

seasons



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7 SPRINGTIME
RECIPE
SURPRISES

WHERE THERE'S A HELPFUL SMILE IN EVERY AISLE.

SPRING 2011 • VOLUME 5 ISSUE 2



GRILLING
SEASON IS BACK:
TIME FOR KABOB
ON THE BAR-B

GROW A WHOLE
NEW LOOK FOR
YOUR YARD

A SWEET
TRADITION:
MAY BASKETS

*Think
Spring!*

SPRING 2011
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AVAILABLE AT YOUR
EMPLOYEE-OWNED HY-VEE

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seasons

Hy-Vee

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ASSISTANT VICE PRESIDENT, GRAPHIC DESIGN: MATT NANNEN

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CREATIVE STAFF: BRITT BUSCH, LINDSEY FUNK,

MINDY VAN GUNDY, HILLARY HALSTEN, SARA HEIM,

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FOOD STYLISTS: JILL JOHNSON, SUSAN STRELECKI

HAIR AND MAKEUP STYLISTS: RONA JACOBS, JENNA IRVING,

JAMIE EVANS, MIA MAXWELL-HIEDMAN

PREMEDIA/IMAGING DIRECTOR: MICHAEL GOSHON

CONTRIBUTING PREMEDIA SPECIALIST: MARK HALL

COVER PHOTOGRAPHER: ADAM ALBRIGHT

THIS PAGE PHOTOGRAPHER: KING AU

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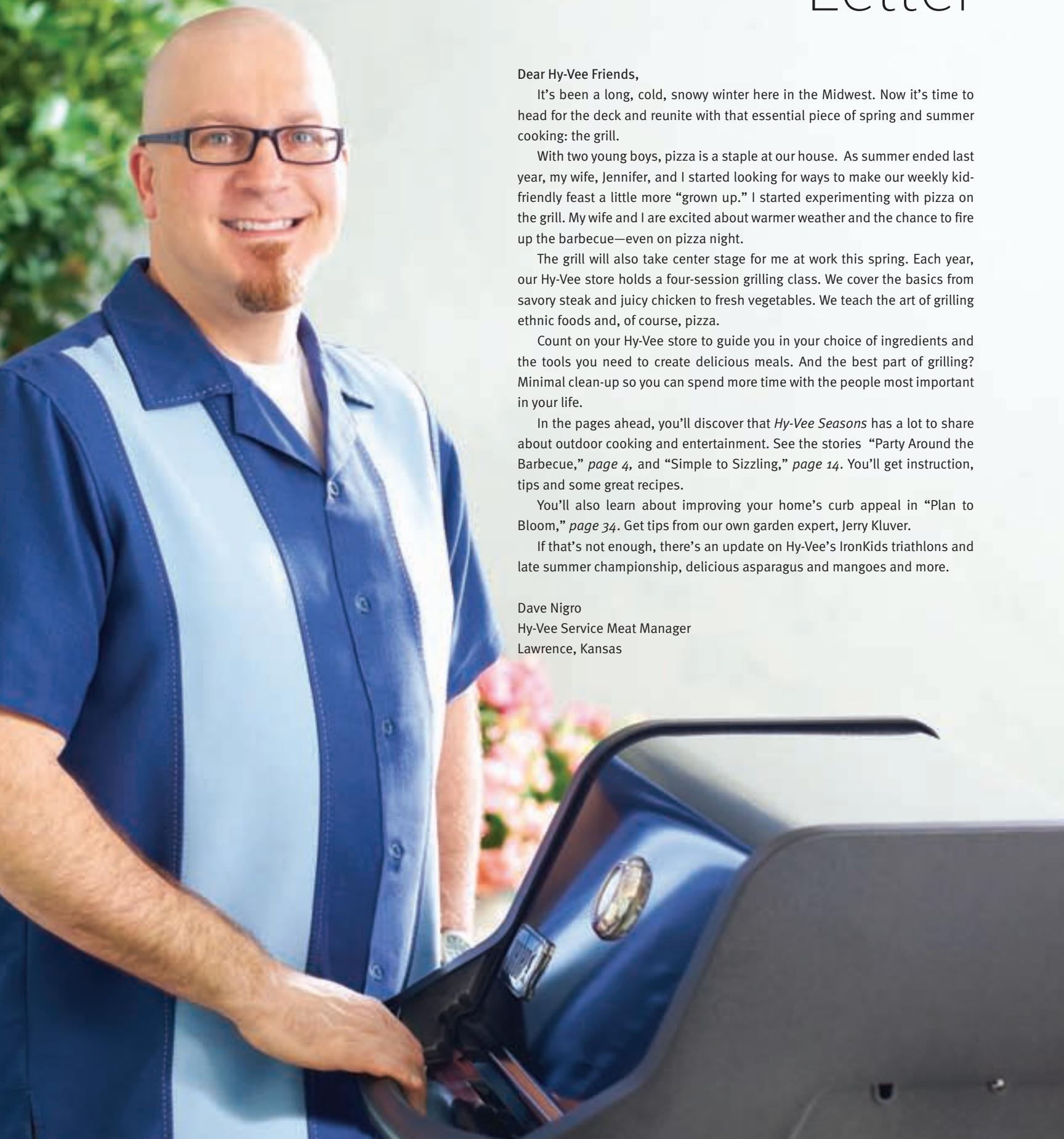
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Letter



Dear Hy-Vee Friends,

It's been a long, cold, snowy winter here in the Midwest. Now it's time to head for the deck and reunite with that essential piece of spring and summer cooking: the grill.

With two young boys, pizza is a staple at our house. As summer ended last year, my wife, Jennifer, and I started looking for ways to make our weekly kid-friendly feast a little more "grown up." I started experimenting with pizza on the grill. My wife and I are excited about warmer weather and the chance to fire up the barbecue—even on pizza night.

The grill will also take center stage for me at work this spring. Each year, our Hy-Vee store holds a four-session grilling class. We cover the basics from savory steak and juicy chicken to fresh vegetables. We teach the art of grilling ethnic foods and, of course, pizza.

Count on your Hy-Vee store to guide you in your choice of ingredients and the tools you need to create delicious meals. And the best part of grilling? Minimal clean-up so you can spend more time with the people most important in your life.

In the pages ahead, you'll discover that *Hy-Vee Seasons* has a lot to share about outdoor cooking and entertainment. See the stories "Party Around the Barbecue," page 4, and "Simple to Sizzling," page 14. You'll get instruction, tips and some great recipes.

You'll also learn about improving your home's curb appeal in "Plan to Bloom," page 34. Get tips from our own garden expert, Jerry Kluver.

If that's not enough, there's an update on Hy-Vee's IronKids triathlons and late summer championship, delicious asparagus and mangoes and more.

Dave Nigro
Hy-Vee Service Meat Manager
Lawrence, Kansas

Party Around the Barbecue

Spring is here, the sun is returning and it's time to fire up the backyard grill. Relax and enjoy good times by hosting a kabob party. Set out an array of meats and veggies and encourage your guests to create meals-on-a-stick, along with appetizers and desserts.

TEXT JOY TAYLOR PHOTOGRAPHY KING AU





Everyone loves an outdoor party. It's casual. Relaxed. And that sizzle of food on the grill—it's intoxicating. Anything that smells that good will be pure pleasure to eat.

One of the easiest ways to entertain outdoors is centering your party on grilled kabobs. When you provide the goodies and everyone pitches in, "it takes the pressure off the host," says Dave Nigro, service meat manager at Hy-Vee in Lawrence, Kansas, who entertains regularly in his backyard.

Dave suggests offering guests a selection of meats and vegetables to create short skewers of appetizer portions or long threads of veggies and meat (or no meat at all) for a full meal. Chicken and mushrooms? Beef and potatoes? Each kabob is a personal concoction as friends skewer only what they choose. For convenience in hosting a cookout, purchase ready-to-cook skewers from your Hy-Vee full-service meat department. Dave's customers enjoy onion-marinated beef sirloin kabobs. Another store favorite is chicken and veggies infused with basil-tomato flavors.

Don't forget dessert. Skewers of fruit and cake along with a decadent chocolate dipping sauce let everyone get their kabob on. Or indulge in Dave's favorite: grilled pineapple with ice cream.

GATHER SOME SKEWERS

Both wooden and metal skewers in assorted lengths work well for kabobs. Ten-inch bamboo skewers are best for appetizer portions, and long metal skewers ranging in length from 12 to 16 inches can be threaded with meal-size portions. Plan on two or three skewers per guest. Dave recommends soaking bamboo skewers in cold water for 60 minutes before grilling to prevent burning.

JUST-RIGHT GRILLING

Grilling kabobs works best if you cut all your food items to a similar size. This way they'll cook evenly. Also, avoid overcooking. For instance, meats and cherry tomatoes are best on separate skewers because their cooking times are so different. Always keep enough fuel—gas or briquettes—on hand.

After spraying the grill grates with nonstick cooking spray, fire up the grill to medium-high heat. Cook the kabobs over direct heat on an uncovered grill about 10 minutes, rotating often during cooking. If meat and veggies are paired on the same skewer, remind your kabob chefs to err on the side of overcooking the veggies to make sure the meat and poultry are cooked through.





Fresh Vegetable Kabobs:
2 ct. \$5.00

VEGGIES ADD COLOR AND TASTE

Offer a colorful array of sturdy vegetables, says Dave Nigro. Precook firmer vegetables in a microwave before skewering and grilling. Cut all vegetables into bite-sized pieces. Pick from the following favorites, recommended by Dave:

FRESH VEGETABLES—NO PRECOOKING REQUIRED:

- Sweet bell peppers, cut into chunky strips
- Red onions, cut into thin wedges (precook if desired)
- Whole pearl onions
- Asparagus, cut into 2-inch pieces (choose thicker stalks)
- Yellow summer squash or zucchini, sliced into 1-inch rounds (skewer through the skin)
- Cherry tomatoes
- Sugar snap peas
- Whole button mushrooms (skewer through the stem)

FRESH VEGETABLES—PRECOOK 2 TO 3 MINUTES IN THE MICROWAVE OVEN

BEFORE SKEWERING:

- Fennel, cut into thin wedges
- New red potatoes, whole or cut in half
- Fingerling potatoes, whole or halved
- Baby carrots
- Broccoli florets
- Cauliflower florets

6 PARTY IDEAS IN 60 MINUTES

Get the party going in a hurry with these ideas. Total time commitment is about 60 minutes.

Prep food ahead. Up to a day ahead, cut up the kabob fixings and chill them in separate containers until guests start skewering. For marinades, choose from recipes on page 10.

Designate food stations. Put out skewers at kabob stations. Post suggestions for mixing different foods. Set up a buffet line with dinner plates, flatware and a spot for Baking Stone Bread.

Make “green” a theme. Instead of paper or plastic plates, use your durable household tableware. Offer a farewell gift: A living bamboo shoot with a bundle of bamboo skewers—a symbol to wish your friends good luck preparing more kabobs at home.

Set out flowers. Display potted plants from the Hy-Vee Floral Department or Garden Center. Use flowering pots in the kitchen, out on the deck and on the buffet table.

Light up the evening. Guide your guests' path with luminaries along the driveway or walkway. In the backyard, bamboo torches with citronella add a festive glow and keep bugs away.

Dine alfresco. Keep the mood casual by throwing some colorful blankets on your lawn for the comfort of those who prefer picnic-style dining.



Royal Palm Dining Set
7 pc. \$449.98





SIMPLY TANGY MARINADE

Equal parts extra virgin olive oil and red wine vinegar, plus minced garlic. Garnish with a sprig of rosemary. Use for marinating and brushing during cooking.

MARINADES FOR KABOBS

To add flavor and impress your foodie friends, bathe meats and veggies in marinade and refrigerate before grilling.

Try the recipes here or select a bottle of marinade from your local Hy-Vee. After marinating uncooked meats, dispose of the marinade so it won't be used as a dipping sauce.

QUICK GLAZE TO BRUSH ON DURING COOKING:

$\frac{1}{2}$ cup plum jam
 $\frac{1}{4}$ cup rice vinegar
2 tablespoons Hy-Vee soy sauce
 $\frac{1}{2}$ teaspoon Hy-Vee crushed red pepper flakes
 $\frac{1}{4}$ teaspoon five-spice powder
Toasted sesame seeds



VERSATILE MARINADE/BRUSH-ON FOR MEATS AND VEGGIES:

$\frac{1}{2}$ cup Grand Selections extra virgin olive oil
 $\frac{1}{2}$ cup Hy-Vee orange juice
 $\frac{1}{4}$ cup lime juice
2 tablespoons Hy-Vee honey
2 tablespoons minced chives
3 cloves garlic, minced
2 teaspoons orange zest
2-3 teaspoons snipped fresh herb such as chives, thyme, basil, oregano or rosemary
Garnish with orange and lime slices



WHICH MEATS?

For the carnivores on your guest list, the key to great kabob is to pick lean and tender cuts of meat. Choose four or five types of meat or seafood, such as beef sirloin, pork loin, leg of lamb, large shrimp, sea scallops, chicken breasts, turkey breast, fully-cooked ham or kielbasa. Figuring 6 to 8 ounces total per person, cut meat and poultry into 1- to 1½-inch cubes or slice it into 3- to 4-inch strips. Placing meat and vegetables together on the same skewer is common, though the vegetables will be well done. For that reason, some cooks prefer meat-only and vegetable-only skewers for better control of grilling times. Pressed for time? Buy ready-to-grill meat and seafood kabobs at Hy-Vee.

Chicken Kabob 10 oz. 2/\$6.00

Beef Kabob 10 oz. 2/\$8.00

Fresh Made Tuna or Swordfish Kabobs 7 oz.
2/\$10.00

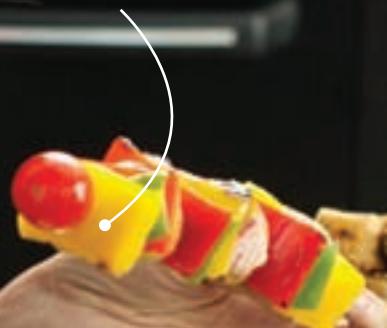
Salmon Kabob 7 oz. 2/\$10.00

Bacon-Wrapped Shrimp or Bacon-Wrapped Scallop
Skewers 1.8 or 2 oz. 2/\$5.00

A young woman with long dark hair, wearing a pink cardigan over a red and white striped shirt, is smiling and eating a kabob. She is seated at a table with a man in a teal shirt. In the background, there's a barbecue grill.

KABOB ETIQUETTE

Eating kabobs is very easy when alone. What about at a party? There are no hard and fast rules. Some will eat them like corn on the cob. Not too graceful, but it works. Better, perhaps, to slide everything off the skewer with a fork.



IT'S NOT DESSERT, IT'S THERAPY

Send guests home floating on a sea of chocolate love. That's how your friends will feel when the party's closing course is a kabob of mixed fruit prepared for dipping.

