

**The Seasons of
Creative Living
5400 Series**



Foods & Nutrition Section

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For the following instructions, type (or copy and paste) the websites into your browser.

Easy Dinner with Asian Flavors - <http://www.kenw.org/cl/clvol5foods3.pdf> - go to page 12

Gourmet Desserts - <http://www.kenw.org/cl/clvol5foods4.pdf> - go to page 19

Success Rice - <http://www.kenw.org/cl/clvol4foods3.pdf> - go to page 9

Super Party Snacks - <http://www.kenw.org/cl/lifestylesfoods3.pdf> - go to page 18



TrueBlue Cocktails

TrueBlue® Moo

1 oz. Kahlua
 2 oz. milk
 2 oz. TrueBlue® Blueberry Cocktail

Mix together and serve over ice.

TrueBlue® Lu Lemon

1 oz. vodka
 2 oz. TrueBlue® Blueberry Cocktail
 2 oz. lemonade

Pour Vodka over ice. Add TrueBlue® Blueberry Cocktail, then add lemonade.

TrueBlue® Velvet

3/4 oz. Vodka
 1/4 oz. Crème de Cassis
 2 oz. TrueBlue® Blueberry Cocktail
 2 oz. grapefruit juice

Mix in a highball glass with ice.

For more recipes and to find a retailer near you, visit www.trueblueberry.com

TrueBlue® Driver

1 oz. Vodka
 2 oz. TrueBlue® Blueberry Cocktail
 2 oz. orange juice.

Pour Vodka over ice. Add TrueBlue® Blueberry Cocktail, then add orange juice.

TrueBlue® Marguerite

1/2 oz. Tequila
 1 oz. Amaretto,
 1.2 oz. Triple Sec
 3 oz. TrueBlue® Blueberry Cocktail
 1/2 oz. Lime Cordial

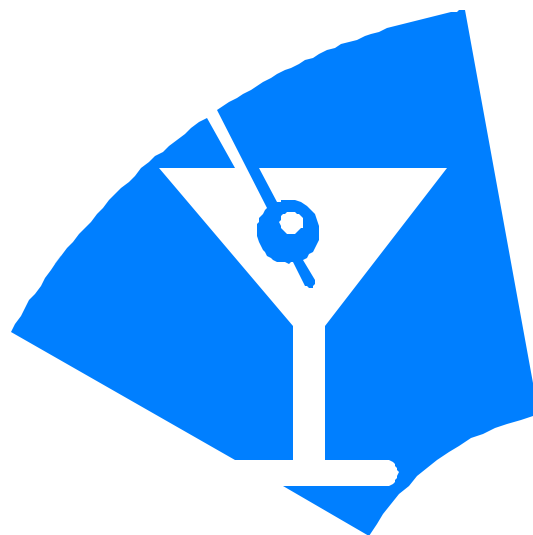
Blend with ice and serve in a sugar rimmed margarita glass.

TrueBluetini

1 oz. Vodka
 1 oz. Parfait Amore
 2 oz. TrueBlue® Blueberry Cocktail.

Liberally add ice to shaker, add all ingredients and shake. Strain into martini glass and garnish with blueberries

COURTESY: Jill Klosowski
TrueBlue
www.trueblueberry.com





DECORATING IDEAS

Tasty Name Tag Cookies

Cooling Rack
 Cookie Sheet
 Rolling pin
 Comfort Grip round cutter
 Red, Blue, Lemon yellow,
 Kelly green icing colors
 Tip 3
 Spatula



Bake and cool cookies. Ice surface smooth with spatula. Add round tip 3 letters, lines, and dots.

Homerun Cookies

Cooling Rack
 Cookie Sheet
 Rolling pin
 Comfort Grip round cutter
 Red icing color
 Tip 3
 Spatula



Bake and cool cookies. Ice surface smooth with spatula. Add round tip 3 lines for stitching.

High-Flying Treat Cupcakes

Standard Muffin Pan
 Pastel Baking liners
 Spatula
 Tip 3
 Red, Royal blue, Lemon yellow icing color



Ice surface smooth with spatula. Add round tip 3 large dots for balloons and lines for strings.

Flower Power Cupcakes

Standard Muffin Pan
 Pastel Baking liners
 Spatula
 Tip 3, 18

Lemon yellow and Rose icing color

Bake and cool cupcakes. Ice surface smooth with spatula. Make star tip 18 lines in a loop for petals. Add round tip 3 large dot for center.



