

seasons

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14

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seasons

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Hy-Vee Seasons recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good-tasting.

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Please recycle after use.

Letter

DEAR FRIENDS,

Summer is here and that means two things to the Kopriva family: baseball and barbecues.

My husband, Troy, our son Alex, 11, and I love many things, but the top of the list has to be the game of baseball.

When Alex was only 5 years old, he began playing the game. He usually plays catcher but sometimes pitches, and yes, I'm one of those cheerleading moms. Of course, I think he's the best on the team, but it could be that I'm a little biased.

Alex and I are HUGE New York Yankee fans (Troy likes the Braves, but we won't go there). Our family traveled to Tampa, Florida, this year to catch the Yankees at spring training. What a trip that was!

Nothing brings people and families together like baseball and barbecue. Every year at the end of the season we host Alex's team for some outdoor grilling at our home. It's a great way to thank the coaches, get to know everyone and celebrate the season, win or lose.

I've never claimed to be a grill master, which is why I seek out information like you'll find in this issue. At your next cookout, try the recipes in "Light & Lean Grilling" on page 4. You'll soon be making Chipotle Chicken with Buttermilk Chive Sauce, Salmon with Maple-Glazed Pecans and a delicious Mediterranean Vegetable Stack for which you use a portabella mushroom in place of a bun. There's more summer cooking in "Best Burgers on the Menu" on page 28. Earn your chef's hat as you learn how to grill incredible restaurant-style burgers. Of course, ingredients for all these recipes are available at your local Hy-Vee store. And if you're headed to a Major League Baseball game soon, don't miss "First Pitch" on page 40. You'll learn all that's needed to have a memorable day at the ballpark.

Let Hy-Vee and *Seasons* help you make it a great summer!

Jen Kopriva
Assistant Vice President, West Central District





Weber One Touch Silver
Charcoal Grill \$89.70

Light & Lean GRILLING

Benefit your body and expand your grilling expertise at the same time with these delectable fresh-air recipes.

TEXT JILL JOHNSON PHOTOGRAPHY ANDY LYONS

There's a wholesome, healthful stir in the grilling world with traditional fare making room for platters of leaner beef, skinless chicken and flavorful vegetables.

This is good news to Kent Madison, *opposite*, chef at the Mall of the Bluffs Hy-Vee in Council Bluffs, Iowa. As the host of regular cooking classes for customers, Kent has received feedback from 2,000 students, shaping his view of what dishes appeal to people. What topic is firing up customer interest? Nutritious grilling. That dovetails nicely with Kent's belief that grills are perfect for preparing great-tasting, healthful food.

The ground rules Kent offers for diet-smart grilling are ones you may already be putting into practice, but they become even more important with leaner cuts of meat or skinless chicken.

"Don't overcook, or your meat will dry out," he says. "Use a quick-read meat thermometer for chicken, pork and beef. For fish, you can tell it's done when it flakes and loses its translucent look."

To keep low-fat food from sticking to the grilling grate, Kent recommends spraying the grate with nonstick cooking spray before heating up the grill and/or brushing the food you're grilling with a little olive oil. Another trick is to cook on thoroughly preheated grates since food will stick more to those that are simply warm.

CHOOSE CHICKEN

To keep boneless, skinless chicken breasts from drying out, Kent grills them to 165°F over medium coals and often relies on marinades for moisture insurance. For a poultry rub, he uses a favorite all-purpose low-sodium blend of eight spices called Rent-A-Chef Seasoning. "It's good on everything but ice cream," he quips. Kent prefers a fresh product sold at Hy-Vee called Smart Chicken, which is air-chilled instead of water-enhanced. He says, "It tastes more like chicken."

GO FISH

Fish is on the upsurge in the American diet, thanks to widespread awareness of omega-3 fatty acids that promote heart, brain and vision health. To encourage customers to eat the recommended two servings of fish per week, Hy-Vee offers a wide variety of fresh and tasty selections. As a safeguard of maximum fish quality, Hy-Vee employs a Consumer Safety Officer from the U.S. Department of Commerce. This officer conducts strict flavor profiles for each fresh species sold. Firm-fleshed salmon and tuna are as easy to grill as burgers and are quickly gaining in popularity. Kent mentions plank-grilling as a way to protect fish from overcooking, add a woody flavor and sidestep flipping.

GARDEN TO GRILL

Vegetables on the grill are somewhat of a Cinderella story. Humble squash, eggplant and onions are transformed into alluring smoky-flavored specialties. When cooking vegetables directly on the grill, cut them into uniform pieces large enough that they won't fall through the grates. Before grilling, pat dry any moist surfaces (moisture will stall the browning process) and brush with olive oil. Hy-Vee offers several meat marinades that taste great on vegetables, too, Kent says.

THE CUTS THAT COUNT

Today's pork is lower in fat than ever before. Ounce for ounce, trimmed pork tenderloin and skinless chicken breasts have the same total fat content. When selecting lean beef to grill, choose from the loin.

"My favorite cut of meat is sirloin," Kent says, "because it has less fat than a New York strip. Cook it on the medium-rare side." He also recommends Amana beef kabobs as an easy option.



**MEDITERRANEAN
VEGETABLE STACK**

Serve up a colorful palette of hearty grilled vegetables, layered and topped with feta cheese, fresh oregano and a smooth roasted pepper-garlic sauce.

Fresh Zucchini or Yellow
Squash per lb. \$1.18

Hy-Vee Portabella Mushrooms
10 oz. \$3.48

Serves 4.

- 1 cup water-packed roasted red peppers, drained**
- ¼ cup plus 1 teaspoon Grand Selections olive oil, divided**
- 1 clove garlic**
- ¼ teaspoon Hy-Vee crushed red pepper flakes**
- 4 (5 inches each) Hy-Vee portabella mushroom caps**
- 2 small zucchini, sliced lengthwise ½ inch thick**
- 2 small yellow squash, sliced lengthwise ½ inch thick**
- 1 medium sweet onion, sliced ½ inch thick**
- 1 red bell pepper, seeded and quartered**
- Hy-Vee salt and Hy-Vee black pepper, to taste**
- 5 ounces feta cheese crumbles**
- 1 teaspoon minced fresh oregano or fresh oregano sprigs**

To make sauce, in food processor or blender place roasted peppers, 1 teaspoon olive oil, garlic and pepper flakes, and puree until smooth; set aside. Brush mushrooms, zucchini, yellow squash, onion and bell pepper with remaining olive oil; sprinkle with salt and black pepper.

Preheat grill to medium heat. Grill vegetables over direct heat for 5 to 6 minutes per side or until tender and marked.

To serve, place each mushroom on a plate. Layer with zucchini, yellow squash, onion and bell pepper. Spoon about 3 tablespoons sauce over each stack; top with crumbled feta and minced or fresh oregano.

Nutrition facts per serving: 330 calories, 23 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 710 mg sodium, 19 g carbohydrates, 4 g fiber, 12 g sugar, 10 g protein. Daily values: 100% vitamin A, 220% vitamin C, 20% calcium, 10% iron.

SALMON WITH MAPLE-GLAZED PECANS

Spicy candied pecans top Sweet Bourbon salmon fillets—fresh, preseasoned and ready for the grill straight from the Hy-Vee Seafood Department. Combine with mixed greens and grilled sweet potato fries for a unique medley of flavors.

Fresh Farm Raised Salmon Portions: Traditional, Jamaica Jerk, Sweet Bourbon, Lemon or Traditional 5 oz. 2/\$8.00

Fresh Sweet Potatoes per lb. \$0.88

Serves 4.

Cedar plank

Hy-Vee vegetable oil

4 (5 ounces each) Sweet Bourbon-seasoned salmon portions

1 cup Hy-Vee pecan pieces

3 tablespoons Grand Selections pure maple syrup

1 tablespoon hot sauce

1 teaspoon soy sauce

¼ teaspoon cayenne pepper

1 tablespoon Grand Selections olive oil

Immerse cedar plank in water and soak for at least 4 hours or overnight. You may have to weigh it down with a soup can.

Preheat grill to medium heat. Brush one side of plank with vegetable oil. This will help prevent salmon from sticking to wood. Top plank with salmon; place on center of grill grate. Grill, covered, over direct heat until fish flakes with fork, about 8 to 10 minutes. Check occasionally to ensure cedar plank doesn't flare up. Spritz any flames with a water bottle, if necessary.

Meanwhile, in a small bowl combine pecans, syrup, hot sauce, soy sauce and cayenne pepper. Heat olive oil in a medium nonstick skillet over medium heat. Add pecan mixture and cook, stirring frequently, until mixture is slightly thickened. Serve salmon topped with maple-glazed pecans.

Note: See Hy-Vee.com for Nutritional Facts.





Blue Ribbon Beef Boneless Flat Iron Steak per lb. \$5.99



Our Special Recipe Fresh Italian Sausage or Bratwurst: selected varieties 3.75 oz. 10/\$8.00



Previously Frozen Ahi Tuna Steaks per lb. \$7.99



Famous Dave's BBQ Sauce or Marinades: selected varieties 12 to 20 oz. \$2.28



Hy-Vee Marinades: selected varieties 12 oz. 3/\$5.00



Weber Marinade: selected varieties 1.12 oz. 2/\$0.88

CHIPOTLE CHICKEN WITH BUTTERMILK CHIVE SAUCE

A rub featuring chipotle seasoning (not pure ground chipotle chile peppers) gives skinless chicken a flavorful, golden crust to seal in moistness. Complete the summer menu with refreshing greens, skewered potatoes (partially cooked before grilling) and a cool and creamy stir-together sauce.

Serves 4.

- 1/2 cup Hy-Vee light sour cream
- 1/4 cup buttermilk
- 1 tablespoon minced fresh chives
- 1 teaspoon Hy-Vee salt, divided
- 1/4 teaspoon coarse ground Hy-Vee black pepper
- 2 teaspoons chipotle seasoning
- 2 teaspoons Hy-Vee paprika
- 1 teaspoon Hy-Vee brown sugar
- 1/2 teaspoon Midwest Country Fare onion powder
- 4 Smart Chicken boneless, skinless chicken breasts
- Fresh greens

To make buttermilk chive sauce, in a small bowl combine sour cream, buttermilk, chives, 1/2 teaspoon salt and the pepper. Cover and refrigerate until serving time.

For rub, stir together chipotle seasoning, paprika, brown sugar, onion powder and remaining 1/2 teaspoon salt. Rub about 1 1/2 teaspoons onto each chicken breast.

Preheat grill to medium heat. Grill chicken over direct heat for 6 to 8 minutes per side or until internal temperature reaches 165°F. Serve chicken with buttermilk chive sauce and fresh greens.

Nutrition facts per serving: 190 calories, 7 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 800 mg sodium, 6 g carbohydrates, 1 g fiber, 4 g sugar, 27 g protein. Daily values: 25% vitamin A, 6% vitamin C, 8% calcium, 6% iron.

Smart Chicken Boneless Skinless Breasts per lb. \$4.99

Melissa's Dutch Yellow Potatoes 24 oz. \$3.19



TOOLS OF THE TRADE

Whether you're grilling for a crowd or just dinner for one, it takes more than your recipe ingredients. A properly functioning grill is essential for a safe and efficient experience, no matter how skilled you are. If you need to replace your old equipment or buy your first grill, Hy-Vee carries numerous models to fit almost every budget and preference: large or small, gas, charcoal or electric.

Maintain your grill with the proper cleaning and tools, such as the plastic-handled grill brush and dual-head brush, *below*, available through Hy-Vee's comprehensive BBQ Tools line. Turning tongs, foil pans and Elite Essentials kitchen gadgets for prepping complete your lineup.

BBQ Tools: selected varieties 1 to 4 ct. \$3.99

Brinkmann Stainless Steel PS9400 4 Burner Gas Grill \$299.98



Hy-Vee Elite Essentials Kitchen Gadgets: selected varieties
1 ct. 25% off



Handi Foil BBQ Items: selected varieties 1 ct. 25% off



Grilling Theme Eco-friendly Paper Dinnerware 2/\$3.00



Brita Green Grand Pitcher \$26.99



Hy-Vee CharKING Charcoal
8.3 lb. \$3.88



Hy-Vee Cheese Slices 12 oz. \$1.68



Bush's Baked Beans: selected varieties 16 oz. \$1.18



Nabisco Snack Crackers: selected varieties 12 to 16 oz. \$3.88



Kraft Barbeque Sauce: selected varieties 16.25 or 18 oz. \$0.99



Kraft South Beach and Planters Bars: selected varieties 5.88 to 8.10 oz. 2/\$5.00



Jack's Naturally Rising Pizza: selected varieties 26.7 to 30.5 oz. 2/\$8.00



Kraft Deli Fresh Natural Sliced Cheese: selected varieties 7 or 8 oz. \$2.69



Oscar Mayer Deli Shaved Meats: selected varieties 16 oz. \$4.88



Oscar Mayer Wallet Packs: selected varieties 9 or 10 oz. 2/\$5.00

For Starters

Toss a frozen pizza on the grill for an effortless appetizer that can be catered to every menu. DiGiorno and California Pizza Kitchen from Kraft carry dozens of varieties to choose from, whether you enjoy them straight from the box or personalized with favorite fresh toppings, such as yellow bell pepper, red onion and fresh basil.



California Pizza Kitchen For One (shown here with fresh toppings from the produce aisle) or DiGiorno For One: selected varieties 5 to 10.20 oz. 4/\$10.00



Make Summer Simple



Made with 100% pure beef for premium taste from a name you trust.

Having great food on hand lets you whip up dinner on YOUR schedule. Whether it's a late-night barbecue with the neighbors or a quick pre-practice dinner, grab food you love that fits your life.

Hebrew National Franks: selected varieties 11 or 12 oz. 2/\$5.00

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Hunt's Ketchup 24 oz. \$1.18



Reddi Wip: selected varieties 7 oz. \$1.99



Banquet Bagged Chicken: selected varieties 24 or 26.5 oz. \$3.99



Pam Cooking Spray: selected varieties 5 or 6 oz. \$2.38



Orville Redenbacher's Microwave Popcorn: selected varieties 3.9 to 9.8 oz. or 2 to 4 pk. \$1.77



Healthy Choice All Natural or Select Entrees: selected varieties 8 to 10 oz. \$1.88



Chef Boyardee Canned or Microwave Meals: selected varieties 7.25 to 15 oz. 3/\$3.00



Write your own wedding story with a celebration that is as personal as a stolen moment on the dance floor.

Wedded Kiss

TEXT ANDREA COOLEY AND LUANN BRANDSEN

PHOTOGRAPHY TOBIN BENNETT



Swirls of taffeta. Whispers of fondant. Frothy ruffles and sweet romance. Sumptuous blooms that give us pause to soak in the moment. And the father-of-the-bride trying oh-so-hard to look composed.

Large or small, simple or over-the-top, weddings capture our hearts as they symbolize the first chapter of a new life together. It's a day where the bride and groom sparkle more than the crystal and where the promise of happily ever after is as expectant as a group of children eyeing the six-tiered chocolate cake.

From traditionally elegant to simply modern, weddings are especially memorable when they reflect personal style. But where to begin? Pick a wedding theme. The event's overall style may be as sassy as a polka-dot motif or as site specific as the beach.

