

The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



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Community Calendar



Congratulations to our 2011 Michigan Sugar Queen Kelsey Prohaska of Standish and her court.

Rene Behmlander of Bay City was crowned 1st Runner-up and Kaycee Damm of Bay Port was crowned 2nd Runner-up.

If you'd like to see the court this summer visit our community calendar to see where they'll be next. The ladies will be appearing in parades such as the National Cherry Festival Parade in Traverse City to the Michigan Bean Festival in Fairgrove.

Left to Right: 2nd Runner-up Kaycee Damm, Queen Kelsey Prohaska, 1st Runner-up Rene Behmlander

[Click here for the Community Calendar](#)

Consumer Confusion

*Real.
Sweet!*

As a followup to the "Real Sweet" articles in *'The Sweet Beat'* the past few months, we are reprinting the results of a survey done by an independent online agency commissioned by the Sugar Association. Harris Interactive conducted this online study in January. If you are confused by all the things you hear about artificial sweeteners and natural products follow the link below to read the results.

[Your right to know about sweeteners - Click here](#)

Sunny Cabbage Salad

Ingredients:

Salad:

4 green onions, sliced thin
1 pkg. (16 oz.) cabbage mix

Seasoning:

4 oz. sliced almonds
4 T sunflower seeds (3/4 cup)
2 pkgs. ramen noodles (chicken flavor)

Sauce:

1 C safflower oil
3 tsp. soy sauce
1/2 C raspberry vinegar
1/2 tsp. salt
1/2 C Pioneer Sugar
2 pkg. chicken seasoning from ramen noodles package



Directions:

Salad: Mix cabbage and green onions together and place in refrigerator to blend flavors while preparing the seasoning and sauce.

Seasoning: Spread almonds and sunflower seeds in baking dish and bake for 5 minutes at 135-150 degrees. Turn off oven, break up noodles, spread over almonds and seeds in baking dish and leave in turned off oven for 10 minutes.

Sauce: In a mixing bowl add safflower oil, soy sauce, and raspberry vinegar; blend. Add salt, Pioneer Sugar and the 2 packages of chicken seasoning mix from the ramen noodles; mix well.

Just before serving add the Sauce to the Salad and mix well. Sprinkle with Seasoning mix; toss lightly and serve. Refrigerate leftovers, if there are any!

[Click here for more great recipes!](#)

Chili Cookoff!



Get your spices out and your taste buds revved up for the 23rd Annual Chili **Cookoff**. This annual event will once again be held on opening day of the Saginaw County Fair (Tuesday, July 26, 2011). Pioneer Sugar along with Meijer's, WSGW and the Saginaw County Fair will sponsor this annual event.

Recipes will be accepted for competition now through July 19, 2011. To submit your recipes please mail to: Chili, 1795 Tittabawassee Rd., Saginaw, MI 48604. Email your recipe (typed into the body of the message, no attachments) to Sue@WSGW.com or fax to: 989-752-1871 attention Chili.

Fifteen competitors will be announced during the Listen to the Mrs. Show on July 20, 2011. Please be sure to include your name, address and telephone number on each recipe submitted.

The prizes, provided by Meijer's, are: First Place a \$200 gift card, a \$100 gift card for Second Place, and a \$50 gift card for Third Place. Pioneer Sugar will provide each contestant with an official Chili **Cookoff** apron and a bag of sugar.

If you can't compete and like Chili, please join us on July 26, 2011 at the Saginaw Fair from 11 a.m. to 1 p.m. After the judging is complete, samples will be provided of all the entries. Judging begins at noon sharp!



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.

[The Sweet Beat Archive](#)

Sweet Savings!

Thinking about making some ice-cream this summer? Or how about just needing some extra sugar for the lemonade and other summery drinks to serve to your crowd? Then this coupon will be a big savings for you.

Save .40¢ on a five pound bag of pure and natural Pioneer Sugar at your favorite local grocery store.

Add a little local flavor to your recipes!



[Click here for your Sweet Savings!](#)



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