Gone Fishing Cupcakes

Bake and cool cupcakes. Ice surface smooth with spatula. Make star tip 18 spiral for body. Add round tip 3 eyes, lips and fins.



Smile Guy Cupcakes

Standard Muffin Pan
 Pastel Baking liners
 Spatula
 Tip 3
 Chocolate icing
 Lemon Yellow icing color



Bake and cool cupcakes. Ice smooth with spatula. Add round tip 3 dots for eyes and line for mouth.



**COURTESY: Nancy Siler
 Wilton Enterprises, Inc.
www.wilton.com**



Celebrate Virginia!

Rowena Fullinwider has co-authored this delightful cookbook full of fun historical facts, recipes from many Virginia notables, and so much more. It's a must have for all Virginians! Celebrate Virginia is sure to be a treasure for years to come. This comprehensive collection of recipes, historical sayings, and sidebars is sure to delight readers young and old.

CHEESE DREAMS

- 1 cup (2 sticks) melted butter or margarine
- 1/2 lb. sharp cheddar cheese, grated
- Dash of Cayenne
- 1/2 tsp. salt
- 2 cups all-purpose flour
- 2 cups crisp rice cereal, such as Rice Krispies

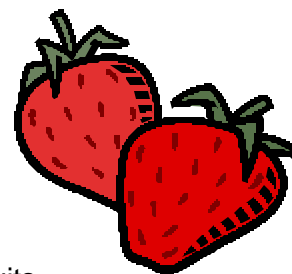


Preheat the oven to 315° F. Combine the butter or margarine, cheese, cayenne, salt and flour in a bowl and mix well. Gently mix in the cereal. Shape the mixture into small balls, and place on a lightly greased baking sheet. Press to the desired size with your finger or a fork. Bake for 20 to 30 minutes. Makes about 50 dreams.

make a soft dough. Pat the dough into a 1/2 to 1-inch thickness with hands, and cut into 2 to 3-inch rounds. Place on a lightly greased baking sheet and bake until brown. Makes approximately 24 biscuits.

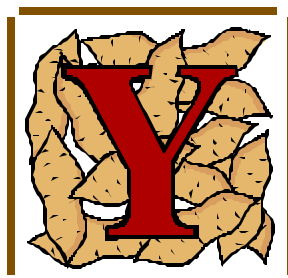
FORGOTTEN DESSERT

- 6 egg whites
- 1/4 tsp. salt
- 1/2 tsp. cream of tartar
- 1 tsp. vanilla extract
- 1 1/2 cups sugar
- 1 cup whipping cream
- 2 cups crushed strawberries or other fruits



Preheat the oven to 450° F. Beat the egg whites in a large bowl until stiff peaks form, adding the salt and cream of tartar while beating. Add vanilla and sugar, 1 tablespoon at a time, beating constantly for 15 minutes. Spoon the meringue into an ungreased 9x9-inch pan. Place in the oven, and turn off the heat. Do not open the oven door for 8 to 10 hours or overnight. Whip the whipping cream in a bowl and spread over the dessert, sealing to the edges. Cut into 6 or 8 servings, and top with strawberries or other fruits. Makes 6 to 8 servings.

SWEET POTATO BISCUITS



- 3/4 cup canned or mashed cooked sweet potatoes
- 1/4 cup shortening, melted
- 3 Tbsp. sugar
- 2/3 cup milk
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups all-purpose flour

Preheat oven to 400° F. Heat the sweet potatoes in a medium saucepan. Stir in the shortening and sugar. Add milk, baking powder, salt and flour, stirring to

COURTESY: Rowena Fullinwider
Rowena's Foods
www.rowenas.com

One of the greatest joys of life is eating and sweeteners make many of our foods taste delicious! The average person will consume 43 pounds of sweeteners per year. The most widely-used sweeteners are conventional white sugar and high fructose corn syrup. Both are highly processed sweeteners and offer no benefits to the health-conscious and environ-mentally-responsible consumer.

There are a broad spectrum of sweeteners to choose from, and they vary in degrees of processing and nutrition. Raw and minimally processed sweeteners generally contain more nutrition and trace minerals than highly processed alternatives.

Organic sweeteners have the added benefit of being grown and processed in a way that is not only healthier for us but for the environment as well. Look for products that have an organic certification to be sure that you are purchasing products that have been grown and processed without using harmful chemicals, pesticides, or herbicides. These organic practices help protect our environment by eliminating polluting chemicals from entering our soil, groundwater, plants, and atmosphere. Organic standards do not allow for crop burning.