This is also the time to decide how formal you want your wedding to be. While a traditional church ceremony and hotel reception will always be classic, also consider wineries, flower gardens, backyards, parks and museums.

Once you have a theme for your big day, the other most influential design factor is color. The theme or setting will help determine colors, but also consider your favorite hues for fabrics, flowers and such. It's also true that in the world of weddings, bright and bold colors set a lively tone.

This year, vibrant orange and citrus yellow or chartreuse and lemon yellow are hot color combinations. These are particularly refreshing choices for summer. Aqua and crimson or aqua and chartreuse are other of-the-moment pairings that play off this year's most popular home-design color—turquoise. If you prefer a more classic color statement, pick subtle pastels, such as soft pink with gold or the simple elegance of black and white.

With so many choices, it's helpful to create a wish list of colors, themes, ideas and styles. Organize all your ideas in a pretty binder. Once you have the basics in mind, let the wedding experts at Hy-Vee bring your vision to life. From the flowers and cake to food and decorations, Hy-Vee will help make your wedding personal and unforgettable.



Hy-Vee Fun Size Water 24 pk. 10 oz. \$2.48
 White Metal Beverage Tub with Stand \$29.98

As Mary Baer-Sucich, catering manager at Hy-Vee in Des Moines, advises: “This is your day. Think about what you really want. Don’t try to make everyone happy.”

When planning a menu, Mary asks whether you desire to incorporate some of your favorite foods or if you want other tasty offerings to complement your wedding style or theme.

As you gain clarity about the menu, Hy-Vee Catering Department staff will show you a range of prices to help determine your wedding size and budget. Some couples will choose a simple cake with snacks and finger food. Others will want a reception buffet. Still others will

order elaborate sit-down dinner with such upscale offerings as prime rib, New York strip steak, kabobs or bacon-wrapped stuffed chicken breasts.

Because “food is one of the biggest expenses of the day,” Mary says, Hy-Vee offers a scheduled tasting to confirm that everything is to your liking before you order. There is also an on-staff dietitian who can help develop any special menu needs. And then there’s the matter of convenience. Hy-Vee provides servers and rents china and silverware. (Durable plasticware and faux-silverware place settings are also available.)

With both the buffet and plated

dinner, Hy-Vee takes care of delivery, set-up, clean-up and leftovers—leaving you to enjoy the party. And if grocery stores can sell liquor in your state, the Hy-Vee Catering Department will order and deliver wine and spirits, too.

Finally, if you want to thank guests for sharing in your celebration, consider letting Hy-Vee help with edible favors. You can fill small decorative boxes, bags or tins with special candies from the confectionary counter. Or consider ordering monogrammed cookies frosted in one of your wedding colors. Hand these out in clear cellophane bags secured with satin ribbons.





NIBBLE & NOSH

A festive table like this—all catered by Hy-Vee—ensures that your guests will go away happy. They'll have enjoyed a plate of cold shrimp with olives and perhaps a slice or two of a robust cheese on some crackers. After chatting with friends and picking up something to drink, they'll return for a desert of fresh berries. It's good to be a guest.

Appetizing Choices



Something Sweet



Wedding cakes have become stunning sugar-and-cream masterpieces that rightfully take their place of honor at the reception. Stacked layers in round, square or octagon shapes are replacing the pillar designs of yesterday. Colorful embellishments that reflect the wedding's style and theme are becoming dramatic.

When created by baker/designers such as Anne Freeman and Sara Vanderheyden of the Hy-Vee in Ames, Iowa, wedding cakes may feature hand-painted designs, Swiss dots, monograms, irresistible chocolate frosting and unexpected hues.

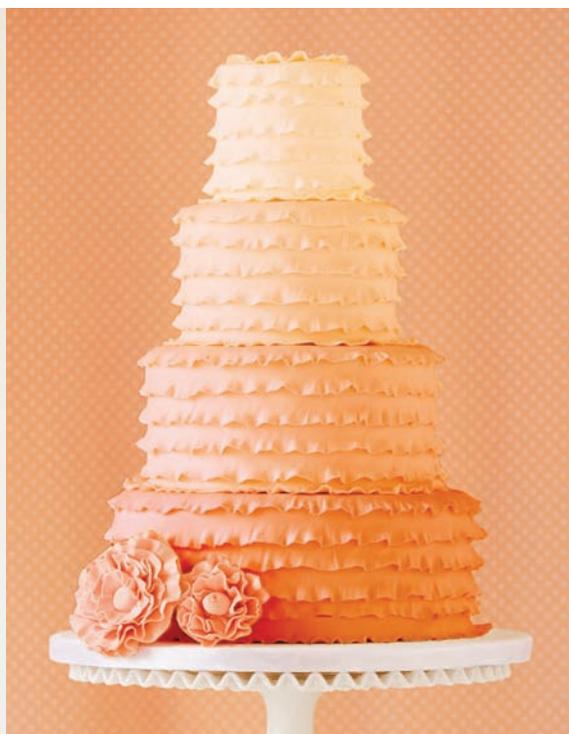
"People are getting braver with color," Anne says, adding that many couples are accenting white cakes with bold splashes of yellow, blue and orange. Any shade of blue is also in vogue as an overall cake color this year.

Because it can be easily sculpted into intricate designs, fondant is gaining popularity in place of conventional frostings, Anne says. Fondant icing provides a smooth, hard surface that is easily shaped. Cakes made with it may feature whimsical ruffles similar to those seen on bridal gowns.

Of course, you can also add personality with cake flavors and fillings. Think white cake filled with champagne mousse or chocolate cake with raspberry filling.

If you decide to have more than three flavors, Sara suggests ordering extra cake for your guests. "People will want to try them all," she says.

One final option if you don't want to cut the cake: Styrofoam cakes. "They are display-only wedding cakes," Sara says. These "tiered confections" stay intact while you cut and serve lower-priced sheet cake instead.





Floral Fancy

Nothing brightens a ceremony and reception like flowers. These delicate emblems of love go a long way in creating a mood.

Bursts of buds and blooms are usually at the heart of your palette—this year, the more dramatic, the better. Consider saturated colors and bouquets with movement and asymmetry.

The garden look of a stemmed bouquet is very popular and adds simple elegance, says Lori McKenna, floral manager at a Hy-Vee in Des Moines. Some brides still prefer the all-rose look, but Lori notes the popularity of European-style mixed bouquets with clusters of flowers.

Brides' bouquets range from a simple handful of daisies to a glamorous bouquet of delicate flowers that need to be special-ordered and handled with care. Peonies, stephanotis, ranunculus, parrot tulips and sweet pea are some of the pricier blooms, but used sparingly they yield a stunning display.

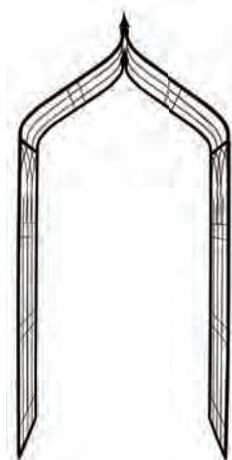
Bridesmaids' bouquets and the groom and groomsmen's boutonnieres typically include one or two flowers from the bride's flowers to complement it, so the "bride's bouquet stands out," Lori says.

Many brides "use little jewel butterflies to accent their bouquets," Lori says, and also add ribbon and buckles to stems.

Hy-Vee will deliver and set up the flowers the day of the wedding.

ELEGANT ARBOR

Sites for outdoor weddings are usually chosen for their beauty. To turn focus on the ceremony, put the couple under a bridal arch, such as the Black Metal Garden Arbor from Hy-Vee. It may come in black, but can be painted to suit the color scheme. We also added an accent: a 4-inch-wide plank to which flowers were attached. This 8-foot-tall arch is a lovely setting for making vows.



Black Metal Garden Arbor \$99.98



Party Time

Give your young lady a summer birthday to remember full of good friends, joyful decorations and delicious treats. Party like it's 2010!

TEXT KATHY BARNES PHOTOGRAPHY TOBIN BENNETT

Bakery Fresh Cupcake Cake \$14.99

A towering cake, dozens of decked-out cupcakes, whimsical balloons and ice cream piled so high that it breaks the cone beneath it—these are some of the things that young ladies adore at birthday bashes. A bit of forethought is all you need to give your daughter a birthday party she'll be raving about till next year. Girls between the fun ages of 7 and 12 love to put a personal stamp on everything, and birthday parties are no exception. Consider these ideas for making the next celebration simple and extra special.

RETHINK THE THEME

Create a fun color or design theme. Talk to your daughter about favorite colors, motifs or activities for design inspiration. Not sure where to look for clues? Open her closet and have her pick out a favorite party dress. Or, ask her to pull her favorite book off the shelf and show you an illustration she loves. You might be surprised how easy it is to find a color palette that works. For the party shown here, colored circles in pink, orange and aqua were the jumping-off point for a fresh party look. You might be inspired by other ideas: Her revolving outfit changes might inspire a fashion show party complete with makeovers. Mystery lovers might enjoy chasing down clues in a scavenger hunt. Or play up a favorite hobby, such as reading, animals or soccer.

PLAN AN ACTIVITY

Girls love to use their hands to make things—food, crafts, gardens and more. Brainstorm ideas with your daughter and let her interests help shape how the party comes together. On a hot summer day, one activity they'll love is making cool treats that they can eat later, including hand-scooped ice cream or snow cones (see "Cool Eats," page 24). Keeping the party loosely structured works well for this age group.

SIMPLIFY THE GUEST LIST

She doesn't need to invite the neighborhood or her entire class to have a memorable day. Just make sure her BFFs (best friends forever) are there, and you'll be set. Editing the guest list also has the happy side effect of containing costs. Mom tip: Consider celebrating with friends the weekend before her birthday. That way you can reserve the real date for family.



DESIGN THE CAKE

Stop at your local Hy-Vee Bakery a couple weeks in advance of the party and browse the selection of party cakes available. Or, bring in a photograph or sketch up a design of your own and discuss it with the bakery associate for a custom look that captures the spirit of the day.

SET THE SCENE

Whether you're having the party inside or outdoors, you can keep the decorations simple by letting the treat table make a big statement. Drape a table with a white linen cloth and layer it with an assortment of colorful, yummy treats. Use trays and cake plates to organize items and to bring height to the tabletop. You can create a festive look by floating oversized helium balloons over the table. (Secure the string to the table using tape or a weight.)

ASSEMBLE THE FAVORS

Before the first guest arrives, think about how the party will end. It's a nice gesture to send your guests home with a favor. You can pick up white boxes and embellish them with stickers and ribbon for a custom look. Fill them with shredded crinkle paper and miniature candies. After the candles have been blown out and the last gift has been opened, bestow treat-filled favors on guests to end the party on a sweet note.



Gifts

DECORATIONS

Party day will be a huge hit with your daughter and her friends if decorations include banners and bows, ice cream and cake, gift bags and bite-sized treats. Decorate with a quartet of colorful balloons or go for something more fanciful, such as a cupcake balloon. Everything listed *below*—and much more—is available at your local Hy-Vee store.

Right (left to right): Take-home favors, Hy-Vee Bakery cupcakes, sweet treats and toppings for ice cream, Rival Snowcone Syrup with personalized labels, Hy-Vee Bakery cake, ice cream cones, snow cones, Brownie Pops, M&M's Ice Cream Treats, Klondike Bars.



Crazy Daisy 10-Stem Bouquet
(vase not included) \$8.88

Happy Birthday Cupcake Balloon 36"
\$14.99



Make marvelous memories with the leaning-tower birthday cake, cupcakes with cherry hats, and cones of ice cream or snow.



sweets & treats

COOL EATS

Tastier, less expensive and a lot more fun than store-bought versions, homemade ice cream and snow cones will surely put smiles on the faces of all your partiers.

Versatile and affordable appliances make the job much simpler. The Rival Snowcone Maker, *below*, or 4-Quart Ice Cream Maker are easy to operate and allow you to whip up traditional cool treats, such as old-fashioned vanilla ice cream or colorful snow cones. Go to RivalProducts.com to find recipes for other treats, including spiced cider sorbet, frozen piña colada yogurt or praline almond fudge ice cream.

Using the ice cream maker is a snap. Seal the canister with the ice cream mix, then put rock salt and ice in the bucket around the canister. Plug in the unit and watch it operate through the see-through lid. Perfectly smooth ice cream will be ready in about 25–40 minutes. Scoop it into a cone or serve with toppings such as cookie bits, fresh fruit or candy for a sundae bar.

Making snow cones is easy, too. Plug in the unit and place a few ice cubes in the top compartment. Push down on the lid and shaved ice flows. Keep syrup at the toppings bar so kids can choose their own flavor and strength. Hy-Vee has everything needed for snow cone making, including the flavored syrups, paper cones and straws.



Keebler Ice Cream Cones: selected varieties 3 to 5 oz. \$1.99

Rival Ice Cream or Snowcone Makers \$24.99



Snickers, Twix Bars and M&M's Ice Cream Treats: selected varieties
5 to 12 ct. 2/\$6.00



Rival Snowcone Syrups or Ice Cream Mixes \$3.29



Rival Snowcone Cups or Straws \$3.49



Toy Story 3 Figures \$9.99



Ice Cream Chiller and Wave Bowls \$3.88



Popsicles, Klondike Bars, Sandwiches, or Breyers Smooth & Dreamy: selected varieties 4 to 24 ct. 2/\$5.00



Old Orchard 100% Juice or Healthy Balance Juice: selected varieties 64 oz. \$1.77



For the Road

Fill favor bags to the brim with favorite treats from Mars, Inc. Their varieties of fun-size candies offer something sweet for every guest at your party.



Combo's Snacks: selected varieties 6.3 or 7 oz. \$1.38

M&M's Candy: plain or peanut 19.2 oz \$3.88

Mars Fun Size Candy: selected varieties 9.45 to 11.24 oz. \$2.99

Mars Singles Candy Bars: selected varieties 1.8 to 2.13 oz. 3/\$2.00

BROWNIE POINTS

Walk down the Hy-Vee snack food aisle and you'll see plenty of ready-made treats. Now look again. These same packaged goods are like raw materials in the hands of the creative food crafter. Try these simplified sweets for your next party menu.

1. BROWNIE POPS, below. Start with purchased brownie bites. These brownies are smaller and perfectly sized for kids. Melt almond bark in the microwave; tint with an oil-based food coloring. Dip brownie bites into the almond bark, coating entirely. While still wet, decorate with Wilton Brownie Icing and Sprinkles and skewer onto Wilton Brownie Sticks. A bit of ribbon tied to the stick adds a festive touch.

2. ICE CREAM BROWNIE SANDWICHES. Pick up a batch of fresh-baked brownies at the Hy-Vee Bakery to match convenience with homemade freshness. Cut brownies into desired shapes, slice in half, stick in the freezer until hard. Later, coat a brownie-sandwich bottom with softened ice cream and put on brownie top. Wrap in a cellophane bag or parchment paper, refreeze, then serve. Mix and match your daughter's favorite varieties of brownies and ice cream for a just-for-her treat.

