

Strawberries – A Sweet Way To Start The Season

BY C.W. CAMERON
The Atlanta Journal-Constitution (MCT)

Strawberries are the luscious start to spring and summer's bounty of gorgeous, juicy fruit. Chefs greet their arrival with creative juices flowing.

"I'm not sure if there is a more luxurious fruit than a strawberry. Who can resist strawberries and champagne, strawberries and chocolate (or) strawberries and very vanilla whipped cream?" said chef Todd Richards of the Cafe at the Ritz-Carlton Buckhead.

Hudson Rouse of Oakleaf Menonite Farm off Bouldercrest Road in East Atlanta agrees, but he and his three children don't need chocolate or whipped cream to enjoy their strawberries.

"It doesn't have to be the prettiest strawberry in the bunch to be the sweetest. I eat the whole thing, crown and all, and if that one's not sweet enough, I just reach in and try another one," he said with a laugh.

Munching while you pick is a real occupational hazard when you're working with something that smells as wonderful as a warm strawberry. It's a good thing his farm has 1,000

strawberry plants, so there are a few berries left for the customers. Rouse takes his strawberries to East Atlanta Village Farmers Market on Thursdays, East Lake Farmers Market on Saturdays, Grant Park Farmers Market on Sundays and adds them to the boxes of the farm's community supported agriculture program.

Rouse's strawberries are all the "Chandler" variety. It's the same variety often grown at pick-your-own operations because the berries ripen continuously and require harvesting at least every other day. This works perfectly for a farm that sells its produce at market three days of the week. Rouse says he'll pick about 10 gallons of berries a week. Most will be sold fresh, although some will be turned into preserves for the farm's CSA customers.

In a commercial strawberry operation, the beds can be perennial because the soil is chemically treated to help the plants ward off disease.

"We don't use chemicals, and we plant our strawberries in a new spot every year. We pull up the plants and discard them in June and then put out new strawberry plants in October in a different spot," Rouse said.



PHOTO: RENEE BROCK

Strawberries are the luscious start to spring and summer's bounty of gorgeous, juicy fruit. A strawberry salad is a great alternative to a fruit plate.

Rouse makes sure he gets out there early to pick the berries because left too long on the plant, the bugs will get them before he can.

"Not leaving them to get dead ripe makes them more suited for a dessert strawberry. They have a really nice tart complexity," he said.

When you get them home, sort through the berries and discard any that may be overripe, then store them with the caps on. Rinse just before ready to use.

Strawberries fresh from the farm will keep about a week in the refrigerator. Put them in a container like a colander that will allow air to circulate around the berries. Left on the counter they begin to soften quickly, but they're certainly convenient for easy snacking.

RITZ-CARLTON BUCKHEAD'S STRAWBERRY SALAD

Hands on: 15 minutes

Total time: 15 minutes, plus cooling and freezing time
Serves: 2

This recipe was created by Todd Richards, chef at the Cafe at the Ritz-Carlton Buckhead and demonstrated April 29 at the Grant Park Farmers Market. Richards finds that using medium strawberries instead of large ones gives the syrup a more concentrated flavor. In the photo, the salad is garnished with tiny basil leaves and peanut brittle.

This is the second year the salad has been on the menu at the Cafe, and Richards finds his clients enjoy the salad for breakfast in place of a regular fruit plate.

The remaining strawberry-lemon-basil syrup would make a great base for a cocktail or mocktail.

2 cups water, divided
1 cup granulated sugar
12 medium strawberries, rinsed and stems removed
Zest of 1 lemon
4 large basil leaves, divided
1 cup balsamic vinegar
1/2 cup toasted salted peanuts

In a small saucepan, combine 1 cup water and sugar and bring to a simmer. Stir until sugar dissolves, then remove from heat and cool 30

minutes. Add strawberries, lemon zest and 3 basil leaves. Refrigerate 4 hours. Strain the strawberries from the syrup and refrigerate berries. Strain syrup to remove zest and basil.

Place half the sugar syrup in a small saucepan. Add balsamic vinegar and remaining cup of water. Bring to a simmer, remove from heat and cool. Pour mixture into a freezer-proof container and freeze for at least 4 hours. Reserve the remaining sugar syrup for other uses. Strawberries and ice can be prepared up to 2 days ahead.

