



A Message From Chef Mike

Happy Halloween and welcome to the October issue of *The Service Foods Gourmet Kitchen*! It's absolutely SCARY how packed this month's edition is with information, news and little-known tips. When you dig in, you'll find an all-new recipe of the month, a very important anti-cancer article and a fun

Halloween feature! Plus, we have company news and updates in our regular monthly columns.

Last month I sent out some really fun **video emails**. Did you receive them? In case you've updated your email address or (horror of horrors) I'm missing your email address, send me an email with your new address. I'll include you on my VIP list. And speaking of videos, don't forget to log onto the Service Foods web site for my monthly video cooking demonstrations. I received a lot of great feedback on last month's "Lemon Lime Chicken with Mango Salsa" video.

If you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at chefmike@servicefoods.com. Have a great October, enjoy the newsletter, and thanks so much for your business.

Service Foods Recipe Of The Month - Boneless Pork Chops with Pineapple Wine Sauce

OK, here's a mouth-watering recipe that will surely make your family sit up and take notice. As an added bonus, when you prepare this, it makes the whole house smell great. Try it tonight, then send me an email and let me know how it goes!

Serves 2

- 4 Service Foods center cut boneless pork chops, thawed
- 2 tablespoons olive oil
- salt and pepper to taste
- ¼ cup chicken broth
- ¼ cup dry white wine (such as sauvignon blanc)
- ¾ cup pineapple preserves
- ¼ cup Creole mustard
- 1 tablespoon cider vinegar
- dash of Tabasco sauce
- 2 tablespoons light brown sugar

1. Heat a large skillet over medium high heat for one minute. Season the pork with salt and pepper to taste. Add the oil to the pan and swirl to coat. Add the seasoned chops and bronze for one minute per side. Reduce the heat to medium and add the chicken broth and wine. Cover and simmer for one minute.



2. Meanwhile, combine the remaining ingredients and add to the pork chops, turning well to coat. Cook the chops, uncovered, for another 2-3 minutes, turning occasionally.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at www.ServiceFoods.com!



"You have it so easy. When I was your age, we didn't have spell checkers."

Corn Is Good For Your Eyes

According to nutritional expert Andrew Weil, as you age, you might want to consider eating a diet rich in lutein and zeaxanthin. These compounds form the yellow pigment of the retina and absorb blue light, believed to be a potentially harmful component of sunlight.

Research shows that lutein may fight against macular degeneration and cataracts. These compounds are often found in orange and yellow vegetables. Here are some of the best foods for getting enough lutein and zeaxanthin, according

to the Department of Ophthalmology and Visual Sciences, University of Texas Medical Branch, Galveston: Corn, egg yolk, orange pepper, kiwi fruit, grapes, spinach, orange juice, zucchini (and other kinds of squash).



Welcome To New Clients!

Here are some of our new clients who became members of my Service Foods family this past month. I'd like to welcome you and wish you all the best:

Jose & Jen Acosta, Kim Asberry; Jeff & Valerie Bone; **Erik & Carol Boulrier;** Gary & Nicole Boulrier, Jr.; **Angela & Ang Brady;** Acie Bryan, III; **Kelli Clark;** Ronny Clark, II; **James & Wanda Claxton, Jr.;** David & Chamblee Cline, Jr.; **Brian & Speranza Crane;** Rob & Liz Davies; **Lacey & Nitosia Edwards;** Chris & Lynn Ertley; **Angela Fontenot;** Steve & Chris Forrister; **Joe & Kim Gelfo;** Paul Grupe, Jr.; **Hilda Hankerson;** Kurt Heckert; **Ron & Kim Hendricks;** Brandon & Tani Keller; **Steve & Robin Kelley;** Pete & Tina Krieg; **Henry & Becki Lemons;** Frank Link; **Kevin & Tesa Lynch;** Al & Vik Overmyer; **Dave & Tomi Ramsey;** Tony & Deborah Rorex; **Jerry & Cindy Schramm, Jr.;** Matt & Shawn Shorrock; **Jimmy Simpson;** Dave & Kim Sochaski; **Kenneth & Rishal Staniel, II;** David & Debra Strickland; **and Aaron & Jennifer Wade.**

Welcome!

Top Costumes For Halloween 2007

According to www.extremehalloween.com, here are the top costumes for 2007:

For boys, Captain Jack Sparrow, Spiderman (black suit), Shrek, Harry Potter. **For girls,** girl pirate, Disney Cinderella, Fairy witch. **For babies,** Dronkey (baby of Donkey and Dragon from Shrek), Pea in Pod, baby Spidey, toddler lady bug.



Congratulations To The Winner Of Our September Trivia Question!

Congratulations to **Mark Banks of Alpharetta, Georgia** for submitting the first correct answer to last month's trivia question... According to the National Football League Players Association, what is the average annual salary and length of career for most professional football players?

- 1) \$950,000/four seasons
- 2) \$1.1 million/three and a half seasons
- 3) \$2.3 million/seven seasons

The correct answer was #2, \$1.1 million/three and a half seasons. Mark wins one of our country-style apple pies. Now how about you? Care to give this month's trivia question a try?

October Trivia Challenge

We're staying with sports again, so all you baseball fans here's your chance to win! The World Series, baseball's championship best-of-seven series played between the winners of the American League and National League playoffs, begins on Oct. 24. Which two teams hold the record for most World Series wins?