3. BERRY BROWNIE BITES. Start with Hy-Vee Bakery Fresh Brownies. Cut into bite-size squares. Using purchased frosting as "glue," attach a single fresh berry to the top of each brownie square. Experiment with a variety of berries and other fruity toppings, such as drained mandarin oranges.



Wilton Brownie Cutter, 12" Sticks, Envelope Kit or Treat Boxes \$3.99



Wilton Brownie Sprinkles and Icing: selected varieties 5 or 10 oz. \$4.77



**MAKE A BIG DEAL
FOR HER BIG DAY**

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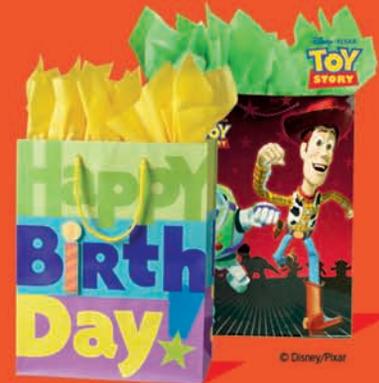
Put the "happy" in someone's birthday in your own special way. Everything you need to make it a big birthday... available in our card aisle.



Webcam Greetings and Karaoke Cards



Cards starting at **99¢**



Gift Bags

A Card.
It's the biggest little thing you can do.

expressions
from **Hallmark**

ItzyVee seasons hy-vee.com | 27

BEST BURGERS



From Our Full Service Meat Case Fresh
90% Lean Ground Round per lb. \$3.49



on the MENU

The kings of fast food no longer rule the burger world. Establish your own reign with these homemade, restaurant-style burgers.

TEXT STACI SCHEURENBRAND PHOTOGRAPHY ANDY LYONS

What dish hovers larger in the imagination than a fresh-from-the-grill, fully-loaded hamburger? This is summer, after all. Most of us can't resist a thick, flavorful patty served in traditional dress of lettuce, tomato, pickle and onion or all gussied up and overflowing with toppings.

Whether your mouth waters at the mention of a favorite chain-restaurant burger or such fare as sliders, shooters and minis, duplicating restaurant-worthy burgers at home is easy and the price is right. You don't need expensive equipment or ambiguous ingredients, just a grill and quality meat.

A PERFECT PATTY

At the heart of every burger is the patty. A premium burger is made entirely of ground meat (no fillers) and usually includes seasonings. Trendy bistro-style burger joints often use upscale ingredients such as sirloin or other steak, but the key to creating a scrumptious burger is using fresh, high-quality meat.

Make it juicy but not fatty. Ground beef usually comes from one of three cuts: round, sirloin or chuck. For the most flavorful, dynamic burger possible, opt for ground chuck.



Hy-Vee Kettle Chips: selected varieties
8.5 oz. 2/\$3.00



Weber Grill Creations Seasonings:
selected varieties 2.5 to 3 oz. 4/\$5.00



100% Whole Grain and Flax Seed
Hamburger Buns 8 ct. \$2.79



Heat & Eat Garlic Bread 1 lb. \$2.49



Hennings Assorted Wisconsin-Made
Cheese per lb. \$3.99



Gourmet Hamburger Patties: choose
from Burger Mignon, Mushroom Swiss,
Cheddar Bacon 6 oz. 2/\$3.00



Kitchen Fresh Blue Ribbon
Burger \$3.99

Monster mounds of meat don't cook evenly, so go ahead, get fussy and use a scale to weigh the portions. An 8-ounce patty is typical—it holds up well even with a bit of shrinkage from the heat. Be gentle when pressing and stretching the patties; pack too hard and the result will be dense mini meat loaves instead of nicely textured burgers. Add a dash of salt, garlic and onion powder, and you've got a perfectly seasoned, gourmet burger before it even hits the grill.

FIRE UP!

Once you're at the grill, use steady, moderate heat for perfect doneness. Don't disturb the grilling; let the meat cook. The more you fiddle, the more you lessen your chances of a succulent burger. And no matter how badly you want those professional-looking grill marks, resist the urge to press the meat into the grill. The only thing you'll accomplish is pressing out precious juices.

For food safety, burgers should be cooked to an internal temperature of 160°F, as recommended by the U.S. Department of Agriculture. If you're one to fancy medium or medium-rare burgers at home, one of the safest ways to get them is by using a whole cut of beef and grinding it yourself, or ordering your beef freshly ground from the Hy-Vee Meat Department. There is less chance of exposure to bacteria with freshly ground or whole cuts of beef than there is with factory-processed, premade meat patties.

With patty basics complete, shake things up by giving your ho-hum condiments the boot and personalizing your burger with unique seasonings, flavorful toppings and creative additions.

BURGERS WITH PERSONALITY

With your burger cooked to perfection, it's time to dress it. There's no shame in going the lettuce-and-tomato route, but to take it over the top to gourmet status, you need an outside-the-bun strategy. The following juicy tips—inspired by famous specialty burgers we all love—will transform a basic burger into your own signature dish.

A KICK-IN-THE-PANTS QUESADILLA BURGER

Got a hankering for those spicy, south-of-the-border flavors that burst from the buns of your favorite burger joint? Then hold the ketchup, and select toppings like salsa and pico de gallo, instead. Kick it up another notch and add sautéed onions and roasted poblano peppers, which pair brilliantly with fiery pepper jack cheese. For added crunch and to balance out the heat, top with lettuce, crisp tortilla strips, cool ranch dressing and/or guacamole.

BLACKENED BLEU BURGER

Just about every quality hamburger restaurant includes some version of a bleu cheese burger. When blackened seasoning is added, the combination is enough to win over even

a finicky epicure. Dust patties with blackened seasoning before cooking. Sprinkle crumbles of a good bleu cheese on the burger just before serving. Watching the cheese get all melty is half the enjoyment. Flavorful enough to stand alone, this sassy burger is even better topped with a dollop of zesty steak or barbecue sauce.

KOWABUNGA BURGER

Grilling pineapple awakens the fruit's natural sweetness. Simply add a slice of fresh pineapple to the hot grill and cook about two minutes on each side. Caramelize the fruit to a golden hue, and plop it atop a burger. Slather the bun with a teriyaki glaze or honey-based sauce, and you'll be riding the waves of your own burger bliss.

SUNNY-SIDE UP BURGER

Place one egg sunny-side up on a thick, juicy burger, and crown it with bacon, cheese and a splotch of mayo. Popping up on more and more restaurant menus, an egg burger is not for the faint of heart or for those that don't like to get messy. One bite and you'll know what oozy, gooey, yolky goodness is all about.

Double Bacon Cheddar Burgers

Inside and out, these burgers dish up cheddar and bacon crisped to perfection. Grilled sourdough bread and tangy barbecue sauce complete these classic crowd-pleasers.

Farmland Bacon: Sliced 12 or 16 oz. or Pre-Cooked 2.1 oz. \$2.99

Dole Iceburg Lettuce Head ea. \$0.89

Serves 8.

3 pounds ground beef
1 cup Hy-Vee shredded sharp cheddar cheese
1 cup crisp-fried, chopped Hy-Vee bacon
½ cup chopped onion
2 tablespoons Hy-Vee Worcestershire sauce
1 teaspoon Hy-Vee salt
1 teaspoon Hy-Vee black pepper
1 loaf sourdough bread, sliced into 16 (1-inch) slices
Melted butter to brush on the bread
Optional toppings: Hy-Vee crisp-fried bacon, Hy-Vee cheddar cheese, Hy-Vee hamburger dill slices, sliced onion, lettuce leaves, Hy-Vee barbecue sauce

In a large mixing bowl combine ground beef, shredded cheese, chopped bacon, chopped onion, Worcestershire sauce, salt and pepper. Form mixture into 8 patties. Cover and refrigerate for 1 hour or up to 4 hours.

Preheat grill to medium-high heat. Grill burgers over direct heat about 5 minutes per side or until internal temperature reaches 160°F.

Brush slices of sourdough bread with melted butter. Grill slices of bread until light brown grill marks show. Serve each burger between two slices of bread. Top with bacon slices, cheddar cheese, pickles, onions, lettuce leaves and barbecue sauce, if desired.

Nutrition facts per serving: 850 calories, 37 g fat, 15 g saturated fat, 1.5 g saturated fat, 140 mg cholesterol, 1,540 mg sodium, 75 g carbohydrates, 3 g fiber, 4 g sugar, 53 g protein. Daily values: 4% vitamin A, 2% vitamin C, 20% calcium, 45% iron.



Jalapeño Turkey Burgers with Ranch Sauce

Lean turkey delivers a kick when combined with jalapeño peppers. Spice patties up even more with melted pepper jack cheese, then cool them down with a dollop of ranch-sour cream sauce.

Serves 8.

2 pounds 93% lean ground turkey
¼ cup finely chopped green onions
2 tablespoons chopped Hy-Vee jalapeño peppers
1 garlic clove, minced
1 teaspoon Hy-Vee Worcestershire sauce
½ teaspoon Hy-Vee salt
⅛ teaspoon Hy-Vee black pepper
5 tablespoons Hy-Vee light ranch dressing
3 tablespoons Hy-Vee light sour cream
8 slices Hy-Vee pepper jack cheese
8 Hy-Vee bakery hamburger buns
Lettuce leaves, for serving

In a large mixing bowl combine ground turkey, green onions, jalapeño peppers, garlic, Worcestershire sauce, salt and pepper. Form into 8 patties. Cover and chill patties 1 hour.

Mix ranch dressing and sour cream together and chill.

Preheat grill to medium heat. Grill patties over direct heat for 12 to 14 minutes or until internal temperature reaches 165°F, flipping two or three times for even cooking and browning. Place 1 slice pepper jack cheese on top of each burger while still on the grill and let cheese melt.

Split buns in half and place cut-side-down on grill rack over indirect heat. Grill until golden brown, about 2 minutes.

Place lettuce leaves and a burger on the bottom of each bun and top with 1 rounded tablespoon ranch sauce and top of each bun.

Nutrition facts per serving: 420 calories, 18 g fat, 8 g saturated fat, 0 g trans fat, 110 mg cholesterol, 710 mg sodium, 34 g carbohydrates, 1 g fiber, 6 g sugar, 32 g protein. Daily values: 6% vitamin A, 2% vitamin C, 20% calcium, 20% iron.



Sun-Dried Tomato and Gorgonzola Burgers with Balsamic Grilled Onions

Traditional Italian fare inspired these succulent burgers, which incorporate quick-melting Gorgonzola cheese crumbles and sun-dried tomatoes for an element of surprise. Onions, a familiar topping, get an upgrade by being pouch-grilled in tangy balsamic vinegar.

Serves 8.

1 pound ground sirloin
2 pounds ground chuck
1 cup chopped, drained, sun-dried tomatoes packed in oil, 2 tablespoons oil reserved
1 cup crumbled Gorgonzola cheese, divided
½ cup minced onion
1 tablespoon Hy-Vee dried basil
2 teaspoons ground cumin
½ teaspoon Hy-Vee salt
½ teaspoon Hy-Vee black pepper
3 Vidalia onions, thinly sliced
¼ cup Grand Selections balsamic vinegar
8 Hy-Vee hamburger buns
8 lettuce leaves

In a large bowl combine ground beef, chopped sun-dried tomatoes, 2 tablespoons reserved tomato oil, ½ cup Gorgonzola cheese, minced onion, basil, cumin, salt and pepper. Form into 8 patties.

Cover and refrigerate 1 hour or up to 4 hours.

Preheat grill to medium-high heat. Grill burgers over direct heat about 5 minutes per side or until internal temperature reaches 160°F.

Meanwhile, create an aluminum foil pouch; place Vidalia onions inside and pour the balsamic vinegar over the onions. Seal the pouch securely. Place the pouch on the upper rack of the grill for about 10 minutes.

Grill bun halves, cut-side-down, until toasted. Place lettuce leaf and a burger on the bottom of each bun; top each with 1 tablespoon of the remaining Gorgonzola cheese and the grilled onions. Place the top bun.

Nutrition facts per serving: 460 calories, 19 g fat, 7 g saturated fat, 0 g trans fat, 100 mg cholesterol, 690 mg sodium, 32 g carbohydrates, 4 g fiber, 8 g sugar, 42 g protein. Daily values: 40% vitamin A, 40% vitamin C, 15% calcium, 30% iron.





CLEAN & GREEN

Whether your motivation is to save the planet or just reduce the number of chemicals in your household, you can easily trade traditional laundry habits for greener practices. Make homemade detergents, discover kitchen-cupboard stain fighters and let sunshine dry your duds.

TEXT JULIE A. MARTENS PHOTOGRAPHY TOBIN BENNETT

Your laundry routine probably unfolds like clockwork: Fill up with the hottest recommended water and a generous dash of detergent. After a while, toss the spin-cycled mass into the dryer for a perfectly fluffy wardrobe. Ideal, yes, but our wallets and planet will be thankful for a few much-needed changes in the program. Sort through the options here and select what suits your lifestyle for step-by-step improvements that just might change the world.

REDUCE, REUSE, RECYCLE

The recycling adage above applies equally well to laundry. The easiest way to downsize your laundry-based carbon footprint is to wash less. When dressing in layers, skip washing outer garments. Refresh by hanging clothing outside for a couple of hours. Wear clothes more than once before washing. Blue jeans, for example, are frequently overwashed. A United Nations Environment Programme study shows that jeans worn at least three times before laundering and air drying require five times less energy to maintain.

SAVE-THE-EARTH SUDS

Select detergents that are biodegradable, phosphate-free and made from plant-based ingredients (not petroleum-based). Concentrated detergents are an easy green choice. The reduced packaging equals a smaller carbon footprint. Another environment-friendly choice is to blend your own detergent. Search online for recipes featuring easy-to-find ingredients, such as Borax and washing soda. Some formulas can save you big money—washing for as little as two cents per load.

WASH WISELY

Energy-efficient washers have earned Energy Star status, like newer front-loading machines that use 18 to 25 gallons of water per load compared to 40 gallons for top-loaders. No matter which kind of washer you have, increase efficiency by washing in cold water. Ninety percent of the energy consumed in laundering clothes is used to heat the water, which costs the average household more than \$100 per year.

Full loads make machines operate at top efficiency. If smaller loads are unavoidable, most machines feature load-size selection so you can use less water. Clean your washing machine and drainage pipes quarterly by running a cup of distilled white vinegar and hot water through the wash cycle. At the same time, flush fabric-softener and detergent dispensers with undiluted white vinegar to remove buildup.

DITCH THE DRYER

Dryers are frequently called “energy hogs” because they consume so much natural gas and electricity. A dryer with a moisture sensor saves energy by reducing drying time. Sensors stop the dryer as soon as clothes are dry. Drying multiple loads in succession saves energy by reheating quicker for each load.

Line-drying harvests free solar energy and helps you expend energy, which burns a few calories. Clothes last longer when line-dried. Sunshine bleaches clothes, kills bacteria and removes odors. Drying in the shade preserves colors and reduces the scratchiness that can result from sun drying. Hang clothes while they're still damp, and the water weight will pull wrinkles out. For easy-wrinkle fabrics like linen, fish clothes out of the washer before the final spin cycle and hang items wet.

