



IFSEA NEWS

Fresh and Bold!

"We enhance the careers of our members through professional and personal growth"



Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board

Which side of the COVID-19 are you?

While IFSEA has and hopefully will not become political and has not ever been involved with National or International government and politics, we have certainly had over the years a host of political pot stirrers among our midst. We have recently held our quarterly board meeting and I am so proud of the attendance during our "virtual conference board meeting". Thank you to the Board of IFSEA for taking the time during these unprecedented times to share. The minutes of our board meeting are published in this newsletter for your review as well. I thought it was very intriguing to have about 8 of our board members share what their own views of the COVID-19 happenings throughout the country. From Hawaii, Illinois, Florida, Michigan, New York state, Maryland and back, we have all been affected by this Pandemic. While we don't have the benefit of asking our past members who were no doubt around in 1918 during the Spanish Flu epidemic it would be interesting to see if there were any notes in our old Archives relating back to this time. As many of you might remember 19 years ago, I had the honor of writing our 100 -year anniversary issue for IFSEA. In 1918 Mr. John Dignan was our International President and the conference was held in Davenport Iowa.

Past International Chairman of the Board and current board member Brian Kunihiro has suggested to bring a lighter side to the current crisis, he asked for members to share pictures that they most likely have of past conferences and IFSEA get togethers. Send in as many as you are willing to depart with as most of us likely have, or are going through old boxes of IFSEA pictures during our

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May 2020

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SOMETHING TO THINK ABOUT

We have come this far, don't give up.

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Stan Gibson
Brian Kunihiro
Peter Starowicz
Laurel Schutter
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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



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“Stay in Place”. I have sent in about 2 dozen to our newsletter editor Mr. Matt Trupiano and encourage you to do so. Matt’s email is: mattifsea@gmail.com

Getting back to what side of the COVID-19 are you on? As we ready our country for reopening and phasing our guests back in our food service and hospitality industry operations, we will no doubt have an extended amount of protocols and timelines. I have written with my business a significant start up that is posted on our web site to be helpful to operators throughout the world. While providing this link is not meant as a “sales” piece for me, but an informational piece as a resource.

<https://restaurantconsulting.us/blog/> We have created multiples of videos along with this “document” as part of what we can do to help. There are six key components that all operators of restaurants, hotels, caterers, institutional food service should highly consider. These include:

Treat your business even if you have been doing limited curb site, carry out or delivery as a new business. Write an executive summary business plan page for your team to rally behind. This brief business plan will help you and your road map for reopening and going forward.

Financial forecast is critical. While many have applied for PPP, or EIDL loans, cash flow will be king. This financial component should relate to your P&L and even balance sheet to make sure you can sustain your business, protect your cash flow and understand your new break even.

Marketing/promotions including updates to your web site, Facebook, Instant Messenger, and LinkedIn. Don’t post it once, post it often. Get someone to help you. This will need to include key messaging and information to provide customer confidence that you have thought of the right things with your customers, your employees and community in mind. Don’t forget to thank the first responders, health care workers, your customers and your staff often.

Operations – The phase pieces relating to what it will look like from all of the key components as if you are opening a new restaurant. This will include hiring, re-training, sanitation best and required practices, customer confidence and employee confidence will loom large. Your menu needs to be looked at and simplified short term most likely. Your core items can still be there but manage your labor and product costs. Understanding “prime costs” is now more critical then ever.

Supply Chain Management – All distributors, food, non-food, and beverage distributors may have new distribution schedules for deliveries, cut off times, and key products on your menu may be limited or in short supply and pricing may have or will change. Communications with your suppliers on any past due monies and a conversation with credit people with all your suppliers for a work-out agreement.

How to think differently in what the new normal will be – Network, talk to your peers, don’t do it or go it alone. There are many people to talk to and other than sharing your pricing anything goes on the table to help each other out. Your operation will depend upon your leadership now more than ever.

No matter what side of the COVID-19 phases you will no doubt experience, take the most important thing to do and that is be kind and patient with each other.