- Start with fresh, whole strawberries
- Cut strawberry-sized chunks of watermelon, pineapple, honeydew or other favorites
- Skewer fruit and serve with melted chocolate for dipping
- Save time by purchasing prepared fruit kabobs at Hy-Vee



Fresh Kiwi Strawberry Kabobs: 2 ct. \$5.00

Fresh Melon Kabobs: 2 ct. \$5.00



New Hy-Vee Ready-to-Drink Teas:
select varieties 12 pk. \$3.99



New Hy-Vee Vitamin Enhanced Water:
select varieties 6 pk. \$1.88



Dole Cut Vegetables: select varieties
12 oz. 3/\$5.00



Famous Dave's BBQ Sauce or Marinade:
select varieties 12 to 20 oz. \$2.39



Bertolli Olive Oil: extra virgin, light
or classic 25.5 oz. \$7.99

SIMPLE TO SIZZLING

Summertime and the grillin' is easy. Use our primer to put some sizzle in your grill skills.

Get with our plan, and you can create a complete meal at your barbecue in about an hour.

TEXT KATHY ROTH EASTMAN PHOTOGRAPHY KING AU



Weber Spirit E-210
Gas Grill \$399.99





Grilling season is here—so light it up. Make this the year that you start serving complete meals from your barbecue.

Of course, the centerpiece of your hot-off-the-grill feast will always be the entree. We chose chicken and flat-iron steak, which is a newly developed cut of beef shoulder. It's rapidly gaining popularity as a steak with deep, rich taste and a moderate price. Flat-iron is a hot item at restaurants and it's available at Hy-Vee. To create a professional presentation, crosscut the meat, as above.

Grilling delivers full-flavor potatoes and veggies, too. We woke up the tomatoes, peppers, onions and carrots with an olive oil, rosemary and garlic marinade. The potatoes were grilled and moved to the upper rack, where they would soak in the aromas.

The one-grill approach also gives you easy appetizers, bread and even dessert, if you plan for it. Your abilities will amaze your guests and their taste buds will cheer.

GRILL TALK: CHARCOAL OR GAS?

There are staunch supporters on both sides of the question, "Which is the best grill type, charcoal or gas?" The answer comes down to personal preference.

Charcoal aficionados consider cooking on charcoal to be an art form, a skill to hone over time. A good end product depends on how you build the fire, adjust vents and use the lid. Coals are messier, harder to light and need more cleanup, as they can stay hot for 24 hours. On the flip side, charcoal grillers believe that because their fuel cooks hotter than most gas grills, it's easier to sear meats and get better flavors. Charcoal grilling requires a few more tools, too. Besides a meat thermometer, tongs and turner, essentials include fireproof gloves, a coal-moving tool and a starter, such as a chimney or electric starter.

Those who prefer gas grills say these are easy to operate, take much less time to preheat and hold temperatures with no need to move or add coals. Gas grills are easy to clean, but are pricier, ranging from hundreds to thousands of dollars. Some gas grills have infrared burners to boost temperatures.

TURN UP THE HEAT

Starting a gas grill is easy: Simply open the lid and turn on the gas, then switch the valves to high before lighting. Preheat gas grills for 10 to 15 minutes, according to equipment manual.



Coals require a bit more finesse. Start with good quality charcoal and don't douse with liquid fire starter. Instead, use a coal chimney or electric starter. Coals take 30–45 minutes; never begin cooking while they're still flaming. Hot coals will be barely covered with gray ash, medium coals glow through a layer of ash and low coals have a thick layer of ash.

Many recipes indicate a grill temperature (hot, medium, low). To determine the temperature, hold your hand about 4 inches above the grate and count to see how long you can hold until the heat forces you to pull away. If it takes 5 seconds, the heat is low; 4 seconds, it's medium; 3 seconds, medium hot; and 2 seconds, hot.

DIRECT VS. INDIRECT GRILLING

For perfectly grilled foods, it's critical to know whether to use direct or indirect grilling. Here's what each involves:

Direct grilling. This is exactly what it says: cooking directly over the heat source. This method relies on hot, fast cooking for foods that cook less than 25 minutes. Direct cooking sears meats, adding those nice grill marks. However, it's important to keep a close eye on the food so you end up with juicy meats. Use direct grilling for steaks, chops, kabobs, sausages and hot dogs.

To grill directly on a gas grill, preheat as described above. Use a grill brush to clean the surface before placing food on the grill directly above the heat source. Keep an eye on the food, turning to cook both sides. Closing the lid helps generate the intense heat needed to sear the food, which locks in the juices. After removing food, leave the grill on for a few minutes to burn off residue.

Direct charcoal grilling requires heating coals to the desired temperature (described above) and placing food over the hot coals.

Direct grilling may allow flare-ups (flames) because of dripping juices or fats. Some grilling gurus recommend keeping a water bottle handy to douse flames, while others reposition foods on the grill or remove a few briquettes to avoid flare ups.

Indirect grilling. With this closed-hood method, foods are kept to the side of the heat source. Similar to oven roasting, food is cooked without direct exposure to a heat source. Instead, the grill surface is raised or a cooking shelf is used, and the hood is closed.

This is best for larger meats, such as roasts, whole chickens and pork shoulders, or tougher meats, such as ribs. These taste better when cooked slowly at moderate temperatures. After

removing meat from the grill, cover it with foil and let stand for 16 minutes before slicing.

There are two things to remember with indirect grilling: 1. Close the lid during grilling. 2. Keep temperatures moderate.

During cooking, heat rises, reflects off the lid and inside surfaces of the grill and slowly cooks the food from all sides. Usually there is no need to turn foods.

For a gas grill, preheat the unit. Before placing food on the grill, turn off the burner(s) directly below the food so that heat reaches the food "indirectly." Close the cover and you're cooking.

For indirect charcoal grilling, prep the coals, but before placing food on the grill, arrange coals on either side of the base, leaving the center empty. Food is placed over the spot that contains no coals. Place the lid on the grill and lift it only to check coals and check food for doneness. Add coals as needed every 45–60 minutes or move coals around to maintain the temperature.

Regardless of whether you use charcoal or gas, place large cuts of meat on a roasting rack set inside a disposable heavy-gauge foil pan. Add water to the foil pan to keep drippings from burning.

TIPS FOR COMPLETE-MEAL GRILLING

With a bit of advance preparation and know-how, it's possible to cook nearly anything on the grill. Here's how to grill an entire meal:

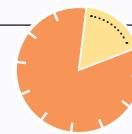
- **Organize.** Know what temperatures and cooking methods are needed for each of the foods you choose, and set up your grill to accommodate them all. Make sure you have enough space on the grill for dishes that cook at the same time and realize that you may not cook items in the order they will be served.

- **Prep.** Get all ingredients ready before heading outdoors. Chop veggies, marinate meats and season breads in advance so you can keep your focus outdoors during cooking time.

- **Simplify.** Choose homey foods that meld into a healthful and delicious dining experience. You can create a wonderful meal of meats, fish or chicken prepped with a simple rub or marinated in a light bottled salad dressing; vegetables brushed with a bit of olive oil and finished with a sprinkling of fresh herbs; and in-season fruits grilled au natural and served over grilled pound cake or ice cream.

WATCH THE CLOCK

Success of a one-grill dinner is much like the fourth quarter of a football game. You've got to watch the clock. The clock shown with each step through this story shows about how long each part of the meal should be on the grill.



STARTERS



TEN 10-MINUTE APPETIZERS

Hy-Vee Chef Lou Constantino recommends these starters that grill quickly and disappear from the platter just as fast.

1. Stuffed mushrooms. Start with Portobello or white-cap mushrooms, remove the center of the mushrooms and stuff with imitation crab. Grill until cooked through. Finish with a dab of Alfredo sauce before serving.

2. Wrapped asparagus. Grill asparagus in advance, wrap in phyllo dough and grill. Serve immediately.

3. Saucy meatballs. Grill homemade or purchased meatballs; drop into marinara sauce. May be skewered for grilling. Serve with toothpicks.

4. Shrimp. Start with raw shrimp (reheating precooked shrimp on a grill toughens them), brush with butter and garlic as you grill.

5. Kabobs: Skewer chunks of veggies, fruits and/or meats. Any tasty combo of foods that cook at the same rate and at the same temperature will tempt guests and are easy to eat straight off the skewer. (Note: Soak wooden skewers before using them to avoid starting a fire.)

6. Apricots and cheese. Warm a Brie wheel on a grill to soften; remove. Pour mixture of dried apricots and apricot marmalade over Brie. Invite guests to dip into the cheese with flatbread crisps or water crackers.

7. Pizzas. Grill both sides of the crust, then add a thin layer of precooked toppings and cheese. Return to the grill to melt cheese.

8. Bruschetta. Grill veggies (tomatoes, peppers, onions or your choice) in advance; chop and season for the topping. Brush bread with olive oil and grill until toasty; top with vegetable mixture.

9. Grilled salad. Brush olive oil on romaine, mushrooms, tomatoes and other vegetables of choice; grill until tender. Chop, place in a salad bowl and drizzle with a light vinaigrette dressing.

10. Grilled avocados. Halve avocados and remove pit; brush with a mixture of oil and lime juice. Grill for about 5 minutes, pit-side down. Flip over, fill with a mixture of jack cheese and salsa; grill for 5 minutes more or until cheese begins to melt. Top with fresh cilantro and sour cream.

MEAT



HOW LONG SHOULD I COOK IT

Cooking-time charts are helpful. But use a meat thermometer to be sure you are reaching the correct temperature, advises Hy-Vee Chef Lou Constantino. “How long should I cook it?” is the question I get asked most often,” Lou says. “I advise customers to rely on a thermometer rather than what anyone tells them is the ‘right’ amount of time to cook a piece of meat. A thermometer is your best grilling tool.” With that in mind, use the following chart as a guide only.

Smart Chicken Boneless,
Skinless Breasts or Breast Strips
per lb. \$4.99

Fresh Blue Ribbon Beef Boneless
Flat Iron Steak per lb. \$6.99

BEEF		CHICKEN	
Steaks (3/4-inch thick)	3–4 minutes/side; medium rare 145°F 4–5 minutes/side; medium 160°F	Whole (3–4 lb., indirect)	60–75 minutes; 180°F measured in thigh
Hamburger patties (1/2-inch thick)	3 minutes/side; 160°F	Boneless breast halves (4 oz. each)	6–8 minutes/side; 170°F
Roast (rolled rump, 4–6 lb., indirect)	18–22 minutes/lb.; 145–160°F	Legs or thighs (4–8 oz.)	10–15 minutes/side; 180°F
PORK		TURKEY	
Chops (3/4-inch thick)	3–4 minutes/side; 160°F	Whole (8–12 lbs., indirect)	2–3 hours; 180°F measured in thigh
Tenderloin (1/2–1 1/2 lb.)	15–25 minutes total; 160°F	Thighs, drumsticks (8–16 oz., indirect)	1 1/2–2 hours; 180°F
Ribs (2–4 lb., indirect)	1 1/2–2 hours; 160°F	Thighs, drumsticks (8–16 oz., direct)	8–10 minutes/side; 180°F



FRUIT & VEGGIE GRILLING

VEGETABLE	TIME ON GRILL	METHOD
Asparagus (whole)	6–8 minutes	direct medium
Bell Pepper (halved)	6–8 minutes	direct medium
Carrot (halved)	15–20 minutes	direct medium
Corn (whole, in husk)	25–30 minutes	direct medium
Green Onion (whole)	3–4 minutes	direct medium
Mushroom, Portobello (whole)	10–15 minutes	direct medium
Onion (halved)	30–40 minutes	indirect medium
Potato, New (halved)	15–20 minutes	direct medium
Potato, Russet (whole)	40–60 minutes	indirect medium
Squash, Acorn (halved)	40–60 minutes	indirect medium
Squash, Butternut (halved)	50–55 minutes	indirect medium
Sweet Potato (whole)	50–60 minutes	indirect medium
Tomato (halved)	6–8 minutes	direct medium
Zucchini (halved)	6–10 minutes	direct medium

Coat produce with olive or vegetable oil so fruit and veggies don't stick to grill.

TIPS FROM CHEF LOU

Cooking meats and fish is easy if you have a knowledgeable teacher. Hy-Vee Chef Lou Constantino offers his advice.

- Use pieces of mesquite wood to enhance flavor. Chef Lou soaks the wood 24 hours, drains it and puts it into a homemade basket. He places the basket beneath the grate on a gas grill after preheating. "Heavy-duty aluminum foil works well as a basket," he says. He uses mesquite when grilling steaks, chicken and salmon, and suggests experimenting with other woods, such as hickory, apple or cherry.
- Cedar planks (available at most Hy-Vee stores) are good for adding flavor to fish. Lou's method for planking fish is to soak the plank, then brush a layer of olive oil on the wood and the fish. After preheating the grill, place the plank on the grill, then lay the fish skin-side-down on the plank. "Leaving the skin on protects the fish and adds a buffer to keep it from drying out or burning," he says.
- Lou also recommends all of the rubs and marinades available at Hy-Vee. "Reading labels and sampling will help you figure out what you like," he says. Among his favorites are Old Bay rubs and seasonings. He recommends using these on seafood, of course, but also for sprinkling on corn-on-the-cob and other grilled vegetables.



Hy-Vee Russet Potatoes
10 lb. bag \$2.99

SIDE DISH

Time is for produce shown, above.





BREAD

GRILLED BREAD TOPPERS

- 1. Roasted garlic.** When roasted, garlic mellows and becomes a creamy, low-calorie spread. Prepare by peeling papery skin from garlic bulbs. Place on aluminum foil; drizzle with olive oil. Double-wrap in foil; grill on medium-hot grill for 30–45 minutes. Spread on grilled bread slices.
- 2. Caprese.** Top grilled bread slices with a slice of fresh tomato, basil leaves, mozzarella and a few drops of olive oil.
- 3. Tapenade.** Purchase premade tapenade (or process kalamata olives, capers and anchovy fillets); add thyme, rosemary, olive oil and lemon juice, to taste. Scoop on grilled or warmed bread.
- 4. Hummus.** Grill pita bread and slice or tear into chunks. Dip bread into creamy hummus, made by blending garbanzo beans with garlic, lemon juice and tahini (optional).
- 5. Caribbean pizza.** Start with hot-from-the-grill slices of country bread and add layers of topping, *left*. Smother bread with pesto, spinach, shredded mozzarella, feta cheese, tomato and pine nuts. Delicious!



DESSERT



Buitoni Riserva Pasta: select varieties
7 or 9 oz. \$3.49



From Our Full-Service Meat Case Not
Less Than 85% Lean Fresh Ground Chuck
per lb. \$3.99



Newman's Own Salad Dressing:
select varieties 12 or 16 oz. \$2.99



Ocean Eclipse Seafood Fillets:
select varieties 2 lb. \$8.99



Daisy Brand Sour Cream:
regular or light 24 oz. \$2.77



Hy-Vee Peanut Butter: creamy or crunchy
28 oz. \$2.69



Midwest Country Fare Applesauce:
natural, homestyle or cinnamon
50 oz. \$1.69

GRILLED POUND CAKE WITH PEACHES & CREAM

Put some grill stripes on the pound cake and top with fresh peach halves for a sweet way to end your party.

Serves 6.