GO NATURAL

Washing soda helps remove grease and other stains. Lemon juice has a bleaching effect and also routs many stains, so avoid lemon juice on fabrics that shouldn't be bleached. To brighten whites, add one-half cup lemon juice or hydrogen peroxide to the final rinse. Line-dry clothes in the sun to enhance the whitening effect.

For odors, pour distilled white vinegar on fabrics prior to washing. One-half cup baking soda added to the wash cycle with detergent also removes odors.



Method Cleaners, Wipes or Dish Soap: selected varieties 25 or 28 oz. and 28 or 30 ct. \$2.99



Method Smartclean Laundry Detergent: selected varieties 10 oz. \$6.48



Tide Laundry Detergent: selected varieties 100 oz. \$10.94



Charmin Bath Tissue 12 Big Roll or Bounty Basic Towels 8 Roll \$5.99



Puffs Family Facial Tissue: selected varieties 96 to 216 ct. \$1.99



Bounce Dryer Sheets: selected varieties 100 to 120 ct. \$4.69



Cascade Dish Detergent 75 oz. or Action Packs 20 ct. \$4.18



Charmin Bath Tissue: 18 Big Roll or 9 Mega Roll or Bounty Towels 8 Giant Roll \$11.97

EATING YOUR WAY TO BETTER HEALTH



With registered dietitians on staff at many stores and a new, consumer-friendly way to rate the nutritional value of foods, Hy-Vee aims to help shoppers improve their eating habits.

TEXT COURTENAY WOLF PHOTOGRAPHY TOBIN BENNETT



It's always nice to get fan mail like this:

"I LOVE your NuVal system. Going to the store with my children used to be a fight—they always wanted snacks and cereals that I knew weren't healthy. With your NuVal system, I simply give them a minimum NuVal score and a maximum price and let them pick whatever they want. Thank you for helping me teach my children good nutrition."

— Janet Miller, Norfolk, Nebraska

We pass this email along in hopes that it will encourage you to try the NuVal Nutritional Scoring System. It's never been easier to judge which foods are healthful, whether you're a child deciding on a snack food or a shopper mulling over dinner decisions.

The NuVal system is simple to use—that's what makes it work for busy families. Foods are scored on a scale from 1 to 100. The higher the number, the more nutritious the food. The score is posted right on the shelf, next to the price.

"We made that mother's life easier," says Helen Eddy, assistant vice president of health and wellness for Hy-Vee. "NuVal is doing exactly what we hoped it would—helping her choose more nutritious foods for her family—and helping her teach her children to make thoughtful choices."

SOUND SCIENCE

"You can trust the scores because they're based on science, not marketing, with independent research to show they're valid," Helen says. A soon-to-be published Harvard University study links NuVal scores to improved health outcomes in chronic diseases.

"There's not a lot of regulation on health claims of food," Helen says. "A company often talks about what they take out of the food, but not what they replace it with. NuVal lifts the veil on the whole process. It helps you get the most nutritional value out of the calories you're going to eat every day."

All foods are scored using the same criteria, developed by an independent group of doctors, researchers and dietitians affiliated with leading universities. Each score takes into account more than 30 different nutrients and nutritional factors. "Manufacturers don't control NuVal scores; retailers don't control them either. The only way to improve a NuVal score is to reformulate a product to make it healthier," Helen says. "Many manufacturers are starting to ask for their scores and making changes to their products."

Hy-Vee Dietitians

Though NuVal shows the nutritional value of the foods you eat, you still need to pay attention to the size of the portions and the amount of calories. Eat a balanced diet with plenty of whole grains, fruits and vegetables. That's where a Hy-Vee registered dietitian can help.

Talk to a dietitian if you have questions about NuVal or any other food/health issue. Help is also available if you simply need some new ideas on how to serve healthier meals that you and your family will enjoy. Dietitians offer many free and fee-based services. Their offices are right in the store, and they stagger their hours to be available during the hours when customers are most likely to be shopping.

You might start by scheduling a free personal shopping tour with a store dietitian. You'll learn about selecting products to meet your lifestyle goals—whether you're trying to control diabetes, manage food allergies or lose weight. Or participate in a cooking class. One of the most popular classes is called "Kids in the Kitchen," with lots of hands-on learning activities for kids. Hy-Vee dietitians often make presentations to large groups off-site, and some even work in schools, teaching kids how to make better eating choices.

"Many of our stores have registered dietitians. You'll often find their offices near the pharmacy, and their schedules will be posted there as well. If you don't see the dietitian, ask at the customer service desk," says Helen, the program manager.

To learn more, visit Hy-Vee.com and click on Hy-Vee Dietitians under Health. That will take you to a Web page where you can enter your zip code. You'll see the names and backgrounds of the dietitians in your nearest Hy-Vee stores, along with their schedules and calendars of events and services.





NUTRITION BY THE NUMBERS

NuVal scores range from 1 to 100. The higher the NuVal score, the more nutritious the food. It's that simple. While shopping at Hy-Vee, look for NuVal shelf tags next to product prices. Comparing tag scores of your favorite foods to similar products immediately reveals which foods promote better health.

More than 40,000 foods have been given NuVal scores to date using the same criteria, so you can compare foods in one category or across categories. Foods with higher scores offer more nutrients and will generally be lower in saturated fats, salt or sugar than those with lower scores.

TRADE UP

If you are new to NuVal, compare scores in a category of foods you purchase frequently. For example, you might look at cereals. Scores range from below 10 to above 90. If your usual

choice has a low score, trade up. Pick a cereal with a higher number, substituting a product that you and your family will enjoy. If you have kids, make a game out of it by letting them compare scores and choose the replacement.

There's no absolute number to shoot for. Instead, NuVal gives you a simple way to compare the nutrition value of foods. To maximize nutrients eaten each day, most of your choices should fall in the upper range. As a result, you will eat more fruits, vegetables, whole grains and lean proteins, and fewer foods high in saturated fat, salt and sugar.

GET MORE INFORMATION

There are several ways to learn more: Pick up a NuVal brochure at your local Hy-Vee; ask a Hy-Vee associate or dietitian for help; or go to Hy-Vee.com and select Health, then click on NuVal in the drop-down box.

A STEP UP

Even slight differences in a product can bring about a drastic change in its NuVal score. See for yourself—the results may surprise you.



7

Jif Reduced Fat Creamy Peanut Butter



22

Jif Natural Creamy Peanut Butter



57

Del Monte Green Beans



100

Del Monte No Salt Added Green Beans



13

Ritz Crackers



24

Wheat Thins Crackers



6

Chips Ahoy Cookies



12

Oreo Sandwich Cookies



39

Tropicana Pure Premium Orange Juice



81

Trop50 No Pulp Orange Juice with Calcium



24

Hy-Vee Wheat Sandwich Bread



32

Hy-Vee 100% Whole Wheat Bread



Extra Effort

You eat right, but your body may not be taking in all the benefits. Eating Dannon Activia yogurt can improve your digestive health, helping it to absorb the nutrients you need to get the most out of your diet.

Dannon Adult Multipacks or Dannon Kids Multipacks: selected varieties 4 to 8 pk. 2/\$4.00

First Pitch



Load up the barbecue, throw steaks and drinks in the cooler and grab your ball cap, it's time to pay a visit to the place that the boys of summer call home. There's no experience comparable to spending a day at a Major League park.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

The version of "Take Me Out to the Ballgame," lower right, is close to reality for Al and Donna Tweeten and their sons, Nick, 13; Ben, 12 and Max, 10 (shown here are Al and the boys). As Max says, "I like the hot dogs—with just ketchup on them." What could be better?

Donna, assistant vice president for marketing at Hy-Vee, has long been a baseball fan. Now it's a part of her family's life, too, with all three sons playing Little League.

Like most young players, the boys chatter amongst themselves about their on-field heroics. And they can imitate the windups of their favorite pitchers. Since the family lives in the Des Moines area, they also go out to the park occasionally to cheer on the Iowa Cubs, a Minor League Baseball team that helps train players who may be called up to the big league Chicago Cubs.

The boys should also visit Kauffman Stadium, home of the Kansas City Royals. Hy-Vee stores in the Kansas City area now support the team by selling game tickets to all Royal home games. See page 44 for details.

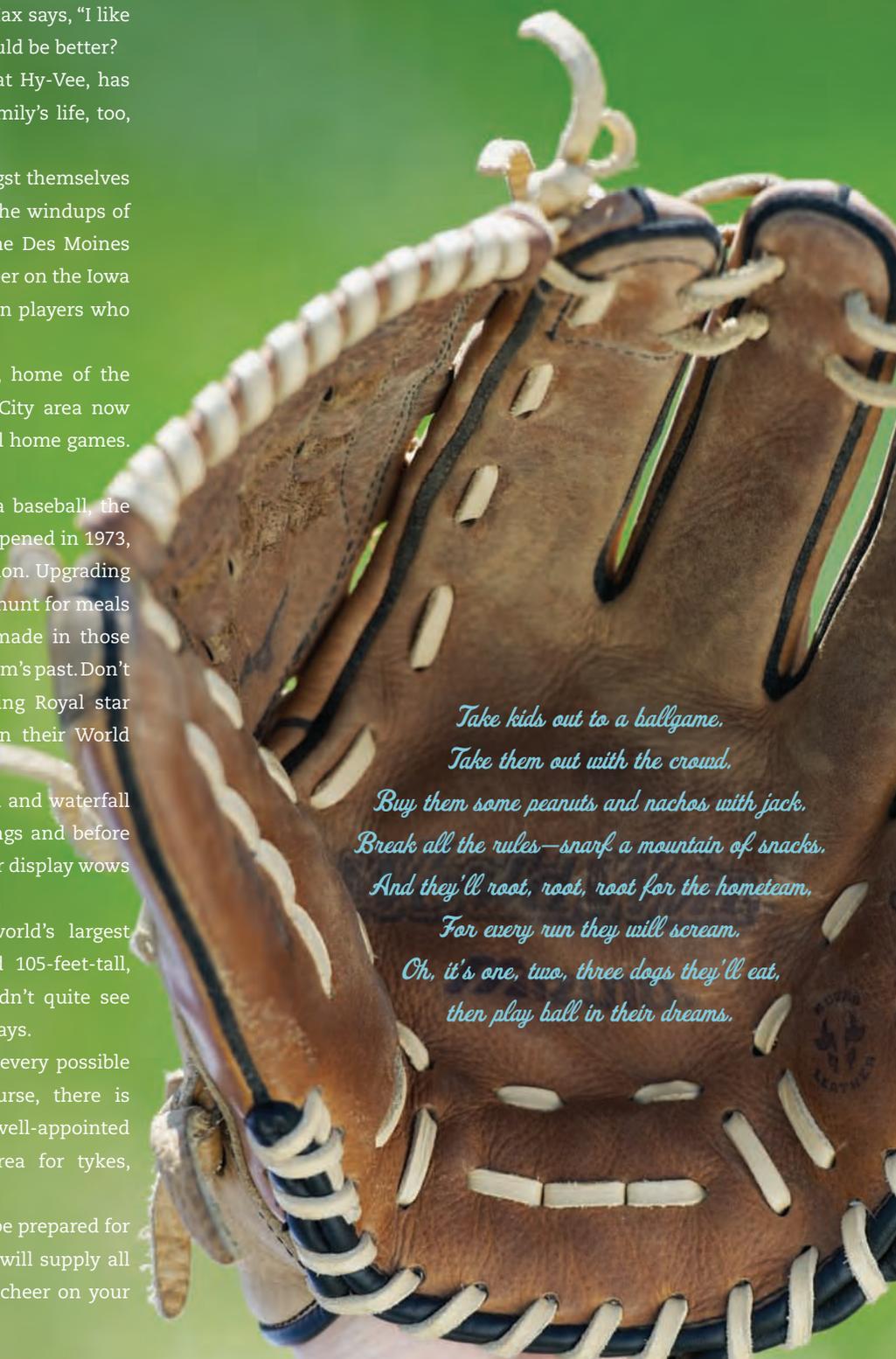
Long lauded as one of the gems of modern-era baseball, the Royals' home field is looking fabulous these days. Opened in 1973, the stadium has undergone a \$250 million renovation. Upgrading allowed wider interior lanes to accommodate fans' hunt for meals and souvenirs between innings. Space was also made in those lanes for displays honoring great players from the team's past. Don't miss the made-from-baseballs sculpture celebrating Royal star third-baseman George Brett, who led the team in their World Series-winning 1985 season.

A memorable feature of the park is the fountain and waterfall display behind the right-field fence. Between innings and before and after the game, the 322-foot-high dancing-water display wows those in attendance, which can now number 39,000.

Another impressive feature is one of the world's largest high-def LED video screens. At 84-feet-wide and 105-feet-tall, this is genuine big-screen viewing. Those who didn't quite see outstanding plays can always catch the instant replays.

It seems that the Royals have thought through every possible way to entertain crowds during games. Of course, there is the contest itself. But there are also tours, well-appointed restaurants, barbecue stands, a massive play area for tykes, souvenir shops and the Royals Hall of Fame.

Regardless of what Major League park you visit, be prepared for a relaxing, memorable time. The guys on the field will supply all the fireworks. Your job is to unwind, eat well and cheer on your favorite team.



Take kids out to a ballgame.

Take them out with the crowd.

Buy them some peanuts and nachos with jack.

Break all the rules—snarf a mountain of snacks.

And they'll root, root, root for the hometeam.

For every run they will scream.

Oh, it's one, two, three dogs they'll eat,

then play ball in their dreams.



Ruffles or Kettle Chips: selected varieties 8.5 to 10.5 oz. \$2.49



Hy-Vee Aerosol Cheeses: selected varieties 8 oz. 2/\$5.00



TGIF Skillet Meals: selected varieties 24 oz. \$5.99



Daisy Sour Cream: regular or light 16 oz. \$1.69



Betty Crocker Bugles, Chex Mix or Gardettos: selected varieties 10.5 to 15 oz. \$2.77



Cheryl's Fresh Salsa: selected varieties 15 or 16 oz. \$3.88



Gurley's Roasted or Salted Peanuts 24 oz. \$2.99

Packing List

Families trekking to ball games have been a grand American tradition since the first hot dog met a bun. Maybe that's not what the history books teach, but it should be.

In earlier times, the best a kid could hope for was a few peanuts and a warm soda. No more. Today, the menus at Major League ballparks include everything from Cracker Jack to fresh sushi to nachos swimming in cheese.

Long before the first pitch, another festival of food is happening outside the stadium: the pregame tailgate party. Baseball fans in many cities have embraced the parking-lot grill-athon, which was perfected by their football-loving brethren. Never pass an opportunity to nosh something slow-cooked. Be aware that tailgating rules vary from park to park.

When preparing for a game, fans need to bring along much more than their ball cap and glove. Here are some of the other necessities that will make any outing a home run.

• **A PORTABLE BARBECUE.** One of the best is the Coleman Roadtrip Grill LXE, available at Hy-Vee. Need a clutch performer? This twin-burner beauty is the Albert Pujols of grills. On full blast, the 20,000 BTU burners crank out burgers for more than 1 hour powered by a 16.4-ounce propane cannister. Turn the gas down a bit, and the flames will still be dancing more than 4 hours later. The Roadtrip can also be fueled by a standard 20-pound propane tank, which is handy if you are using it regularly in your backyard. The unit also features matchless ignition, convenient controls, foldout work counters and an undercarriage that folds for effortless transporting.