I will leave you with this: IN THIS BUSINESS WE SHOW LOVE AND COMPASSION; LAUGH AS MUCH AS POSSIBLE; DREAM BIGGER THAN EVER; BE GRATEFUL; HAVE FUN AGAIN; BE CHAMPIONS FOR OUR COMMUNITY, INDUSTRY, AND OUR COUNTRY!

IFSEA DEVELOPMENTS
THE DIRECTOR OF DEVELOPMENT
ED MANLEY, MCFBD, MCFE, CHP
CHAIR ELECT IFSEA



WHAT CAN YOU DO TO HELP US REBUILD IFSEA?

From the recent board meeting minutes, here's what I suggested that members should, or at least COULD do, to help us with the effort. Thanks to a resurgence in certification sales, we won't go out of business for lack of money, but we could for lack of interest. I'm asking everyone to do something, anything, to help. Here are some ways you can do that:

Sign up to be a mentor, or to be mentored

Find someone to join for the lowest association fee on earth, \$25 or \$49 depending on your age or status

Renew your own dues

Write an article for this newsletter based on your own experiences

Contact me to do a 30-minute podcast on the internet, talking again about your experiences

Contribute to the Kae Hodges or Worthy Goal funds, which provide education, student and military support

The military Enlisted Aide of the Year Award

I created this 17 years ago, and recently IFSEA and the Kae Hodges Fund joined in their support of this effort. I am excited to report that the USO Metro DC-Maryland, largest USO in the world, is taking over management of the award, which will ensure that this very important program continues well into the future. I will still be involved, but not managing it.

Thank you to Ecolab (Jack Kleckner), Hobart (Dick Hynes), Boston Beer (Joe Kaczynski) and IFSEA for contributing \$\$ over the years. Jack and Dick supported everything I ever produced for IFSEA and the military – so special thanks to them and their companies.

Timely Advice

From a book I'm reading – Maybe the most popular "Escape Beirut Mind Game" of all was learning how to view one's environment selectively... A psychologist, studying coping mechanisms there, found that those who survived (the war) in the best physical and mental health were those who learned how to block out what was going on around them that was not under their own control and to focus instead only on their immediate environment and the things they could control. This prevented them from system overload.

So, I check most days on Michael's brother who has it, and Josh's 10-year-old son who is in

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IFSEA DEVELOPMENTS
THE DIRECTOR OF DEVELOPMENT
ED MANLEY, MCFBD, MCFE, CHP
CHAIR ELECT IFSEA



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WHAT CAN YOU DO TO HELP US REBUILD IFSEA?

the hospital with it, both struggling; and I go nowhere other than 10,000 steps in my beautiful neighborhood.

AND, during April 2 Camp David sailors completed their MCFBD certification live online with me. They told others it was great, and next week I'll start classes for 2 more from Camp David and 4 from the Naval War College, plus civilians. Collectively, I'll help 11-12 people earn 100 certifications, so THEIR memory of this epidemic will include that they took some positive steps.

I like to point out that what we do matters

A FB message from a 2007 student:

Ed...I was lying in bed and thinking about what you said when I took sanitation training from you in Texas. As I tell people even today that using hand sanitizer is just coating the dirt on your hands, like that liquid band-aid. Once you peel it off, your exposing the dirt. I say don't be lazy, do it old school and do it right with warm soapy water for 20 seconds. Short cuts don't work!

Also sent in late April: WHAT WE DO AT IFSEA AND GFI MATTERS – LET'S KEEP MATTERING -

Joshua Pallardy 1st degree connection 1st 15 Year Air Force Veteran, Leader, Mentor, Motivational Speaker, Self-Starter, Husband and Father Congratulations on 31 years of making us better than ever. I tip my hat to you Mr Ed Manley I've been so honored to know you over the past almost 15 years. It's been in the top 5 honors in my military service to have worked with you and to call you a mentor and friend.