When ready to serve, cut reserved strawberries in half and place them in a serving bowl. Roll remaining basil leaf like a cigar and slice into thin ribbons. Sprinkle slices of basil over strawberries. Remove frozen balsamic mixture from freezer and use a fork to scrape mixture into fine pieces. Arrange ice over sliced strawberries, garnish with peanuts and serve immediately.

Per serving: 449 calories (percent of calories from fat, 34), 9 grams protein, 71 grams carbohydrates, 5 grams fiber, 18 grams fat (3 grams saturated), no cholesterol, 299 milligrams sodium.

Events

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emony at Sokol Park at 10 a.m. Monday. Rep. Frank Kloucek will be the keynote speaker.

Included in the program will be a performance by the Bon Homme High School band and the Legion firing squad. In the event of rain, the program will be held at Beseda Hall.

The program will be preceded by a mass at 9 a.m. at St. Wenceslaus Catholic Church. Tabor Post and Auxiliary colors will attend.

Members of American Legion Post No. 183 ask all Tabor residents to pause to remember America's fallen sons and daughters.

• SCOTLAND — The town of Scotland will be holding a Memorial Day program at 10:30 a.m. Monday at Rosehill Cemetery. Pastor Ron Shifley will be the speaker.

Volunteers are requested to meet at the cemetery to put up the Avenue of Flags at 7 a.m. VFW members, Auxiliary members, Legion members, active service men and women, and National Guard members will meet in uniform near the mausoleum at the cemetery by 10:15 a.m.

In the event of poor weather, the program will be held in the high school gymnasium.

After the ceremony, the public is invited to join a potluck dinner at noon at the VFW Hall. Salads and desserts are welcome. Proceeds will go to hospitalized veterans returning from Iraq and Afghanistan for the "Sweats for Vets" project.

• VERMILLION — VFW Post 3061 will host a Memorial Day observance in Vermillion on Monday at 10 a.m. The ceremony will be held at the Clay County Veterans Memorial at the Clay County Courthouse. This year's speaker will be Leighann Dunn, Iraq veteran and S.D./N.D. outreach coordinator for Student Veterans of America. The singers this year will be Paul Granaas and Daniel Bellis.

The Avenue of Flags will be displayed to honor our war dead at the BluffView Cemetery Saturday through Tuesday.

The VFW encourages the community to honor those that have given their lives to ensure the way of life we are accustomed to, and to take a moment out of their day to remember our fallen soldiers.

• SPRINGFIELD — Members of the Dwight-Wood American Legion Post 132 and American Legion Auxiliary will observe Memorial Day Monday with various cemetery services and a program.

Cemetery services will be held at Bethlehem Lutheran Cemetery at 8:30 a.m., Pioneer Cemetery at 8:50 a.m., Emmanuel Reformed Cemetery at 9:10 a.m., Bon Homme Cemetery at 9:50 a.m., and Springfield and St. Vincent Cemetery at 10:20 a.m.

The main program will begin at 11 a.m. at the Springfield Community Center. Daryl Heusinkeld will give the main address.

A potluck dinner for all veterans and family members will follow at 12:30 p.m.

• TYNDALL — Tyndall will be holding a Memorial Day service at 10:30 a.m. Monday at the Bon Homme High School Gym. Father Joseph Forcelle will give the Memorial Day address.

• AVON — The Avon American Legion Memorial Day program will take place at 2 p.m. Monday at the Trinity Presbyterian Cemetery. The speaker will be Tom Culver.

All businesses and others are urged to display their flags on Monday, May 28, through Veteran's Day.

Children wishing to decorate should meet Mrs. Gretschmann at the cemetery prior to the service.

