful turkey you have ever eaten. The difference between ours and theirs? Our birds are all natural, premium hens raised by Raeford House Farms. These beautiful birds are never injected with artificial flavorings, preservatives, saline, or any other chemicals. It's truly a difference you can taste.

Our November recipe of the month is smoked turkey. I can't think of a better meal to enjoy at Thanksgiving than one of our scrumptious turkeys, slow-smoked to perfection. To help make your Thanksgiving dinner memorable, here's our Southern Foods At Home **Thanksgiving Dinner Special**, including a House of Raeford Turkey.

YOU GET:

- 1 - House of Raeford Turkey 12-14lbs.
- 1 - Traditional Turkey Gravy 21 oz
- 1 - Cornbread Stuffing 6lbs.
- 2 - Creamy Mashed Potatoes, 21oz ea.
- 1 - Sweet Potato Casserole 32 oz
- 3 - Green Bean Almondine, 12 oz ea.
- 1 - Pumpkin Cheesecake

Everything is delivered right to your door for only \$129.99 plus shipping, if applicable. [Just 150 of these special holiday packages are available.](#) To ensure you get yours, please contact your food economist right away.



Two Easy Ways To Place Your Order:

1. Call your food economist at **866-571-4921**, followed by her extension
2. E-mail your personal food economist.

Food Economist	Phone Ext.	Email address
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Doing Our Part



You've no doubt heard a lot of talk lately about how the economy is in trouble. Some have even said the days of American world prominence are over, that our best is behind us.

Here at Southern Foods At Home we're not buying into that for a minute. We believe, as we always have, that America is the greatest country on earth. Yes, economically we may have stumbled, but that's all it is. A minor, temporary setback. The resilience of our economy and our citizens is second to none.

We want you to know that we're doing our part to help our local and national economies. Our gourmet products are sourced right here in America. Our growth and employment, all right here in the good ol' U.S.A.

As far as the future, we're not holding back. In fact, we're growing and expanding. We just consummated a large purchase of new equipment for our Greensboro facility – a testament to our

faith in what the future holds. We're hiring more people; you may have seen our employment ads running in this very same newsletter (and by the way, if you know of talented people who would like to join our winning team, we will even compensate you for the referral. Go to www.SouthernFoodsAtHome.com/recommend for more information).



And we're proud to announce that we were recently named to the **Inc. 5000 list of the fastest-growing private companies in America, number 23 overall in the food and beverage category.** We believe in our employees, our products, our customers, and our country. Our success is because of good friends like you and we will continue to work on your behalf providing the finest beef, chicken, pork, seafood, and other wholesome, nutritious food to the southeast and beyond.

In Our Customer's Words...

Dear Chef Mike,

Your tomato sauce family recipe you printed in your last month's newsletter was fantastic. I am known as the spaghetti sauce queen around this house. Now I have a new and favorite one! With your lean ground beef it was especially delicious.

Thanks!

Dottie Mooney



Keeping It Fresh – Avoiding Boredom In The Gym - Kim Kantor, Ms. Fitness Southeast

Many people start a workout program with the best of intentions, only to “fall off the wagon” a few months later. One of the most common reasons for this is simple boredom. I’ll admit doing the same workout routine week after week can be a little monotonous. So if your workout is a little dull, and you find yourself dreading the gym, try switching things up!

There are many ways to modify your workout routine. You can increase or decrease the repetitions or sets of resistance training exercises you’re doing. If you are splitting up your routine into upper and lower body workouts, try splitting them into pushing (chest/triceps) and pulling (back/biceps) exercises. Or you could liven things up with anterior (chest/quads/biceps) and posterior (hamstring/back/triceps) workouts.

Of course, completely new and different routines will keep

things fresh and interesting. You could try band resistance, plyometrics, aerobic classes, or interval training.

Remember to change your cardiovascular training as well. Instead of walking on a treadmill, try cycling or swimming. If you normally take classes, try an elliptical machine or stair stepper to slow things down a little. When you are reinventing your workouts, the most important thing is to be creative, diverse, and have fun!

I love hearing from you! If you have a fitness-related question, visit my web page at www.SouthernFoodsAtHome.com/fitness.

Have a healthy day!