3 tablespoons packed Hy-Vee brown sugar
3 tablespoons Hy-Vee frozen orange juice concentrate, thawed
2 tablespoons Hy-Vee butter, melted
½ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee ground cloves
¼ teaspoon Hy-Vee ground ginger
3 ripe large peaches, pitted and halved
1 cup heavy whipping cream
1½ tablespoons Hy-Vee powdered sugar
1 teaspoon Hy-Vee vanilla extract
1 (10.75-ounce) package frozen prepared pound cake, thawed, cut into 12 slices
2 tablespoons Hy-Vee butter, at room temperature
Raspberry jam

Prepare grill to medium-high heat. In a large bowl, whisk together brown sugar, orange juice concentrate, melted butter, cinnamon, cloves and

ginger. Add peaches and toss gently to coat. Let stand at least 5 minutes and up to 30 minutes.

Meanwhile, in a large bowl using an electric mixer, beat whipping cream and powdered sugar until soft peaks form. Stir in vanilla. Cover bowl with plastic wrap and refrigerate.

Spread room-temperature butter on both sides of cake slices. Grill peaches, cut side down, about 4 minutes; grill cake, about 2 minutes per side, or until lightly browned. Arrange 2 cake slices and whipped cream in each bowl and top with a peach half. Slather some of the leftover brown sugar-and-orange juice mixture onto the peach, if desired. Mix small amount of raspberry jam and a little water; drizzle on top for color.

Nutrition facts per serving: 490 calories, 33 g fat, 19 g saturated fat, 1.5 g trans fat, 150 mg cholesterol, 190 mg sodium, 44 g carbohydrates, 2 g fiber, 31 g sugar, 4 g protein. Daily values: 30% vitamin A, 30% vitamin C, 10% calcium, 6% iron.

spring FOR tulips





They're inexpensive but look like a million dollars. They can stand on their own or blend with other flowers. And with little effort, they'll stay fresh for days—or even bloom again next year. When it comes to spring arrangements, tulips are masters of grand illusion.

TEXT DEBRA LANDWEHR ENGLE PHOTOGRAPHY KING AU

Flirtatious and elegant, simple and sumptuous, tulips are the chameleons of floral arrangements. Available in more colors than most flowers, they suit every home, every occasion. And, says Donna Bennett, Hy-Vee floral manager in Overland Park, Kansas, they come with their own kind of magic.

"When they arrive at the store, typically they're not showing any hue," she says. "But miraculously, within 24 to 48 hours, they've grown an inch and they're bursting with color."

The fact that tulips grow after they're cut is not their only wizardry. "They tend to follow light," says Lisa Zulkoski, Hy-Vee floral manager in Omaha, Nebraska. To straighten sun-induced curves, "simply recut the stems every couple of days and add fresh water," Lisa says. "Rotate the flowers to keep them in shape and looking pretty."

Still unsure of tulips' magic? Feature them in a centerpiece—your own creation or a custom design from your Hy-Vee florist. Now you can watch everyone fall under their spell.

SENTINELS OF SPRING For the sweetest Easter party favors, use colored eggshells to hold single blooms. Keep tulips as cool as possible to prolong their life—warmth and sunlight make them pop open faster. With proper care, they'll reward you with a show of color for up to 10 days. We propped these up on napkin rings.



Cut Tulip Bunch:
10 stem \$10.00



GOING SINGLE (*above left*) Tulips are ideal for novice designers because they look fabulous all by themselves. Simply remove loose foliage, use a sharp utensil to cut stems at an angle and place them in a glass vase—single or in a group. To correct a gentle bend, roll the tulip stem in both hands to warm it up, then gently pull it in the direction you want it to go.

PERFECT MARRIAGE (*above right*) A white-on-white bouquet lends elegance to any occasion, especially when tulips are wedded with pristine lisianthus and hydrangeas. Fill the vase with water-soaked floral foam and arrange the flowers and greenery. Tulips are happiest when water flows freely to their stems.

LIFE OF THE PARTY (*left*) For a bodacious bouquet, take advantage of tulips' many colors, then pair them with hydrangeas, ranunculus or other blooms. Place them in a vase anchored by smooth pebbles and decorated with paper and ribbon. Tulips are easy to care for, but they do make one demand: Change water every two days to prolong blooms.

POTS OF GOLD

Available from mid-January to the end of April, potted tulips live on, multiplying your investment. Choose potted tulips that are barely in bloom. Dress up a plain pot by setting it in a decorative basket. Or cover the soil with moss for a natural look. Use pots as an accent to a coffee table, entrance table or sideboard—even a guest or master bathroom. “They make great hostess gifts,” says Lisa Zulkoski, Hy-Vee floral manager in Omaha, Nebraska.

What do you do when potted tulips drop their petals? “Let the plant die back in the pot,” says Donna Bennett, Hy-Vee floral manager in Overland Park, “then store it in a dark, cool place until you plant the bulbs in early fall.” This will give the bulbs the cool period they need for a healthy rebloom that brings yet more color into your life.

For abundant flowers year after year, mulch bulbs generously each fall. In the spring, after they’re done blooming, cut back the stem but not the foliage. “The leaves are a solar collector,” says Donna. “The more they face the sun, the better they energize the bulb to reset the flower.”

Tulip with Cover
6" \$10.00





Bundles of Joy

There's a simple way to elevate the flavor and visual delight of a meal: include asparagus. Whether green or white, this stalky spring vegetable is a feast for the eyes and palate. The taste surprises and pleases, but never overwhelms the dishes it accompanies. Learn how to buy and prepare it, plus discover simple recipes to put asparagus on your table.

TEXT LOIS WHITE PHOTOGRAPHY ADAM ALBRIGHT

There's really nothing quite like asparagus. Some compare the taste to peas or broccoli stems. But that's not quite it; the flavor is more elusive, more adaptable.

Think of asparagus as the ultimate partner vegetable. While it is good eaten plain, the mild flavor really comes into its own when mixed, topped or accompanied by other tastes. Butter seems to have been invented just to drizzle on steamed stems. Asparagus perks up when showered with lemon juice, slathered with olive oil or served beneath a blanket of shredded cheese. Fish tastes better with a side of it, casseroles are more sophisticated and omelets become a new experience. The list goes on.

Asparagus is always a highlight of spring. Freshly bundled, this treat is actually an edible lily and it's unmistakeably identified by its tall rigid stems and budding tips. April is the peak month for asparagus—quality and prices are at their best.

A BUNDLE OF NUTRIENTS

With just four calories per asparagus spear, there's no reason not to indulge in this popular green veggie. Every savory bite is packed with nutrients that support a healthy heart, including folate, fiber and powerful antioxidants. This versatile vegetable is also high in such minerals as calcium, magnesium, potassium and iron. In addition, it's loaded

with vitamins A, B, C and K. One-half cup of cooked spears supplies more than 80 percent of your recommended daily allowance for vitamin C.

IN THE FIELD

Hy-Vee offers the sweet, succulent stalks year-round starting with early April arrivals from Mexico, followed by domestic shipments. Seventy percent of U.S.-grown asparagus comes from California. "When the weather turns cool again, we'll go back to getting our shipments from warmer climates like Mexico and Peru," says Ron Coles, Hy-Vee assistant vice president of produce purchasing.

Asparagus thrives in "a combination of high temperatures, warm ground conditions, and rich, sandy soil," says Julia Inestroza, marketing director of Gourmet Trading Company. The company grows, imports and distributes produce for Hy-Vee. "In the right conditions, asparagus easily grows an inch an hour," Julia says.

Depending on how fast it grows, asparagus is harvested once or twice a day. Harvest crews walk the furrows cutting each spear by hand when it reaches a height of about nine inches. The fresh harvest is taken to a packing house where it is cleaned, sorted for size and quality, bundled, cooled and packed into boxes for shipment. Before shipping, the boxes are placed in recyclable plastic containers, which allows bundles to remain moist.

The harvest season typically lasts only 60 to 90 days during the spring season of any region where it thrives. Following harvest, the

spear reemerges as airy ferns, which produce red berries and the food and nutrients necessary for a healthy and productive crop the following spring. Most beds produce for 15 to 30 years, with the largest yields between the fifth and twelfth years.

TRIED-AND-TRUE TYPES

Asparagus comes in a range of colors and sizes. Although more than 100 species exist, the common asparagus cultivars are green, white and purple. Hy-Vee typically carries green and white in medium-size spears, although you may occasionally run across spears that are pencil thin or as thick as a man's thumb. "One size isn't better than another; it just depends on your preference," says Julia.

Although thick spears tend to be meatier and more tender, cooks may prefer delicate thin spears. "In either case, it's more important to select spears that have a uniform thickness so they cook at the same rate," adds Julia.

The most common variety has beautiful apple-green stalks with purple-tinged tips. It is sold worldwide and is by far the

most popular asparagus in the United States. It's such a vigorous plant that it will flourish in the wild given the right conditions.

White asparagus is increasingly popular and has long been prized in Europe. It comes from the same plant as green asparagus, except it's grown under mounds of earth to block exposure to sunlight. Starved of light, the plant cannot produce the green pigment chlorophyll. Compared to the green variety, white asparagus spears are usually a little thicker and smoother, have a more delicate flavor and come at a higher price.

PLUS SWEET PURPLE

There are also purple varieties called Viola and Purple Passion. Originating in Italy, the deep purple spears are sweeter and more tender than green asparagus, making them especially pretty in salads or on hors d'oeuvre platters. Purple varieties are larger in size, fewer in number per plant and cost more than green.

Some Hy-Vee stores carry white or purple varieties when available, but these types are not always available in all stores. Watch for signs in the produce aisle announcing a shipment has arrived.



Give a Twist to Asparagus

Chef Jim Nadeau of the Hy-Vee store in Cedar Falls, Iowa, shares ten succulent ways to savor the spear.

1. Sauté asparagus in olive oil and minced garlic; sprinkle crumbled crisp-cooked bacon on top.
2. Shave the spears into ribbons using a vegetable peeler. Toss with fresh lemon juice, extra-virgin olive oil, sea salt and freshly ground pepper. Shave Pecorino Romano or Parmesan cheese on top.
3. Roast spears in the oven until tender, then top with mixture of fresh bread crumbs and grated Parmesan cheese. Place the asparagus under the broiler for a minute or two so the top turns nice and crunchy.
4. Grill spears with fish and the two will cook in about the same time. Prepare your favorite lemony sauce to serve on top.
5. Toss boiled or steamed asparagus into a Caesar salad.
6. Stir-fry asparagus with shrimp, ginger and bell pepper strips.
7. Enhance the flavor of an omelet with asparagus and tarragon.
8. Dunk raw spears—so crisp and sweet—into a cheese fondue or creamy vegetable dip.
9. Fold cooked spears into a dish of fettuccine and cream.
10. Whisk together melted butter and equal parts of orange and lemon peel and drizzle over cooked spears.

Jumbo Sunkist Lemons 2/\$0.78

AU GRATIN SAUCED ASPARAGUS

You can smell the delightful aroma of the cheese as this gratin comes to the table. This is one of Hy-Vee chef Jim Nadeau's favorites.

Serves 4.

2½ tablespoons Hy-Vee butter, divided
½ cup Hy-Vee bread crumbs
¼ cup finely chopped onion
1 clove garlic, minced
2 tablespoons Hy-Vee all-purpose flour
1½ cups Hy-Vee skim milk
¼ cup freshly grated Gruyère cheese
¼ cup freshly grated Parmesan cheese
1½ pounds fresh asparagus, trimmed
Hy-Vee salt and Hy-Vee ground black pepper, to taste

In a small skillet, melt ½ tablespoon butter over medium-low heat. Add bread crumbs and sauté until golden; set aside.

In a medium saucepan, melt remaining 2 tablespoons butter over medium-low heat; add onion and garlic and cook until tender. Add flour and cook for 3 minutes, stirring constantly. Whisk in milk. Bring mixture to a boil and cook until thick and bubbly. Remove from heat and stir in cheeses.

Meanwhile, bring 1 inch of water to a boil in a large saucepan. Place asparagus in steamer basket; cover and steam for 4 minutes or until asparagus is crisp-tender. Drain well. Sprinkle with salt and pepper.

Serve asparagus topped with cream sauce and bread crumbs.

Nutrition facts per serving: 250 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 340 mg sodium, 26 g carbohydrates, 4 g fiber, 8 g sugar, 13 g protein. Daily values: 35% vitamin A, 15% vitamin C, 30% calcium, 25% iron.



ASPARAGUS 101

HOW TO BUY

When shopping for asparagus, look for spears that snap, don't bend and have a nice, tight head. These characteristics are clues that the vegetable is at its freshest. Wrinkled stem ends mean the asparagus is old and may be tough. Asparagus tenderness is not related to the thickness of the stalk. Color signals the tenderness of the stalks—the deeper the color, the better the spears.

HOW MUCH

Asparagus is sold in bundles; each weighs from 1 to $1\frac{1}{4}$ pounds and contains 15 to 25 spears (of average thickness) that measure 9 to 10 inches long. Generally, one pound of fresh asparagus will provide about 3 cups cut up, enough to serve 2 to 3 people. Two pounds of spears roasted in the oven or on the grill will make enough to serve 6. If you're entertaining and serving the spears as an appetizer, count on 3 to 5 spears per guest so there's plenty for everyone.

HOW TO STORE

Asparagus is best cooked the day it's purchased, but you can keep it fresh in the fridge for up to a week. You'll want to remove the rubber bands right away; they make the spears sweat and spoil more quickly. Trim about an inch from the stem ends, wash the spears and pat dry with paper towels. Stand the stalks up in a glass with a few inches of water in the bottom, as you would a vase of fresh-cut flowers. This allows them to retain their flavor and texture a lot longer than if you just toss them in the refrigerator or leave them out on the counter. Cover the spears loosely with a plastic bag to help trap the moisture before chilling.

HOW TO TRIM

Preparing asparagus for cooking is a snap—literally. For slim, tender stalks, all you need to do is snap off the bottom of each stalk at the point where the fibrous, tough part begins (it will naturally break there). If necessary, cut off thick or tough asparagus stalks with a sharp knife. Save the ends for use in soup and broth.

You may wonder if peeling the asparagus is necessary. If you're using thin stalks, omit this step. Peeling thicker stalks allows the stalks to cook

at about the same rate as the tender tips and can be helpful if the asparagus is woody or has a relatively tough skin. White asparagus is noted for having a tough outer skin and you will need to peel it all the way from the tip to the end. For green asparagus, start about 2 inches from the asparagus tip and peel downward. Rather than discarding the nutrient-rich peels, add them to soup.

HOW TO COOK

There's nothing quite like a fresh bunch of plump, straight stalks cooked, seasoned and brought to the dinner table. A variety of cooking methods enhance the flavor of this mildly sweet vegetable. It's ready to eat when the stalks are tender, yet firm.

Grilling: This method imparts a welcome smokiness and earthy, charred flavor into sweet asparagus. Generously brush whole spears with olive oil first to prevent them from sticking to the grill rack. Season with sea salt and pepper, and place the spears perpendicular to the spokes of the grill rack. (Or skewer the asparagus spears laid side by side to make a rack of asparagus.) Grill directly over medium heat for 7 to 10 minutes or until crisp-tender, turning occasionally.

Sautéing: Asparagus takes on a rich, hearty flavor when sautéed. Bias-slice spears about $\frac{1}{2}$ inch thick. Heat a small amount of olive oil or butter in a skillet over medium heat. Add the asparagus to the hot oil, season as desired and cook, stirring often, until asparagus is just tender.