Yankton Motor Company - See All The Vehicle Photos at: www.yanktonmotorcompany.com or www.yankton.cc

MEMORIAL WEEK SALE-A-THON

Yankton Motor Company will be closed Monday, May 28, 2012, in observance of Memorial Day

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 2011 Ford Edge SEL All Wheel Drive 1p112, p. win-drs-seat, CD, alum whls, teal WAS: \$34,995 NOW: \$24,989	 2011 Chevrolet Impala LTZ 1p155, p. win-drs-seat, spoiler, htd. leather, alum whls, CD, white WAS: \$31,790 NOW: \$17,979	 2011 Chevrolet Express Van 1p143, 12 passenger, p. win-drs-seat, keyless, white, 19,300 miles WAS: \$35,795 NOW: \$22,778
 2010 Ford Explorer Eddie Bauer 1p98a, 4wd, p. win-drs-seat, 3rd seat, CD, htd. leather, alum whls, maroon/tan WAS: \$29,995 NOW: \$23,959	 2010 Chevrolet Impala 1p72a, auto, air, cruise, p. win-drs-seat, AM/FM CD, black WAS: \$19,495 NOW: \$13,439	 2010 Ford F-250 Super Duty Ext. Cab Diesel XLT 1p16, 4x4 p. win-drs, keyless, CD, 24,078 miles, white WAS: \$48,950 NOW: \$32,475
 2010 Cross Roads Sunset Trail Camper 2n26, 20' dual, expandable, shower, fridge, A/C, furnace, outside shower, microwave, awning, ext. slide out cook center, alum whls, one owner, white WAS: \$18,995 NOW: \$12,878	 2010 Chevrolet Cobalt LT 1p68a, p. win-drs-seat, red, bright red, 27,000 miles WAS: \$18,745 NOW: \$12,488	 2009 Honda Accord EX-L 1p142a, p. win-drs-seat-sunroof, CD, htd. leather, keyless, gray WAS: \$23,950 NOW: \$17,777
 2009 GMC Yukon Denali XL 1p162a, AWD, p. win-drs-seat-sunroof, navigation, rdf, CD, alum whls, silver WAS: \$47,995 NOW: \$35,987	 2008 Hummer H3 1p82a, p. win-drs-seat, XM, OnStar, alum whls, silver WAS: \$26,950 NOW: \$20,669	 2007 Chevrolet Silverado Ext. Cab 1p106a, p. win-drs, 4wd, white, auto, air, cruise, hitch, keyless entry WAS: \$18,950 NOW: \$12,997
 2007 Pontiac Grand Prix GT 1p38b, p win-drs-seat, keyless, rdf, CD, fwd, leather, silver WAS: \$13,495 NOW: \$8,446	 2006 Jeep Commander 4WD Limited 0p107a, p. win-drs-seat-sunroof, htd. leather, DVD, alum whls, red WAS: \$17,995 NOW: \$14,449	 2006 Chrysler Town & Country 1p139b, p. win-drs-seat, keyless, fwd, black WAS: \$9,995 NOW: \$6,998
 2005 Ford F250 1p59a, 4wd, p. win-drs, keyless, rdf, CD, white/silver, diesel WAS: \$22,950 NOW: \$15,478	 2005 Chevrolet Colorado LS 1p7b, rwd, CD, alum whls, black WAS: \$11,995 NOW: \$7,559	 2004 Chevrolet Tahoe LT 1p81a 4wd, p. win-drs, htd. leather, alum whls, gray WAS: \$16,950 NOW: \$11,488

