

seasons

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FOOD . FAMILY . GARDEN



Look for the new line of Disney® gardening tools and flowers in "Happy Days," page 14.



DEAR FRIENDS,

Spring is a great time of year for me and my family. I love spending time outdoors with my three kids, Hailey (19), Tanner (11) and Tye (7), *below*. I enjoy every day spent looking at their smiling faces, whether at a baseball game, playing in the yard or going on a picnic together.

My hope for you this spring is that you can spend time outdoors with your family and friends. Whether your season involves attending your kids' sporting events; going on family bike rides and picnics; planning a big graduation party or wedding; or just spending a quiet Mother's Day (and Father's Day) together, take pleasure in being with those who matter most.

This issue of *Seasons* offers suggestions for ways to take your family gatherings outdoors. Learn secrets for great grilling in "Hot Off the Grill," page 28; get ideas from Midwestern travel bureau experts about events to attend in "Midwest Adventures," page 58; and learn more about the second annual Hy-Vee Triathlon in "An Amazing Race," page 60.

Gain gardening inspiration from "Green Acres," page 2, a tale about two avid gardeners in their 90s. Find fresh motivation in an article I'm especially passionate about: "Green Cleaning," page 52. I want to leave a better world for my children, as I'm sure you do. I hope you'll partner with us at Hy-Vee as we continue to seek out new ways to keep our environment safe.

While reading the stories in this *Seasons* issue, I am struck by one constant: Your Hy-Vee professionals truly are here to help you make the most of your precious time with family and friends. Grab picnic foods at the Hy-Vee Kitchen while on your way to the park; let Hy-Vee's catering and floral experts assist you in planning food and flowers for your big events and parties; call on the Hy-Vee Garden Center staff for expertise in growing and maintaining your lawn and garden; and ask the Meat Department pros for grilling suggestions before your next barbecue.

Let us help you delight in the spring season...and the smiling faces of your own friends and family.

Paula Correy
VP, Marketing



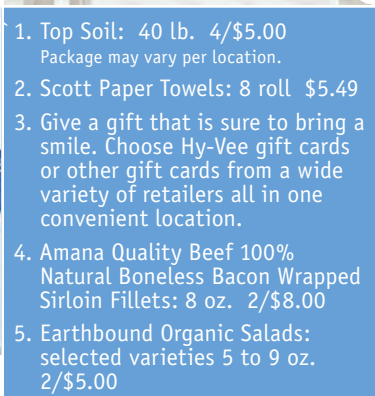
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seasons **HyVee**

GARDEN 2008 • VOLUME 2 ISSUE 3

CONTENTS

Green Acres	2
Beautiful Lawn & Garden	8
Happy Days	14
Great Escapes	16
Style Made Simple	24
Hot Off the Grill	30
Graduation Honors	40
Mom's Special Day	46
Green Cleaning	52
Naturally Good	56
Midwest Adventures	58
An Amazing Race	60
Step into Spring	62

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GREEN ACRES

A farmstead blooms among Southwest Iowa's rolling hills, an island of color in a sea of green. The idyllic setting blooms more than just flowers—this rich Midwestern soil has sprouted a friendship that bridges generations.

WRITTEN BY JULIE MARTENS PHOTOGRAPHED BY PETE KRUMHARDT



Flowers take center stage with this home and garden, tucked into acres of Iowa corn and soybeans. For Lester and Elleen Wheatley, transforming the acres that surround their country home into a colorful oasis is the natural outflow of a love for flowers and plants.

At 92 years young, Lester addresses the “why” behind the lavish garden with a simple answer. “I just like pretty flowers,” he says. “When I walk into a garden center and see something I don’t have, I try to get one.” Lester isn’t alone in his garden center scouting; Elleen, his 90-year-old bride and another self-professed flower lover, enjoys tagging along. “I go with him,” she says. “Whatever he likes we’ll get—and I like it all, so that’s fine with me.”

Lester and Elleen savor the beauty daily with morning and evening golf cart rides around the place. “We have a route we like to take,” Lester says. The circuit takes in the flowers, the fence and a landing strip that Lester used when he was a pilot. The house, garden and landing strip area comprise 6 to 7 acres, all mowed and cultivated.



Elleen and Lester Wheatley, *above*, survey their country gardens in a golf cart. They sit on their porch most evenings and look over the yard. Tulips usually fill the impatiens bed in spring, but last fall the Wheatleys planted 65 lily bulbs to add to the spring show.



In years past, the Wheatleys farmed the land surrounding their home, raising cattle, hogs, chickens and geese, along with acres of corn, oats, hay and pasture. The couple retired on the north end of their property in 1976, building a ranch home with windows positioned to give magnificent views of the lawn, gardens and rolling fields.

"We can sit at the dining room table and look out to the north or south and see flowers," Elleen says. "We use a lot of impatiens because they last such a long time." Other favorites include marigolds, zinnias, 'Knock Out' roses and butterfly bushes. "The butterflies are just thick in June and July here," Lester says.

The flower gardens surrounding the home took root seven years ago, when the couple encircled the farmstead with a picket fence. "They had a couple lengths of fence left, so I had them place it south of the house. We put some flowers along the fence," Lester says, "and the next thing you know, we had a beautiful garden."