Sucanat® - the only sugar cane product of its kind, is made by blending together the two products that typical sugar processing separates - sugar and molasses. The initial pressing of the sugar cane plant contains all of the elements of both sugar and molasses. Through the sugar making process, these two products are separated. All of the nutritional benefits of the sugar cane plant remain with the molasses leaving sugar as “empty calories.”

In making Sucanat, two key things are accomplished. First, unlike brown sugar where molasses is simply added back to sugar for color, the molasses and sugar are blended together creating a dry, sweetener product with the vitamins, minerals and trace elements of the sugar cane plant and a lower sucrose level than refined white and brown sugar. Second, the crystals that are formed, as in sugar, are actually bonded naturally as Sucanat is made, forming a granule that is easier to blend with the other ingredients and creates smoother texture in baked goods.

MACADAMIA NUT BRITTLE

- 1 cup Wholesome Sweeteners
Organic Sugar
- 1/2 cup Wholesome Sweeteners
Organic Corn Syrup
- 1/4 cup water
- 3/4 cup whole macadamia nuts
- 1/2 cup macadamia nuts, chopped
- 1 tablespoon Organic Earth Balance
(non dairy buttery spread)
- 1/2 teaspoon pure Vanilla Extract
- 1/8 teaspoon baking soda



“soft ball” stage, about 230° on a candy thermometer. Stir in macadamia nuts and Earth Balance. Cook, stirring constantly, until thermometer reaches about 270° and syrup is medium brown in color. Remove from heat, add vanilla, and baking soda. Mixture will foam a bit. Pour the candy onto prepared cookie sheet and quickly spread about 1/4 inch thick. Cool about 20 minutes and break into pieces. Store in a tightly covered tin.

*Warm oiled cookie sheets allow the candy to spread more easily.

Preheat oven to 200° F. Spray a cookie sheet with olive oil cooking spray and place in oven.* Combine sugar, corn syrup and water in a heavy gauge saucepan. Cook over medium heat, until syrup begins to darken and reaches the



CRISPY RICE PEANUT BUTTER TREATS

- 1 cup Wholesome Sweeteners Organic Sugar
- 1 cup Wholesome Sweeteners Organic Corn Syrup
- 1 cup smooth peanut butter
- 4 cups Organic whole grain crispy rice cereal
- 1 cup golden raisins
- 1 cup roasted unsalted peanuts



Spray 9x13 inch pan with olive oil spray. Set aside. Heat sugar and syrup 2 minutes or until hot, stirring occasionally. Add peanut butter and cook 1 minute, stirring constantly. Remove from heat and quickly add Rice Krispies, raisins, and peanuts. Mix thoroughly and spread immediately into prepared pan. Cool and cut into squares.

Variation: Chocolate Maple Crispy Rice treats

Use chocolate chips in place of peanuts. They will melt.
Use Wholesome Sweeteners Organic maple Syrup in place of Corn syrup.

COURTESY: Marie Oser
Wholesome Sweeteners, Inc.
www.wholesomesweeteners.com

remaining ingredients and process 30 to 40 seconds. Scrape down sides of bowl and process another 30 seconds. Transfer batter to prepared pan. Bake 40 to 45 minutes or until toothpick inserted into center comes out clean. Cake rises as it bakes, then falls slightly as it cools. Cool 15 minutes in pan on wire rack. Cut around edge to loosen cake from pan edges. Release pan sides; remove paper liner. Slice into 10 pieces. Top with your favorite frosting, glaze with melted chocolate, or dust with powdered sugar. Serves 10 (small slices).

Calories: 385; Fat 31g; Protein 5g; Carbohydrates: 27g; Sodium 64mg; Cholesterol 86mg; Fiber 3g

No-Bake Cereal Balls

Enjoy Life Natural Brands Perky-O's cereal transformed into no-bake cereal balls for a nutritious after-school treat or an "eat in the car" breakfast. Once you make these convenient little balls, you'll have a better idea of what other cereals you might use next time.

- 1/4 cup cane sugar
- 1/4 cup corn syrup or agave nectar or honey
- 1/3 cup peanut butter (creamy or crunchy) or other nut butter
- 1 1/2 cups gluten-free O-cereal, Perky O's from Enjoy Life Natural Brands
- 1/2 cup gluten-free puffed cereal, NuWorld Foods
- 1/2 cup dried cranberries

Bring the sugar and corn syrup to a boil in a medium saucepan over medium heat. Remove from heat and stir in the peanut butter until smooth. Add the cereals and cranberries and stir with a spatula until the cereal is thoroughly coated. With oil-sprayed hands or an oil-sprayed metal spring-action ice cream scoop, shape 12 balls, each a generous 1 inch in diameter. Press a ball firmly in the palms of your oiled hands to compress it into a smooth ball. Place the balls on waxed paper to cool. Makes 12.

