



Side dish

3-A-Day of Dairy

To help consumers meet their dairy calcium requirements and decrease osteoporosis risk, National Dairy Council, with the support of four national health professional organizations, launched 3-A-Day of Dairy, a nutrition-based consumer marketing and education campaign, earlier this year. The campaign incorporates tips and tools to make consuming three servings of milk, cheese or yogurt every day quick and convenient - check out www.3aday.org. 3-A-Day of Dairy will be promoted at Michigan State University's Ag Expo, July 22-24, and at the Michigan State Fair, Aug. 15-Sept. 1.

Cheese Week

In celebration of National Cheese Week (June 22-28) try a new cheese and check out www.ilovecheese.com, the online source for cheese lovers. The Web site's new Snackulator tool calculates the best snacking solutions based on data provided by the visitor. Other popular functions include a wine and cheese pairing guide, entertaining with cheese tips and tons of great recipes.

Kids need calcium

Kids are in a calcium crisis - they need milk more often. The American Academy of Pediatrics urges kids to choose milk, yogurt and cheese for the calcium they need. The National Dairy Council and Jell-O Brand are teaming up to give kids a perfect excuse to play with their food and have fun in the kitchen while at the same time, getting the bone-building calcium and other essential nutrients their growing bodies need. The Milk 'n' Jell-O contest calls for kids, ages 6-12, to create wildly delicious milk drinks using Jell-O Brand Gelatin or Jell-O Brand Instant Pudding powder and other ingredients. Kids can visit www.milk-n-jello.com to check out the monthly themes and enter the contest. Each monthly winner will win \$1,000 and a trip for two to New York City to participate in a Milk 'n' Jell-O event. The winner of the event will win a \$10,000 college scholarship and a year's supply of Jell-O. The United Dairy Industry of Michigan will promote the Milk 'n' Jell-O contest at The Great Dairy Adventure July 23 at the Pavilion at Michigan State University and the Metro Parent Education Expo Oct. 12 at the Southfield Pavilion in Southfield.

Reclaim mealtime

With so much going on in the lives of parents and kids, it's not a surprise that family dinners are often pushed aside. A recent survey found that 32 percent of Americans don't eat at a dinner table. However, the survey also found that children who eat with their parents generally have a better diet than those who eat alone. Follow these tips to take back mealtime: Reduce preparation time by preparing a few meals in advance or purchase a meal kit that just pops in the oven. Let the children help you prepare meals by tossing a salad or setting the table. Pick at least one night a week to have dinner together. If schedules are too busy, then plan a breakfast together. If children get hungry before the rest of the family comes home for dinner, stock up on snacks, like fruit.

Buying local

Agriculture is a \$37 billion industry in Michigan

BY KEN ABRAMCZYK
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After watching the grocery store shelves fill with produce imported from Central America, Chile, South Africa and California all winter long, it might be a little startling to learn how big agriculture is to the state of Michigan.

It's the state's second-largest industry, bringing in \$37 billion annually, according to the Michigan Department of Agriculture. In fact, Michigan leads the nation in 10 crops and ranks fifth or higher in 32 crop categories.

Everyone knows about the cherry production: 185 million pounds annually and 75 percent of the nation's tart cherries. But Michigan also is ranked third in asparagus production nationally with 25 million pounds grown each year and is third in apple production - and the leading grower of Jonathans and Northern Spys - with 1 billion pounds.

Nearly 49 percent of all cultivated blueberries in the U.S. come from Michigan.

But there are other produce that sprout across the state. Michigan is second nationally in celery produce at 85.5 million pounds. At 13.4 million pounds of carrots, Michigan produces the third-highest total. Redhaven peaches, developed at Michigan State University in the 1940s, is the most widely planted peach in the world.

The state grows over 125 commodities commercially, making Michigan second nationally in agricultural diversity.

Summer takes its time to arrive, but what plentiful bounty is available once the warm weather gets here. What better goods to buy - you get the nutritional value of the fresh produce, while helping a local farmer and the state's economy.

