



KICKIN' IT IN THE KITCHEN

Do you enjoy grocery shopping with your mom and dad? Do you secretly like to eat your fruits and vegetables (it's okay, we won't tell anyone)? If so, we invite you to Go South! online and find cool activities and delicious recipes giving you hours of fun in the kitchen.

PICTURE YOURSELF HEALTHY

Draw your favourite sunny day activity or a picture of you eating your favourite fruit or vegetable. Send it in and we'll post it online in the Kickin' it in the Kitchen section of www.gosouthfresh.com.



Mail your picture to:

KICKIN' IT IN THE KITCHEN

c/o Go South! Fresh From the Southern U.S., 170 Robert Speck Parkway, 1st Floor, Mississauga, ON L4Z 3G1

Or, scan and email to gosouth@fayeclack.com and include Kickin' it in the Kitchen in the subject line.

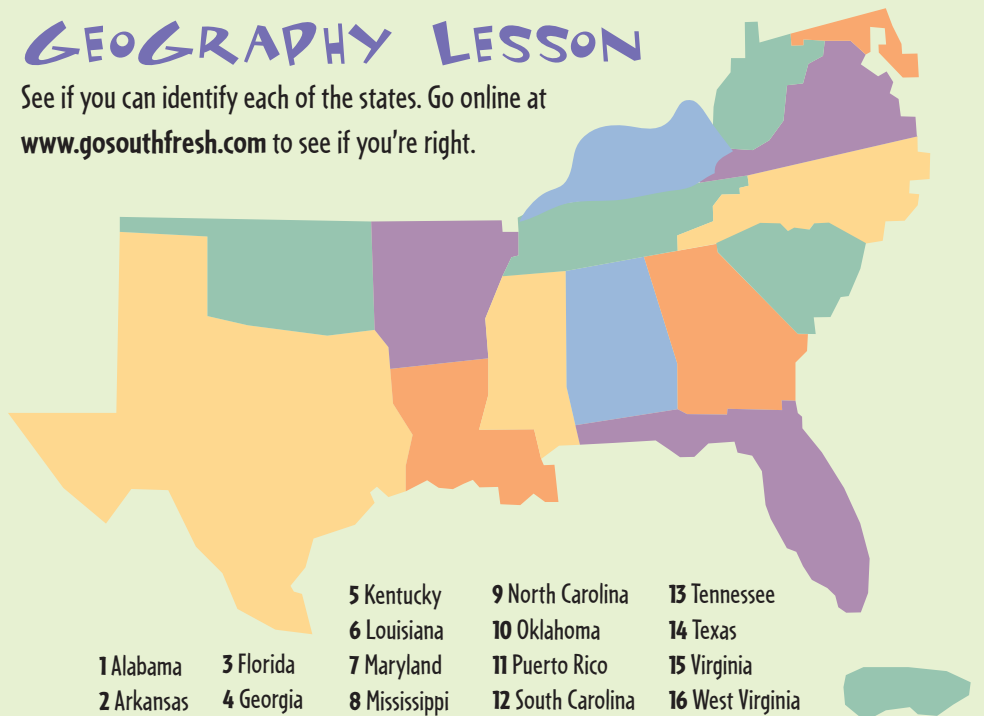
WORD SEARCH

How fast can you find the following words in this jumble of letters?

ALABAMA	S Z U C C H I N I Y J R V H O O M P K U
BLUEBERRY	Z E R Y G I S U R B V H A C K Z P I I A
CABBAGE	H U O S I K M R R I T N H M L B I U T U
DELICIOUS	A T D T G T E D R G E T K W A C Y D C V
FLORIDA	T G I L A B K G X Q I B I I H B O A H S
FRESH	K C J U E T I K R R R Q P S O Q A T E P
FRUIT	H T E U R N O H T B Q Z P Q M W Z L N V
GEORGIA	Q F L Z I F A P T H U S I N A K H V A V
GREEN	B B Y A I T B X T Q P L S F R E S C H L
KITCHEN	G R E E N N A U K E W P S L J E R C A T
MISSISSIPPI	M D R Y W S L F N C E M I S C T Q H K P
OKLAHOMA	Z S S F N A O U L O K W S E V F K G K E
PEACH	D E L I C I O U S O R E S G R J P I E A
PRODUCE	P R O D U C E G T E R Z I A A S C P I C
RECIPES	I X K Y O P M P C H F I M B D S R G Y H
SOUTHERN	H I U Z T G J I E Q E X D B U D R F F D
SWEET POTATOES	O Y F E Y Z P L V Y N R G A G O F L S K
TEXAS	L T X X T E Y A C G I P N C E J Q W A G
VIRGINIA	A A Y M S Z N Q A T J V J G H F G O S M
ZUCCHINI	S C I P H P I H J B Z M L Z A D P Q B I

GEOGRAPHY LESSON

See if you can identify each of the states. Go online at www.gosouthfresh.com to see if you're right.



SPICED SWEET POTATO WEDGES

Flavour takes centre stage in this healthy version of the French fry. The cumin, coriander and peppercorns kick this lil' ol Southern potato into high gear.

1-1/2 lbs	Southern U.S. sweet potatoes (2-3 medium potatoes)	750 g
1/2 tsp	each cumin seeds, coriander seeds and peppercorns	2 mL
1 tsp	coarse salt	5 mL
1 tbsp	olive oil	15 mL



Cut sweet potatoes lengthwise into quarters. Slice each quarter lengthwise into four pieces.

In small skillet, over medium high heat, combine cumin, coriander and peppercorns. Toast seeds just until fragrant and start to pop, about 3 minutes. Transfer to spice grinder and process until smooth.

In large bowl, combine sweet potatoes, spices, half of the salt and olive oil. Toss to coat.

Arrange in a single layer on a rimmed baking sheet. Roast in a 450F (220C) oven, turning once, until potatoes are golden and tender, about 30 minutes. Sprinkle with remaining salt. Serve immediately.

Makes 4 servings.

Source: www.gosouthfresh.com

ZUCCHINI BOATS

Cut 4 Southern U.S. Zucchini in half, lengthwise. Using spoon, hollow out flesh; set aside. In skillet, melt 1 tbsp (15 mL) butter; sauté 2 cloves minced garlic and 1/4 cup (50 mL) pine nuts. Chop reserved zucchini flesh and add to skillet; cook until tender, about 3 minutes. Add 1/4 tsp (1 mL) each: salt, pepper and dried thyme. Arrange hollowed zucchini in roasting pan. Top with filling and bake in 350°F (180°C) oven until golden and bubbly, about 30 minutes.

Makes: 4 to 6 servings.

Source: www.gosouthfresh.com



GO SOUTH! SUDOKU

Cut the pictures at the bottom and place in the right boxes.

Remember, a picture can only appear once in any given row, column or box. Good luck!

Stumped?

Check online for the answer.