• **A COOLER.** This is indispensable if you have barbecue plans. Meat will need to be kept chilled as you travel from home to the stadium, so ice down anything that might be spoiled by the summer's heat. This is particularly true of meats that you are soaking in marinade. Taking a cooler will allow you to keep the meat swimming in sauce. Just plunk the beef into a tight-sealing plastic bag loaded with sauce.

Double-bag for safety or you may end up with sauce all over the cooler and its contents. Some fans like to invest in a mega-cooler. For instance, a refrigerated cooler that operates off the car battery. At the other end of the cost spectrum is the Kansas City Chiefs Collapsible Cooler 2 Go, which sells at Hy-Vee. This has a durable cardboard case with a water-resistant, insulating liner to keep ice frozen for short-haul trips. This cooler is light and easily folds for storage. When space is an issue, the Cooler 2 Go is a contender. In addition to meats, you may also want to include slaws, fruit and drinks for your party. If you are attending a night game, stash some iced coffee or other caffeinated drinks in the cooler to keep you alert on that long ride home.

• **FURNISHINGS.** The best tailgating requires the best seating. Don't leave home without a Zero Gravity Bungee Chair. Ergonomically designed for spectacular positioning, the chair lets you recline while getting plenty of support for shoulders, back, head and legs. Since you're so comfortable, bring along a screen. If it's TV, you can catch the latest on ESPN. If you have a DVD player, how about highlights from your team's past? Here in the Midwest that might mean the 1985 World Series with the Kansas City Royals claiming the title as champs after defeating the St. Louis Cardinals. It's even available in Blu-Ray.

• **OTHER ESSENTIALS.** Some fans always insist on taking a mitt to the game. One never knows when the errant foul ball is going to come whistling toward your spot in the stands. If you bring a couple of mitts, a ball and a bat, you can play pepper or hit a little fungo while tailgating. What is pepper and fungo? These are practice drills that baseball coaches have been using since the days of Babe Ruth to sharpen playing skills. Also take along a radio. Why? Should a manager be ejected or a player injured, radio broadcasters usually give their audience more information than you'll receive from the stadium announcer.

A man and a boy are loading a red Coleman Roadtrip Grill LXE into the trunk of a dark-colored car. The man is wearing a light blue Royals jersey and glasses, and the boy is wearing a white Royals jersey and a blue cap. The trunk is filled with various items, including a red cooler with the Kansas City Chiefs logo and two folding chairs with tan fabric seats. The background shows green trees and a bright, sunny day.

When preparing for a game, fans need to bring along much more than their ball cap and glove.

Coleman Roadtrip Grill LXE \$159.98

Kansas City Chiefs Collapsible Cooler 2 Go \$4.99

Zero Gravity Bungee Chair \$49.98



Ball Park Beef or Cheese Franks
12.8, 14, 14.5 or 16 oz. \$2.99



Gulden's Spicy Brown Mustard
12 oz. \$1.48



80% Lean Frozen Ground Beef
Patties 2.5 lb. \$6.68



Weight Watchers Cheese: selected
varieties 6 to 12 oz. \$2.38



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



Marzetti Fruit Dips: selected varieties
13.5 or 15 oz. \$3.49

Tickets and More

If you're in the Kansas City area this summer, why not take in a ballgame? See the Royals play at newly remodeled Kauffman Stadium. It's an event that's all about baseball and a lot more.

Here are the essentials every fan should know for a spectacular outing:

SEATING. Before purchasing tickets, go online to learn about Kauffman Stadium at <http://kansascity.royals.mlb.com/kc/ballpark>. On the seating-and-pricing page, check out the stadium map, which will help you determine the best seats for your group and the approximate price. The park offers superb views of the field from every level. A three-tier stadium, there's really not a bad seat in the house. Note that the upper deck is called the Hy-Vee Level.

SCHEDULE AND EVENTS. The complete season schedule is on the Web site. A series with great fan interest will take place June 25–27 when the St. Louis Cardinals tangle with the Royals. In addition to the lineup of teams, the Web site also lists special nights and offers. These include Hy-Vee Royal Nites with \$5 tickets available for the Hy-Vee Level; Buck Nights, when some drinks and snacks are only \$1; youth nights with \$3 seats; and All-You-Can-Eat Seats for nine Wednesday games, offering unlimited ballpark fare for the evening. In addition, there are senior discounts for every game.

TICKETS. You can purchase tickets for all Royals home games at Hy-Vee stores in the Kansas City area, including Lawrence, Topeka and St. Joseph. Tickets are also available from the ball club's Web site.

PARKING. Because the entrance you drive through determines where you will park, check out the online parking map on the Royals Web site. You should settle your route and parking area before leaving home. There's ample parking for \$10 a game.

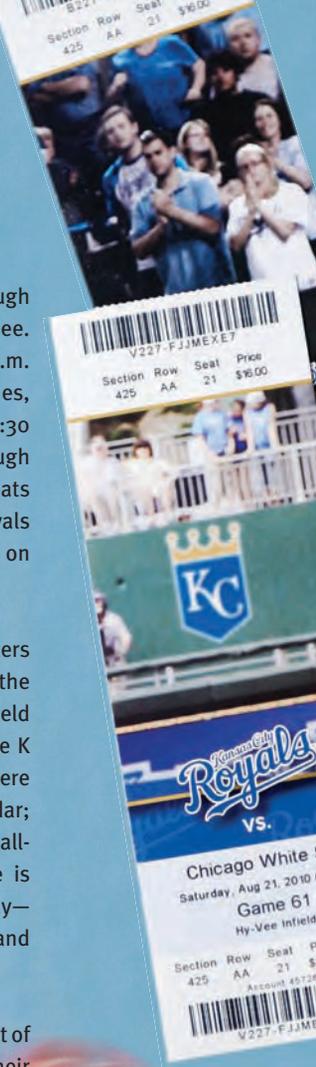
TOURS. If this will be your first trip to the stadium, sign up for a park tour. Several tours, lasting from 1 to 2 hours are offered.

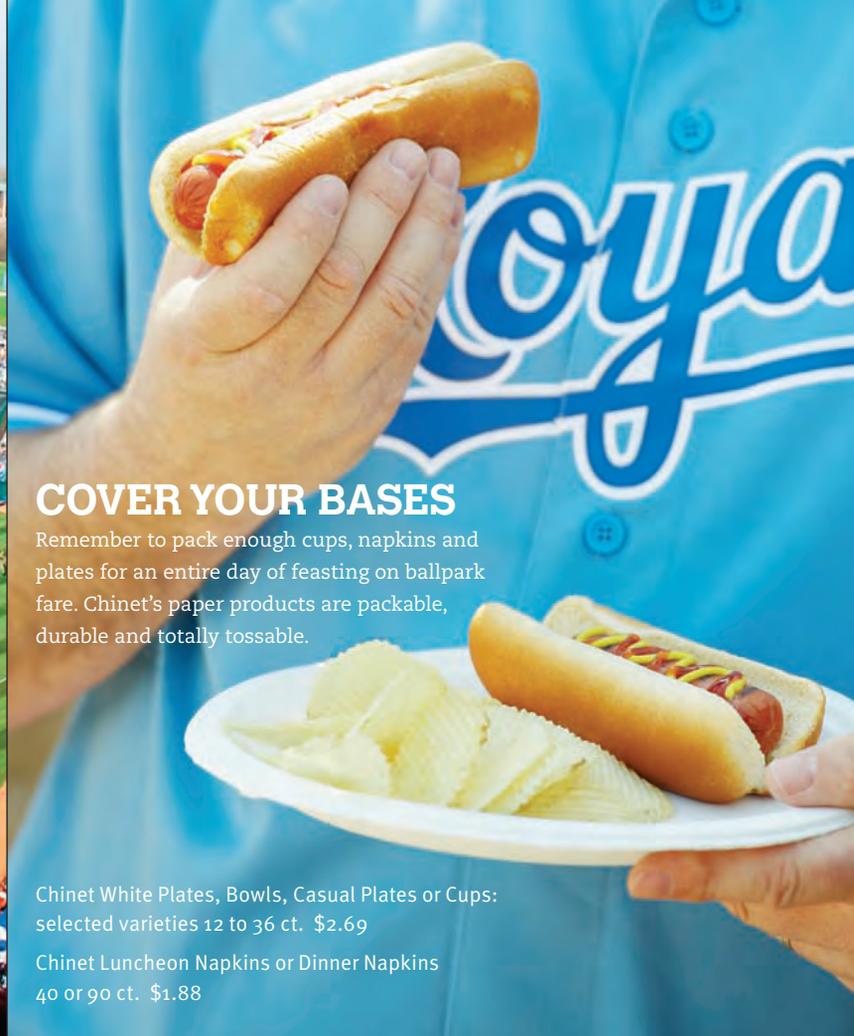
Price and tour content varies, but all go through stadium areas that many fans never get to see. An "Early Bird Game Tour" is offered at 4 p.m. Fridays and 3 p.m. Saturdays for home games, and on select Tuesdays and Thursdays at 4:30 p.m. This \$10 tour takes participants through the gates early so they can get front-row seats for Royals batting practice. A tour of the Royals Hall of Fame is also included. Check details on the Royals' Web site.

THE OUTFIELD EXPERIENCE. For youngsters who prefer playing to watching, there is the Outfield Experience. This play area in Outfield Plaza includes the kid-size John Deere Little K ball field; Sluggerrr's Pitching Mound, where the speed of kid pitching is measured by radar; Sluggerrr's Batting Challenge; and a baseball-themed carousel. The Outfield Experience is open 90 minutes before games Sunday–Thursday and 2 hours before Friday and Saturday games.

FOOD. OK, be honest: This is what draws a lot of us to the ballgame. The Royals take care of their fans by offering barbecue, chicken dinners, frozen custard and hot dogs that everyone loves. Do not eat until you have taken time to wander and survey all the food that is available throughout Kauffman Stadium. This will lead to a wise choice. Or choices.

NEGRO LEAGUES BASEBALL MUSEUM. Make time for one more stop, probably before the game. Go downtown to this informative, delightful and sometimes heart-breaking museum. It sheds light on the era of the fabulous Kansas City Monarchs and such great players as Papa Cool Bell, Josh Gibson, the ever-young Satchel Paige and the first, Jackie Robinson. There are artifacts, artwork and events featuring former players. The Negro Leagues Baseball Museum is located at 1616 East 18th St., Kansas City. Call 816-221-1920, or visit NLBM.com. This museum shares a building with the American Jazz Museum, another great place to learn about a world of performance, talent and determination.





COVER YOUR BASES

Remember to pack enough cups, napkins and plates for an entire day of feasting on ballpark fare. Chinet's paper products are packable, durable and totally tossable.

Chinet White Plates, Bowls, Casual Plates or Cups: selected varieties 12 to 36 ct. \$2.69

Chinet Luncheon Napkins or Dinner Napkins 40 or 90 ct. \$1.88



A WINNING COMBINATION

Make Hershey's a part of your tailgating traditions with classic S'mores ingredients—easy to pack and delicious to stack.



Hershey's Milk Chocolate Bars 6 pk. 2/\$7.00

Jet-Puffed Marshmallows: selected varieties 10 or 10.5 oz. \$0.99

Honey Maid Grahams: selected varieties 14.1 or 14.4 oz. \$3.18





Even though this may not be your family's year to pack up for Theme Park Land, don't let your vacation dreams evaporate in the summer heat. Let Hy-Vee help you turn your backyard into a tranquil getaway.

TEXT JENNIFER RUISCH
PHOTOGRAPHY TOBIN BENNETT AND
CAMERON SADEGHPOUR

It didn't take long for staycation—a stay-around-home vacation—to become a household word. Even though it only became a buzzword in 2008, by now you may already be considering your second or third.

With staycations, parents get a reprieve from theme-park waiting lines and their own cranky, exhausted kids. Children discover such new concepts as backyard games, city parks and friends living nearby. With everyone home, happy and relaxed, families can finally focus on building relationships and memories that don't require plane tickets, rental cars, motel accommodations and day passes.

Plan your own staycation with assistance from the creative staff at Hy-Vee. They can help make your sabbatical last all summer long.

Town House 7 pc. Dining Set \$489.98 umbrella not included
Hy-Vee Vue Sunglasses: all styles 25% off



Vacationing at home

Cimarrone 5 pc. Conversation Set \$399.98



Create a comfy adult oasis by putting cushioned chairs beneath a sheltering overhang, conveniently close to the kitchen entrance.

PLAN AHEAD

To make the most of your time, structure the week as you would a travel vacation, which means having a few rules and a plan. First, ask your family to take a break from the day-to-day demands of the outside world. Turn off computers and let cell phones go to voicemail. Keep the week free of work-related stresses and other interruptions, including those from well-meaning family and friends.

Schedule your time by creating a day-by-day agenda beforehand. Do some group brainstorming to come up with some fun activities. Then take a vote to select the most entertaining mini-adventures to include in your week. Purchase any materials you'll need for the activities beforehand so you don't waste part of your vacation shopping for supplies.

Remember to take pictures of everything your gang does during the staycation. Later, upload digital images to the Hy-Vee Photo Center so favorite pictures can be made into postcards to send to loved ones. Or take a gag shot of the entire family and transform it into a "I Survived a Week at Home with My Family" T-shirt.

EAT, DRINK AND UNWIND

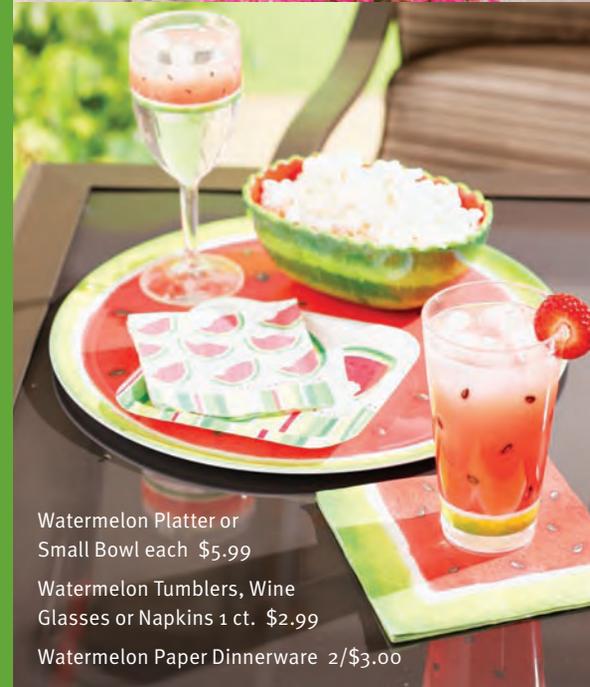
Eating outside is an essential part of any staycation, so plan accordingly. Stop by Hy-Vee to purchase durable summer-theme dinnerware that's perfect for outdoor dining, right.

While you're there, make sure to stock up on all the ingredients you'll need to make light, healthful meals and snacks. This means buying plenty of delicious melons and fruits that are available this time of year. If you want try out the mouth-watering smoothie recipes you'll find at Hy-Vee.com, you can also make them from frozen fruits that are always waiting in the freezer case.