Eating Right On Thanksgiving - Dana Yarn, RDL

Thanksgiving is a special meal, so feel free to indulge yourself and even overeat. No one can eat perfectly all the time, and what better time to enjoy yourself fully than Thanksgiving. If, however, you’re going to treat yourself, be smart about it. Whenever possible use wholesome ingredients, rather than canned, boxed, or processed items. And substitute healthy ingredients for items that are not good for you.

Cranberries are a traditional side dish that can be made from scratch with ease. Rather than using canned cranberries that are packed with preservatives, pick up a bag of fresh cranberries. Boil them down with lemon juice, orange juice and raw sugar, and you will love this all natural, sweet alternative (see Chef Mike’s great fresh cranberry sauce recipe).

Your family deserves the best, so why go with boxed stuffing when it’s easy to prepare stuffing from scratch. Start out by boiling fresh vegetables in low sodium chicken stock, add cubed whole wheat or multi-grain bread, throw in chicken or turkey sausage and bake in the oven.

Mashed potatoes have a reputation for being a “gut buster.”

You can alter them, making them more healthful, without anyone tasting the difference. First, throw in fresh herbs, such as chives, for color. Rather than loading up the potatoes with butter, use a combination of reduced fat milk and buttermilk. Sweet potato casserole or candied yams are also another favorite side dish. Try a nutritious sweet potato soufflé instead. Boil, peel, and whip sweet potatoes with egg whites, cinnamon, and nutmeg. Fold in heart-healthy roasted pecans or walnuts and bake the soufflé in the oven. Once you taste this delicious side dish you will forget about the marshmallow topped candied yams.

So enjoy yourself this Thanksgiving and don’t worry about counting calories or watching your portion size. A few well-selected ingredients will turn your feast into a fresh and healthy meal that everyone will love and remember.

To watch a video of me preparing some of my favorite Thanksgiving side dishes, check out my blog at <http://eating-right.southernfoodsathome.com>.



October Trivia Winner Revealed!

Congratulations to Elizabeth Copeland of Randleman, North Carolina for submitting the first correct answer to last month’s trivia puzzler: Who was the serial killer in the film “Halloween”?

- a. Jason Priestly
- b. Michael Myers
- c. Dana Carvey
- d. Wayne Campbell
- e. John Wayne Gacey



The correct answer was “b,” Michael Myers! Elizabeth wins a caramel fudge pecan pie! Now, how about you? Are you ready to take on the Southern Foods At Home Trivia Challenge?

November Trivia Challenge

With Thanksgiving almost here, let’s test your holiday knowledge. Which president moved Thanksgiving to the third Thursday of November in order to lengthen the holiday shopping season?

- a. Ronald Reagan
- b. Woodrow Wilson
- c. Franklin Roosevelt
- d. Lyndon Johnson



The first correct answer emailed to me at ChefMike@SouthernFoodsAtHome.com wins a delectable pecan pie!

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:**



TWO MONTHS IN A ROW!

- **Ashley Tew** of Spartanburg for referring John & Heather Seabrook
- **Lawrence Wyrick** of Greensboro for referring Shelton & Tiffany Mayo
- **Richard & Elizabeth Hudson** of Rocky Mount for referring Ronald and Pamela Brown

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!

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; Johnny & Josie Davis, Jr.; Larry & Glori Frye, Jr.; Alton & Judy Griffin; Ed & Linda Griffin, III; Josh & Laura Hauser; Steven & Katherine Kreider; Danny & Shanelle Marcengill, Jr.; Neil & Darlene Martone, Jr.; Raymond & Catherine Oakes, Jr.; Jason & Melinda Pegg; Charles & Radell Rasmussen; Jeremiah Sampson; Steve & Carol Satterfield; Adam & Heather Smith.

Mark Your Calendar

Marine Corps Birthday Nov. 10

Commemorates the Marine Corps' establishment in 1775. Formerly, it was part of the U.S. Navy.



Veterans Day Nov. 11

Honoring all who have served in the military. By Presidential Proclamation since 1926.



Thanksgiving Day Nov. 27

A day for family gatherings and showing gratitude for the good things in one's life.



◆ Eating Right On Thanksgiving

◆ Avoiding Boredom In The Gym

◆ Smoked Turkey & Homemade Cranberry Sauce

◆ Recipe Of The Month

◆ Inside this month's issue:

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Southern Foods ★

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