



The Sweet Beat



Monthly eNewsletter from Michigan Sugar Company

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Blueberries, blueberries and more blueberries please!



Of more than 50 plant foods tested by the U.S. Department of Agriculture, blueberries scored among the highest in antioxidant power. Research suggests eating high-antioxidant fruits and vegetables may retard the oxidative damage to tissues associated with aging.

And that's where the incredible blueberries come in. The amazing little blueberry has emerged as nature's

number one source of antioxidants among fresh fruits and vegetables.

Blueberries can do amazing things such as: Fight aging, improve memory and learning, lower cholesterol, improve vision, prevent macular degeneration, improve brain function, prevent and fight cancer, aid in weight loss, and fight osteoporosis.

A little Blueberry history...

The American blueberry has had a long history because of its flavor, nutrition, and health benefits. Native Americans and early settlers knew back then that this berry had many uses and was important in keeping them well.

Because of this, they used blueberries as a big part of their diet and as a medicine. Blueberry juice was used early in the history of the United States to treat illness. They used it for treating coughs, during childbirth as a relaxant, and to treat digestive issues.

Blueberries are flowering shrubs native to North America, eastern Asia, and Northern Europe. They have a special pigment which makes them one of few human foods that are naturally colored blue. True wild blueberries are only found in North America.

Blueberry Scones with Lemon Glaze

Scones:

2 C flour
1 T baking powder
1/2 tsp. salt
2 T Pioneer Sugar
3 T unsalted butter, cold
1 C heavy cream
1 C fresh blueberries



Lemon Glaze:

1/2 C lemon juice (best freshly squeezed, about 2 lemons)
2 C Pioneer Confectioners Powdered Sugar
zest of 1 lemon
1 T unsalted butter

Directions:

Preheat oven to 400 degrees F. Grease a cookie sheet; set aside.

To make the scones, mix flour, baking powder, and salt together in a mixing bowl. Slice up the butter into small pieces and cut it into the flour mixture with a fork until well blended and pea sized. With a wooden spoon, stir in Pioneer Sugar and heavy cream. Gently stir in blueberries just until mixed. Drop by about 1/4 - 1/2 cup portions onto prepared cookie sheet. Bake for 15 - 17 minutes. While Baking, make the glaze.

Glaze: Wash one lemon well, and grate it to get about a tablespoon of zest. Need and then squeeze lemons until you get 1/2 cup of juice; remove the seeds. Mix in the Pioneer Confectioners Powdered Sugar with a whisk. Microwave the butter for about 30 seconds to soften, and mix it in. Remove scones from the oven and let stand for just a few minutes. Drizzle generously with lemon glaze and serve warm.

You can get blueberries in a variety of ways; you can even buy and grow your own if you are ambitious enough! Alas, the easiest method of purchasing blueberry products are what other people have harvested!

Be sure to visit your local Farmers Market or grocer to get your fresh blueberries. With the warmer weather we've been experiencing here in Michigan of late, you'll be seeing those blueberries for sale at least one to two weeks earlier than normal.

Be sure to enjoy the recipes we have on our website featuring blueberries. If you have a special blueberry recipe that you'd like to share, please feel free to submit your recipe by clicking on the following link.

Source: simply-blueberries.com

[Submit a Recipe](#)

There is nothing more American than the Picnic!



And with July being National Picnic Month it's important to have safe and healthy food. Be sure to always prepare and store food properly.

Plan your menu with an eye to safe food handling. *Cook foods in plenty of time to*

thoroughly chill them in shallow containers in the refrigerator.

Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. *Pack foods right from the refrigerator into the coolers.*

Don't put the cooler in the car trunk; *Carry it inside an air-conditioned car.* At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.

Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.

Find out if there's a *source of safe drinking water* at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.

Pack raw meats, poultry, or seafood on the bottom of the cooler. This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.

When taking food off the grill, *Don't put the cooked items on the same platter which held the raw meat* unless you have washed the platter in between uses.

[*Rate this Recipe](#)

Chili Cook-off

Get your spices out and your taste buds revved up for the 22nd Annual Chili Cook-off. This annual event will once again be held on opening day of the Saginaw Fair (July 27, 2010). Pioneer Sugar along with Meijer's, WSGW and the Saginaw Fair sponsor this annual event.



Recipes will be accepted for competition now through July 20, 2010. To submit your recipes please mail to: WSGW – Chili Cook-off, 1795 Tittabawassee Rd., Saginaw, MI 48604. Or you can email your recipe (typed into the body of the message; *no attachments please*) to ArtLewis@WSGW.com or Sue@WSGW.com. Recipes will be judged and 15 competitors will be announced during the Listen to the Mrs. show no later than July 21, 2010.

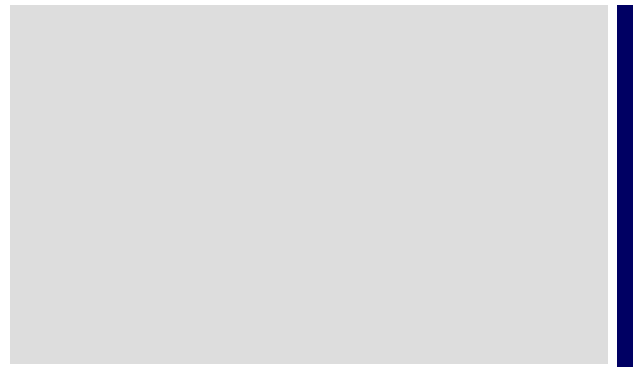
The prizes provided by Meijer's will be for First Place a \$200 gift card, a \$100 gift card for Second Place, and a \$50 gift card for Third Place. Pioneer Sugar will provide each contestant with an official Chili Cook-off apron and a bag of sugar.

Spectators Welcome! If you like Chili but can't compete, please join us on July 27, 2010 at the Saginaw Fair from 10 a.m. to 1 p.m. After the judging is complete, samples will be provided of all the entries.

Two Hour Rule: Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.

Discard leftovers: Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

Source: whatscookingamerica.net



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