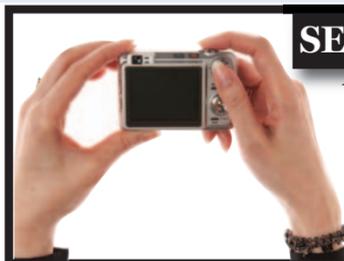


# Flavor



## SEND US YOUR PHOTOS

The Journal always welcomes reader-submitted photos. Share your snapshots of local events and activities or noteworthy scenes. Send them to [newsroom@sturgisjournal.com](mailto:newsroom@sturgisjournal.com). Include your name, hometown and a daytime phone number. Files should be in JPEG format and at least 200 dpi.

**QUESTIONS?** Contact Features Editor Dennis Volkert at 651-5407 or at [dvolkert@sturgisjournal.com](mailto:dvolkert@sturgisjournal.com)

## NOTABLE



### How to go Greek

For some who resist making the switch from regular to Greek yogurt, it boils down to taste. Here are ways to incorporate that strong flavor into everyday meals anyone can enjoy:

#### Appetizers:

Store-bought dips are often loaded with preservatives, sugar, salt and fatty ingredients. Making your own is a great way to reduce fat and calories, amp up nutritional value and ensure fresh, organic flavor. Dips made with Greek yogurt add zest to vegetable platters, and can be a healthier complement to more decadent treats like chips and pretzels.

#### Entrees and sides:

Think of all the dishes that call for sour cream, milk, heavy cream or regular plain yogurt. From mashed potatoes and chicken salad to soups and marinades for meats, Greek yogurt can replace those less healthful ingredients, allowing you to reap its health benefits while making the flavor subtle (or even undetectable).

**Dessert:** Cakes, bread puddings, pies, cookies — practically any dessert can work with Greek yogurt as an ingredient. Vegetarians and vegans have been replacing eggs with regular yogurt for years, and Greek yogurt is an even healthier substitution. Generally, if your recipe calls for a cup of creme fraiche, sour cream, mayonnaise or cream cheese, you can substitute a cup of Greek yogurt.

BRANDPOINT

## BOOKSHELF

### Your Time To Cook

A FIRST COOKBOOK FOR NEWLYWEDS, COUPLES & LOVERS



**"Your Time to Cook: A First Cookbook for Newlyweds, Couples & Lovers" by Robert L. Blakeslee.**

### Here comes the cookbook

Give a man a fish and he'll eat for a day. Teach a man to fish and he'll eat for life. Give newlyweds just any cookbook as a wedding gift, and perhaps they'll make a few memorable meals. Give them "Your Time to Cook: A First Cookbook for Newlyweds, Couples and Lovers," and they'll probably still be feasting on their 50th wedding anniversary. Robert L. Blakeslee's 400-page treasure not only shares delicious recipes, but it also starts with the absolute basics and provides step-by-step technique photographs and explanations.

LISA MESSINGER/  
CREATORS SYNDICATE

# Just peachy



LAURA KURELLA/JOURNAL

**Beth Hubbard of Corey Lake Orchards in Three Rivers is thrilled to now offer a bakery to showcase her produce in new ways.**

## Peaches are packed with nutrients

Trees at Corey Lake Orchards in Three Rivers are so loaded with fruit, they're bending, said Beth Hubbard.

"We have a really amazing crop this year and we are really pleased with it and that our now three-year old flaming fury peaches are coming to market," Hubbard said.

The flaming fury peach is a variety created by Paul Friday, a Michigan peach breeder, that offers one of the strongest genuine peach flavors I have ever tasted.

This peach is also incredibly juicy, so if you bite into it, you will end up with juice running down your face and onto your shirt — a true childhood delight that you can enjoy at any age, I say!

These peaches are arriving in the nick of time too, because Corey Lake Orchards just opened an on-site bakery with plans to use seasonal produce.

The bakery opened a week ago, Hubbard said, and it is being managed by her daughter-in-law, Michaela, and her mother, Patti.



LAURA KURELLA

Vitality Cuisine

"I am so thrilled my son married a baker — and she is a wonderful baker and she is making fabulous things from our produce," Hubbard said.

The bakery will offer fresh baked goods daily, including pie, bread, cookies and more.