So as you can see IFSEA and certifications do matter! Stay well everyone and stay away from each other for the most during what will no doubt be a challenging month of May going forward.

IFSEA Quarterly Board Meeting - April 16, 2020

- Call Meeting to Order: Chairman Richard Weil called the meeting to order at 4:13 PM Eastern Time
- Roll Call: Treasurer David Kinney did a roll call: Attending – Alysha Brooks, David Zander, Donna foster, Dr. Ernst Boger, Grant Thompson, Jack Kleckner, Jesus Guillen, Larry Brown, Lori Schutter, Matt Trupiano, Robert Matthews, Sean McGregor, Stan Gibson, Michelle Hackman, Richard Weil, Ed Manley and Dave Kinney. Excused – Col. Henry, David Orosz, Dick Hynes, Brian Kunihiro, Jaynee Peterson, Peter Starowicz.
- Approval of Minutes from January 2020 board meeting: Richard Weil asked for approval of the minutes from the last meeting. Larry Brown moved for approval and second by Bob Mathews. Approved
- Treasurer’s Report: David Kinney gave treasurer’s report. We have slightly over \$20,000 in the bank at this point. Our expenses have been maintained at a minimum averaging about \$500 to \$600 a month. Ed Manley has earned IFSEA over \$7500 in certifications monies. We are at this point in a reasonably healthy position to hold us through this worldwide crisis. Richard Weil asked for approval of the treasures report. Dr. Boger moved for approval and seconded by Alysha Brooks. Approved
- Chairman’s Report: Richard Weil Commented that IFSEA is alive and well even with all the seriousness of our current events. He further commented on the worldwide pandemic and how it is affecting the restaurant and hospitality industry. He asked all of us to have a moment of silence for all of those that have been serving on the front lines and those who have contracted the virus as well as stricken ill and have passed away.
- Director of Development Report: Ed Manley reported on the “Enlisted Aide of the Year Award” program now in its 21st year which now is going to be managed and taken over by the USO. Ed will remain actively involved in running the meetings and helping with the dinners and being an integral part of this successful event. The future is that the USO will be managing this on an ongoing basis. Ed indicated that the CFM program has primarily been done in nursing homes at this point. It is obviously slowing down right now because of the current world situation. However, HCSG (Health Care Service Group) has continued to have their people be certified since they had already paid for these earlier. Ed started for the first-time online certification classes with people at Camp David since he could not go there as had originally been planned. He is going to continue to create these online classes. FSI, GFI and IFSEA are continuing to work together to help provide certification for those who are now furloughed or laid off. Our program is that they can get their certification for free at this point and pay us later if they wish. The IFSEA Board was asked to please pass this information throughout the industry to allow companies and their employees to take advantage. Colonel Henry is still working on programs for veterans and for those who are incarcerated to be certified.

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IFSEA Quarterly Board Meeting - April 16, 2020

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Ed asked, “what can the board do?” His suggestion is that members of the board can do online seminars. So, it will be our

suggestion that you get ahold of Ed about creating these seminars and you can always utilize our “GoToMeeting” program to do them online. David Kinney can certainly help you with this process. We have already paid our annual fee for GoToMeeting so let’s start utilizing it even more. By the way, GoToMeeting works perfectly fine and as Larry Brown, pointed out it was USER error. Yes, I messed it up and it works fine now and did for the rest of the meeting.