Quick and Easy Tip: Replace 1/4 cup of either cereal with Not Nuts! Trail Mix by Enjoy Life for variety.

COURTESY: Carol Fenster, Ph.D
author
www.savorypalate.com



Gluten-Free Cooking

Flourless Chocolate Cake

For a lighter texture, separate the eggs and beat the egg whites to soft peaks with your electric mixer. Blend remaining ingredients together; then fold into egg whites by hand.

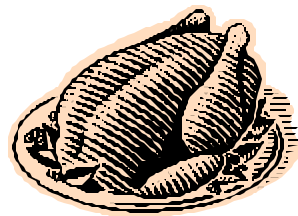
- 2 cups whole pecans (measure before grinding)
- 1 cup brown sugar, packed
- 1 cup whole eggs (about 4 or 5)
- 1/2 cup light olive oil
- 5 tablespoons cocoa
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt

Preheat oven to 350°F. Grease; then line bottom of 8 or 9-inch spring-form pan with waxed paper or parchment paper. Grind nuts in food processor to meal-like texture. Add



Turkey Year 'Round

UNDER-THE-SKIN TURKEY



Whether whole or in parts, turkey is available year-round, and it's an economical, light, and nutritious meat. For the summer months, it's convenient to throw on the barbecue and use leftovers for salads, sandwiches or soups. Like chicken, a whole

turkey is a good buy. Already cut parts, however, save cooking time and are more economical for smaller households. The trick with this recipe is to put the flavors under the skin, so that they permeate the meat as it cooks.

- 1 turkey breast or 4 legs or 4 thighs
- 1 handful fresh parsley, finely minced
- 2 cloves garlic, finely minced
- 2 to 4 tbsp. olive oil
- 1 tsp. herbs, Italian or Mexican seasonings, oregano or your favorite
- 1 orange, thinly sliced

Gently run your hand under turkey skin to loosen it from the meat. Do not remove skin, simply loosen it. Mix parsley, garlic, olive oil and herbs together. Dip the orange slices in the mixture to coat, and then gently shove them under the skin. Bake or barbecue in moderate heat (about 350 degrees) 30 minutes or more, depending on size of turkey pieces. It's done when meat is firm to the touch and juices run clear, not pink, when pricked with a fork. Serves 6 to 8

VARIATIONS: Use your favorite seasonings, or lemon instead of orange for a change. Also, chicken works in place of turkey.

TURKEY PICADILLO

Variations abound for creative one-dish meals using ground meat, fruit and nuts. The diversity comes from herbs and spices - rosemary, sage and garlic for an Italian twist, or this slightly sweet Mexican blend with cinnamon, oregano and chiles. This do-ahead dish is perfect for tamales, tacos, burritos, or stuffed in green peppers.

- 1 Tbsp. olive or vegetable oil
- 1 medium onion, finely chopped
- 1 large clove garlic, minced or pressed
- 1 pound ground turkey, beef or pork
- 1 generous cup canned or fresh tomatoes, chopped
- 1/2 tsp. chile flakes or 1 jalapeno chile, chopped, or to taste
- 1 carrot, grated
- 1/3 cup raisins

- 1 small apple, cored and chopped
- 1/4 tsp. cinnamon, or to taste
- 1/2 tsp. oregano, or to taste
- Salt and pepper, to taste
- 2 Tbsp. vinegar, or to taste
- 1/3 cup almonds, cashews, walnuts or pine nuts, roasted and chopped
- 2 Tbsp. parsley or cilantro, chopped for garnish

Heat oil in large skillet, add onion, garlic and meat. Sauté until meat loses color and onions soften.

Drain fat if necessary. Add remaining ingredients except vinegar, nuts and parsley. Cover and cook about 15 minutes. Taste and adjust seasonings. Add vinegar and taste. There should be a subtle balance of flavors. Just before serving, mix in nuts and top with parsley or cilantro. Serve with rice. Serves 4.