If you have a pool, plan swimming competitions in the morning, waterside lunches in the middle of the day, and lounging time for the afternoon. Supplies for everything are available at your Hy-Vee store, from summer dinnerware to barbecue fixings to water toys. And don't forget the sunscreen.



Tessa Folding 6 pc. Dining Set \$149.98



Watermelon Platter or Small Bowl each \$5.99

Watermelon Tumblers, Wine Glasses or Napkins 1 ct. \$2.99

Watermelon Paper Dinnerware 2/\$3.00



Harvest Sky 3 pc. Balcony Set \$249.98



Polystone Wave Water Feature with Light \$149.98

MAKE IT LAST

Create a permanent backyard oasis if you want your relaxed staycation mood to last longer than a week. Promote downtime all the time. All you need is new lawn furniture and other accessories from Hy-Vee.

Your outdoor living space will need a theme. Browse through magazines and cut out every picture that evokes the ambience you want. Notice the types of scenes that speak to you over and over again. Do you gravitate toward the bright colors of the Caribbean? A manicured Tuscan landscape? Is the soothing sight and sound of water a must? Flowers? Pay attention to patterns, colors or shapes and consider incorporating those that appeal into your backyard haven.

Think of your backyard as an extension of your house, and design it in continuity with the home's interior. Seize this opportunity to exhibit new aspects of your tastes and personality. If you don't know where to begin, just ask a Hy-Vee Garden Center employee for help. There are 120 Hy-Vee stores with designated nurseries filled with color, life and possibilities.

LOUNGE AROUND

When developing a backyard retreat, make a good table and chairs a priority. Doug Rieck from the Urbandale, Iowa, Hy-Vee Garden Center says the store carries outdoor furniture to suit every taste. "We have everything from metal and glass to wicker sets." If you like reclining in the shade, consider sets with attached umbrellas. If you prefer chairs that rock or swivel, you'll find many options in the beautiful fabrics offered at the store. There's a set to fit every taste and budget with prices starting at about \$150.

Last summer, the Harvest Sky Balcony Set, *page 49*, was a big seller. Doug even owns one himself. "I'd just built a new deck and needed a table and chairs to go on it," he says. "Now whenever we eat outside, we eat at that table."

Hy-Vee purchasing specialist Isaac Weiss says, "Our outdoor furniture is all weather resistant and doesn't fade in the sun." Isaac points out the unique benefits of the 7-piece Town House Dining Set, *page 46*. "It's nice because it's a larger set that offers more seating than usual with six chairs," he says. "It's lightweight steel with trendy colors adds interest to the deck or patio."

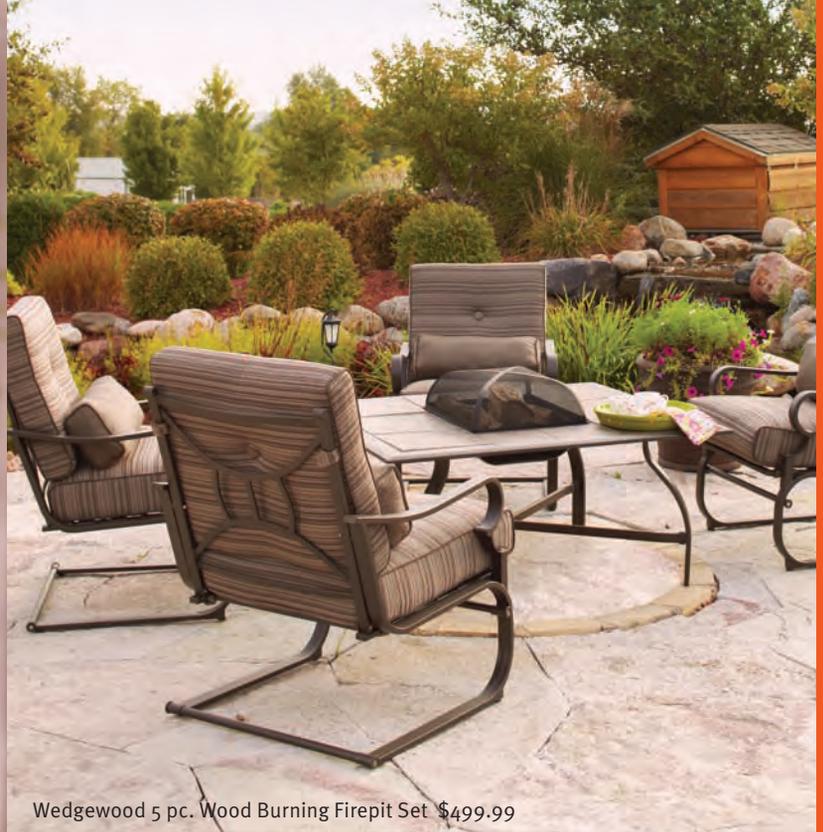
SET THE MOOD

Place a few Empire Bamboo Patio Torches, *top right*, around your table set. Or opt for the Wedgewood 5 pc. Firepit Set, *top far right*. Isaac says, "We sell a fire pit that burns wood and one that burns gas. The gas fire pit has a 20-pound propane tank beneath it. Simply turn it on and the fire is ready." Hy-Vee Garden Centers also sell heaters like the ones you see at outdoor bars and restaurants.

Perhaps the best addition to your backyard getaway is a relaxing water feature. Isaac likes the Polystone Wave Water Feature with Light, *left*. "It's made of polyresin so it's lighter weight and easy to transport," he says. "It's a wave fountain, which means it has a nice, quiet sound that's really soothing and also adds a bit of moisture to the air. The spotlight adds interest at night by reflecting on the water. It's relaxing to have in your yard, porch or deck."



Empire Bamboo Patio Torches \$3.99



Wedgewood 5 pc. Wood Burning Firepit Set \$499.99



Heritage 5 pc. Propane Gas Firepit Set \$649.99

water park at home

SAVOR THE FRESH AIR

Your backyard holds many exciting possibilities, but it's up to you to discover them. If you're a sports-loving family, you can set up a mini golf course, baseball diamond or badminton net for some heated competitions. For performers, construct a backyard stage where talents can be exhibited through plays, comedy acts or concerts.

If you're a family that can't get enough of the great outdoors, turn your lot into a campground. Pitch tents and build bonfires. Spend evenings around a campfire roasting marshmallows and sharing favorite family stories, then get snug in a sleeping bag. And notice all those stars above? Check out books about stars from your local library to study up on the constellations before a night of backyard stargazing.

GET WET AND WILD

A highlight of any family vacation is a visit to a water park. Fortunately, your backyard can be easily transformed into a water park that kids will remember as being every bit as fun as the bigger, more expensive kind. Even better, you won't have to spend all day waiting in long lines and haggling with exhausted lifeguards.

Begin your extravaganza by purchasing a water slide or an inflatable water-play center from Hy-Vee, such as the Inflatable Crazy Legs Octopus, *top right*. The play center will be the focus of your water park. Add to the fun with a sprinkler to run through or a wading pool for the little ones.

Lay out what you need for water-balloon and squirt-gun games. Let kids toss water balloons through large

hoops or use squirt guns to blast beach balls across the lawn. Lead kids in a game of duck-duck-goose around the wading pool or sprinkler. If the goose isn't fast enough, he or she has to get soaked!

PUT SAFETY FIRST

Every water park has a list of rules posted for visitors to read, and your backyard should be no different. Safety is the number one priority when it comes to summer water activities.

Remember, moms and dads can make rules that water parks can't, such as, "Children must have sunscreen on at all times while they are outside." Make it clear that there is to be no pushing, shoving or other types of roughhousing. Also specify a plan for sharing squirt guns, flotation devices and other toys.

If you have a pool, draft separate rules for its use and read these aloud to kids before posting. Remind kids that they cannot swim unless supervised by an adult, and they must pass a swimming test before going in the deep end. Diving is never allowed unless the water is more than 9 feet deep. And kids must never run near the pool because slips and falls are the most common poolside injuries. Finally, kids should never have breath-holding contests, hold anyone underwater or let people ride on their shoulders.

Include clarification on things that may seem like common sense, but often are not. For example, if kids need to go to the bathroom, they need to get out of the pool and go inside. And, along those same lines, pool water is to play in, not drink.

Paris Beach Accessories and Flip Flops: selected varieties 25% off





Water and Pool Accessories 25% off



Outdoor Pools and Slides 25% off



Blow-Up Play Centers 25% off



Outdoor Pools and Slides 25% off

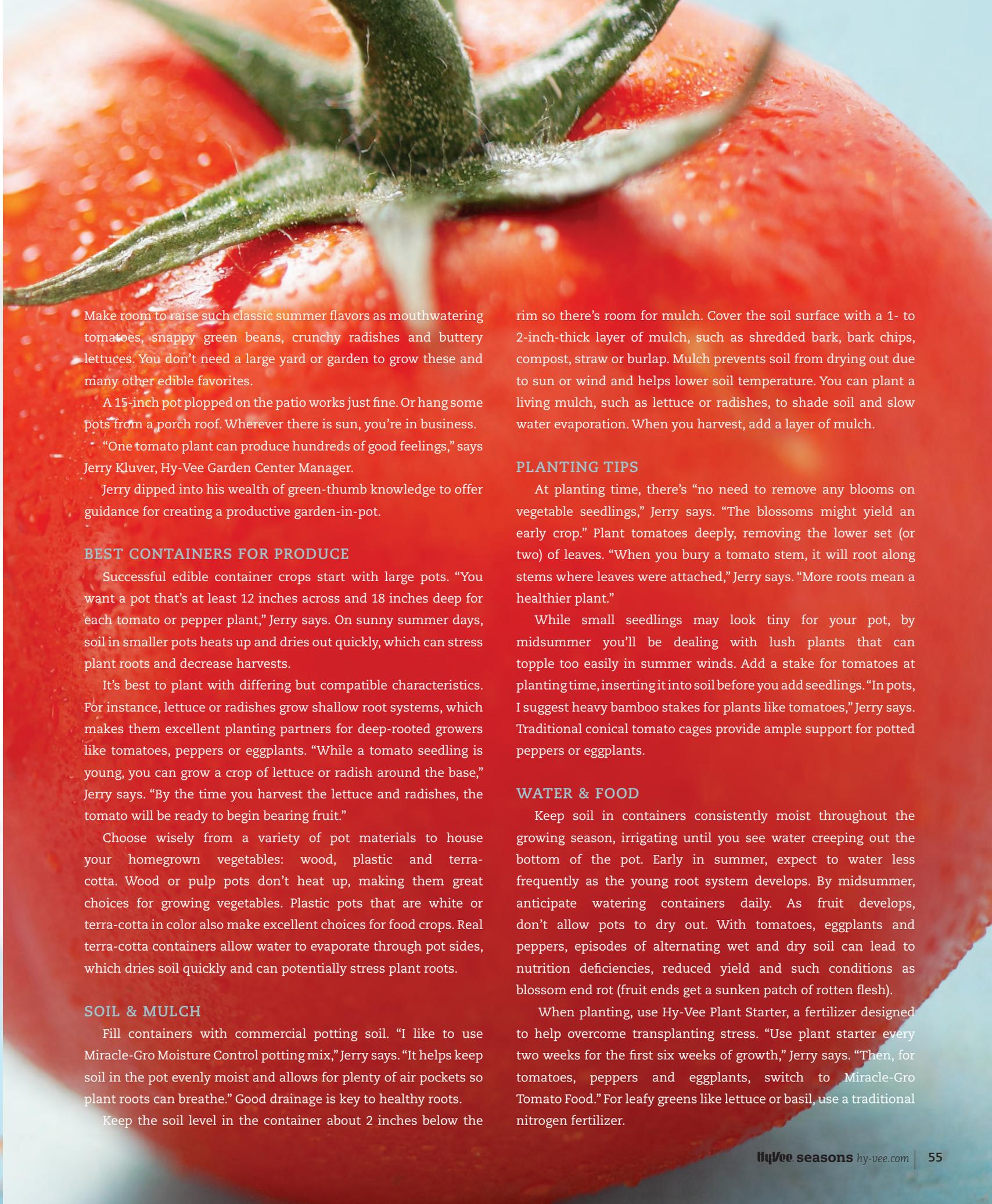
Pots o' Plenty

Serve up fresh flavors by putting together a container garden on your patio or porch. Growing edible crops—including tomatoes, lettuce and peppers—in pots is easy. A few containers, soil and plants are all you need.

TEXT JULIE MARTENS PHOTOGRAPHY TOBIN BENNETT

Tomato with Cage or Pepper Assortment
in 12" Container \$19.99





Make room to raise such classic summer flavors as mouthwatering tomatoes, snappy green beans, crunchy radishes and buttery lettuces. You don't need a large yard or garden to grow these and many other edible favorites.

A 15-inch pot plopped on the patio works just fine. Or hang some pots from a porch roof. Wherever there is sun, you're in business.

"One tomato plant can produce hundreds of good feelings," says Jerry Kluver, Hy-Vee Garden Center Manager.

Jerry dipped into his wealth of green-thumb knowledge to offer guidance for creating a productive garden-in-pot.

BEST CONTAINERS FOR PRODUCE

Successful edible container crops start with large pots. "You want a pot that's at least 12 inches across and 18 inches deep for each tomato or pepper plant," Jerry says. On sunny summer days, soil in smaller pots heats up and dries out quickly, which can stress plant roots and decrease harvests.

It's best to plant with differing but compatible characteristics. For instance, lettuce or radishes grow shallow root systems, which makes them excellent planting partners for deep-rooted growers like tomatoes, peppers or eggplants. "While a tomato seedling is young, you can grow a crop of lettuce or radish around the base," Jerry says. "By the time you harvest the lettuce and radishes, the tomato will be ready to begin bearing fruit."

Choose wisely from a variety of pot materials to house your homegrown vegetables: wood, plastic and terra-cotta. Wood or pulp pots don't heat up, making them great choices for growing vegetables. Plastic pots that are white or terra-cotta in color also make excellent choices for food crops. Real terra-cotta containers allow water to evaporate through pot sides, which dries soil quickly and can potentially stress plant roots.

SOIL & MULCH

Fill containers with commercial potting soil. "I like to use Miracle-Gro Moisture Control potting mix," Jerry says. "It helps keep soil in the pot evenly moist and allows for plenty of air pockets so plant roots can breathe." Good drainage is key to healthy roots.

Keep the soil level in the container about 2 inches below the

rim so there's room for mulch. Cover the soil surface with a 1- to 2-inch-thick layer of mulch, such as shredded bark, bark chips, compost, straw or burlap. Mulch prevents soil from drying out due to sun or wind and helps lower soil temperature. You can plant a living mulch, such as lettuce or radishes, to shade soil and slow water evaporation. When you harvest, add a layer of mulch.

PLANTING TIPS

At planting time, there's "no need to remove any blooms on vegetable seedlings," Jerry says. "The blossoms might yield an early crop." Plant tomatoes deeply, removing the lower set (or two) of leaves. "When you bury a tomato stem, it will root along stems where leaves were attached," Jerry says. "More roots mean a healthier plant."