- **Membership Report:** Ed also brought up about the lack of membership since we were at only about 125 members. It is the Board’s job to go out and recruit new members and we certainly know plenty of new members. Price is not an issue at \$25 or \$49.
- **Old Business:** Old business was dispensed due to the unique situation with the Corona virus.
- **New Business** Richard Weil asked for others to contribute information concerning COVID-19.
- **Jesus Guillen** from Hawaii said COVID-19 is having a major impact on their state since the primary business there is tourism. The entire state is on lockdown as it has been for some time now and hopeful that this Pandemic goes away sooner versus later and he is still in touch and communications with his Aloha Hawaii members.
- **Larry Brown** discussed the issues in Michigan in which the governor has ruled very heavily on closing all kinds of activities and has almost totally locked down the state. Larry indicated that the retail business is doing quite well. Meanwhile, food service has lost 75% to 80% of its business. Food Service Distribution is down 50%. Larry also mentioned about the payroll protection plan which the first wave was funded this week. It has created a new issue and that small businesses and restaurants are supposed to use this money for payroll in eight weeks. However, possibly restaurants and food service will not even be open at that point and so what will they be able to do to avoid it becoming a loan instead of a grant. Congress is currently working to add some new rules to those funds to protect from this problem. Larry indicated that the biggest thing people can do is do everything they can to stay positive.
- **Laurie Schutter** indicated that health care is really been hit hard and their systems are going to be changed forever. They have changed all their food service to disposables and feel that that will be the new norm. Grab and go will be the accepted process for the time being. She indicated that it is an absolute war zone for the frontline workers. She further stated how proud she is of the healthcare workers and especially the food service workers in healthcare. Wishing everyone good health and safety.

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IFSEA Quarterly Board Meeting - April 16, 2020

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- Grant Thompson indicated that in Canada they are going to everything as prepackaged items for now the supply chain is in serious problems in Canada. Retail is up 40%. He indicated the small guys do not want loans because they may not be able to handle them. Not sure when things can be reopened. He indicated that of course Canada shut down quickly right at the beginning and has seen the true benefits of social distancing and business closures helping the spread in Canada. Canada is the 5th best statistical country relating to smaller amount of Covid-19 positive and fatalities.

- Richard Weil noted to the group as an active member of the National Restaurant Association and the Colorado Restaurant Association. He indicated the organizations are working tirelessly to lobby congress for more and better assistance as well as additional money and time for restaurants and food service and small businesses.

- Shawn McGregor Is an executive chef for HCSG (IFSEA major client for certification and thank you Shawn for all that you have done for IFSEA!). HCSG Has 4500 facilities nationwide with 3500 having dietary operations. He is working on networking to have HCSG employees who receive their certifications to become members of IFSEA. Shawn

further indicated the struggles and stress on long term health care food service and facilities in general.

- Dr. Boger Indicated that scholarship applications are still being accepted for the Worthy Goal Scholarships until June 20th. The scholarships will be awarded and issued by the Worthy Goal Trustees this July. He requested that Michelle Hackman please contact him regarding how to get online to see the number of applications. Dave Kinney indicated he would have Michelle do that. Thank you Dr. Boger and the Worthy Goal Trustees for being flexible with the scholarship process this year.

- Stan Gibson commented that there are restaurant owners in their area collecting money over and above take out and carry out and providing monies to their staff and to their respective servers. Also, restaurants are selling steaks by the pound and encouraging the public to purchase gift certificates and to call for the takeout orders from their and your favorite restaurants.

- Donna Foster reiterated the issue with the nursing homes and hospitals in Florida and how hard they have been hit and how hard the frontline workers are working to aid those in need. Donna sends her support for everyone

- Next Meeting will be in late July or early August and details forthcoming.

- Meeting Adjournment: There being no further business the meeting was adjourned at 5:05 PM

Respectfully Submitted, David Kinney Secretary/Treasurer IFSEA

A noted food safety experts advice for restaurants re: Corona virus

While we are having our restaurant owners/managers “beef up” their attention to personal hygiene, sanitation and contact with food, it is basically an enhanced version of what they were already supposed to do with a couple of variations.

First of all, everyone should note that COVID-19 IS NOT a food-borne illness. It does not exist in food nor can it be transmitted by food. It is transmitted by person-to-person contact.

Having said that, we have put emphasis on managers implementing the use of revised food safety checklists.

Also, the frequency of cleaning areas such as shelves, evaporator coils, fins and fans has moved from a monthly detail to a weekly one.

Hand washing frequency has been accelerated. Use of masks by employees, single use gloves on all employees, not just food handlers.