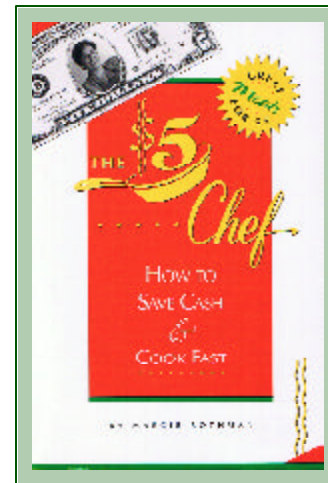
TURKEY LOAF

This economical variation on meatloaf uses ground turkey in place of red meat. Ground turkey is low in fat and because it has little waste, it's a good buy pound per pound. The orange slices (or apple) and the curry add zip. Use a ring mold or a loaf pan and serve it hot with a vegetable or salad or cold with a sweet and hot mustard.

- 1 pound ground turkey
- 1 stalk celery, chopped
- cloves garlic, pressed
- 1/2-inch piece fresh ginger, finely minced, optional
- 1 small onion, chopped
- 1/4 cup parsley, chopped
- 3 cups cooked rice
- 2 tsp. curry powder, or to taste
- Salt and pepper, to taste
- 1 orange or apple, thinly sliced
- 1 Tbsp. fresh parsley or cilantro, chopped

In a large bowl, mix all ingredients except orange and parsley. Finely chop two orange slices and add to poultry mixture, mix and adjust seasoning. Halve the remaining orange slices. Oil a 10-inch ring mold or a loaf pan. Line the pan with orange slices and fill the mold. Bake for 40 to 45 minutes in preheated 350° F. degree oven. Remove from oven and let rest for 5 minutes. Place a plate over the pan and invert so orange slices are on top. Sprinkle with parsley. Makes 8 to 10 slices.

NOTE: Italian herb seasoning can be substituted; if doing so, omit the ginger.



**COURTESY: Marcie Rothman
Western Kitchens & \$5 Chef**

That early and oft-times signature dish of Italian cooking, Pesto is once again a favorite among both chefs and hungry diners everywhere from fine restaurants and trendy bistros to the kitchens of taste-conscious families.

Once a humble condiment relegated solely to use with pasta, in the new century Pesto has become more sophisticated, developed a wide range of variations and been embraced by connoisseurs and young people experimenting with unusual tastes. As a result, a new collection of appreciative Pesto-partisans have emerged, among them bistro-frequenting tastemakers, fine-food aficionados, and trend-setting top-of-the-line chefs who eagerly apply Pesto to a whole array of new dishes that were never before deemed suitable for the green delight. What's more, Pesto is now used in far more generous quantities than ever before, as a marinade, a sauce, or a dip.

Pesto first came to America in the 1800s, when Italian immigrants began providing their cuisine to a young nation eager for pioneering approaches to meal preparation. Over the last few years, however, thousands of chefs have rediscovered Pesto's intense and unmistakable flavor, and have found a myriad of new applications for the King of Condiments. For example, the basic recipe has now been varied to produce Pesto flavored with such vibrant tastes as artichoke, dried tomato and garlic, roasted bell pepper, cilantro, mushroom, or even chipotle. What's more, modern chefs have discovered that grilling or cooking subtly alters Pesto's flavor in interesting and surprising ways.

Without compromising the palate power of Pesto with pasta, these new variations make Pesto even more flavorful as a tasty accompaniment or marinade for fowl or fish, as a perky addition to (or substitute for) mayonnaise on sandwiches—particularly turkey, as a final flourish in soups, as a tempting ingredient in many forms of salads, as a spread for hors-d'oeuvres, or as an eye-catching and mouth-watering dip for fresh vegetables.

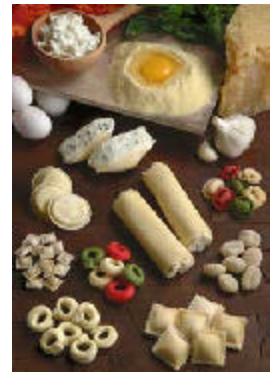
Pesto is made from fresh basil, of course. But to ensure quality, consistency, and convenience, it's

good to know you can find a variety of already prepared restaurant-quality Pestos as close as the freezer section of your favorite supermarket. Experts say that when defrosted, they are indistinguishable from fresh home-made.

According to those who buy and serve it, the most recognizable brand of Pesto in your supermarket is Armanino's, the same company that for the past half century has been supplying its Pesto and other high quality foods to top restaurants around the country. Perhaps the best thing about Pesto is that no matter how trendy it may be today, its comforting flavor, ease of preparation, large number of variations, and applicability to so many different foods guarantees it will always be welcome at the table of anyone who enjoys distinctive and memorable flavors, for Italian or any other type of cuisine.