While small seedlings may look tiny for your pot, by midsummer you'll be dealing with lush plants that can topple too easily in summer winds. Add a stake for tomatoes at planting time, inserting it into soil before you add seedlings. "In pots, I suggest heavy bamboo stakes for plants like tomatoes," Jerry says. Traditional conical tomato cages provide ample support for potted peppers or eggplants.

WATER & FOOD

Keep soil in containers consistently moist throughout the growing season, irrigating until you see water creeping out the bottom of the pot. Early in summer, expect to water less frequently as the young root system develops. By midsummer, anticipate watering containers daily. As fruit develops, don't allow pots to dry out. With tomatoes, eggplants and peppers, episodes of alternating wet and dry soil can lead to nutrition deficiencies, reduced yield and such conditions as blossom end rot (fruit ends get a sunken patch of rotten flesh).

When planting, use Hy-Vee Plant Starter, a fertilizer designed to help overcome transplanting stress. "Use plant starter every two weeks for the first six weeks of growth," Jerry says. "Then, for tomatoes, peppers and eggplants, switch to Miracle-Gro Tomato Food." For leafy greens like lettuce or basil, use a traditional nitrogen fertilizer.

"One pepper plant will produce a quarter bushel of peppers. One tomato plant can produce hundreds of good feelings," says Jerry Kluwer, HY-VEE GARDEN CENTER MANAGER.



BEST EDIBLES FOR POTS

Some vegetable, herb and fruit selections naturally fit in containers. Smaller plants combine full-size flavor with a pot-size personality. Look for these tasty beauties at your local Hy-Vee Garden Center.

TOMATO

BETTER BUSH—strong 4-foot-tall central stem doesn't need staking; yields 4-inch fruits with old-fashioned flavor over a long season

HEALTH KICK—4-oz. sweet, red, plum-shape, meaty fruits have 50 percent more of the antioxidant lycopene than other tomatoes; 48-inch plants need staking

HUSKY CHERRY RED—large yields all season of flavorful cherry tomatoes on 50-inch plants that need staking

HUSKY YELLOW—high yields of sweet yellow cherry tomatoes on disease-resistant plants that grow 4.5 feet tall; need staking

MOBY GRAPE—yields sweet, 2-inch oblong fruit on 24- to 36-inch plants that need staking

SUPER BUSH—heavy yields of juicy, sweet 2- to 4-oz. tomatoes on 3-foot plants that need staking; longer bearing season than many container tomatoes

TUMBLING TOM RED—plants trail 18 inches from hanging baskets and yield 1- to 2-inch sweet, red, cherry tomatoes; plants grow 6 inches wide; plant several per pot

PEPPER

APACHE—yields more than 100 2- to 3-inch-long hot chile peppers on small plants

CHEYENNE—yields chile-type hot peppers 10 days earlier than other peppers; fruit turns from green to red; compact plants require no staking; good choice for short growing season

HOLY MOLE—hybrid pasilla pepper with high yields of 7- to 9-inch-long green fruits that turn a dark chocolate color; use fresh or dried; nutty, spicy flavor used in mole sauce

RED SKIN—full-size bell peppers; 4- to 5-inch-long fruit on compact plants 8-10 inches tall; pick peppers green or red

SUPER CHILI—a hot Thai pepper offering compact plants covered with slender, pointed peppers; fruit starts lime green, then turns to orange and red; use peppers fresh or dried

HERBS AND SPICES

BASIL—upright plants with flavorful leaves

CHIVES—upright, thin-textured leaves with onion flavor; edible flowers

OREGANO—trailing plant with spicy leaves; flowers a favorite with bees

PARSLEY—curly leaves top sturdy stems

ROSEMARY—upright or prostrate types with thin, aromatic leaves on woody stems

SAGE—pebbled leaf surfaces introduce texture to herb plantings

THYME—trailing woody stems with tiny, spicy leaves

OTHER VEGGIES

BLUE LAKE BUSH BEANS—heavy yields of 7-inch-long smooth pods on 15- to 18-inch-tall plants; a favorite for flavor and canning

BULL'S BLOOD BEETS—harvest burgundy leaves for colorful salads; pull roots when young to savor candy-striped flesh

BUSH PICKLE CUCUMBER—4-inch straight, cylindrical cucumbers on 2- to 3-foot-wide plants; good choice for making crisp whole dill pickles

BURPLESS BUSH CUCUMBER—long, dark green, nearly seedless fruits; 8-10 inches on plants 12-24 inches wide

GOURMET BLEND LETTUCE—a blend of seeds that yield different types of lettuce for multicolored, flavorful salads



Apex Never Kink Heavy Duty
Hose 50' \$29.98



Bond Oscillating Sprinkler 8"
\$9.99



Miracle-Gro Liquafeed Starter Kit
with Refill Bottle \$12.99



Miracle-Gro Liquafeed Bloom
Booster Refill 2 pk. \$7.99

Oh-So-Delicious SWEET CORN

It's summer gold rush. These are days of rich flavor, when sweet corn so yellow it seems to have been touched by Midas entices us with its buttery sheen.

TEXT LOIS WHITE PHOTOGRAPHY ANDY LYONS

When you play it by ear—sweet corn, that is—there's nothing quite like biting into rows of tender, juicy kernels dripping with butter. You can do a lot with corn off the cob, too, as you'll learn in the recipes and freezing tips that follow.

Grilled or boiled corn on the cob is a summer treat that's hard to top for flavor, freshness and just plain delicious fun. In fact, a platter heaping with ears can easily make up an entire dinner for some families. Want to know the best part about eating corn? You can ignore table manners. Just pick up an ear, smear it with butter and start chewing. No one will notice you licking your fingers or eating two or three ears in one sitting. It's all part of the fun.

Scientists believe that corn was growing wild in central Mexico more than 7,000 years ago when it was domesticated for farming by Aztec and Mayan Indians. Native peoples throughout South America knew a good thing when they tasted it and eventually depended on maize, as it came to be called, for most of their diet. Eventually, corn's popularity spread to North America, and sweet corn varieties were developed in the 1700s.

Today there are more than 200 varieties of sweet corn alone. As the corn ripens, the kernels fill with a sweet, milky liquid. The milk stage is the peak harvest time for sweet corn. This stage passes quickly in most varieties, as the plant naturally converts the liquid into starch. At that point, the corn kernel becomes more solid, losing its sweetness.

TIPS FOR BUYING FRESH CORN

With the sweetness clock ticking down, how do you assure that the corn you choose is at its freshest best?

- Find out when the corn was picked. If it was picked within 24 hours of your purchase, it should have superior quality. If you don't know when the corn was picked, select a super-sweet variety. These will retain their sugary flavor longer. By relying on local farms for its supply, Hy-Vee offers corn harvested at its freshness peak. Check for special "homegrown" displays in the produce aisle, where you'll find information about the growers.

- The best ears are snugly wrapped in green husks and look vibrant, not dried out. When you run your fingers along the ear, you should be able to feel plump, densely packed kernels all the way to the tip.

STORING CORN

Use fresh corn as soon as possible, but if you have to store it, do it at the earliest opportunity. For storage, wrap ears in damp paper towels and seal in an airtight container. Always leave husks on to slow moisture loss when chilling. Store in a refrigerator for up to two days. Do all this quickly because warm temperatures speed the conversion of sugar to starch.

COOKING CORN

Boiling is the traditional way to prepare corn on the cob. After removing husks, cook the corn, covered and submerged, for 5 to 7 minutes or until tender.

To grill corn, rub husked ears with butter and wrap in foil. Grill corn on the rack of a covered grill directly over medium coals for 25 to 30 minutes or until kernels are tender, turning and rearranging several times.





BUTTERED UP

Enhance the flavor of fresh sweet corn with one of these out-of-the-ordinary butters, jazzed up with seasonings and color. Or use these butters on grilled vegetables, chops, steaks or seafood. Enjoy them on warm, crunchy bread, too. They're mouthwatering.

Making flavored butter is easy. Place one stick of unsalted butter in a bowl and soften it in the microwave for a few seconds, being careful not to melt it. Stir in your choice of ingredients (see ideas, *right*). Place the butter on waxed paper, then roll paper around the butter, forming it into a log shape. Seal the butter roll by twisting the ends of the waxed paper in opposite directions. (Or place the butter in a small covered bowl.) Chill in the refrigerator for at least 2 hours. Once chilled, slice butter and spread it onto the corn.

CHILI-LIME BUTTER

Zest of one lime
1 tablespoon lime juice
1 teaspoon chili powder
½ teaspoon salt
½ teaspoon cayenne pepper

HERB BUTTER

1½ tablespoons dry white wine
1 tablespoon finely chopped green onion
2 teaspoons minced fresh parsley
1 teaspoon minced fresh thyme
½ teaspoon finely chopped garlic

HONEY-SPICE BUTTER

¼ cup honey
1 tablespoon brown sugar
½ teaspoon ground cinnamon
¼ teaspoon ground cloves

A sweet spread of Honey-Spice Butter nicely complements the Fresh Corn Muffins with Bacon and Cheese, *page 62*.

MORE DELICIOUS WAYS TO FLAVOR BUTTER

- Add pepper-packed punch, using a pepper mill and a flick of the wrist. Or stir in lemon pepper seasoning.
- Swirl in some sweet maple syrup and finely shredded orange peel.
- Add a splash of tarragon vinegar.
- Blend in freshly grated Parmesan cheese.
- Toss in a handful of your favorite fresh herbs, including basil, parsley, thyme or tarragon.
- Snip some chives to give your butter a delicate onion flavor.
- Stir in a spoonful of purchased pesto or tapenade.

CORN-CRAB CAKES WITH CHIPOTLE CREAM

Studded with sweet vegetables and topped with a spicy cream sauce, these cakes are a step above their traditional counterparts. Canned lump crabmeat makes an impressive substitute when fresh crab is hard to come by.

Serves 8 (1 jumbo or 2 mini cakes each).

- 1 cup Hy-Vee mayonnaise, divided
- ½ cup Hy-Vee sour cream
- 1 to 2 canned chipotle peppers in adobo sauce, finely chopped
- 1 tablespoon Hy-Vee lemon juice
- ⅛ teaspoon Hy-Vee salt
- 4 fresh ears of corn or 2 cups Hy-Vee frozen whole kernel corn, thawed
- 3 tablespoons Hy-Vee butter, divided
- ¼ cup finely chopped onion
- ¼ cup finely chopped red bell pepper
- 2 Hy-Vee large eggs, beaten
- 1 tablespoon stone-ground mustard
- 1 teaspoon Hy-Vee Worcestershire sauce
- ¼ to ½ teaspoon cayenne pepper
- 1 ⅓ cups Hy-Vee plain bread crumbs, divided
- 2 (6 ounces each) cans jumbo lump crabmeat, drained and flaked
- ¼ cup cornmeal

For chipotle cream, stir together ½ cup mayonnaise, sour cream, chipotle peppers, lemon juice and salt in a small bowl. Cover and chill until ready to serve.

If using fresh corn, cut the kernels off the cobs. Melt 1 tablespoon butter in a skillet.

Add corn, onion and bell pepper. Cook about 5 minutes or until onion and pepper are soft. Cool 10 minutes.

Stir together eggs, remaining ½ cup mayonnaise, mustard, Worcestershire sauce and cayenne pepper in a large bowl. Stir in cooled corn mixture. Gently fold in ⅔ cup of the bread crumbs and the crabmeat. Chill mixture in the freezer for 10 minutes.

To make jumbo corn-crab cakes, using a ½ cup measuring cup, shape crabmeat mixture into 8 (½-inch-thick) patties. To make mini corn-crab cakes, using a ¼ cup measuring cup, shape crabmeat mixture into 16 (¼-inch-thick) patties. Place on baking sheet, chill patties 10 minutes for easier handling.

Stir together remaining ⅔ cup bread crumbs and the cornmeal in a 9-inch pie plate. Dip patties into crumb mixture, turning to coat.

Melt 1 tablespoon butter in a large skillet over medium heat. Add half of the patties and cook until golden brown, about 4 to 5 minutes per side for jumbo cakes and 3 to 4 minutes for mini cakes. Repeat using remaining tablespoon butter and remaining patties. Serve with chipotle cream.

Nutrition facts per serving: 450 calories, 32 g fat, 8 g saturated fat, 0 g trans fat, 110 mg cholesterol, 640 mg sodium, 29 g carbohydrates, 2 g fiber, 4 g sugar, 13 g protein. Daily values: 8% vitamin A, 10% vitamin C, 8% calcium, 10% iron.





FRESH CORN MUFFINS WITH BACON AND CHEESE

These warm, fragrant muffins go great with south-of-the-border soups or salads in the summer or chili in fall or winter. The addition of sweet, nutty fresh corn makes these a hit. Serve with the Honey-Spice Butter, page 60.

Makes 18 standard-size muffins or 48 mini muffins.

- 4 fresh ears of corn or 2 cups Hy-Vee frozen whole kernel corn, thawed
- 5 slices Hy-Vee bacon
- 1 cup Hy-Vee all-purpose flour
- 1 cup yellow cornmeal
- 3 tablespoons Hy-Vee granulated sugar
- 2½ teaspoons Hy-Vee baking powder
- ¾ teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee baking soda
- 1 (8-ounce) container Hy-Vee sour cream
- ¾ cup Hy-Vee skim milk
- 1 Hy-Vee large egg
- 2 tablespoons Hy-Vee vegetable oil
- 1 cup Hy-Vee shredded cheddar cheese (4 ounces)

If using fresh corn, cut the kernels off the cobs. Cook fresh corn, covered, in a small amount of boiling salted water for 4 minutes or until tender. Drain. Thawed frozen corn does not need to be cooked.

Cook bacon in a skillet until crisp. Drain, reserving 1 tablespoon bacon drippings. Crumble bacon; set aside.

Preheat oven to 400°F. Line muffin cups with parchment paper squares, a 3-inch square for mini muffins and 5-inch square for standard-size muffins, or spray muffin cups with nonstick cooking spray; set aside.

Stir together flour, cornmeal, sugar, baking powder, salt and baking soda in a medium bowl. Whisk together sour cream, milk, egg, vegetable oil and 1 tablespoon reserved bacon drippings in a small bowl. Add sour cream mixture all at once to cornmeal mixture; stir just until moistened. Fold in corn, crumbled bacon and cheese. Spoon batter into prepared muffin cups, filling cups ⅔ full.

Bake about 12 minutes for mini muffins or about 15 minutes for standard-size muffins or until lightly browned. Cool cakes in pans on wire racks for 5 minutes. Remove cakes from pans; cool completely on wire racks.

Note: Freeze extra cakes in an airtight container for up to 3 months. Thaw and warm the cakes in a 325°F oven for 10 minutes before serving.

Nutrition facts per standard-size muffin: 170 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 330 mg sodium, 20 g carbohydrates, 1 g fiber, 5 g sugar, 5 g protein. Daily values: 4% vitamin A, 2% vitamin C, 10% calcium, 4% iron.

CHILLED CORN AND POTATO SOUP

Brimming with fresh taste, this dill-flavored soup is perfect for a light lunch or dinner. Simmering the corn cobs in the broth intensifies the sweet, distinctive corn appeal. When using frozen corn, drain the corn before cooking and add the juices to the broth.

Serves 6 (1 cup each).