More frequent use of hand-sanitizer and, as I said, much more use of check lists with a “trust and verify” mentality.

I have implemented an enhanced sick log for my clients which includes an infra-red thermometer for checking employees’ temperature as they sign in. Anyone with a temperature above 100°F is required to go home. I think this practice will continue after COVID-19.

There is more that I can add that includes being more aware of personal space in the kitchen, separating tasks where possible.

Re-arranging tables inside the restaurant to practice social distancing.

Hope this helps.

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Barbeque

To barbecue generally means to cook something (meat, fish, poultry, or vegetables) directly over the heat of an open fire. In Texas its beef, in North Carolina its pork and in backyards across America almost anything edible can be found cooking on someones barbecue grill.

George Washington noted in his diary of 1769 that he “went up to Alexandria to a barbicue.” A 1773 entry notes that he attended a “Barbicue of my own giving at Accatinck.”

In 2009, 76 million Americans said they took part in a barbecue the previous year. (US Census Bureau, 2010)

Also known as: barbicue, barbique, barbeque, Bar-B-Cue, Bar-B-Que, Bar-B-Q, BBQ, Cue and just plain Q.

Either from the Spanish spelling of the Taino Indian word for their method of cooking fish over a pit of coals (barbacoa), or from the French barbe à queue (from whiskers to tail) or de la barbe à la queue (from the beard to the tail) or even the French barbaque (which is from the Romanian barbec) meaning roast mutton. Take your pick, every one has their favorite, and none are certain.

Paleolithic Residents of Central Europe Knew How to Throw a Barbecue: In 2009, archaeological excavations at a 31,000 year old site in the Czech Republic discovered a cooking pit with the remains of 2 Mammoths along with other animal remains.

TIPS FOR GOOD BACKYARD BBQ PARTY ETIQUETTE by Celebrity Chef Ted Reader

Your mother taught you your table manners, but did anyone teach you your BBQ etiquette?

“When it comes to attending someone else’s barbecue party or hosting your own backyard bash, there are a few rules of etiquette that you should use as guidelines,” said Reader.

When you’re a guest at a BBQ Party: Don’t Touch the Grill: This is the domain of the host and/or hostess, and moving in on their BBQ turf is the biggest faux pas that you can make. As a guest, you can watch but never touch. Asking questions, though, is completely acceptable.

Bring Something: A bottle of wine or some beer; or, if you feel up to it, even a side dish you’ve made. But make sure there is enough to go around. Be Respectful: Your hosts have enough stress throwing a party; they don’t need any added aggravation. Never tell the person working the grill how to do it, or that what he or she is doing is wrong. Mind your manners and only offer suggestions when asked.

When you’re hosting the BBQ Party:

- Make sure your grill is clean. A clean grill is a

healthy grill, and it makes you look professional.

- If you’re using propane as your fuel source, make sure you have a full tank and a backup just in case. There is nothing worse than running out of fuel while you’re in the middle cooking. The same goes for charcoal. Make sure that you have enough.

- Invest in proper utensils. This simple tip makes you look like a pro. Rusted or dirty gear however, does the exact opposite.

- Prepare recipes that you are comfortable and familiar with. Test recipes on your family (they will forgive you), not your guests.

- Have a vegetarian option. Meat is the mainstay of the barbecue, but not all of your guests may eat it, so provide a secondary option. Grilled Portobello mushroom caps topped with assorted grilled vegetables and some cheese is a great vegetarian choice.

Above all, Reader advises you to not forget to have fun. Barbecue parties are a great way to get together with friends and celebrate the end of the cold weather.

BBQ Sauce

BASIC BARBEQUE SAUCE

This basic sauce base takes about 15 minutes to make from start to finish and consists of ingredients that are almost always on hand in most kitchens. Knowing the ease of making homemade and the quality of the end product, it's hard to comprehend why bottled sauces are so popular, especially since this standard base is merely a launching point for infinite varieties.