"The offering will change with the growing season, of course, so there will always be something new and different to come in and try and right now it's peaches," Hubbard said.

There are many good reasons to enjoy a peach.

Providing many nutrients, few calories and no fat, they are a healthy way to fit in those daily servings of fruit.

Peaches offer healthy

amounts of vitamin A, important to healthy vision; vitamin C, an antioxidant and tissue-builder; and some vitamins E and K, essential for blood-clotting ability.

Peaches also provide potassium, which can help maintain healthy blood pressure and prevent kidney stones and bone loss.

The Journal of Medicinal Food reported that significant antioxidants are present in the flesh and skin of peaches, too.

A major antioxidant in peaches is chlorogenic acid, which can reduce the effects of aging, deter chronic diseases and may help ward off cancer and reduce body inflammation.

Here are two special recipes, including one from Patricia Conte of Grab a Plate, that present the flavor of peach so well that it will make you too, peachy keen.

Enjoy!

Questions or comments?  
Contact Laura at  
[Laurakurella@yahoo.com](mailto:Laurakurella@yahoo.com).

### Molasses-glazed salmon with sweet and spicy peach salsa

For the peach salsa:

1 peach, pitted and diced  
1 Fresno chile, seeds and membrane removed, diced  
1 clove garlic, minced  
1 green onion, diced  
2 tablespoons orange juice  
1 teaspoon parsley, sliced in ribbons  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper

Pinch of ground chile powder (you could use a dash of hot sauce instead)

For the salmon:

2, 6-ounce salmon filets  
1 garlic clove, diced  
1/4 cup orange juice  
1 tablespoon soy sauce  
Dash hot sauce  
2 tablespoons molasses, divided  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

For the peach salsa:

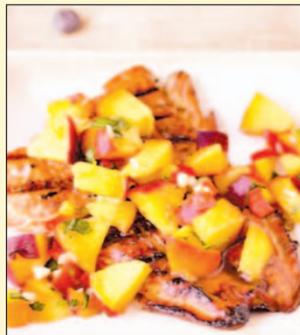
Mix all the ingredients together in a bowl, then refrigerate for an hour if you can.

For the salmon:

Season both sides of the filets with the salt and pepper. In a small bowl, add the garlic, orange juice, soy sauce, and hot pepper sauce. Whisk to combine then add it to a zippered baggie, large enough to hold both filets. Drizzle half the molasses on the flesh side of each filet and add them to the bag. Reserve the remaining molasses.

Lightly massage the filets in the bag to coat them. Place them in the refrigerator, flesh side down, for 1-2 hours. Remove filets from the zippered baggie and reserve the marinade. Drizzle the remaining molasses on the flesh side of each filet. Add the filets to an oiled grill on medium-high heat for 4-6 minutes, skin side down. Before flipping, spoon some of the reserved marinade over the filets, then flip and cook for approximately 4 minutes, or until done. Serves 2.

COURTESY PATRICIA CONTE FROM  
GRAB A PLATE  
([WWW.AZGRABAPLATE.COM](http://WWW.AZGRABAPLATE.COM))



COURTESY PATRICIA CONTE/  
GRAB A PLATE

**Infuse your favorite fish with peaches, like this molasses-glazed salmon with sweet-and-spicy peach salsa.**

### Fresh peach crumble

6 cups peeled sliced ripe peaches  
1/4 cup packed brown sugar  
3 tablespoons flour  
1 teaspoon lemon juice  
1/2 teaspoon lemon zest, grated  
1 teaspoon cinnamon  
Topping:  
1 cup flour  
1 cup sugar  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
1 egg, beaten  
1/2 cup butter, melted and cooled

Heat oven to 375 degrees. Put peach slices in greased, shallow 11x7 baking dish. Mix brown sugar, flour, lemon juice, peel, and cinnamon. Sprinkle over the peaches. Mix flour, sugar, baking powder, salt, and nutmeg. Stir in egg until mixture is coarse crumbs. Sprinkle over peaches. Drizzle butter evenly over topping. Bake for 38 minutes. Serve warm or cold.

Approximate servings per recipe: 12. Nutrition per serving: Calories 245; Fat 7g; Sodium 150 mg; Carbohydrate 36g; Fiber 2g; Sugars 26g; Protein 3g.