- 1) New York Yankees, St. Louis Cardinals
- 2) Boston Red Sox, Atlanta Braves
- 3) Minnesota Twins, Baltimore Orioles

The **first** correct answer emailed to me at chefmike@servicefoods.com wins one of our to-die-for pecan pies!



Eating Apples Protects Your Memory, Heart, And More

Apple season is here and it's time to chalk up another victory for Mom's "apple a day" advice. While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine.

Recent studies at Cornell University have found that apples are loaded with phytochemicals (plant chemicals), many concentrated in the peel, that fight chronic disease and promote health. In particular, apples are high in triterpenoids, which are very potent in retarding tumor growth.

Apples can also preserve memory and help to prevent asthma, diabetes, cancer and heart disease. Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body.

Apples are the best source of quercetin, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of unfiltered apple juice or eating three apples a day boosts production of quercetin.

C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's. Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have six times more antioxidants than the flesh.





President Jimmy Carter



Dale Earnhardt, Jr.



Evel Knievel



Tom Petty

October Celebrity Birthdays

President Jimmy Carter	Plains, GA	Oct. 1, 1924
Kelly Ripa, TV host	Stratford, NJ	Oct. 2, 1970
Gwen Stefani, singer	Anaheim, CA	Oct. 3, 1969
Bill Elliott, race car driver	Dawsonville, GA	Oct. 8, 1955
Donna Karan, fashion designer	Forest Hills, NY	Oct. 9, 1948
Dale Earnhardt, Jr., racecar driver	Concord, NC	Oct. 10, 1974
Penny Marshall, actress	New York, NY	Oct. 15, 1942
Evel Knievel, motorcycle stuntman	Butte, MT	Oct. 17, 1938
Evander Holyfield, boxer	Atlanta, GA	Oct. 19, 1962
Tom Petty, singer	Gainesville, FL	Oct. 20, 1953
Dwight Yoakam, singer	Pikeville, KY	Oct. 23, 1956

Is It Time For Your Reorder?

Isn't October a beautiful month? The weather turns cooler and there are so many wonderful fall recipes and dishes to make. Are you ready to replenish your supply of our nutritious, flavorful food? Remember to ask **Adam** about this month's reorder specials! You can reach Adam at **800-750-7239 ext 300** or reorder online at **www.ServiceFoods.com!**



The Service Foods Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. [A heartfelt thank you to:](#)

- **Todd and Pamela Hendrix** of Sharpsburg for referring Jake and Lane Zeigler
- **Jason and Shannon McGahee** of Canton for referring Jefferson and Valerie Bone
- **Joseph and Patti Flow** of Clermont for referring James and Wanda Claxton
- **Kirk and Malia Mixon** of Duluth for referring Jon and Rubi Peterson
- **Erik and Carolann Boulter** of Cartersville for referring Mark and Delana Martinez.

And special appreciation to Kenny and Juanita Clanton of Statham for referring George and Donna Gilbert AND Donald and Leigh Wyckoff. **Thank you from the bottom of my heart.**

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Service Foods family, **you'll receive a \$100 credit and the free dessert of your choice** on your next reorder! **I hope you'll consider referring us not just for the reward but because you believe we provide better, healthier food.** To refer a friend, simply go to **www.ServiceFoods.com** and fill out the easy referral form. We'll take special care of your friends and even give them a **surprise gift from you!** Thank you in advance for your support!

Origins Of Culinary Terms...

Here are some interesting origins of common food terms:

Éclair. This cream-filled pastry gets its name from the French word for "lightning." Not because the log-shaped desserts look like lightning bolts but because people often eat them lightning fast.



Lima bean. These beans were first cultivated hundreds of years ago in Peru. They get their name from that country's capital city.



Pasta. This comes from the Greek verb "passein," meaning "to sprinkle or strew," as one would sprinkle pasta into boiling water to cook it.



Whisk. This cooking utensil gets its name from an old German word for "twig."



Easy Weight Loss Tip

Judith Beck, author of *The Beck Diet Solution*, says a simple weight loss trick is not to eat standing up. "We fill up on snacks at parties, take free samples in the grocery store, nibble as we prepare meals, sneak bites of food as we clear the dinner dishes," she says. "Food that we eat standing up is usually food that we didn't plan to eat. We consume more calories than we realize this way."



Mark Your Calendar

Columbus Day

Oct. 8

Annual observance of Christopher Columbus's discovery of the new world.



Halloween

Oct. 31

Ancient pagan festival now celebrated by dressing up in costumes and trick or treating.



Small Bites Add Up

Before you reach into that Halloween stash, you might want to check out the caloric implications. These are the calorie counts for typical bite-sized candies:

20 pieces of candy corn	100
1 Hershey's Kiss	25
1 mini Tootsie Roll	25
1 mini bite-size candy bar (Snickers, Milky Way, Butterfingers etc.)	55
1 Fun Size M&M packet - Plain or Peanut	90
1 mini Reese's Peanut Butter Cup	33



Pumpkin Carving Tip

Whether you're making a pie or carving a jack-o-lantern, don't bend your serving spoons or sprain your wrist scooping out pumpkin seeds. Instead, use a sturdy one-piece ice cream scoop.



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The Newsletter For Healthy Living



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