- 2 cups ketchup
- 1/4 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup firmly packed brown sugar
- 2 tablespoons molasses
- 2 tablespoons prepared yellow mustard
- 1 tablespoon Tabasco sauce
- 1 tablespoon of your favorite barbecue rub
- 1/2 teaspoon black pepper

Combine all of the ingredients in a nonreactive saucepan and slowly bring to a boil over medium-high heat. Reduce the heat to medium-low and gently simmer until dark, thick, and richly flavored, 10 to 15 minutes. Transfer the sauce to a clean jar and store in the refrigerator. It will keep for several months.



OLD TIME EASTERN NORTH CAROLINA BARBEQUE SAUCE

The defining style of the Carolinas involves chopped barbecue dressed with a spicy vinegar sauce is so well loved that most restaurants do not even offer a sauce alternative.

- 1 gallon cider vinegar
- 1 1/3 cup crushed red pepper
- 2 tablespoons black pepper
- 1/4 cup salt

Mix the ingredients and let stand for at least 4 hours.



SOUTH CAROLINA MUSTARD SAUCE

This simple sauce starts with a mustard base, mixes some sweetness in with sugar, the vinegar gives it a barbecue tang, and just enough spices create a uniqueness between one sauce and another.

- 3/4 cup prepared yellow mustard
- 1/2 cup honey
- 1/4 apple cider vinegar
- 2 tablespoons ketchup
- 1 tablespoon brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon hot sauce

In a small bowl, combine all of the ingredients and mix well. Make at least 24 hours prior to usage for best flavor. Store refrigerated in a tightly covered jar for up to two weeks.

? Did ? You ? Know ?

PEACHES

Though peaches were originally planted in St. Augustine, Fla., Franciscan monks introduced them to St. Simons and Cumberland islands along Georgia's coast in 1571. By the mid-1700s peaches and plums were cultivated by the Cherokee Indians. Raphael Moses, a planter and Confederate officer from Columbus, was among the first to market peaches within Georgia in 1851 and is credited with being the first to ship and sell peaches successfully outside of the South. His method of shipping peaches in champagne baskets, rather than in pulverized charcoal, helped to preserve the flavor of the fruit and contributed to his success.



The first Georgia peaches were shipped to the New York market between 1858 and 1860. They were transported by wagon to Augusta, then by shallow-draft boat to Savannah, and finally by steamship to New York. Georgia earned its "Peach State" designation during the three decades following the Civil War.

Samuel Henry Rumph, a middle Georgia peach grower during the late 1800's, is credited with being the "Father of the Georgia Peach industry" as he revolutionized the industry with a new variety which he named after his wife Elberta. This yellow-fleshed peach was of superior quality and shipped better than previous varieties. Not only did he breed this superior variety but he also invented a way to ice train cars loaded with peaches, thus getting this "Queen of Fruits" into the populous Northeast. Rumph never patented his Elberta peach or the refrigerated train car. Instead he opted to share this windfall with his neighbors and the "Georgia Peach Boom" began. Elberta remained the leading peach in Georgia until the 1960's but newer varieties have since replaced the Elberta in commercial use. Although the Elberta remains the most famous peach name, Georgia now produces more than 40 commercial varieties, most of which have been bred from the Elberta.

Considerable expansion of peach acreage occurred in the late 19th and early 20th centuries, resulting in an all-time high production of almost eight million bushels by 1928. Since then production has decreased to about two million bushels annually.

