



Using Reusable Bags on Earth Day

Harmons Grocery Stores is commemorating Earth Day on April 22, 2011, in a number of ways including randomly giving away Harmons' "Go Green" reusable grocery bags and rewarding customers for using their reusable bags by entering them into a prize drawing.

On Earth Day all Harmons stores will be using only paper or reusable bags, and from 10 am through 8 pm that day, customers who bring in their reusable bags will be entered to win a "Go Green" picnic bag full of earth-friendly picnic ware and a \$25 Harmons gift card. Every Harmons will also randomly give away reusable bags during that time frame.

Harmons is also encouraging its customers to use their "Go Green" bags for other things beyond grocery shopping, with a "Where Has Harmons Go Green Gone?" photo contest on the company's website. Anyone can submit a photo of themselves using a Harmons "Go Green" reusable bag in any color and any size, wherever they may travel. There are two photo categories – in Utah and outside of Utah. The photos may be submitted anytime to the website. One photo per family per quarter will be accepted. Photos must be original, with no edits or alterations and include an easily identifiable, scenic and/or well-known landmark in the background. Judging criteria, rules, details and examples will be available on Earth Day at www.harmonsgrocery.com. Harmons will choose quarterly winners; a \$25 gift card for within Utah, a \$50 card for outside Utah, and a \$100 gift card for most creative or unique.

Budge's Honey



Budge's Honey is all natural, 100% pure, raw clover honey, meaning it has not been filtered or pasteurized (heated to high temperatures). The honey has been extracted and cleaned at low temperatures, to preserve all of the health benefits of natural honey, and then strained to remove particles of pollen and wax. Budge's Honey looks different because it is NEVER blended with other honeys.

Lawrence R. Budge Sr. began his career as a beekeeper in Pleasant View, Utah. In 1924 he founded Budge's Honey and moved to Idaho. The honeybees used to produce Budge's Honey are located in Harlowton, Montana. The bees spend their time in a clover field, which creates a sweet taste for the honey. Budge's Honey only uses one clover field, the bees do not pollinate multiple fields- this keeps the flavor consistent from one jar to the next.

Budge's Honey was carried at The Market Spot, Harmons first store in 1932. This honey will be available again soon at all Harmons locations, so look for it on the shelf!

Honey Glazed Roasted Carrots and Parsnips

INGREDIENTS:

- 1 1/2 pounds carrots -- cut into 1/4" sticks
- 1 1/2 pounds parsnips -- cut into 1/4" sticks
- 6 tablespoons olive oil
- salt and pepper -- to taste
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons honey
- 1 teaspoon balsamic vinegar



Foil line a sheet pan and place the carrots and parsnips on it. Drizzle with the olive oil. Salt and pepper generously and toss. Place on the middle rack of a pre-heated 400 degree oven. Roast 10 minutes and turn with a spatula. Let cook until edges start to char. Transfer to a bowl. While the vegetables are cooking, melt the butter in a small saucepan. Whisk in the honey and vinegar. Pour over the vegetables in the bowl and toss lightly. Serve hot.



Harmons Sponsors Monday Family Night at the Salt Lake Bees

Harmons Grocery Stores and the Salt Lake Bees are giving baseball fans extra reasons to cheer during Monday night home games this season. Harmons is providing vouchers for discount tickets to Bees Monday night home games. Fans can pick up vouchers at Harmons locations and redeem them at Spring Mobile Ball Park to receive a ticket and a hot dog for \$5 per family member.

Harmons Family Night dates are:

April 11 and 25

May 9 and 23

June 13 and 27

July 18

August 1, 15 and 29

Harmons is also providing a few lucky youth, ages six to 18, a chance to become a Junior Announcer for a Day for a Bees home game. Winners will introduce the Bee's players for half an inning and will win two front-row field box seats, a Harmons' baseball shirt and a photo in the dugout. Entry forms are available at all Harmons' locations except Orem, Ogden, and St. George. Winning entry forms will be selected randomly.

"Having a semi-pro baseball team in the Salt Lake Valley is a wonderful privilege," said Bob Harmon, vice president and co-owner of Harmons. "We are happy to offer a unique opportunity for young people and give families an affordable way to enjoy America's favorite pastime."

The Salt Lake Bees are bringing back classic baseball. Games are held April through early September. The stadium is located at 77 West 1300 South in Salt Lake City. The first home game is April 7, at 6:35 p.m.

Participating Harmons' stores include all locations except Orem, Ogden, and St. George. For more information contact the nearest Harmons store director or visit www.harmonsgrocery.com

Use your reusable grocery bags on

EARTH DAY

APRIL 22ND

*And Be Entered To Win
A Go Green Picnic Bag!*



See cashier for Entry Form.

Curried Crab Cakes

INGREDIENTS:

- 1 can lump crabmeat
- 3 pounds king crab legs -- shelled
- 1/2 cup mayonnaise
- 1 cup heavy cream
- 1/2 cup white wine
- 1 bay leaf
- 1 tablespoon worcestershire sauce
- 1 each lemon -- zested and juiced
- 1 cup panko
- 2 celery ribs -- minced
- 1 red pepper -- minced
- 6 green onions -- minced
- 1/2 cup curry paste
- 2 cups panko
- 1/2 cup canola oil
- 1 tablespoon butter



In a skillet, reduce the white wine by half over a medium high heat. Add the cream and reduce until thickened. Combine all of the remaining ingredients except oil and butter in a large bowl and mix together. Form Crab Cakes and then skillet over medium heat until browned on both sides.