Boiling: When boiled, asparagus has a clean, rich flavor that invites a sauce, such as an herbed vinaigrette. Boil spears in a large pot of salted water for 3 to 5 minutes or until crisp-tender. Drain and serve the spears warm as desired. Or immerse the spears in ice water to serve cold.

Steaming: Preserve the color, flavor and texture of asparagus by steaming. Place a steamer basket in a saucepan. Add water to just below the bottom of the basket. Bring water to boiling. Add asparagus to basket. Cover and steam for 3 to 5 minutes or until crisp-tender. Continue as directed for boiled spears.

Roasting: Oven roasting brings out the natural sweetness of asparagus while giving the spears irresistible texture—crispy on the outside, tender on the inside. Toss spears with olive oil and season as desired. Spread out in a single layer in a baking pan. Roast in a 450°F oven for about 30 minutes or until crisp-tender and edges begin to brown.



La Quercia Sliced Prosciutto or
Pancetta Americano 3 oz. \$4.99



PROSCIUTTO-WRAPPED ROASTED ASPARAGUS

Warm, crispy prosciutto, blue cheese and a balsamic syrup add salty and sweet flavors and a range of textures to this simple appetizer.

Serves 10.

1/4 cup Grand Selections balsamic vinegar
1 teaspoon Hy-Vee honey
1 pound fresh asparagus, trimmed
1 tablespoon Grand Selections extra virgin olive oil
1/8 teaspoon Hy-Vee salt
1/8 teaspoon freshly ground Hy-Vee black pepper
6 ounces thinly sliced prosciutto
Crumbled shallot and blue cheese, chive cheese or goat cheese, optional

Place balsamic vinegar and honey in a small heavy saucepan. Simmer over medium heat for 8 to 10 minutes or until reduced and slightly syrupy. Remove from heat and let cool.

Preheat oven to 425°F. Place asparagus in a 15x10x1-inch baking pan. Drizzle with oil and sprinkle with salt and pepper; toss to coat.

Roast 10 minutes, stirring once. Cool for 10 minutes.

Wrap one piece of prosciutto around 3-5 asparagus spears. Repeat with remaining asparagus and prosciutto.

Place bundles on the baking pan and roast for 5 to 6 minutes, turning half-way through or until prosciutto is lightly browned and starting to crisp.

Arrange on a serving platter. Serve balsamic syrup on the side. Sprinkle with cheese, if desired.

Nutrition facts per serving: 60 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 490 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar, 5 g protein. Daily values: 4% vitamin A, 2% vitamin C, 0% calcium, 4% iron.

ASPARAGUS-PEPPER FRITTATA

Bacon and white cheddar cheese enhance the flavor, making this a welcome way to feature asparagus at the table. Good for Sunday brunch.

Serves 6.

3 slices Hy-Vee double-smoked bacon
1 pound fresh asparagus, trimmed
½ red bell pepper, seeded and cut into strips
½ cup chopped yellow onion
6 Hy-Vee large eggs, slightly beaten
1½ cups shredded white cheddar cheese
½ cup Hy-Vee half-and-half, light cream or milk
2 tablespoons chopped fresh Italian parsley
½ teaspoon Hy-Vee salt
¼ teaspoon Hy-Vee ground black pepper

Preheat broiler. In a 10-inch broiler-proof skillet, cook bacon until crisp. Drain bacon; crumble and set aside.

Cut asparagus into 1-inch pieces. In a saucepan, bring about 1 inch water to boiling. Add asparagus, pepper strips and onion; bring just to boiling. Reduce heat slightly; boil about 1 minute or until crisp-tender. Drain well.

Spread asparagus-pepper mixture evenly in skillet.

Combine eggs, cheese, half-and-half, parsley, bacon, salt and pepper in a bowl. Pour over vegetables in skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting the edges until the egg mixture is almost set.

Place skillet under the broiler. Broil 1 to 2 minutes or until top is just set and begins to turn golden. Cut into squares to serve.

Nutrition facts per serving: 250 calories, 18 g fat, 9 g saturated fat, 0 g trans fat, 230 mg cholesterol, 560 mg sodium, 6 g carbohydrates, 1 g fiber, 2 g sugar, 16 g protein. Daily values: 10% iron, 25% vitamin A, 25% vitamin C, 25% calcium.



CREAMY ASPARAGUS SOUP

Fragrant lemon and tarragon heighten the flavor of this elegant soup. Blending in tender asparagus adds a splash of color.

Serves 4.

- 1 pound fresh asparagus, trimmed
- 1 large russet potato (about 11 ounces), peeled and cubed
- 3 cups Hy-Vee chicken broth
- 1/4 cup chopped green onions
- 1/4 teaspoon dried tarragon
- 2 tablespoons chopped fresh basil, plus additional leaves for garnish
- 1/8 teaspoon ground white pepper
- 1/2 cup Hy-Vee half-and-half
- Hy-Vee sour cream, optional

Chop asparagus into 2-inch pieces; place in a large saucepan. Add potato cubes, chicken broth, green onions, tarragon, basil and white pepper. Bring to boiling. Simmer, uncovered, for 10 minutes or until potato cubes are very tender. Remove from heat and cool for 10 minutes.

Carefully transfer asparagus mixture to a blender container. Cover and blend until smooth. Stir in half-and-half.

To serve, dollop each serving with sour cream, if desired, and garnish with fresh basil leaves. Serve soup warm or chilled.

Nutrition facts per serving: 140 calories, 4 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 750 mg sodium, 23 g carbohydrates, 4 g fiber, 4 g sugar, 6 g protein. Daily values: 20% vitamin A, 25% vitamin C, 8% calcium, 15% iron.



Chavrie Goat Cheese: plain or herb
4 oz. \$3.99



Amana 100% Natural Boneless
Kansas City Strip Fillet Roast
per lb. \$9.99



McCormick Grinders: select varieties
.77 to 2.12 oz. \$1.59



World Classics Sea Salt: fine or coarse
8 oz. \$1.89



Sparboe Farms Omega Plus Eggs
12 ct. \$1.96



Sartori Reserve or BellaVitano Cheese:
select varieties per lb. \$10.99



Tillamook Cheddar: select varieties
8 oz. \$3.69

Plan to Bloom

Three Years To a Better Yard



Increase your home's curb appeal with a landscape that's easy to maintain and adapts to your family's changing needs. The key to a successful exterior makeover is creating a multi-year plan, rather than trying to tackle this big job all at once.

TEXT JULIE MARTENS PHOTOGRAPHY TOBIN BENNETT AND ANDY LYONS

ILLUSTRATION ANN WEISS

YEAR THREE

The best landscapes don't just happen. They're the result of careful preparations and planning.

In the case of the new home landscaping project shown here, the plan will be implemented over three years. This gives time for putting in the foundational elements, such as walkways and porches; for careful selection of plantings, and for some swapping out of fast-blooming annual flowers for lower-maintenance perennials. It also spreads out costs.

Before launching into such a large project, consider the work ahead, the budget and the maintenance commitment. Make certain what you are getting into, but also be aware of the benefits of a major landscaping upgrade.

- Homes with attractive landscaping typically command 15 to 20 percent more at resale than comparable homes that lack landscaping, according to the Professional Landcare Network. Homes with poor landscaping may suffer a 5 to 10 percent deduction in value.

- Landscaping helps a house sell faster than many other factors, according to the Society of Real Estate Appraisers. It's a key component in making a good first impression.

- Planted landscapes appreciate in value. A tree, shrub, perennial and mulch combination that costs \$100 today could easily be worth \$500 to \$600 in five years.

- Upgraded landscaping can recoup 100 to 200 percent of costs when you sell your home, according to a study by the American Society of Landscape Architects in conjunction with Money Magazine.

YARD WORK: EXERCISE FOR MIND AND BODY

Beyond investment advantages, installing and maintaining a yard also has a positive impact on health. Thirty minutes of gardening daily—even broken up over the course of a day into 8-minute segments of moderately intense activity—compares to moderate to strenuous walking and biking as a form of exercise, according to the National Institute of Health. Weeding, pushing a lawnmower, hauling mulch and other chores lower the risk for diabetes, decrease blood pressure and cholesterol levels, strengthen joints and increase flexibility.

Maintaining a landscape also has a positive impact on mental health. Working in the yard can improve memory and concentration and relieve stress and anger, according to the American Horticultural Therapy Association.

A landscape that appeals to your sense of beauty also makes your home a staycation destination—one that's customized to your family's interests. A relaxing porch or patio provides a retreat from the daily grind.

DRAFT A PLAN

How successfully your yard caters to your family's needs while blending into the neighborhood depends on more than your commitment to yard maintenance. It also hinges on your existing landscape and future plans.

If you don't have a plan, it's not difficult to get one. Depending on what needs to be done and your level of experience, you may be able to draft one yourself, especially if you



A landscaping project should be treated as a long-term commitment. The project shown here began with a few small plantings, as shown "Before." By the end of "Year One," more plants were added. As the landscape reaches maturity in "Year Three," opposite, the home is beautifully adorned.

already have some landscaping in place. Start by taking photos of your property from every angle, then grab a tape measure, a clipboard, and a partner and start measuring. The goal is to draw a layout of your property to scale.

"Be sure to note existing hardscape, such as the house, driveway, walls, air conditioning unit," says Doug Rieck, assistant manager of the Hy-Vee Garden Center in Urbandale, Iowa. "Indicate orientation: north, south, east and west. Orientation affects light and wind patterns, which can determine what you plant."

Create the actual drawing of your landscape on three tissue paper pages. The first page should show the property layout with existing hardscape and any plantings you intend to keep. The second layer, placed over the first, should include outlines of plantings you will incorporate into the landscape. The third and top-most layer should detail the look of the finished landscape when mature in three years or longer.

"If you plan to plant in phases over several years, draw a page for each year," Doug says. "You may want to create a page showing annual plantings you'll use as filler until perennials mature."

Try a do-it-yourself landscaping program to draft a planting plan online, or consider hiring a pro. A professional designer can create a planting plan that you implement yourself as funds permit. "It's especially important to consult a professional designer if you're facing a settling or drainage issue," says Jerry Kluver, Hy-Vee Garden Center manager.

BUDGET, DESIGN & PLANTING

For creating a brand new landscape from scratch, budget 5-10 percent of your home's value. You don't have to invest that much cash in one fell swoop. By installing the landscape in phases, you can save and follow a pay-as-you-go plan. "Focus on installing hardscape first," Jerry says. "This includes walkways, edging and irrigation systems, as well as ornamental items like boulders or sculptures."

Form planting beds using a garden hose, allowing the hose to lie in place for a few days. Live with the design before you break ground. Be sure to observe sunlight patterns on planting beds to select plants adapted to the growing conditions. "Plant trees right away and shrubs, too, if you can," Doug says. "Perennials, which come back year after year, save money in the long run. Annuals give quick, instant color."

Place perennials into beds based on mature spacing, and fill in with annuals for color the first year. Plan to include annuals as filler in future years, but the amount you plant should dwindle each year as shrubs and perennials mature. "If you overplant with perennials and the bed becomes crowded, dig and divide the perennials," Jerry says. "That's a cost-effective way to recoup your investment."

As you place plants in a bed viewed from one side, staircase heights—tallest in back, shortest in front. If the bed is in a swath of lawn and visible from multiple sides, tallest plants belong in the middle of the bed. Choose plants with different leaf textures that you can juxtapose to stage interest.

FEED THE GRASS

Even the most beautiful home and garden needs a healthy swath of lawn to complete the scene. Having a monochromatic patch of solid green gives the eye a place to rest, allowing more colorful plantings to shine. A healthy lawn also provides the perfect setting for spring graduation gatherings and summer picnics.

Get your lawn into shape using Hy-Vee's specialty lawn care products and fertilizer. An easy step-by-step program takes the guesswork out of lawn care. Used in sequence, the products yield a thick, dark green lawn that bounces back quickly from stress and crowds out weeds.

It's no idle boast that Hy-Vee lawn fertilizers are better than the leading national brands, thanks to technologies incorporated into the products, such as sulfur coatings. Typically lawn fertilizers release their nutrients all at once, but sulfur coatings stretch nutrient release over 60 to 90 days, giving your lawn continuous nutrition that yields deep, consistent greening. Made for local growing conditions, Hy-Vee lawn fertilizers contain iron and nutrients that are typically in short supply in Midwest soils. Because these products contain iron, brush—don't wash—particles off sidewalks or driveways to avoid staining.

Hy-Vee Crabgrass Preventer combats annual weeds, such as crabgrass, foxtail and goosegrass. Apply this product in early spring. In late spring, boost grass color and protect against broadleaf weeds with Hy-Vee Weed & Feed. It combats such weeds as dandelions and violets.

If you battle fleas, ticks, ants and other pests, early summer is the time to treat turf using Hy-Vee Insect Control. In late summer, fertilize grass with Hy-Vee Lawn Food for deep greening into fall. The last feeding occurs in fall. Use Hy-Vee Winterizer lawn fertilizer for root growth, winter hardiness and early spring greening.

ALL DECKED OUT

With all the new trees, bushes and flowers in your yard, it may be time to build a new deck. Having dinner outside with family and friends will be wonderful, once all the projects are done.

Plan the deck so you have a relaxing area to sit, but also make a special spot for a table. Think of this as your new outside dining room. Summer evenings will never be the same.

To indulge your guests, Hy-Vee offers outdoor dining sets that are handsomely designed, unfazed by the occasional summer shower and

incredibly comfortable. These include the Royal Palm set, *below*.

While guests relax, you'll be at your new Weber grill, *right*. The Spirit E-210 has two 26,000 BTU burners fueled by propane or natural gas. For easy starting, it has electronic ignition. It also has a center-mount thermometer, so you can keep on top of things. The frame is stainless steel and the grill is rust-resistant. This is a strong mid-range cooker with high performance that will let you master the art of grilling.

Weber



Weber Spirit E-210 Grill \$399.99



Royal Palm 7-piece Dining Set \$449.99

EVOLVING YARD

One way to make any landscaping project affordable is to plant in steps over a few years. To save money, plan to handle some work yourself, such as planting, mulching and edging. Hire professionals to tackle heavier tasks, including grading, serious drainage issues or concrete work. With our project, we want to finish most planting in two seasons.

FOUNDATION: 1 YEAR PLAN

During the first year, focus on the foundational elements in the hardscape, such as concrete or stone walks, brick borders around bedding areas, arbors and fencing. This is also a good time to add relief to the landscape, if necessary. Rolling terrain adds visual variety, so you won't have a boring, flat patch of ground. Either move dirt around to create hills and valleys or bring in more soil to make mounds for planting.

To get some curb appeal going, we focused on planting annuals across the front of the lot the first year. The payoff with annuals is immediate—they'll bloom throughout the first growing season. Not so with perennials, which may require several seasons before they stage a strong flower show. Had we planted perennials from the beginning, we would have had fewer flowers to show off.

If you want a porch or deck will be part of the landscape makeover, it's better to install it sooner rather than later.

PLANTING: 2 YEARS IN

It isn't enough to just take the second-year plan and start plugging in the pieces. Consider how things shaped up at the end of the first growing season and whether any significant alterations might be needed.