Peaches are rich in many vitamins, minerals, and beneficial plant compounds. One medium-sized peach (5.4 ounces or 150 grams) provides approximately

Calories: 58 Protein: 1 gram Fat: less than 1 gram Carbs: 14 grams
Fiber: 2 grams Vitamin C: 17% of the Daily Value (DV) Vitamin A: 10% of the DV
Potassium: 8% of the DV Niacin: 6% of the DV Vitamin E: 5% of the DV
Vitamin K: 5% of the DV Copper: 5% of the DV Manganese: 5% of the DV

Recipe Box

Grilled Chicken with Cucumber Peach Salsa

Serves 4,



Salsa:

- 2 cups peaches, peeled and chopped
- 1 cup English cucumber, chopped
- 1/2 cup red bell pepper, chopped
- 2 tablespoons lime juice
- 1/2 cup crumbled feta cheese
- 3 tablespoons chopped fresh mint

Chicken:

- 4 boneless, skinless chicken breasts
 - 1 teaspoon ground cumin
 - 1 teaspoon brown sugar
 - 1/2 teaspoon kosher salt
 - 1 tablespoon olive oil
- FIRST** In a medium bowl, combine peaches, cucumber, pepper, and lime juice and set aside.
 - NEXT** Preheat grill or grill pan to medium-high heat. With a sharp knife, slice chicken breasts horizontally to yield two cutlets. Sprinkle both sides of with pepper and drizzle with olive oil. Grill chicken for 3 minutes per side or until done.

Chilled Peach Soup

Servings:

serves: 4



- 4 cups fresh peaches, peeled and sliced (about 5 medium peaches)
- 1 cup white wine (such as pinot grigio)
- 1 cinnamon stick (3-inch)
- 1/8 teaspoon cardamom
- 2 tablespoons honey
- juice 1/2 lemon
- 6 ounces plain yogurt
- 1/4 teaspoon vanilla extract
- fresh mint for garnish

FIRST In a medium saucepan, combine peaches, wine, cinnamon, and cardamom over medium-high heat. Bring to a boil, reduce heat, cover, and simmer for 10 minutes or until peaches are soft.

NEXT Remove peaches from heat and let cool slightly. Puree in food processor or blender until smooth. Add honey, lemon juice, yogurt, and vanilla and pulse until smooth. Thicken with additional yogurt if desired.

LAST Refrigerate until chilled. Ladle into bowls, garnish with fresh mint, and serve.

Recipe Box

Grilled Peaches with Honey & Goat Cheese



- 3 tablespoons Local Honey
- 4 tablespoons toasted pine nuts
- 3 large fresh Georgia peaches with peel, halved and pitted
- 2 1/2 ounces goat cheese, crumbled

1. Preheat grill for medium-high heat.
2. Lightly oil the grill grate. Place peaches on the prepared grill, cut side down. Cook for about 5 minutes, or until the flesh is caramelized. Turn peaches over. Drizzle the top sides with the local honey, and cook for another 2 to 3 minutes.
3. Transfer the peach halves to individual serving dishes. Sprinkle with crumbled goat cheese and pine nuts.

Savory Shrimp & Peach Stir Fry

Serves 4



- 2 tablespoons vegetable oil
- 1 pound large shrimp, shelled, deveined
- 1/2 pound broccoli, stems diagonally sliced, flowerettes cut into bite-size pieces
- 1 8 ounce can water chestnuts, drained, sliced
- 2 fresh Ga peaches, peeled, pitted and sliced
- 3 green onions, diagonally sliced

Savory Sauce:

Blend 1 1/2 tablespoons cornstarch with 3/4 cup chicken broth, 1/3 cup sherry, 1 teaspoon soy sauce, 1/2 teaspoon fresh ginger root, minced, and 1 teaspoon sugar.

1. Heat 1 tablespoon oil in wok or large skillet.
2. Add shrimp and stir-fry until tender, about 4 to 5 minutes. Remove from wok; set aside.
3. Add 1 tablespoon oil and stir-fry broccoli until tender-crisp, about 4 to 5 minutes.
4. Add shrimp, water chestnuts, peaches and onions to wok and heat through.
5. Stir in Savory Sauce and cook just until thick and glossy.