- 4 fresh ears of corn or 2 cups Hy-Vee frozen whole kernel corn, thawed
- 1 32-ounce carton Hy-Vee chicken broth (4 cups)
- 1 clove garlic, finely chopped
- 4 sprigs fresh dill or ½ teaspoon Hy-Vee dried dillweed
- 1 Hy-Vee bay leaf
- 2 large baking potatoes, peeled and cut into ¼-inch cubes (about 4 cups total)
- 1 tablespoon Hy-Vee butter
- ½ cup chopped onion
- ¼ cup whipping cream
- Snipped fresh dill and cayenne pepper, for garnish

If using fresh corn, cut the kernels off the cobs; set corn aside and reserve corn cobs.

Combine chicken broth, garlic, dill, bay leaf and corn cobs in a large pot. Bring to boiling; reduce heat to low. Simmer, covered, for 30 minutes. Add potatoes; simmer, uncovered, for 10 to 15 minutes or until potatoes are tender. Remove from heat. Discard corn cobs, dill sprigs (if using) and bay leaf. Strain over a large bowl; reserve broth and potatoes.

Meanwhile, melt butter in a skillet over medium heat. Add corn and onion. Cook about 10 minutes or until onions are very soft. Cool slightly.

Place half of corn mixture, half of potatoes and all of broth in a blender container. Cover and carefully blend* until smooth. Transfer mixture to a large bowl. Stir in whipping cream and reserved corn mixture and potatoes. Cover and chill for several hours or overnight. Sprinkle each serving with snipped dill and cayenne pepper.

*To safely blend hot liquids, vent the blender lid by removing center piece, and cover with a thick washcloth. Begin at low speed and slowly increase speed, if desired.

Nutrition facts per serving: 210 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 670 mg sodium, 34 g carbohydrates, 3 g fiber, 4 g sugar, 4 g protein. Daily values: 4% vitamin A, 20% vitamin C, 2% calcium, 2% iron.



**STEAK WITH CURRIED
MANGO-CORN VINAIGRETTE**

Prepare the fresh greens mixture and corn vinaigrette early in the day. Cover and refrigerate in separate containers so they'll be ready to serve when the steak comes off the grill.

Hy-Vee 100% Natural Angus Top Sirloin Steak per lb. \$7.99

Serves 4.

- 4 fresh ears of corn or 2 cups Hy-Vee frozen whole kernel corn, thawed
- 1 medium green bell pepper, seeded and finely chopped
- 1 medium mango, seeded, peeled and finely chopped
- 3 tablespoons Grand Selections olive oil
- 2 tablespoons Hy-Vee lemon juice
- 1 teaspoon Hy-Vee granulated sugar
- ½ teaspoon curry powder
- ½ teaspoon Hy-Vee salt
- ⅛ teaspoon Hy-Vee black pepper
- 12 ounces red potatoes, halved
- 8 ounces sugar snap pea pods, trimmed
- 6 cups Hy-Vee spring mix salad greens
- 8 ounces 100% Natural Angus top sirloin steak

If using fresh corn, cut the kernels off the cobs. Cook fresh corn, covered, in a small amount of boiling salted water for 4 minutes or until tender. Drain. Thawed frozen corn does not need to be cooked.

For mango-corn vinaigrette, combine corn, bell pepper and mango in a medium bowl. In a separate small bowl, whisk together olive oil, lemon juice, sugar, curry powder, salt and black pepper. Pour over corn mixture; mix well. Cover and refrigerate.

Cook potatoes, covered, in enough boiling salted water to cover for 10 minutes. Add pea pods. Cook for 1 minute more; drain. Rinse with cold water; drain again. Transfer to a large bowl. Stir in salad greens.

Preheat grill to medium heat. Trim fat from meat. Grill meat, uncovered, over direct heat for 15 to 17 minutes for medium doneness (160°F), turning once halfway through grilling. Thinly slice meat. Transfer to a medium bowl; cover and chill.

To serve, arrange greens mixture on dinner plates; top with meat slices. Spoon mango-corn vinaigrette over salads.

Nutrition facts per serving: 440 calories, 19 g fat, 4.5 g saturated fat, 0 g trans fat, 2 mg cholesterol, 380 mg sodium, 49 g carbohydrates, 5 g fiber, 17 g sugar, 20 g protein. Daily values: 110% vitamin A, 150% vitamin C, 15% calcium, 20% iron.





**CORN, CUCUMBER
AND TOMATO SALAD**

Celebrate summer with this colorful vegetable medley, dressed with a cool lime-mint dressing. Serve it with grilled chicken or fish.

Italian Sweet Red Onions per lb.
\$1.48

Serves 6.

- 4 fresh ears of corn or 2 cups Hy-Vee frozen whole kernel corn, thawed
- 2 tablespoons fresh lime juice
- 2 tablespoons Grand Selections olive oil
- 2 tablespoons snipped fresh mint
- ½ teaspoon Hy-Vee granulated sugar
- ½ teaspoon Hy-Vee salt
- ¼ teaspoon white pepper
- 1 small red onion, quartered and thinly sliced
- 1 pint grape tomatoes
- 1 cup chopped cucumber
- ½ fresh jalapeño pepper, seeded and finely chopped*

If using fresh corn, cut the kernels off the cobs. Cook fresh corn, covered, in a small amount of boiling salted water 4 minutes or until tender. Drain. Cool slightly. Thawed frozen corn does not need to be cooked.

Meanwhile, for dressing, combine lime juice, olive oil, mint, sugar, salt and white pepper in a small bowl; set aside.

Stir together cooked fresh corn or thawed frozen corn, onion, tomatoes, cucumber and jalapeño pepper in large bowl. Add dressing; stir to coat. Cover and chill at least 2 hours or up to 24 hours.

*Note: Protect your hands with plastic gloves while handling fresh jalapeño pepper.

Nutrition facts per serving: 100 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 200 mg sodium, 13 g carbohydrates, 2 g fiber, 4 g sugar, 2 g protein. Daily values: 8% vitamin A, 20% vitamin C, 2% calcium, 2% iron.





HOW TO FREEZE CORN

To obtain the freshest corn, check with the produce manager at your local Hy-Vee for an arrival date and time. If available, reserve a few dozen ears so you can freeze several batches. It freezes beautifully. Simply follow these steps.

1. Husk the ears. Remove the husks and scrub the ears with a soft vegetable brush to remove silks. After washing ears, let them drain. Do not soak the ears in water.

2. Blanch the corn by scalding the ears in boiling water. This stops or slows enzymes that, over time, break down and destroy nutrients. Enzymes could also change the corn's color, flavor and texture during freezing. Fill a canner or large pot three-fourths full of water. Heat to boiling. Add the ears, making sure they are covered with water. Cover the pot and return water to boiling. Boil for 4 minutes.

3. While corn is blanching, fill your sink or a large cooler with ice and cold water. You may need a bag or two of ice if you are planning to freeze several dozen ears of corn. Using long-handled tongs, lift the ears of corn out of the

boiling water and transfer to a colander to drain. Immediately cool the ears by plunging them into ice water. Cool the corn in the water for 4 minutes. Drain well.

4. Cut corn from the cobs at two-thirds depth of kernels; do not scrape. As shown, the Norpro Corn Cutter is designed to easily remove the right amount of kernel. Stand the ear on its end, place the cutter at the top and work downward, cutting kernels. Tip: To keep the kernels in one place, insert the tip of an ear into the center hole of a Bundt pan or a 10-inch tube pan. Cut kernels away from the cob in long downward strokes so they fall into the pan.

5. Fill freezer-safe resealable plastic bags or containers with corn, leaving ½ inch of headspace (the amount of space between the top of the food and the bag seal or container rim). This allows corn to expand without breaking the bag seal or causing the container lid to pop off.

6. Seal the bags or containers, removing excess air. Label bags or containers, showing contents and date. For optimum storage, your freezer temperature should be 0°F or below.



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Land O Lakes Butter: sticks or quarters
1 lb. \$2.99



Grilling Non Stick Corn Basket
1 ct. \$6.99



Norpro Corn Cutter 1 ct. \$3.88

BREWED FOR

summer day

A tall glass of crisp, refreshing Leinekugel's beer goes down easy, plays well with food and adds new dimension of flavor to your summer socials.

TEXT LOIS WHITE PHOTOGRAPHY TOBIN BENNETT

Tucked away in a land of wooded hillsides, dairy farms and small friendly towns is the Jacob Leinenkugel Brewing Company of Chippewa Falls, Wisconsin. An enterprise with a proud heritage, it's the seventh oldest brewery in the United States and it's currently in the hands of fifth generation Leinenkugels.

Leinie's—remember that this is a friendly, family company—is known for full-flavored beers created in small, high-quality batches. Brews range from the best-selling crisp Honey Weiss, made with fresh Wisconsin honey, to Sunset Wheat, a wheat beer with a hint of citrus. Award-winning Berry Weiss was introduced in 1996, long before fruit beers were considered a trend. Today the company is the only U.S. brewer producing a traditional shandy-style beer called Summer Shandy, an intriguing combination of wheat beer and natural lemonade.

President Jake Leinenkugel says pure water is the main ingredient—about 92 percent by volume—in all of the company's beers. But this isn't just something from a faucet. This water flows through granite and limestone from the Big Eddy Springs in Chippewa Falls. Grain (malt), hops and yeast are the other main ingredients. The type and amount of these and other ingredients influences the flavor as does the long-proven brewing process.

The two broad categories of beer made by Leinenkugel's are lagers and ales. Leinie's concentrates primarily in lager brewing. Each type takes on a personality based on the mix of hops and malt. As Jake puts it, beer is all about “the body and sweetness of the malt balancing the spiciness and bitterness of the hops.” Getting to know the differing characteristics of Leinenkugel's beers will help you to determine the best food matches or encourage you to incorporate the beer in recipes.

So let the summertime fun begin. Leinenkugel's offers several beers perfectly suited for backyard outings. Here's a rundown of favorites.

Berry Weiss. “Even if you're not a beer drinker, you may like the Berry Weiss, a sweeter, very tasty beer,” says Jake. His inspiration for creating this ruby red brew came in the 1990s while attending the Great American Beer Festival in Denver and seeing lines of women waiting to sample berry-flavored beer. Soon he had his team experimenting with blends that included blackberries, elderberries and loganberries.

Summer Shandy. Offered April through August, this is Leinenkugel's most popular seasonal beer. Its light, crisp flavor has appeal because it tastes just like someone has poured lemonade in your beer, Jake says. Even people who usually steer clear of beer enjoy this one. Each batch is carefully brewed using the finest wheat, malted barley and just





COOKING WITH BEER

Drinking beer is one of the most relaxing aspects of backyard barbecues. But it's fun to cook with summer brews, which will fabulously enhance your outdoor fare. With its lively citrus flavor, Sunset Wheat makes a great marinade for fish, shrimp and chicken. Add a splash of Berry Weiss to a vinaigrette dressing used in a fruity greens salad. Or stir some Honey Weiss into a barbecue sauce mixture of chicken or pork. To find recipes using your favorite Leinie's brew, go to Peg's Kitchen at Leinie.com.

a hint of Wisconsin honey. Fresh lemonade and touches of citrus give it a distinctively refreshing flavor. Its easy-drinking style makes it compatible with almost any food, from grilled chicken and spicy salsa with chips to brats and fried appetizers.

Classic Amber. This is Leinie's newest brand. Launched in 2009, it rapidly became the #1 new craft beer in the country for the year. It's an all-malt lager that exhibits assertive flavors. The amber beauty tastes extraordinary with fatty, salty and bacon-enhanced dishes. A tender, juicy grilled steak or a sharp cheddar cheeseburger and Classic Amber are a golden match.

Sunset Wheat. Brewed with select wheat, pale malt, Cluster hops and natural coriander, Sunset has a soothing taste. Pour it down the middle of a glass to release the natural essence. Then garnish it with a slice of orange to complement the coriander and enhance the beer's hint of citrus. Bright, brisk flavors mingle well with salads, poultry and fish.

Honey Weiss. The company's most popular brew was introduced in 1995. This wheat and pale-malted, Cluster-hopped beer has a hint of Wisconsin honey. A refreshing beer, it's light-tasting, crisp, clean and perfect with a lemon wedge. It's appealing with spicy foods, including nachos, quesadillas or Asian appetizers.

Whether you're having friends over or you're a discerning beer lover who enjoys experimenting, check out variety packs of Leinenkugel's beer offered at your local Hy-Vee store. Packs include three bottles each of four different styles of Leinie's.

"One beer can't fit the taste preferences of all people," Jake says. "We also know one beer typically can't fit the taste wants of one person all the time or even on the same evening. By offering variety packs, we please Leinie lovers with a selection of beers."

CHOOSING BEER—HY-VEE CAN HELP!

Parties and backyard barbecues demand good beer with complex and intriguing flavors that are equally able to make magic with food. If you haven't a clue what beer to buy, ask an expert in the Hy-Vee Wine and Spirits Department for help. Staff are trained at beer tastings and seminars. They even tour breweries, such as the Jacob Leinenkugel's Brewing Company, to gain knowledge.

If you want an all-around beer that will please most palates, start with Leinenkugel's Original. This award-winning beer, which has been around since the brewery opened in 1866, has the perfect blend of malts and hops to give it the crisp, distinctively smooth taste of a true German-style lager.

"I highly recommend a variety pack, which includes several different flavors of Leinenkugel's beers," says Lynn Schieffer, wine and spirits manager at the Hy-Vee in Yankton, South Dakota. "You get to try several different flavors in the most economical way. And anyone who doesn't particularly care for

beer won't be left out, because the variety pack includes Leinie's Berry Weiss."

One of the easiest ways to get familiar with different types of beer is to sample it at the store. "Sample as many different kinds as you can," says Deb Clemens, wine and spirits manager and certified wine specialist at the Hy-Vee #2 in Dubuque, Iowa. "We've been known to get creative with our samples. Once we mixed together the Berry Weiss and the Summer Shandy to make a pink lemonade. Customers loved it!"

According to Lynn and Deb, the most common question asked by customers buying beer for summer gatherings is "How much will I need?" Lynn says, "Generally, if it's an afternoon or evening event with a barbecue or meal, we recommend three bottles or cans per adult."

Put the beer out in an ice-filled bucket so guests can grab their own. But always remember to drink responsibly.

On a recent tour of the Jacob Leinenkugel's Brewery Company in Chippewa Falls, Wisconsin, Hy-Vee wine and spirits managers Lynn Schieffer, *left*, and Deb Clemens, *right*, joined President Jake Leinenkugel at Leinie Lodge.



Glasses of Leinie are lifted in a toast by Deb, Lynn, and Jake, *left to right*, as they celebrate the day over a tray of Wisconsin treats.



Leinenkugel's Beer: selected varieties 6 pk. \$6.29 plus deposit
Product not available in the state of Minnesota



Lynn, *left*, and Deb take a peek at Leinenkugel brewing in a vat.

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Next Issue

BACK TO SCHOOL

School bells will soon be ringing once again. Hy-Vee is gearing up for Back to School time, so watch for our upcoming issue of *Seasons* in July. You'll find the latest must-haves for students of all ages, along with easy lunch solutions, recipes and more.

To request home delivery, visit Hy-Vee.com/seasons.

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