



The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



Freezing Fresh Fruit



Enjoying the taste of summer fruit when it is out of season in the fall and winter is always refreshing. Or maybe that fruit pie that you make during the holidays is too expensive to make with canned fruit. With the following tips you can now freeze your favorite fruit to use later on.

Prepare your fruit by making sure your work area is clean and ready for the job ahead. Bacteria is still a factor when canning or freezing fresh foods, so be sure to clean your equipment and work area thoroughly before you start.

[Click here for more](#)

Broccoli Salad

Ingredients:

- 1 bunch fresh broccoli
- 1 lb cooked bacon, crumbled
- 1 bunch green onions
- 1 C sunflower seeds
- 1 C raisins

Dressing:

- 1 C mayonnaise
- 1/2 C PIONEER SUGAR
- 2 T vinegar
- 1 T lemon juice



Directions:

Wash fresh broccoli and cut up into bit size pieces. Put in large bowl; set aside. Cook bacon until well done. Cover a plate with paper towel and drain bacon. When cool, crumble and add to broccoli. Wash and trim roots off green onions. Chop onion into small pieces and add to broccoli mixture. Add sunflower seeds and raisins; set aside.

Dressing: In a mixing bowl add mayonnaise, PIONEER SUGAR, vinegar and lemon juice; mix well.

Pour dressing over broccoli mixture, stir and cover tightly. Marinate at least 2 hours in refrigerator. Remove and serve.

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Sweet Savings!



Save on 5 lbs. of pure & natural Pioneer Sugar brand sugar at your favorite local grocery store. Locally Grown. Locally Owned

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Chili **Cookoff** Results

The 23rd Annual Chili **Cookoff** held at the Saginaw County Fair on July 26, 2011 had 8 competitors this year. Five judges including our own Kelsey Prohaska, 2011 Michigan Sugar Queen tasted each bowl of chili.

The winners are: Third place and \$50 gift card was Marianne Durocher from Saginaw, MI with Mom's Easy Chili. Second place and a \$100 gift card was Tim Donovan of Saginaw with Cattle Trail Chili. And winning a \$200 gift card for first place was Mike Hasso, of Freeland, with Mike's Mooncrator Chili. Congratulations winners!

[Click here for the winning recipes](#)

Did you know?



Sugar helps promote lightness when creamed with shortening or butter.

Jell-O Pops



Try this fun recipe that you and your kids will love...

Ingredients

1 pkg. Jell-O brand gelatin
1 pkg. Kool-Aid
1 C Pioneer Sugar
2 C boiling water
2 C cold water

Directions

In a large bowl, add Jell-O, Kool-Aid and Pioneer Sugar with boiling water. Stir until all is dissolved. Add the cold water; stir.

Place in molds or paper cups with a popcicle stick. Freeze. Enjoy in a couple of hours!

*Note: a neat trick to keeping the popcicle stick centered: Over each mold or cup, place a piece of plastic wrap and secure it tightly. Punch the stick through the center and freeze. If the plastic wrap doesn't stick well, use a rubber band to hold in place or use foil.



Did you miss an article in a past newsletter and realized you deleted the email? Or maybe you misplaced that recipe that was featured? Don't worry you can view past issues of 'The Sweet Beat' anytime! Just follow the link below and choose the month you'd like to view. Also, don't forget to share one of your favorite recipes. If we pick your recipe to be featured in 'The Sweet Beat', we'll also send you a gift box of our sugar as a thank you.

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