Recipe Box

Peach Pound Cake

Servings: 16



1 cup Butter plus
2 tablespoon Butter
2-1/4 cup Sugar, divided
4 Eggs
1 teaspoon Vanilla
3 cup All-purpose flour, divided
1 teaspoon Baking powder
1/2 teaspoon Salt
2 cup Chopped, fresh Georgia pea

Grease a 10-inch tube pan with 2 tablespoons butter. Sprinkle pan with 1/4 cup sugar. Cream remaining butter; gradually add remaining sugar, beating well. Add eggs, one at a time, beating well after each addition. Add vanilla and mix well. Combine 2-3/4 cups flour, baking powder, and salt; gradually add to creamed mixture, beating until well blended. Dredge peaches with remaining 1/4 cup flour. Fold peaches into batter. Pour batter into prepared pan. Bake 325F for 1 hour 10 minutes. Remove from pan and cool completely.

Peach Crostada

Serves 6



4 or 5 ripe peaches, sliced and pitted
1/4 cup plain flour
1/3 cup sliced almonds
1/4 teaspoon vanilla extract
1/2 cup sugar
1 refrigerated pie crust
2 tablespoon peach preserves, melted
2 tablespoons unsalted butter
1 tablespoon unsalted butter, melted

FIRST Preheat oven to 400°F. In a large bowl, toss peaches, flour, almonds, and sugar. Lay crust flat on greased baking sheet and arrange peaches in center.

NEXT Fold edges of crust so that they overlap edges of peaches. Brush peaches with melted preserves and top with pats of butter. Brush crust with melted butter to help with browning.

LAST Bake for 40-45 minutes or until golden. Serve with vanilla ice cream, if desired.

RANdom STuff

Processed Honey Vs. Raw Honey

Processed

- Contains little or no pollen
- May contain antibiotics
- Contains high fructose corn syrup (HFCS)
- HFCS has been linked to diabetes, obesity, and liver damage
- HFCS leads to plaque buildup and narrowing of blood vessels



Raw

- All the vitamins, nutrients, and enzymes are intact
- Has anti-viral and anti-fungal properties
- Contains powerful antioxidants
- Helps ward off allergies
- Helps stabilize blood pressure and blood sugar levels
- Helps heal skin conditions
- Promotes digestive health



EATING in THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever hear of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available.

It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of one.

Water came out of a tap. If someone had suggested

Bottling it and charging more than gasoline for it,

They would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties... was elbows, hats and cell phones.

HEALTHY FOOD PAIRS



BEETS + GREENS

Mood Boost



WINE + ALMONDS

Healthy Heart



RED MEAT + ROSEMARY

Fever Protection



FISH + BROCCOLI

Lowered Cancer Risk



TURMERIC + BLACK PEPPER

Inflammation Eraser



EGGS + CHEESE

Healthy Brain





May is the fifth month in our modern day Gregorian calendar and also in the Julian calendar, which was in use before the Gregorian calendar was introduced.

In older versions of the ancient Roman calendar, May was the third month of the year. It became the fifth month when January and February were added to the calendar.

There are 31 days in May and it does not start or end on the same day of the week as any other month.

Naming May - Maia's Month

May is named after the Greek goddess, Maia who is also identified with the Roman goddess of fertility, Bona Dea.

Old English - Maius

Latin name - Maius mensis - Month of Maia

Old French - Mai

Spring Month

May is commonly associated as a month of spring in the Northern Hemisphere and autumn (fall) in the Southern hemisphere. It is said that this is the month when plants really start to grow.

May's birth flower is the Lily of the Valley and the Crataegus monogyna.

The birthstone for May is the emerald which represents love or success.

Flower Moon in May

The Full Moon of May is known as the Flower Moon, named after the blooming flowers in the Northern Hemisphere, where these traditional Full Moon Names originated.

In ancient times, it was common to track the changing seasons by following the lunar month rather than the solar year, which the 12 months in our modern calendar are based on.



May's Honorary Flower is Lilly of the Valley



May's birthstone is Emerald

*From the Brian Kunihiro
photo album*

IFSEA CONFERENCE, DALLAS, TX 2003



L-R Gwen Ishizu, Brian Kunihiro, Laurel Schutter

L-R Peter Pao, Gerald Spann, Carol Omani.



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