Tortellini Pesto Salad

- 16 oz. pkg. Armanino Cheese Tortellini
- 7 oz. Armanino Basil Pesto, thawed
- 2 Tbsp. Mayonnaise
- 2 tomatoes, seeded and roughly chopped
- 1 yellow bell pepper, seeded and julienne



Cook Tortellini according to directions and rinse in cold water to help cool. When cooled, add Armanino Basil Pesto, mayonnaise, tomatoes and bell pepper. Season to taste with salt and pepper. Chill and serve.

Artichokes & Pesto

- 4 Artichokes
- 1/2 cup Butter
- 3 Tbsp. Armanino Basil Pesto
- 1/4 cup Italian Seasoned Breadcrumbs



Wash and trim 1 inch off the top of the artichokes. Steam artichokes until tender. Mix together the melted butter and the Armanino Basil Pesto. Spread leaves from the center of the artichoke

gently leaving them attached. Drizzle pesto mixture over the upright artichokes. Sprinkle breadcrumbs on top and serve.

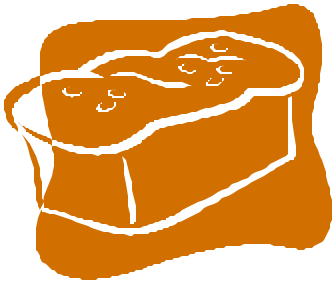
Creamy Pesto Sauce

- 2 Tbsp. Butter
- 2 Tbsp. Flour
- 1 cup Milk
- 7 oz. Armanino Basil Pesto Sauce



In a small sauce pan, melt butter then add flour and stir until smooth and bubbly. Add milk and stir constantly until it thickens. Add 1/4 cup of thawed Armanino Basil Pesto and taste. More or less Pesto can be added to increase the Pesto flavor. Use for pasta, as a pizza sauce, with grilled meat, potatoes or most anything. This is a great all around sauce!

Pesto Panini



- 2 slices Ciabatta bread or rustic bread slices
- 1 ball Fresh Mozzarella drained and sliced
- 4 oz. Armanino Basil Pesto
- 2 Tomatoes, sliced

Spread Armanino Basil Pesto on the inside of both halves of the Ciabatta bread. Layer the mozzarella slices and tomato and close. Brush with olive oil and grill until cheese is melted.

Pesto Mashed Potatoes

- 4 medium Russet Potatoes, peeled and quartered
- 2 Tbsp. Armanino Basil Pesto
- 2 Tbsp. Parmesan cheese, shredded
- 2 Tbsp. Butter (optional)
- 1/2 cup Milk or Chicken broth

Cover potatoes with water and cook until tender. Drain, add butter, Armanino Basil Pesto, cheese and begin to mash. Add milk until the desired texture is reached. Serve warm.

**COURTESY: Marcie Rothman
Armanino**

www.armininofoods.com



Brush Embroidery Cake

- 10" Round Cake pan
- Ready-to-use Rolled Fondant (24 oz. used)
- Fondant Fun Flower Cut-outs

- Easy Glide Fondant Smoothers
- Roll and Cut Mat
- Fondant Shaping Foam
- Confectionery Tool Set
- Candy Melting plate
- Brush Set
- Tip 2 & Tip 3
- Disposable Decorating Bags
- Rose, Lemon Yellow and Leaf Green Icing colors
- 12" Cake Circle
- Silver Fanci-foil
- Buttercream Icing Recipe



Bake and cool a single layer 10" round cake. Prepare for fondant covering. Color fondant using Rose icing color to a light rose color. Cover Cake, rolling out fondant 1/8 to 1/4 " thick. Smooth with fondant smooth.



Color re-remaining fondant to a medium rose color. Roll out 1/16" thick and cut out 30 medium size flowers. Shape on thick foam using ball tool. Indent center with dogbone tool. Let dry in candy melting plate to shape. Pipe centers with a tip 3 in yellow buttercream icing. On top of cake, imprint flowers and leaf shapes using large flower cut-out and medium leaf cut-out, careful not to cut through

the fondant. Using thinned buttercream icing and tip 2 and pipe a heavy outline on one flower or leaf imprint. Immediately, using a damp brush, using the side of the square tip or bevel tip brush, pull the icing towards the center of the design. Do one flower or leaf completely before moving to the next. When completed, pipe centers of the flowers with a tip 2 dots and pipe center vein of leaf with a tip 2 outline. Attach medium flowers to the bottom edge of cake with buttercream icing and tip 3.

**COURTESY: Nancy Siler
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Foods & Nutrition Guests

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