



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

A Message From Chef Mike

March is here and that means it's time to enjoy exciting college basketball and say hello to spring! Such festive days give us plenty of reason to celebrate. That's why I'm sharing my **recipe for beef fajitas** with you in this month's newsletter – the perfect dish to enjoy while watching the Final Four. Pile on the toppings to these

delectable fajitas, made with our juicy flat iron steaks, and you'll have a hard time getting your friends to leave after the big game!

This month, we're also proud to share some good news with you: Southern Foods At Home, always a supporter of "green" practices, is **now recycling our Styrofoam delivery coolers!** You can find out all the details on how you can participate on page two your newsletter.

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. Happy *March Madness*, have a great month and, as always, thank you so much for your business.

Southern Foods At Home Recipe Of The Month - Beef Fajitas

Serves 4

- 2 Southern Foods At Home flat iron steaks
- Salt and pepper to taste
- 4 tbsp olive oil
- 1 large onion, sliced into thin strips
- 1 red bell pepper, sliced into thin strips
- 1 avocado pitted and sliced into strips

Fajita Toppings

- Sour cream
- Shredded cheddar cheese
- Taco sauce



1. Set skillet to high for one minute. Season the Southern Foods At Home flat iron steaks to taste with salt and pepper.
2. Add 2 tablespoons of oil to the hot skillet and swirl to coat. Then, add the steaks and cook for 2 minutes per side.*

3. Reduce the heat to medium low and continue to cook the steaks, turning often until done to your liking. Remove the steaks and let them rest on the carving board.
4. Add 2 more tablespoons of oil to the pan to coat. Add the onions and peppers and sauté until softened, about 4 minutes. Remove the vegetables and place on serving platter.
5. Place tortillas into a hot non-stick pan and toast for 30 seconds per side.
6. Slice the flat iron steaks into thin strips and place on same platter as the vegetables. Serve immediately with flour tortillas, sour cream, cheddar cheese and taco sauce.

* Flat iron steaks are also great on the grill.

Check out a video demonstration of me preparing these delicious fajitas at www.SouthernFoodsAtHome.com!

Enjoy! Chef Mike

New Referral Program A Big Success!

We're thrilled with your response to our new referral program! It's gratifying to see how you've responded to the newly expanded program, which now offers you three ways to earn a reward.

If you have a friend or neighbor who you think could benefit from our service, please don't keep us a secret! You'll receive a \$100 bonus for each referral that joins the Southern Foods At Home family, **but you'll have three ways to use your reward:**

1. For each referral, get a \$100 credit towards your next reorder and the free dessert of your choice.
2. **NEW!** Use your \$100 credit **immediately** and apply it toward your existing monthly invoice! No need to wait until your next reorder!

3. **NEW!** Save up to 12 referral credits between reorder cycles and **your next reorder is 100% FREE, regardless of size!** (*reorder must be approximately the same size as your previous orders).

I hope you will consider referring us not just for the reward, but because you believe we provide better, healthier food. To refer a friend, please call 866-571-4921 or simply fill out the easy referral form at www.SouthernFoodsAtHome.com/refer. Or you can send me an email to ChefMike@SouthernFoodsAtHome.com. We'll take special care of your friends and even give them a surprise gift from you. Thank you for your support!



Southern Foods At Home Goes 'Green' With New Recycling Program

At Southern Foods At Home, we not only care about what goes onto your table, but we care about how it gets there. Our most recent initiative is just in time for St. Patrick's Day - it's green! To help reduce landfill waste **we are now recycling our Styrofoam coolers.**



Even better, we will give you a credit towards your next order just for helping us! All you have to do is send us back your EPS foam or insulated coolers so we can recycle them. It's easy to participate in this program. Just follow these steps:

1. Break down your clean coolers and pack them inside a cooler which is not broken down.
2. Go to www.FedEx.com to locate the nearest FedEx ground shipping station near you. (You must take the coolers to the shipping station – FedEx will not pick them up from your house). Shipping labels can either be printed online or at the FedEx station.
3. Ship the coolers via **GROUND TRANSPORTATION** to the following address: Southern Foods, 3500 Old Battleground Rd., Greensboro, NC 27410

Once we receive the coolers, **you will receive 100% reimbursement for your ground shipping charges on your account, for use with your next reorder.** That's all there is to it. Reducing landfill waste is something we can all feel good about. Please help us keep the South green!