For instance, you may discover that the original plan didn't give a butterfly bush the prominence you think it deserves. The start of a new season is the best time to build a larger mound for it or move it to another part of your yard. This way, you can get things planted so they have a chance to really take root.

After moving through any plan adjustments early, get into planting mode while spring is still young. This is the time to keep your spade, wheelbarrow, mulch and other necessities close at hand so you can get plants started. Talk to the experts at the Hy-Vee Garden Center about your choices. They'll make sure you have the right plant for the purpose and conditions.

You may also be trading some annuals for perennials at this time. Gardens are constantly evolving as you gain confidence and knowledge about your choices. Typically, you'll start finding this year and in the next few that some annuals that gave you such inviting color can easily be replaced by perennials that will require less of your time—without sacrificing visual appeal.





PLANT KEY

A. Yellow Daylily
 B. Twist and Shout Hydrangea
 C. Martha Washington Geranium
 D. Hardy Pink Geranium
 E. Butterfly Bush
 F. Lilac Bush
 G. Knockout Rose Bush
 H. Little Princess Spirea
 I. Firebush
 J. Green Velvet Boxwood
 K. Green Mountain Global Boxwood
 L. Angel Wing Begonia

M. Burning Bush
 N. Wave Petunia
 O. Dusty Miller
 P. Ivory Halo Dogwood
 Q. Patriot Hosta
 R. Serviceberry Bush
 S. Goldmound Spirea
 T. Fine Line buckthorn
 U. Dense Yews
 V. Autumn Blaze Maple
 W. Calibrachoa
 X. Nelly Moser Clematis
 Y. Oak Tree
 Z. Ornamental Cherry Tree

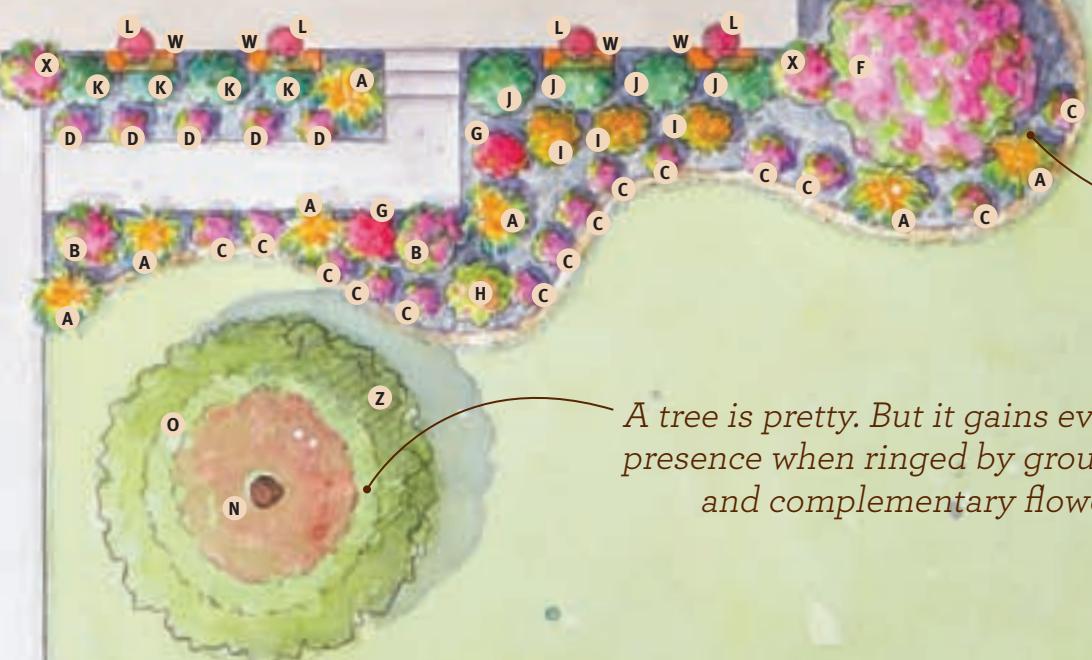
WORKING WITH A DESIGN PRO

You have three choices for how to approach your landscape design:

- Figure it out for yourself. Hit the books and the Internet for information or take classes in garden design. This is the most time-consuming approach and may not give you the best results.
- Ask for help. Quiz the Hy-Vee Garden Center experts. Show them pictures of area to be planted and measurements. Also, know when sun and shade affect the garden beds.
- Hire a landscape designer. This will give you a clear path to follow. A landscape diagram will guide your planting.

A basic plan from a designer may cost \$250-\$500 or more, and will give you a detailed plan. All you do is buy the flowers and trees at Hy-Vee, plant them and watch the magic blossom.

Want to attract butterflies and birds to your garden, and fill the air with sweet scents? Add a planting island filled with lilacs and a butterfly bush.



A tree is pretty. But it gains even more presence when ringed by groundcover and complementary flowers.

ANNUALS

Annual flowers offer bright pops of lively color, which every homeowner wants for their landscape. Most bloom continually, never exhausting their supply of beauty. However, these plants last only a single season and new plants must be started or purchased the following spring. That's why they are called annuals.

Most commonly used as supporting players to perennials, annuals display a palette of unending natural richness. While perennials grow slowly and may only bloom for shorter intervals in a growing season, annuals fill in with their flower power.

With their fast growth and radiant hues, annuals are ideal for cutting gardens because they blossom constantly at the height of their season. With yellows, purples, pinks, reds and such, annuals are good choices for beds or borders. They are also favorites for use in window boxes and container gardens.

Most homeowners prefer buying flats of bedding plants rather than starting plants from seed. But seeds still work. Site annuals according to their need for sun or shade (as shown on plant labels), remove dead flowers faithfully, and don't forget to fertilize.

POPULAR ANNUALS

Marigolds	Salvia
Annual Daisies	Impatiens
Bedding Geraniums	Wax-Leaf Begonias
Alyssum	Snapdragons

PERENNIALS

While annuals blaze like a comet through a single, dazzling season, perennials may take two or three seasons to reach maturity. As they come into their own, they inject a garden with structure and reliable color. Their varied blossoms and eye-catching foliage are just as pleasing as their here-this-year, gone-the-next cousins.

Perennials generally thrive for four, five or more years. They may or may not produce flowers the first year, if started from seed. After that, some varieties will bloom for one to three weeks only once a season, while others display their beautiful gifts two or three times a year or even all season long.

These are not plant-and-forget plants. Perennials require regular maintenance, including dividing crowded plants, deadheading (removal of dead blooms), staking, pruning and pest control.

In return for care, perennials give landscapes varieties in plant sizes, bloom times, leaf shapes and colors. Using perennials, you can easily design a garden that's colorful and filled with interest every season.

POPULAR PERENNIALS

Hostas	Purple Coneflower
Lavender	Russian Sage
Poppies	Daylily
Baby's Breath	Yarrow





PLANTING TREES & SHRUBS

Spring is a great time to add trees and shrubs. Look for Easy Elegance roses at Hy-Vee for nonstop beauty in an easy-care, winter-hardy plant. Endless Summer hydrangeas flower all summer. Both of these blooming shrubs grow easily and offer constant color. For trees, choose those that flourish in Midwestern conditions and feature seasonal color, from spring flowers to brilliant fall foliage. Great choices include crabapples, Chanticleer pears and Canada red cherry.

To plant a tree, dig a hole twice as deep and wide as the tree's root ball. If your soil is clay, add sand, compost or black soil. Before removing the tree from its container, determine which way you want it to face. In the front yard, position the best side toward the street; in back, turn the best side toward outdoor living areas.

1. Remove material surrounding tree roots—pot, plastic tub, bag, burlap, string or wire.
2. Gently loosen and break up the root ball using a shovel, utility knife, pick or fingers. Tease loose any roots that are wrapping around the inside of the container. This helps trees grow into surrounding soil.
3. Place the tree in the hole, but don't plant too deeply. Position hardwood trees a few inches above ground level to allow for settling. Typically trees settle 1 inch a year for the first two years.
4. Backfill the hole, adding one-third of removed soil. Tamp soil to remove air pockets. Water with Hy-Vee Plant Starter to reduce transplant shock and stimulate root growth. Repeat this process two more times, each time adding another third of the soil.
5. Spread mulch around the tree, covering exposed soil. Don't stack mulch against the trunk.
6. Create a sloping saucer so there's no mulch where the trunk meets the ground.

LANDSCAPE TIP: *Plants that are stressed are not likely to thrive.*

Ensure that you are getting healthy plants by purchasing from reputable sources. The success of your landscaping project begins with sellers like Hy-Vee, who take consistent, proper care of plants.

KING OF SPADES

When it comes to Midwest gardens, no one knows the scoop like Hy-Vee's Jerry Kluver. Growing up on a farm in Western Iowa, he understands Midwest soils and weather extremes. With more than 40 years' experience in the retail greenhouse and nursery industry, Jerry has answered countless garden questions through the years.

Jerry takes questions online at www.hy-vee.com/getgrowing. You can also search answers to previously asked questions, like these which are among the most frequently asked.

Q: How do I get rid of creeping charlie in my lawn?

A: Use a broadleaf weed killer mixed with a spreader sticker, a wetting agent that helps the herbicide stick to leaf surfaces. Apply this mixture to your lawn using a dial sprayer. Spray three times, 10 days apart.

Q: My tomatoes grow fine in early summer, but leaves start to turn brown and wilt by midsummer. Sometimes the plant loses all its leaves. What is going on and what do I do?

A: It sounds like you're dealing with tomato blight. To battle this, make sure your tomatoes are planted in full sun. Apply liquid calcium (sold as Nutri-Cal) according to label instructions from the time you plant tomatoes. Using a dial sprayer, apply a multipurpose fungicide (Fungonil) every four weeks.

Q: How often should I water the lawn? Is one time of day better than another?

A: Ideally you should irrigate in the morning. This allows grass blades to dry off prior to dark. This helps prevent diseases. Give your lawn 1 inch of water per week. Under dry conditions, this amount of water will keep a yard from going dormant.

Q: How do I grow grass seed in the shade?

A: Trim trees so branches are 8 feet above the ground to allow more sunlight to penetrate. Sow shade-tolerant grass seed in spring; you want it established before leaves fall from trees in autumn. Mow this area an inch higher than the rest of your lawn. Use a starter fertilizer that's high in phosphorus to encourage deep root growth.

Q: What is the best product to get rid of rabbits and deer?

A: Use Repel, Repellex, or Liquid Fence according to label directions. Be sure to reapply as often as the label specifies. You can also plant Bonanza marigolds to help deter rabbits. Rabbits don't touch Bonanzas in my yard. Use them to surround and protect other plants.

Q: How often should I fertilize my lawn?

A: Follow the Hy-Vee 4-step program for lawn care and you'll fertilize in early spring, late spring, summer, and fall.



Hy-Vee
**get
growing**
WITH Jerry Kluver



MUST-HAVE TOOLS

"Landscaping is much easier when you have the right tools," Jerry Kluver says. "Choose some kind of caddy or hanging system to keep your tools organized." Check your tool stash and see if you have Jerry's must-have tools.

- 1. TILING SPADE** Dig a trench for downspouts, French drains or for working in rocky, hard soils.
- 2. STEEL BOW RAKE** This 14-tine rake is the best tool for removing lawn thatch.
- 3. LOPPERS** Look for lightweight loppers to trim shrubs and trees.
- 4. FLAT SHOVEL** Remove sod when creating new planting areas.
- 5. ROUND SHOVEL** Plant a tree or move a pile of compost.
- 6. SPADING FORK** Ideal choice for loosening new beds, lifting shrubs or digging root crops.
- 7. PRUNER** Deadhead, clip roses and trim perennials.
- 8. FLORAL SHEARS** For a quick snip of blooms for a favorite vase.
- 9. HEDGE SHEARS** Give shrubs a manicured look with shears. Choose bypass-type hand shears.
- 10, 11, 12. HAND TOOLS SET** Get the basics: a hand rake for clearing beds, a trowel for planting and hand fork for weeding.
- 13. HOE** Choose this timeless classic to remove weeds, move soil or create seed rows.
- 14. SPRINKLING CAN** Carry water to the isolated daisy or to a window box of flowers.



JAR OF HAPPINESS Wrap about 30 inches of 1-inch-wide ribbon under the bottom of a jelly jar and run it up each side. Hold the tails together at the top and slide the jar ring over the ribbon. Screw the ring in place, pulling the ribbons taut. Tie a bow at the top to hold the jar onto a door handle. Slip a 5-inch-wide paper belly band under the ribbon and tape the ends together on the backside. Make and print a label from www.hy-vee.com/seasons and adhere with doublestick tape to the front of the jar, centering it on the belly band.

Sweet Gifts

Pretty little May baskets send the message that spring has arrived. Make these smile-inducing designs yourself and fill them with candy or flowers for a special someone.

TEXT WANDA VENTLING PHOTOGRAPHY KING AU

A rite of spring—sure as spotting the first robin—used to be watching children deliver colorful baskets to neighboring friends on the first day of May. Kids handcrafted the designs, most often fashioned of construction paper or decorated cups with pipe cleaner handles, and filled them with candy or a mix of candy and popcorn. Delivering the baskets was sometimes as creative an endeavor as making them. The goal was for the child to place a basket at the door of a friend, ring the door bell and run and hide. Tradition warned that if the giver got caught, it might mean a kiss from the receiver, but typically it only meant a happyrazzing by friends.

Revive May Day this year and give a little basket of treats or flowers to all the kids you know—ages 1 to 99. They can be delivered the old-fashioned way, or you can put a new spin on this smile-spreading occasion. Set a basket on a co-worker's or teacher's desk, send a box of baskets to your child's classroom or club or drop off several baskets to a nearby family.

Design your packages to be bright and fun. Here, we offer several creative ideas. The instructions are easy and flexible. Use such readymade containers as jelly jars, take-out boxes or gift-box bottoms, or make a cone using a downloadable pattern (go to www.hy-vee.com/seasons for this and other May Day Basket Patterns). Fill baskets with wrapped treats, including Hy-Vee's or Brach's individually wrapped, bagged or bulk candies. Unwrapped candies can be packaged in tiny cellophane bags for safety. Gifts don't have to include sweets. For example, instead of spice drops, fill jelly jars, opposite, with a bunch of flowers (check out Hy-Vee's flower-market bouquets—one bouquet can be divided to fill several jars). Other gift ideas include tiny toys or a small package of nuts or fruit chews.