SPORT UTILITIES & CROSSOVERS	
530 miles, silver.....\$49,670	\$43,559
2p14 '11 Chevrolet 4x4 Tahoe LT, auto, air, cruise, tilt, p. drs-win-seat-sunroof, leather seats, video entertainment DVD system, alum whls, tow pkg., remote start, CD/XM/Bose stereo, 12,775 miles, silver.....\$49,970	\$38,877
1p168 '11 Hyundai Santa Fe GLS, 4wd, alum whls, p. win-drs, AM/FM CD, gray.....\$27,995	\$22,897
1p186 '11 Nissan Xterra, 4wd, CD, alum whls, S Package, p. win-drs, silver.....\$27,995	\$24,889
1p15a '08 Jeep Grand Cherokee, 4wd, p. win-drs-seat-sunroof, keyless, rdf, CD, alum whls, silver.....\$22,995	\$17,987
2p1a '07 Chevrolet Tahoe LT, 4wd, p. windows-doors-seat-sunroof, CD, alum whls, maroon.....\$26,950	\$21,887
1p57a '05 GMC Yukon Denali XL, AWD, p. win-drs-seat-sunroof, CD, DVD, htd. leather, quad seats, black.....\$22,995	\$17,977
1p13a2 '05 Ford Explorer XLT, 4WD, p. win-drs-seat-sunroof, leather, 3rd seat, CD, alum whls, silver.....\$13,950	\$8,994
0p98a '05 Acura MDX, p. win-drs-seat-sunroof, rdf, all wheel drive, htd. leather, silver.....\$22,995	\$15,439
2p16b '07 Chevy Tahoe, 4WD, p. win-drs-seat, keyless, CD, alum whls, white.....\$26,950	\$22,949
1p65a '02 Chevy Blazer LS, 4WD, 4-dr, p. win-drs, rd, CD, brown.....\$7,995	\$5,469
2p12a '00 Chevy Suburban LT, 4WD, p. win-drs-seat, keyless, CD, heated leather, alum whls, pewter.....\$11,995	\$8,978

TRUCKS & VANS	
fwd, htd. leather, DVD, Navigation, blue.....\$13,995	\$10,994
1p147a '06 Chrysler Town & Country, p. win-drs-seat-slider, DVD, FWD, alum whls, quad seats, silver.....\$11,795	\$7,779
2p4b '05 Chevrolet Colorado LS, 4wd, p. win-drs, keyless, rdf, CD, alum whls, silver.....\$15,995	\$13,979
1p105c '05 Chrysler Town & Country, p. win-drs-seat, keyless, fwd, alum whls, quad seats, silver.....\$11,995	\$8,969
1p169a '04 Dodge Dakota Sport Ext. Cab, 4wd, p. win-drs, CD alum whls, white.....\$10,995	\$7,987
1p181a '03 Ford Ranger Edge, extended cab, 4wd, CD, keyless, alum whls, blue.....\$12,995	\$11,487
0p1a, '02 Pontiac Montana, p. win-drs, CD, fwd, alum whls, bronze.....\$8,995	\$6,977
1p83b, '99 Chevy Silverado HD LT Ext. Cab 3/4 ton, 6.0 V8, 4WD p. win-drs-seat, cass/CD, leather, bedliner, hitch, keyless, alum whls, blue.....\$13,995	\$11,887
2n24a1, '98 Chevy Silverado, 4WD, p. win-drs-seat, cass/CD, alum whls, red, chrome pkg.....\$8,995	\$7,359

SPORT UTILITIES & CROSSOVERS	
2n30 '12 GMC Yukon XL SIT, p. win-drs-seat-liftgate, htd. leather, rear camera, remote start, brown, 12,163 miles.....\$53,980	\$42,878
2n25 '12 Chevrolet Traverse LTZ, AWD, auto, air, cruise, p. win-drs-seat, p. liftgate, sunroof, TV/DVD, htd. quad thr seats, white.....\$47,980	\$37,879
2p18 '11 GMC Yukon SLT 4x4, p. windows-drs, seats-lift, rear camera, remote start, htd leather, alum whls, silver, 12,289 miles.....\$49,980	\$39,959
2p21 '11 GMC Acadia SLT, AWD, p. windows-drs-seat-liftgate-sunroof, navigation, TV/DVD, htd. lthr, gray, quad captain's chairs, third seat.....\$48,980	\$36,889
2n28 '11 Buick Enclave CXL2, AWD, heated/cooled seats, remote start, DVD, navigation, rear camera, brown, 1,044 miles.....\$48,510	\$41,669
2p13, '11 GMC Acadia Denali All Wheel Drive, auto, air, cruise, tilt, p. drs-windows-sunroof, seat, htd. leather, Navigation, p. liftgate, tow pkg., heads up display, XM CD Bose stereo, 6,600 miles, silver.....\$51,475	\$43,998
2n29, '11 GMC Acadia Denali, DVD, p. win-drs-seat-sunroof-liftgate, navigation, polished alum whls, heated/cooled seats, white diamond,	

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