Is Your Metabolism Burning The Wrong Fuel? *By Dr. Len Lopez*

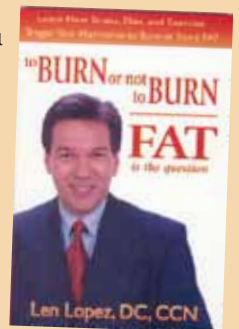
The biggest reason people struggle with fatigue and weight gain is that they are burning the wrong fuel! The body is designed to burn 'calories' to produce energy. It does this by taking calories from the breakdown of carbohydrates, protein (lean muscle) or fats.

Successful weight loss occurs when you burn stored fats for energy. The patients I see who are always struggling with their weight, are burning carbs and proteins - NOT stored body fat. This is also a critical factor for those who suffer from fatigue and lack of energy... because you produce two and a half times more energy when you break down fats for energy versus carbs and proteins.

The first step in overcoming fatigue and weight gain is to find out how well your metabolism is functioning and determine if stress could be your problem. These are huge issues! I encourage you to use my 'Online Health Quizzes' at www.NatraTech.com/health_quizzes.htm to see where you stand.

Don't be confused. Weight loss is not just about how many calories you eat and burn. If you haven't been successful with your dieting results, it could be because you are focusing on the wrong things. Burning the right fuel can dramatically change the results you achieve with your health program.

*Dr. Len Lopez is a nutrition and fitness expert and author of **To Burn or Not to Burn, Fat is the Question.** For more information, visit Dr. Lopez's website at www.drilenlopez.com.*



Are You Ready For Grill Season?

There's nothing like the taste and flavor that comes from outdoor cooking. In fact, what could be better than a good ol' hamburger, hot off the grill?

Spring is the perfect time to throw a few Southern Foods' steaks, chicken breasts, or burgers "on the barbie". Mouth watering yet? If it's time for your reorder, call us today.



To place your order call 866-571-4921 or email your personal food economist.

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Time For The Show!

Here's a rundown of the shows we'll be exhibiting at in March and early April. We love getting reacquainted with the members of our Southern Foods Family, so if you've got some time, come on out and see us! Bring along a friend to sample our gourmet food being prepared right in our booth!

Better Living Expo

Mar 27-29

Salem, VA

Southern Ideal Show

Mar 27-29

Greensboro, NC

Southern Ideal Show

Apr 3-5

Raleigh, NC



Celebrating Seasonal Activity And Foods

By Dana Yarn, RDL



This is the time of year when New Year's resolution hype typically wears off and the gym routine and diet regimen can get a little boring. If you think your motivation is wearing thin, it's time to change your perspective and mindset.

If you feel like you are dragging yourself to the gym...

STOP! Rather than fighting the minutes on the treadmill, find an exercise activity that you truly enjoy. Take sailing lessons, join a tennis team or softball league. Exercise does NOT have to be the standard cardio and strength training routines typically found in fitness magazines.

To break up the monotony of traditional gym workouts, innovative fitness trainers have been known to take their clients on adventurous sessions such as kayaking and rock climbing. Spring is when I personally set up a season of triathlons, so that I have an event to train for, and my workouts have more of a purpose. To me, nothing beats a run or bike ride on a beautiful spring day! If you make an effort to do activities outside, not only will you enjoy yourself, but you'll get into shape without even realizing it!

While you're at it, don't let your nutrition fall through the cracks. Just because you are spending more time outside does not mean you are free to hit the drive through or ice cream shop. Embrace healthy eating with an occasional visit to your local farmer's market for seasonal foods. You could even reward yourself for your nutritional efforts with fresh flowers while you're there. After stocking up, throw some Southern Foods At Home lean meat and seasonal vegetables on the grill for a quick and healthy dinner, or make pre or post workout smoothies with seasonal fruits like berries and mangos.

If you are stuck in an "I eat the same foods every day rut," pick up a cooking magazine or go online and search for new recipes. Don't forget to check Chef Mike's delicious recipes posted every month! Sometimes all you need is a tasty, nutritious meal to remind you that eating healthy does not have to be bland or boring. Happy spring, get out there and have some fun!

To watch my latest video, check out my blog at <http://eating-right.southernfoodsathome.com>.

What Are Health Professionals Saying About Southern Foods At Home?