Dove Minis Candy: select varieties 8.5 to 11 oz. 2/\$7.00



Hy-Vee Bag Candy: select varieties 3 to 17 oz. 4/\$5.00

New Hy-Vee Plastic Plates or Cups: select varieties 12 to 100 ct. 2/\$4.00

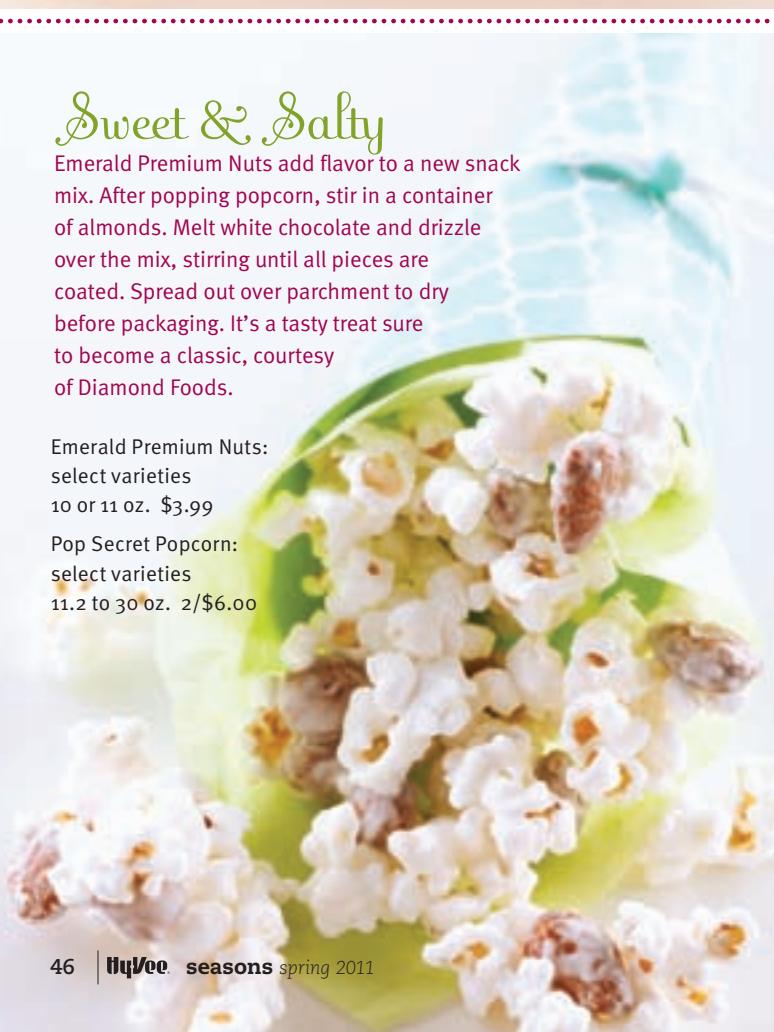


Sweet & Salty

Emerald Premium Nuts add flavor to a new snack mix. After popping popcorn, stir in a container of almonds. Melt white chocolate and drizzle over the mix, stirring until all pieces are coated. Spread out over parchment to dry before packaging. It's a tasty treat sure to become a classic, courtesy of Diamond Foods.

Emerald Premium Nuts: select varieties 10 or 11 oz. \$3.99

Pop Secret Popcorn: select varieties 11.2 to 30 oz. 2/\$6.00



Mars Fun Size Candy: select varieties 9.45 to 11.5 oz. \$2.99



PINWHEEL PUNCH Wash and dry an empty $\frac{1}{2}$ -gallon carton (from milk or juice) and cut off the top to make a 5-inch box. Cover with paper, taping it in place. Cut two widths of ribbon, 24 inches long each. Center the narrow ribbon on the wider, and glue together. Glue the ribbon onto two opposite sides of the box to make the handle. Use the Pinwheel Punch Pattern at www.hy-vee.com/seasons to make the pinwheel. Glue pinwheel in place.

TISSUE FLOWER Cut tissue paper into 4-inch-wide strips. Fold the strips every 4 inches to make a 4x4-inch square. Place Tissue Flower Pattern from www.hy-vee.com/seasons on the tissue square and draw around it. Cut around the pattern markings and unfold the tissue paper. Starting at the top of a Hy-Vee plastic cup, tape the straight edge of the tissue paper—pleating once for every scallop—to the cup so each scallop makes a flower petal shape. Overlap tissue paper rows in the same manner until the cup is covered. The upper row of petals rises about 1 inch above the cup lip. Glue sheer white ribbon around the cup base. Use a hole punch to make holes on either side of the cup and tie on a ribbon handle.

CRITTER CARTON Purchased Chinese food take-out boxes make the duck and dog, left, an easy project. For the duck: Bend orange pipe cleaners into circles for eyes and webbed feet, and glue to the box. Glue on a set of googly eyes and a pom-pom for the beak. Cut wings from green paper using the May Basket Critter Carton Wing Pattern at www.hy-vee.com/seasons and glue to sides of the box. For the dog: Bend black pipe cleaners to make the ears and tail. Glue on two pom-poms and googly eyes to make the face. Make the collar using ribbon and a small buckle.

CANDY CONE Use the May Basket Cone Pattern at www.hy-vee.com/seasons and print onto cardstock. Cut out pattern and roll into a cone shape; tape to hold. Wrap cone with ribbon and glue in place. Glue on a bow. (Note: Line the cone with tissue paper or use plastic bag liners, if giving popcorn or unwrapped candy in the cone.)

Brach's Bag Candy: select varieties
14 to 22 oz. \$2.19

Brach's Chocolate Bag Candy:
select varieties 12 oz. \$2.99



For project instructions and
patterns, go to:
www.Hy-Vee.com/seasons





MOTHER'S DAY
is **NOT** for
BEING WITH MOM.

It's for reminding her why being
together is so much fun.



FIND **MOM AND ME** AND **GRANDMA AND ME**
IN THE EXPRESSIONS FROM HALLMARK DEPARTMENT.
COMING SOON FOR FATHER'S DAY: **DAD AND ME**.

HALLMARK "CONVERSATIONS TO KEEP" RECORDABLE BOOKS
give moms a way to hold onto kids' little voices and big ideas.

Each page offers a question to ask and lets Mom record
both her question and her child's answer. Voice Save Technology
means she'll be able to replay their conversation for
years to come. Because sharing stories is a special occasion.

Life IS A SPECIAL OCCASION.
expressions from 



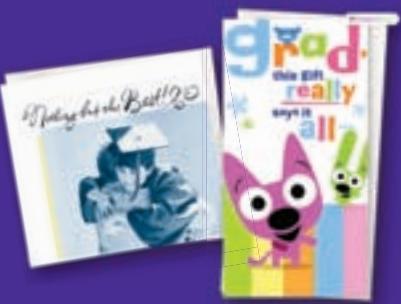
*BEING A MOM
is a special occasion.*

From packing lunches to picking up grandkids, mothers do an extraordinary job at ordinary things. So give the mom in your life an Expressions from Hallmark card that tells it like it is. Make it serious — or seriously silly, if that's her style. Expressions from Hallmark has a range of Mother's Day cards to help you let her know just how loved and appreciated she is.



*Life IS
A SPECIAL
OCCASION.*

expressions
from
 Hallmark



BEING A **GRADUATE** IS A BIG DEAL, TOO.
FIND A CARD IN THE
EXPRESSIONS FROM HALLMARK DEPARTMENT.

A close-up photograph of a young boy with blonde hair, smiling broadly. He is wearing a grey t-shirt and is holding up a silver-colored triathlon medal with a blue ribbon. The medal features a stylized swimmer/bicyclist/runner icon at the top, followed by the words "Hy-Vee triathlon" and the PepsiCo globe logo below it.

Jump in the pool to swim
a few laps. Hop on a bike
and pedal your fastest. Put
on running shoes and race
around the block. Sound like
summer fun? Join young
athletes all across the
Midwest in the first-ever
Hy-Vee IronKids Midwest
Triathlon Series.

TEXT PEG SMITH

PHOTOGRAPHY ADAM ALBRIGHT AND
TOBIN BENNETT

IronKids: Coming To a City Near You



From Lawrence, Kansas, to West Des Moines, Iowa, the Hy-Vee IronKids Midwest Triathlon Series will make a splash all across the Midwest this summer. The new partnership between Hy-Vee and the World Triathlon Corporation (WTC) brings world-class race events to kids, ages 6 to 15, who just want to have fun—plus a little friendly competition. Qualifying races around the Midwest begin June 11, and the events wrap up September 17 in West Des Moines, Iowa, with Hy-Vee IronKids U.S. Championship.

At IronKids the mission statement is “To inspire and motivate youth through the sport, to lead an active, positive and healthy lifestyle.” Hy-Vee, recognized for promoting physical fitness and healthful lifestyles, believes that “every kid is a winner.” Everyone who finishes the swim-bike-run events will be awarded commemorative medals.

READY, SET, GO

If you swim, bike and run, you already have a head start in IronKids competition. Although distances are different for each of the three age groups—6 to 8 years, 9 to 11 years and 12 to 15 years—the events are the same.

Kids don't need an exhaustive training schedule. They can get

in shape by playing games—such as tag, Frisbee or ball sports. These are great workouts or warm-ups for kids, says Kevin MacKinnon, athlete, coach and author of *A Healthy Guide to Sport: IronKids* (Meyer & Meyer, 128 pages, 2005). Strength training isn't necessary for kids. “Those under the age of 12 shouldn't be doing any weight training,” he says. Active games are enough. These help teach cooperation, while working several muscle groups.

Flexibility training can help prevent injuries. MacKinnon says, “Any training program must include stretching.” His book has recommendations for children's stretching exercises.

TRAINING IS FUN

Kids all over the Midwest will be getting ready this summer for races, so chances are you can find a buddy to join you in

Training Tip

If you've never run on a real track before, try one out at a local high school or fitness center. Just pick a lane and run like the wind.

swimming, biking and running. Ben Tweeten, who participated in the kids' events at the 2009 Triathlon in West Des Moines, plans to train again this year along with his brother. Ben got ready for that first big day by running even when it was hot and humid. Good thing, because the day of the race...you got it...it was hot and Ben was dripping sweat. His mom made sure Ben drank plenty of liquids and ran safe distances.

Donna Tweeten, Ben's mom and long-time triathlon volunteer, encouraged her son to enter his first tri because he already loved sports. He'd shown interest in triathlons and she knew the experience of training and competing as an individual would give him even more confidence than he generally got from the team sports that he has played.

Because Ben knew he was stronger and faster with running and biking than he was with swimming, he put extra energy into swimming. Other than that, he just did what came naturally—ran, biked and swam, doing something nearly every day. Inspired by Olympic gold medalist Shawn Johnson and her dedication to training, Ben was already active and needed little motivation.

On race day everyone swims first, quickly changes into dry clothes for the bike event, then finishes with the run—quickly transitioning from one event to the next.

Most athletes have a favorite sport, one that comes easy, and another that takes more practice. Recognizing which event will be easiest and which will take more training helps in preparation.

Kids who belong to a local YMCA or whose family belongs to a health club or fitness club could check with certified physical fitness staff for help on training. Also, many cities have sports clinics and coaches who may have helpful advice. Check the Web site, www.ironkids.com, for more information about training for IronKids.

Training Tip

The speed is in you,
not the shoes.

As long as your
shoes are in good
shape and fit snugly
without pinching
your toes, you're
good to go.

FREE CLINICS & FUN FOR FAMILIES

This year, at each location for the Hy-Vee IronKids, registered participants can attend free triathlon clinics staffed by USA Triathlon-certified coaches. The clinics range

from introductory to advanced and begin six weeks before each scheduled event. A second follow-up clinic is held two weeks before the event. At the last clinic, the day before the race, kids will pick up their number bibs, have a chance to get familiar with the venue and learn the best

ways to transition between events. For more information on clinics, check www.ironkids.com

On triathlon day, plan for the entire family to get involved. In addition to the races, IronKids Midwest Triathlon will have IronKids Expo and more youth triathlon clinics.

Training Tip

Eat a meal that includes carbohydrates and protein a couple of hours before the race. After the race, have a small sandwich and plenty of water to replenish your body.

FROM A PARENT'S PERSPECTIVE

Parents (and grandparents and other relatives) will experience the thrill of race day along with their young athletes. Of course, they will also help kids register for the triathlon, oversee training and get kids to events on time—with necessary equipment. They can develop an atmosphere of calm and confidence as the race approaches. To make this event a winner, parents can:

- Share that important moment at the finish line. Whether your child is the leader or one of the pack, you'll want to see your him or her complete the race.

- Have a towel, dry clothes and drinks and snacks ready for your athlete. Help him or her recover safely by sipping beverages and eating slowly—something light yet nutritious, such as a PB&J sandwich and plenty of water.

- Include the whole family and let your IronKid be the center of attention. Siblings, grandparents and other relatives all get caught up in the excitement of a youngster who completes triathlons, particularly his or her first.

- Participate in events beyond being spectators for the swim-bike-run events. There is enough going on at each location to make the entire day memorable.

Because she has been involved with young triathletes for years, Donna is enthusiastic about what kids gain from the competition. A volunteer at the last five Hy-Vee triathlon events, Donna has seen hundreds of kids crossing the finish line and she believes each one of them is a winner.

"Kids don't have to be great swimmers, cyclers or runners. The distances are short," she says. "Fancy bikes aren't necessary (Ben rode his heavy mountain bike). That day, it's just the kids and the course, they're competing against themselves and everyone around is cheering them on."



IRONKIDS MIDWEST SCHEDULE

Registration is now open and sites have been set for the Hy-Vee IronKids Midwest Series. The top five finishers in each race will qualify to compete in the Hy-Vee IronKids U.S. Championship in West Des Moines, Iowa. All finishers will receive a commemorative medal, and the top three participants in each age group will receive a trophy.

Information and registration for each race is available through www.ironkids.com. Entry fee is \$30, with a \$10 discount for second and third children in families entering more than one child.

Registration closes one or two days before the race. Check details on the Web site for the exact date in each case. Also, check online occasionally for updates on individual races and venues. Go to www.ironkids.com.



Race schedule:

June 11, 2011	Lawrence, Kansas
June 18, 2011	Sioux Falls, South Dakota
June 25, 2011	Omaha, Nebraska
July 2, 2011	Sioux City, Iowa
July 9, 2011	Waterloo, Iowa
July 16, 2011	Quad Cities, Iowa
July 23, 2011	Rochester, Minnesota
July 30, 2011	Cedar Rapids, Iowa
August 6, 2011	Dubuque, Iowa
August 13, 2011	Kansas City, Missouri
August 20, 2011	Lincoln, Nebraska
August 27, 2011	Columbia, Missouri
Sept. 3, 2011	West Des Moines, Iowa
Sept. 10, 2011	Madison, Wisconsin
Sept. 17, 2011	Hy-Vee IronKids National Championship, West Des Moines, Iowa

For a taste of paradise, sink your teeth into
a sweet-tart and juicy mango. Discover how
to cut it, cook with it and savor it.
Embrace the passion of the mango.

TEXT LOIS WHITE PHOTOGRAPHY ANDY LYONS

Tommy Adkins Mangoes
each \$0.79

Mango-licious!

When you cut open a ripe mango, out wafts a spicy, peachy perfume as inviting as a tropical zephyr. Its tender, tangy flesh is an alluring blend of pineapple and peach, but sweeter and more exotic than either one. From the very first bite of the delectable fruit, you're aware that this is going to be no ordinary experience.

Not only is this a fruit to savor on its own, but it is amazingly versatile. Once hooked, you'll be using it in salads, enchiladas, salsas, breads, pies, cakes, smoothies and other recipes. It adds a tropical accent to whatever you're making.

Mangoes are the most popular fruit in the world, edging out bananas and apples. Sales have been increasing in the United States and jumped 15 percent in 2010. "We sell a lot of mangoes this time of year because many of our customers return from tropical destinations and want to buy the fruit," says Ron Coles, assistant vice president of produce purchasing at Hy-Vee.