Go ahead and stock up on your next road trip, either north or westward, or at your local farmer's market.

Asparagus has just stepped up to the plate and the strawberry season is on deck. The strawberry season for Michigan starts in early June in the Lower Peninsula and ends in late July in the Upper Peninsula. This year, due to the unusually cold spring weather and late spring frosts and freezes, the strawberry season will be a little later than usual, according to Michigan State University's Southeast Michigan district horticulture agent Bob Truitt on the MDA's Web site.

Thanks to numerous frost protection measures, strawberry plants are in full bloom and yields are not expected to decrease, said the MDA.

Gov. Jennifer Granholm urged consumers to "Select a Taste of Michigan" in a new campaign.

"Selecting Michigan grown and processed foods helps keep food dollars circulating in our local community."

PLEASE SEE PRODUCE, D6



Add a little zing to the table with cherry zucchini bread.

CHERRY ZUCCHINI BREAD

- 2 eggs
- 1/2 cup granulated sugar
- 1/2 cup vegetable oil
- 1/2 cup lemon juice
- 1/2 cup water
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup shredded unpeeled zucchini
- 1/2 cup dried tart cherries
- 1 tablespoon grated lemon peel

Put eggs in a large mixing bowl. Beat with an electric mixer 3 to 4 minutes, or until eggs are thick and lemon-colored. Add sugar, oil, lemon juice and water; mix well. Combine flour, baking powder, cinnamon, soda and salt. Add flour mixture to egg mixture, mix well. Stir in zucchini, cherries and lemon peel. Grease and flour the bottom only of an 8 1/2-by-4 1/2-inch loaf pan. Pour batter into prepared pan. Bake in a preheated 350° F oven 55 to 65 minutes, or until wooden pick inserted in center comes out clean.

CHERRY SALSA

- 1/2 cups frozen unsweetened tart cherries
- 1/2 cup coarsely chopped dried tart cherries
- 1/2 cup finely chopped red onion
- 1 tablespoon chopped fresh or canned jalapeno peppers, or to taste
- 1 clove garlic, finely chopped
- 1 tablespoon chopped fresh cilantro or 1 teaspoon dried cilantro
- 1 teaspoon corn starch

Coarsely chop frozen tart cherries. Let cherries thaw and drain, reserving 1 tablespoon cherry juice. When cherries are thawed, combine cherries, dried cherries, onion, jalapenos, garlic and cilantro in a medium saucepan; mix well. Combine reserved cherry juice and corn starch in a small bowl, mix until smooth. Stir into cherry mixture. Cook, stirring constantly, over medium-high heat until mixture is



The Fourth of July parties usually bring out the cherry pie.

chickened. Let cool. Serve with tortilla chips and/or grilled chicken or pork.

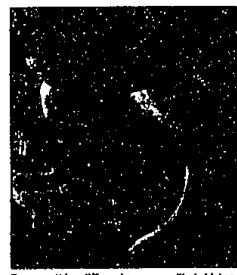
Recipe courtesy of the Cherry Marketing Institute.

TRADITIONAL CHERRY PIE

- 2 (16-ounce) cans unsweetened tart cherries or 4 cups fresh or frozen unsweetened tart cherries
- 1 cup granulated sugar
- 3 tablespoons quick-cooking tapioca or corn starch
- 1/2 teaspoon almond extract
- Pastry for two-crust, 9-inch pie
- 2 tablespoons butter or margarine

If using canned cherries, drain them well. Discard the juice or save for another use. If using fresh tart cherries, pit them. If using frozen cherries, it is not necessary to thaw them. Combine cherries, granulated sugar, tapioca and almond extract in a large mixing bowl, mix well. Let stand 15 minutes.

Line a 9-inch pie plate with pastry; fill with cherry mixture. Dot with butter. Adjust top crust, cutting slits for steam to escape, or cut top crust into strips and make a lattice-top pie. Bake in a preheated 400-degree oven 55 to 60 minutes, or



Try something different on your grilled chicken or pork with cherry salsa.

until crust is golden brown and filling is bubbly.