Just a quick note to compliment you on the incredible service you and your company are providing. Your natural preservation technique to maintain the high quality of the nutritional value of your products goes beyond FDA requirements and the expectations of most consumers. Having worked in the health industry for over 30 years, most of those in primary care, I cannot emphasize enough to my patients the value of eating high quality foods with all the supplied nutrients available at the time of consumption. Southern Foods At Home Foods is dedicated to that concept. Your approach to the provision of quality foods at a reasonable fee for the 'on the go' family provides rapid preparation with enhanced nutritional value. I commend you and encourage you to keep up the good work.

Respectfully Yours,
David C. Baugher, D.C. DABCO
Chiropractic Orthopedist, DeSoto Wellness and Rehab Center

Feb Trivia Winner Revealed!

Congratulations to Linda Schermer of Atkins, VA for submitting the correct answer to last month's trivia puzzler: **Cupid, the quintessential Valentine's Day Symbol was the son of which ancient mythological goddess?**

- a. Aphrodite, Greek goddess of love and beauty
- b. Athena, Roman goddess of wisdom
- c. Venus, Roman goddess of love and beauty
- d. Hera, Greek goddess of marriage

The correct answer was both 'A' and 'C!' According to Greek mythology, Cupid was the son of Aphrodite. But according to Roman mythology, he was the son of Venus. Many of you savvy trivia buffs got this right. To be fair to both ancient mythologies, we've drawn our winner at random from all those who sent in either 'A' or 'C' as your answer. **Congratulations, Linda! Enjoy your French Silk Pie!**

Now how about you? Are you ready to take on the Southern Foods At Home Trivia Challenge?



March Trivia Challenge

The term 'March Madness' first appeared in print over 60 years ago to describe which school's basketball tournament?

- a. Illinois State High School
- b. Alabama State College
- c. University of Kentucky
- d. Tennessee University



Send your answer to me at ChefMike@SouthernFoodsAtHome.com. If your answer is correct, you'll be entered into a drawing to win a delicious Carrot Layer Cake!

The Southern Foods Spotlight!

Thanks to our wonderful clients who've referred their friends and family last month. You are the best! **My heartfelt thanks to:**

- **Robert and Deborah Crowe of Easley** for referring Tommy Joe and Patricia Gilstrap
- **Matthew and Elizabeth Ward of Piedmont** for referring Charles and Janice Ward
- **Martha Vaughan and George Smith of Morehead City** for referring Edward Daugey
- **William and Shannon Baston, Jr. of Moore** for referring Dr. James and Constance Ruffing

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 personally welcome you and wish you all the best:

Katherine Cutler; Joe & Patricia Gilstrap; Cliff & Kim Harmstad; AJ & Lisa Johnson, Michael & Julia Keane; Richard & Shirley Meader, Sr.; Carey & Carol Merritt; Jim & Connie Ruffing; Michael & Lanae Stone; Lateek & Theresa Willie; William & Patricia Willis, Jr.

Chef Mike's Recipe Challenge

Kudos to Sharon Currin of Oxford, NC for correctly answering the question to my recipe challenge.

Q: In last month's Pork with Brandy Cream Sauce recipe, which ingredient is added *after* the cream? **A: The Dijon mustard!** Sharon was randomly selected from all of the correct entries and wins an 8" Carrico Professional Chef's Knife! Keep an ear out for my next recipe challenge, coming later this month.



Mark Your Calendar

March Madness Begins

Sunday, March 15



Basketball fans officially rejoice at the excitement of the NCAA Men's Basketball tournament. Selection Sunday begins the madness on 3/15, with the opening round game played on 3/17.

Saint Patrick's Day

Tuesday, March 17



Celebrated in the United States with parties, parades and by wearing green clothing.

First Day of Spring

Friday, March 20



The first day of spring in the Northern Hemisphere begins with the vernal equinox at 7:44 a.m. EDT.

Aspirin And Bone Health

If you have been wondering whether taking a baby aspirin every day is good for your heart, it probably is. Here's another plus to taking one. According to PloS One, a journal from the Public Library of Science, many doctors have noticed that people on regular aspirin therapy tend to have stronger bones.

More than one study supports this observation. In one study of mice, aspirin helped to rebuild bones in two ways. It promoted the growth of new bone cells and it prevented existing bone from being broken down and reabsorbed by the body. Scientists hope the findings will result in a new osteoporosis therapy.



Inside this month's issue:

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- ◆ Celebrating Seasonal Activity And Foods

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