Apart from being tasty and colorful, mangoes are loaded with good nutrition. They're high in vitamins A and C, antioxidants, fiber and potassium. "An average size mango can contain up to 40 percent of your daily fiber needs," says Amber Kastler, Hy-Vee dietitian, Fort Dodge, Iowa. "That's a good thing, because eating high-fiber, low-fat foods may help reduce the risk of some types of cancer."

Amber experienced eating a mango for the first time when she visited Hawaii. "I didn't know how nutritious they were, but I fell in love with them because they were different from any other fruit I tasted," she says. Now eating mangoes several times a week, she

notes that the fruit scored an impressive 93 out of 100 on the NuVal scoring system for overall nutritional quality. "It's hard to beat this for good nutrition," Amber adds.

FINDING THE ONE FOR YOU

Although mangoes are available all year, they're at their most plentiful—and prices are generally at their lowest—during the spring and early summer months. When buying mangoes, rely on your eyes and nose. Look for undamaged, smooth-skinned fruit that yields to gentle pressure, like a ripe avocado. A ripe mango is soft to the touch and has a heady, floral aroma. You can ripen mangoes on the counter for a few days. To speed up the process, place them in a paper bag with an apple; apples emit ethylene, a gas that promotes ripening. Store ripe mangoes in the refrigerator.

Hy-Vee carries four varieties of mango, importing them from Mexico and South America. Each type has a distinctive flavor and texture, which makes mango-tasting a delightful adventure. The most common, the Tommy Atkins, is large (12 to 24 ounces), reddish-orange, has a mildly sweet flavor and is very fibrous throughout. Another variety, the Ataulfo, is smaller in size (6 to 12 ounces) and ripens from green to yellow. It's delectable and free of stringy fibers. Keitt mangoes, another variety with little fibrous material, are larger in size (20 to 26 ounces) and have a sweet, fruity flavor. You may also choose the Kent variety, a dark-to-medium green fruit with a pink blush that boasts a tender, juicy flesh with limited fibers and a sweet, rich flavor.



MANGO-MACADAMIA NUT BREAD

Serve this moist breakfast bread with honey butter. This one sings once a spread of Honey-Lemon Cheese is slathered on.

Serves 16 (1 slice bread with cream cheese).

3 cups Hy-Vee all-purpose flour
2 teaspoons Hy-Vee baking powder
1/4 teaspoon Hy-Vee baking soda
1/4 teaspoon Hy-Vee salt
3 Hy-Vee large eggs, beaten
1 1/2 cups Hy-Vee granulated sugar
3/4 cup Hy-Vee canola oil
2 tablespoons cream of coconut or
Hy-Vee skim milk
1 1/2 teaspoons grated fresh ginger
2 cups finely chopped ripe mango
(from 2 mangoes)
1/3 cup finely chopped, toasted Hy-Vee
macadamia nuts

Coconut-Macadamia Topping (recipe right)

Honey-Lemon Cheese Spread (recipe right)

Preheat oven to 350°F. Grease two 8×4×2-inch loaf pans; set aside. Prepare Coconut-Macadamia Topping; set aside.

Whisk together flour, baking powder, baking soda and salt in a large bowl. Make a well in center of flour mixture; set aside.

Beat together eggs, sugar, oil, cream of coconut and ginger in a medium bowl. Fold in chopped mango. Add all at once to flour mixture, stirring just until moistened. Batter should be lumpy. Fold in nuts. Spoon into prepared pans. Sprinkle Coconut-Macadamia Topping over batter in pans.

Bake for 50 to 55 minutes or until a wooden toothpick inserted near center of each loaf comes out clean. Cool in pans on a wire rack for 10 minutes. Remove from pans. Cool completely on rack. Slice each loaf into 8 slices and serve with Honey-Lemon Cheese Spread.

COCONUT-MACADAMIA TOPPING: Combine **1/4 cup** packed Hy-Vee brown sugar and **2 tablespoons** Hy-Vee all-purpose flour. Cut

in 2 tablespoons Hy-Vee unsalted butter until mixture resembles coarse crumbs. Stir in **1/4 cup** Hy-Vee flaked coconut and **1/4 cup** finely chopped Hy-Vee macadamia nuts.

HONEY-LEMON CHEESE SPREAD: Soften **1 (8-ounce)** package Hy-Vee $\frac{1}{3}$ -less-fat cream cheese and combine with **2 tablespoons** Hy-Vee honey and **3/4 teaspoon** grated fresh lemon peel. Cover and refrigerate until ready to serve.

Nutrition facts per serving: 400 calories, 21 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 200 mg sodium, 50 g carbohydrates, 1 g fiber, 30 g sugar, 5 g protein. Daily values: 6% vitamin A, 15% vitamin C, 6% calcium, 8% iron.





PULLED PORK ENCHILADAS WITH MANGO MARGARITA SALSA

No hidden taste secrets here: Sweet and tangy mango salsa is the key to success.

Serves 8.

- 1 (2½-pound) boneless pork shoulder roast
- 1 (1.25-ounce) package Hy-Vee reduced-sodium taco seasoning mix
- 1 (14.5-ounce) can Hy-Vee reduced-sodium chicken broth
- ½ cup chopped onion
- 2 (15-ounce) cans Hy-Vee enchilada sauce, divided
- 2 tablespoons chopped cilantro, divided
- 1 (4-ounce) can Hy-Vee diced green chilies
- 1 (8-ounce) package shredded Monterey Jack and Colby cheese
- 8 (8-inch) Hy-Vee flour tortillas
- Mango Margarita Salsa, optional (recipe, right)

Rub roast with taco seasoning mix. Place roast in a 3½- or 4-quart slow cooker; add

broth and onion. Cover and cook on LOW for 10 to 11 hours or on HIGH for 5 to 6 hours.

Remove roast from slow cooker. Using two forks, pull meat into coarse strands. In a bowl, combine shredded pork, ½ cup of the enchilada sauce and 1 tablespoon chopped cilantro; set aside.

In another bowl, combine remaining enchilada sauce and chilies. Spread ½ cup of sauce mixture in a 9×13-inch baking dish; set aside.

Preheat oven to 400°F. Spoon about ½ cup pork mixture and 2 tablespoons cheese on each tortilla. Roll up tortilla and place, seam side down, in prepared baking dish; repeat with remaining tortillas. Top tortillas with remaining enchilada sauce mixture. Bake, covered, for 20 minutes. Remove cover, and sprinkle remaining cheese on top. Bake, uncovered, for 5 minutes or until heated through. Top with remaining cilantro and serve, if desired, with Mango Margarita Salsa.

Nutrition facts per enchilada: 560 calories, 24 g fat, 10 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,460 mg sodium, 41 g carbohydrates, 3 g fiber, 4 g sugar, 39 g protein. Daily values: 50% vitamin A, 25% vitamin C, 30% calcium, 25% iron.

MANGO MARGARITA SALSA

Serves 32 (about 2 tablespoons each).

- 2 oranges
- 1 lime
- 2 ripe mangoes, seeded, peeled and chopped
- ½ cup chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 jalapeño pepper, seeded and chopped*
- ¼ cup chopped fresh cilantro

Grate 1 teaspoon peel each from 1 orange and 1 lime. Place zest in a bowl. Peel, section and chop 2 oranges; add to bowl. Stir in mangoes, red bell pepper, red onion, jalapeño pepper and cilantro. Cover and chill for up to 3 days.

*Note: Wear gloves while handling jalapeno peppers and do not touch face or eyes.

Nutrition facts per 2 tablespoons salsa: 20 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg sodium, 5 g carbohydrates, 1 g fiber, 4 g sugar, 0 g protein. Daily values: 6% vitamin A, 25% vitamin C, 0% calcium, 0% iron.



No time to make salsa? Let Hy-Vee do the work for you.

Hy-Vee Fresh Salsa: select varieties 15 oz. 2/\$6.00

MANGO SMOOTHIES

Whip together the summery flavors of mangoes, banana and peach nectar for a refreshing blast. Pour the smoothie in a big glass. Lean back as you drink it down. Presto! You've got a mango mustache.

Serves 3 (1 cup each).

- 2 ripe mangoes, seeded,
peeled and cubed
- 1 small ripe banana, peeled
and cut into chunks
- 1 (8-ounce) carton Hy-Vee low-fat
vanilla yogurt
- 1 cup peach or apricot Looza Nectar,
chilled
- 1 tablespoon Hy-Vee honey or
agave syrup
- 1 cup small ice cubes or crushed ice

Place mango, banana, yogurt, nectar and honey in a blender container. Cover and blend until smooth.

Gradually add ice through hole in lid, blending until almost smooth. If desired, garnish each smoothie with a skewer of fresh mango chunks.

Nutrition facts per serving: 240 calories, 1.5 g fat, .5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 55 mg sodium, 54 g carbohydrates, 3 g fiber, 29 g sugar, 4 g protein. Daily values: 60% vitamin A, 50% vitamin C, 15% calcium, 0% iron.



Looza Nectars:
select varieties
33.8 oz. \$3.77



SLICES, DICES OR CUBES

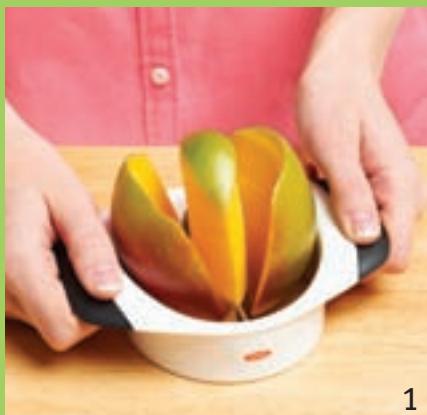
The trick in handling a mango is to be able to maneuver around the long, flat seed in the center of the fruit so you get as much of the sweet flesh as possible. Mango flesh can be slippery, so leaving the skin on will help you get a grip.

A handy kitchen gadget, such as the OXO Good Grips mango splitter is well worth the investment. Its sharp, stainless steel blades allow you to remove the mango seed and slice the fruit in half with one simple press. Find this at your local Hy-Vee stores displayed near other cooking tools.

Place the mango, stem side up, on a cutting board. Position the mango splitter on top and push down (1). If you don't have a mango cutter, grab a good sharp paring knife. Using the knife, slice down along one side of the seed to remove the fleshy face. Turn the mango around and slice off the other face, keeping the knife as close to the seed as you can. The resulting ovals of mango flesh are known as "cheeks." What's left in the middle is mostly the mango seed.

Using the knife, cut parallel slices in each "cheek," being careful not to cut through the skin (2). If you are making a recipe that calls for cubed or diced mango, score the flesh in a checkerboard pattern up to, but not through, the skin. The closer you make the score lines, the smaller the chunks will be.

Turn the skin in to push the slices, cubes or smaller chunks of mango flesh out (3). Then cut the pieces from the skin with the knife (4).



A TROPICAL DELIGHT

Irresistibly tangy mangoes add an intriguing depth of flavor to a variety of summer meals. Try our seasonal recipes where we've blended its fresh taste with other fruity, spicy and creamy ingredients. Here are more delicious ways to enjoy the juicy goodness of mangoes.

- Get to know the fruit by eating it raw in the same way as a peach or papaya. Keep in mind that a firmer mango usually tastes slightly more tart and citrusy. A riper mango has a softer texture and sweeter taste. Try blending mango with other fruits, such as strawberries, kiwi, oranges, peaches and pineapple. Serve the fruit with a sprinkling of toasted coconut.
- Grill mango slices to pair with fish, pork or poultry. Skewer several spears together and add to the rack during last few minutes of grilling.
- Slice a mango and serve over mixed greens, splashed with bottled raspberry vinaigrette.
- Blend the fruit into shakes, juices, sorbets, smoothies and concoctions.
- Add Caribbean flair to a stir-fry by tossing chopped mango into cooked long grain rice seasoned with chopped green onion.
- Place cubed mangoes and melon balls in dessert dishes. Top with your favorite sorbet and add a little sparkling wine.
- Perk up spicy tacos by topping with a mixture of chopped mango, avocado, lime juice and chopped fresh cilantro.

EVERYDAY ARTISTAN

A line of extraordinary, rustic breads now brings artisan quality to every meal.
Discover Hy-Vee's own Baking Stone Bread and the difference it can make to your table.

PHOTOGRAPHY ADAM ALBRIGHT

This recipe will have you rethinking French toast. Once you experience it, you won't be content with something from the freezer or even your routine homemade recipe. The taste of this toast is rich, full and yummier than you'll find in most restaurants. It's French toast as it was meant to be: a delectable eggy treat topped with warm butter and syrup, almost a dessert.

The key is Baking Stone Bread. Purchase a whole loaf and slice it yourself. This allows you to cut thick pieces that can stand up to an egg dip and syrup shower. Each bite has texture—the bready middle doesn't get wet. And the taste? Delicious. The honey, raisin and pecan flavors lend more strength and are more nuanced than is possible when French toast is made with plain white bread.

OLD BEGINNINGS

Hy-Vee developed their exclusive Baking Stone Bread with more than 20 varieties of authentic specialty breads. You may choose the flavors you prefer from among these:

Traditional European bread—French, Italian, Vienna, Garlic, Rosemary Garlic, Garlic Crown, Roasted Garlic and Pretzel. Many varieties may be purchased as whole or sliced loaves. There are also French baguettes and demi rolls.

Flavored focaccia—Asiago Cheese, Jalapeño & Cheese, Black Pepper Parmesan and Vegetable.

Grain breads—Honey Raisin & Pecan and Honey Whole Grain.

Sourdough—French Boulé.

Pumpernickel—round, loaf (Batard) and flute.

It all began with wholesome ingredients and Old World-inspired recipes created by Hy-Vee's knowledgeable, veteran bakers. They know that great bread takes time. They give each bread time for

proper fermentation—usually 12 hours or more—to turn out heartily textured, tasty loaves that are baked fresh every morning.

Hy-Vee Bakery displays an impressive selection of breads daily to offer the freshest loaves for your dinner table.

BREAD SWAP

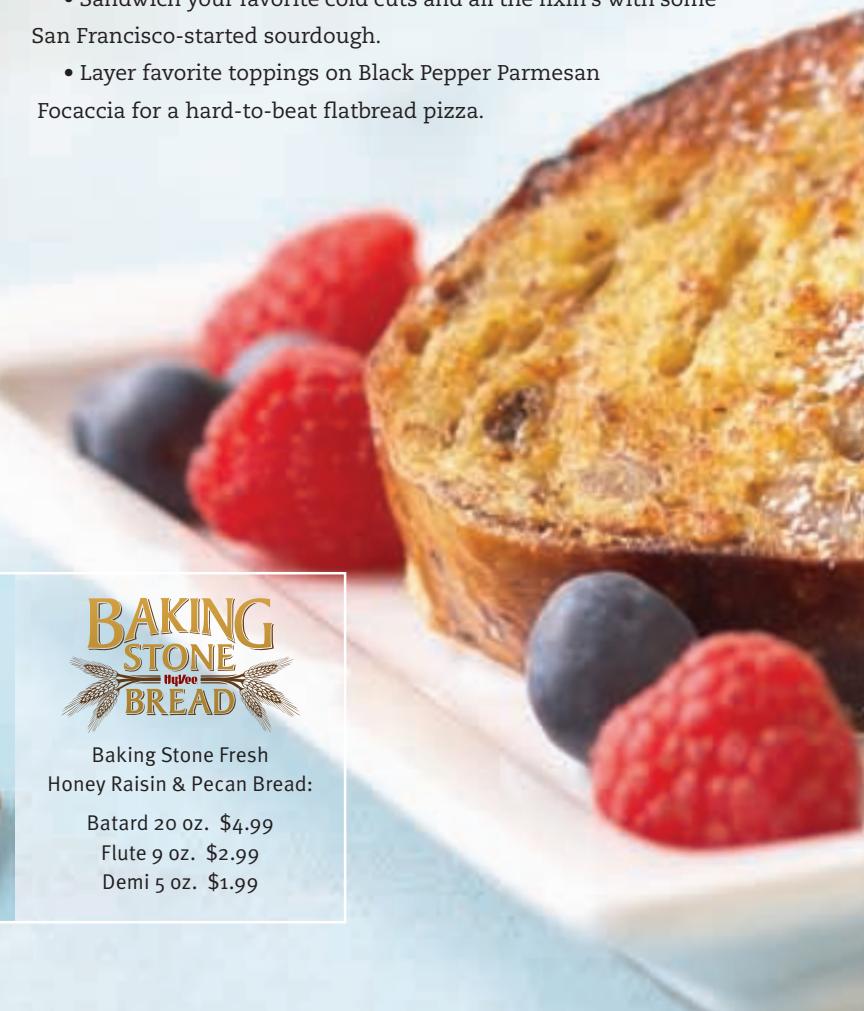
Try one of the following trades for a touch of sophistication:

- Add just enough kick to everyday grilled cheese sandwiches with slices of Jalapeño Cheddar bread.
- Offer a table-ready loaf of Garlic Crown loaf for your next pasta night. It's a fine pull-apart accompaniment to spaghetti.
- Sandwich your favorite cold cuts and all the fixin's with some San Francisco-started sourdough.
- Layer favorite toppings on Black Pepper Parmesan Focaccia for a hard-to-beat flatbread pizza.



BAKING STONE BREAD
Hy-Vee

Baking Stone Fresh
Honey Raisin & Pecan Bread:
Batard 20 oz. \$4.99
Flute 9 oz. \$2.99
Demi 5 oz. \$1.99



HONEY RAISIN & PECAN FRENCH TOAST

Dense and chewy, Hy-Vee Baking Stone Honey Raisin & Pecan Bread makes this classic breakfast memorable. It's everything you love about French toast (only better).

Serves 4.

4 Hy-Vee large eggs
½ cup Hy-Vee skim milk
½ teaspoon Hy-Vee vanilla extract
¼ teaspoon Hy-Vee ground cinnamon
4 1-inch-thick slices Hy-Vee Baking Stone Honey Raisin & Pecan Bread
1 tablespoon Hy-Vee unsalted butter
Hy-Vee powdered sugar, Grand Selections maple syrup and fresh raspberries and blueberries, for serving

Whisk together eggs, milk, vanilla and cinnamon in a shallow bowl or pie plate. Add bread slices and let stand about 1 minute on each side.

Melt butter in a large non-stick pan or griddle over medium heat. Cook prepared bread slices on each side until golden brown, about 4 minutes per side.

To serve, sprinkle with powdered sugar, drizzle with maple syrup and garnish with fresh berries, if desired.

Nutrition facts per serving: 300 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 195 mg cholesterol, 320 mg sodium, 38 g carbohydrates, 1 g fiber, 11 g sugar, 12 g protein. **Daily values:** 8% vitamin A, 0% vitamin C, 6% calcium, 8% iron.



FUN HOUSE

Make your's the fun house. That's the house where your kids—and their friends—can enjoy a movie or game night flopping on the couch, raiding the refrigerator and raising the decibels. Why encourage such behavior? Because the kids will enjoy it and you'll know where they are.

TEXT STEVE COOPER PHOTOGRAPHY ADAM ALBRIGHT



Planters Trail Mix: select varieties
5 or 6 oz. 2/\$3.00

Any parent who has ever hosted a group of teenagers or pre-teens for a movie night and a sleepover knows that this can be about as much fun as parenting gets—if everything goes according to plan. So this is no time for half-baked plans. With kids, it's important to set some boundaries, while letting them know that the whole reason for the party is to have some fun.

Plan a super night, rather than defensively guarding against trouble. Sure, kids can get into mischief. But most will be on good behavior if the payoff is food and fun with friends.

So what's the agenda? How should you get ready for an overnighter with the whole gang?

ROOM TO GROW

It's best if you have a room where all can play, view, eat and relax comfortably for extended periods. Bedrooms are often a little too cramped and food can become a problem. A basement, family room or living room is a better choice. You'll need:

- **Flop-on seating.** This is one of those times when cushioning counts more than fabric. Beds can be as simple as a sleeping bag.

- **Kitchenette.** Kids will need access to cold beverages, a microwave for popcorn and a counter for serving pizza. Before the party starts, make a quick check of the area to make sure no alcohol, tobacco or other inappropriate items are present.

- **A screen.** With kids, it's always the bigger, the better. It doesn't have to be 50 inches, though expect complaints if it's under 30.

- **Video-game console.** PlayStation 3, Nintendo Wii and XBox 360 are the top brands. Make sure you have sufficient controllers.

- **Games.** Get kids moving with a Wii fitness game. Some may enjoy Just Dance 2, a popular dance workout session. Or challenge them with Super Mario Galaxy 2 or similar adventures. Low-tech board games are always popular.

- **Décor.** The best space is light, bright and indestructable. This is not the place to display your rare china. If you're looking for big wall art at a smaller price, look for popular movie posters.



RULES OF THE HOUSE

The first rule is for you, as the parent. Make sure you make note of the name, address and phone number of the parents of each child who attends. Better safe than sorry.

When you're outnumbered by young people, it's good to be seen as a friend as well as authority figure. Make rules clear, few in number and barely negotiable when enforced. But rule gently. Impress your youthful charges that this is your home, but also offer second chances when you can.

Write out the house rules on a small blackboard or print them out for framing. Display prominently in the room where the kids will be enjoying themselves. Mounting the list right next to the pizza is sure to get their attention.

What should the rules cover? The first should encourage kids to have fun. Next, remind them that they are guests in your house, so they should not break things, be excessively noisy or cause too much commotion after midnight. Ask them not to leave the house without permission. End by reminding them: Enjoy yourselves.

MEET THE PARENTS

With so many demands on our time, it's often difficult to meet the parents of our children's friends. An overnighter offers a good moment for you and other parents to become acquainted when they come by to collect their kids the morning after the party.

Give all parents the same pickup time. Set out coffee and a light breakfast for them. While eating, adults can get to know one another. You'll learn about their children and you may even learn more about your own. Follow your rule: Have fun.



Frito Lay Family Size Tostitos, Ruffles or Dips: select varieties 14 to 23 oz. \$3.99

Hy-Vee Spring Water 15 pk. 2/\$5.00

Betty Crocker Chex or Gardedtos: select varieties 14.5 or 15 oz. 2/\$5.00





GAMES AND MOVIES

When kids gather 'round the big screen, it's for video games or for movies. Either way, it's time to get the popcorn popping.

It doesn't take much to make the night fun. All you need is grazing food, a crisp screen and an action-packed game or movie. Here are the essentials:

THE SNACK COUNTER

- Main dish. If an actual meal is needed, order pizza. Don't fight against nature by making dinner. These are kids. Give 'em the pie.
- Beverages. Limit the amount of soda pop you serve. Stay away from anything with caffeine and a high

sugar content. Go for healthy fruit juices, instead.

- Snacks. Stack packets of popcorn next to the microwave and they will disappear. Also put out chips and cookies. Offer up a plate of fruit and veggies and the kids may surprise you by taking some.

THE LATEST IN TITLES

Whether selecting a video game or a movie, look for titles that are recent hits. Kids love nothing quite as much as being current. However, consider the age of your young audience and the rating of the game or movie. If in doubt about the appropriateness of a title, pull that game or movie off the list.



Chinet Plates or Bowls: select varieties
12 to 36 ct. \$2.88



Dole Fruit Bowls or All Natural Jars:
select varieties 4 pk. or 24.5 oz. \$2.29



Orville Redenbacher's Gourmet
Popping Corn: select varieties
3 or 4 pk. 3/\$5.00



Palermo's Primo Thin or Hearth Pizza:
select varieties 13.5 to 19.10 oz. \$4.69



Join Old Orchard & Hy-Vee in supporting diabetes research. \$.05 will be donated to JDRF for every bottle of Healthy Balance purchased at Hy-Vee.

Old Orchard Cran Naturals or
Healthy Balance Juice: select varieties
64 oz. \$1.77

Farm Fresh

Movie nights often turn into sleepovers before the final credits start rolling.

Be ready with Farmland bacon for a quick breakfast that'll have them coming back next weekend.



Farmland Spiral Sliced
1/4 or 1/2 Ham per lb. \$3.49



Farmland Sliced Bacon:
select varieties 1.5 lb. \$5.49



Land O'Frost Sandwich Kits:
select varieties 24 oz. \$5.39



Nathan's Franks: select varieties
12 or 16 oz. 2/\$7.00



Sea Cuisine Encrusted Fish Fillets:
select varieties 10 oz. \$5.19

Land O'Frost

Stock your refrigerator with top-quality protein from Land O'Frost. So when the fridge is raided for all it's worth, at least you know *what* the kids are finding as they forage.



Land O'Frost Premium
Sliced Lunchmeats:
select varieties
10 or 16 oz. \$3.99





Snack Smart

Any doubt about how to stock the snack bar? Scan Hy-Vee aisles and let the Nabisco logo lead you to kids' favorites. Go for the originals, or offer smarter snacks with 100-Calorie pack versions. Either way, you can't go wrong with Nabisco or other Kraft foods.



Kraft String-Ums or Twist-Ums:
select varieties 9 or 12 oz. \$3.99



Oscar Mayer Deli Fresh Sliced Meats:
select varieties 16 oz. \$5.49



Country Time: select varieties
6 or 8 qt. 2/\$4.00



Kraft BBQ Sauce: select varieties
16.25 or 18 oz. \$0.99



South Beach or Planters Bars:
select varieties 5.88 to 8.10 oz. 2/\$5.00



Oscar Mayer Lunchables: select varieties
9.5 to 11.7 oz. 2/\$5.00



Kraft Soft Philadelphia Cream Cheese:
select varieties 8 oz. \$1.99

Foolproof Meals

For older kids especially, stick to foods that kids can make themselves—think microwaves. Hy-Vee carries plenty of kid-friendly fare from Sara Lee, offering families everything from meats and breads to desserts.

Ball Park Meat Franks: select varieties 12.8, 14 or 16 oz.
\$2.18



Hillshire Farm Smoked Sausage:
select varieties 14 or 16 oz. 2/\$5.00



Jimmy Dean Breakfast Sandwiches
or Skillets: select varieties
13 to 20 oz. \$3.99



Sara Lee Premium Deli Sliced Meats:
select varieties per lb. \$5.99

Step Into Spring.

With Meals That Make Better Eating Easy.

Visit HyVee.com for easy recipes for every occasion.



Banana Walnut Pancakes

Looking for a healthier classic breakfast?
Replace your eggs with Egg Beaters.®



Chilled Tomato and Vegetable

Pasta Salad makes a refreshing,
healthier lunch.



Grilled Marinated Chicken with Tomato-Fruit Salsa.

Pam® helps make a delicious dinner even better for you.



Star Fruit Dessert

A smart dessert alternative, made with fresh fruit and Reddi-wip.®



Healthy Choice Complete Selections or
Cafe Steamers: select varieties
9.5 to 12.5 oz. \$2.59



Healthy Choice Entrees: steaming,
all natural or select 8 to 10 oz. \$1.88



Healthy Choice Fresh Mixers or Marie
Callender Creations: select varieties
6.49 to 7.95 oz. \$2.77



Hunt's Tomatoes or Sauce:
select varieties 14.5 or 15 oz. 10/\$10.00



Egg Beaters: select varieties
15 or 16 oz. \$2.48



Hunt's Ketchup 24 oz.
\$0.99



Reddi Wip for Fruit 7 oz.
\$2.18



GRILLING
TIP:
Chicken Breasts

Spray grill with PAM®
for Grilling & cook on
medium-high heat 4-5
minutes per side until
an internal temp of
165° is reached

Pam Cooking Spray: select varieties
5 or 6 oz. 2/\$5.00



Tide Liquid Laundry Detergent:
select varieties 100 oz. \$11.97



Bounce Fabric Softener: select varieties
100 to 120 ct. \$4.48



Bounce Dryer Bar
lasts for up to 4 months \$6.99



Downy Liquid Fabric Softener
41 to 51 oz. \$4.99



Cascade Auto Dish Detergent:
select varieties 75 oz. or 20 pk. \$4.48



Dawn Dish Detergent: select varieties
19 or 24 oz. \$2.48

Squeaky Clean

You know the subtle satisfaction in the gleam of a freshly washed stack of plates, a grass stain conquered, and the comfort of super-soft bedsheets. Moments like those are precisely why Proctor & Gamble believes in touching lives in small but meaningful ways.



Unilever Works

Repair your skin and hair from the harsh winter months with Dove, Vaseline and dozens of other trusted household names, and you'll soon discover why Unilever is a worldwide leader of products for home and health.



Vaseline Intensive Care Lotion: select varieties 10 oz. \$3.29

Dove or Degree Ultra Antiperspirant, Deodorant or Body Mist: select varieties 2.6 to 3 oz. \$3.69

Dove Shampoo or Conditioner: select varieties 12 or 16 oz. \$3.49

Dove Bar Soap or Body Wash: select varieties 6 pk. or 25.5 oz. \$5.99

Exceptional Care

Pet care is more than a business for Purina—it's their passion.

Beyond producing high-quality dog and cat foods, Purina shows their love by sponsoring numerous animal welfare initiatives. Visit www.nestlepurina.com to see what they're doing in your neighborhood.

Purina Cat Chow: complete or indoor 16 lb. \$12.88

Purina Dog Chow, Puppy Chow or Fit N Trim:
select varieties 17.6 to 22 lb. \$11.99

Friskies Cat Food: select varieties 5.5 oz. \$0.48

Tidy Cats Scoop Litter 35 lb. \$10.99



Pharmacy

MEET THE PEOPLE WHO MAKE THE DIFFERENCE

Great Quality, Surprising Price.

Trust a reliable and knowledgeable Hy-Vee pharmacist when you need a quality medication. Your local Hy-Vee Pharmacy offers more than 400 generic prescription medications for only \$4 each per 30-day supply. Fortunately, there's nothing generic about our service. We go to great lengths to make sure you're taken care of—always.



Next Issue



SUMMER

Drink in the summer sun on a carefree picnic. In the next issue of *Hy-Vee Seasons*, we'll cover all you need for an outing. We'll also give you recipes and ideas for more seasonal fare, including tomatoes, cherries, summer sandwiches and ice cream. So relax, and pick up a copy of *Hy-Vee Seasons Summer 2011*, available in May only at Hy-Vee stores. Or request a copy at www.hy-vee.com/seasons.



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when it comes to saving you money.

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