Shortly after the Wheatley's garden began to sprout, a garden center appeared at the Hy-Vee in Atlantic, Iowa. "Their display was so large that I decided to go in and take a look around," Lester says. "Everyone was so helpful, nice and pleasant that I came back." Lester's passion for growing flowers formed a natural foundation for a friendship with the garden center manager, Aaron Siggins.

"Lester is a regular customer," Aaron says. "Many times each spring he comes in to see what's new." Shortly after striking up an acquaintance, Lester asked Aaron if he would come to the farm to help with some planting and Aaron agreed. "I really enjoy their place," Aaron says. "It's in the country at the top of a hill—the view is wonderful. With the flowers, it's like an oasis in the middle of all the surrounding fields."

Aaron's first gardening chore at the farm was difficult but it sowed the seeds of friendship between the two Iowa families. "The first time I went to the farm I was planting a pin oak and half a dozen spirea shrubs," Aaron says. "It was in the dead heat of summer, and the ground was rock hard and dry. I had to fill the holes with water before I could begin to plant."

Since that first trip to the Wheatley's farmstead, Aaron and his family—wife Ranaye and children Tian (14), Allie (10) and Brandt (9)—have paid many working visits to the farm. "Lester and Elleen are always asking about our kids, and our kids talk about Lester all the time," Ranaye says.

"Tian and Brandt like to haul soil with the lawn tractor, and Allie makes sure everything is getting done right," Ranaye says. "Their favorite thing is to ride with Lester on his golf cart. We'll hear them coming long before we see them, because they'll have the radio turned up and playing a waltz."

Aaron helps Lester with all sorts of garden chores, from planting to pruning to choosing plants for the flower beds. "I asked Aaron and Ranaye to lay out a flower bed last spring around a tree, and they did a beautiful job," Lester says. The flower gardens are constantly evolving, with Lester fueling many of the changes. "Elleen told us last summer that Lester will wake up in the night and say, 'I need another tree.' Even in his sleep, he's thinking about gardening," Ranaye says.

"We look for ideas everywhere we go," Lester says. "This year I've been thinking about changing the shape of some of the beds. They get more attractive when you change the shape. I'll talk it over with Aaron, then he'll go home to discuss it with Ranaye, and they'll bring out the plants we need. They have good ideas."

Top Left: A picturesque view from the Wheatley's home. Center Left (L-R): Lester and Elleen Wheatley and Ranaye and Aaron Siggins have become gardening friends. Aaron manages the Hy-Vee Garden Center in Atlantic, Iowa. Bottom Left: Butterflies abound in early summer.



'Super Elfin' impatiens
(*Impatiens walleriana*)



Russian sage
(*Perovskia atriplicifolia*)



Leftover fencing created the backdrop
for a flower bed.



Tricolor sweet potato vine
(*Ipomoea batatas* 'Tricolor')



Molly the cat likes to ride on the
golf cart with Elleen and Lester.



Yellow daylily
(*Hemerocallis*)



French marigold
(*Tagetes patula*)



Planting beds bloom
with rich color.



Sedum 'Autumn Joy'

Aaron planting a bed of flowers in the side yard of the Wheatley's home.



GROW YOUR BEST GARDEN EVER

Aaron Siggins, manager of the Hy-Vee Garden Center in Atlantic, Iowa, loves talking about gardening with customers. "I learn as much from them as they do from me," he says. Put a few of Aaron's tips to work in your yard this year.

PLACE IT RIGHT. Locate plants where they can thrive. Shade-loving plants need low-light areas while sun worshipers demand sunny spots. Read planting guidelines on the plant or seed packaging to be sure they suit your lawn and garden's light conditions.

WATER. New plantings need to be watered at least once a day, preferably in the early morning or evening, for the first week to help roots establish. Water the base of the plant at the soil, not the leaves, so the water soaks into the soil 5 to 6 inches below the surface.

BEAT WEEDS. Apply Hy-Vee Easy Weed 'n Green to beds after planting. "Just sprinkle it on top of soil under mulch," says Aaron. It controls weeds and feeds plants without harming the environment.

MULCH. A layer of mulch controls weeds and helps soil retain moisture. "Don't pile mulch around trees in a volcano-type mound," Aaron says. "Pull it away from the trunk to avoid rot."

DEADHEAD. Remove dead flowers from plants to promote flower bud formation. Trim leggy annuals in midsummer, then fertilize and enjoy a new flush of growth and bloom.

CATER TO ROSES. "Don't water roses from late afternoon on to avoid disease," Aaron says. Fertilize plants in early spring and again in early summer, after the first flush of bloom.



Park Bench:
fan design 49" \$69.99



Decorative Wood Birdhouses:
7.5", 8.25" or 10" \$12.99



Park Bench:
floral design 49" \$69.99





Roses add fragrant color along the fences around the house. 'Nearly Wild' floribunda rose unfurls blooms rich with old-fashioned charm; 'Knock Out' rose offers unstoppable flower power.

Jackson & Perkins
Patented Roses #3 \$19.98



Deco Pot Hosta Collection #3
\$20.00



Hy-Vee Garden Helpers Perennials
#1 size \$5.98



Hy-Vee Garden Helper Shrub
Collection #2 \$15.00



Beautiful Lawn & Garden

Trade a ragged lawn and tired plantings for eye-catching beauty, and you'll stage a welcome for guests that's friendly and inviting. Follow our tips to start the transformation.

WRITTEN BY JULIE MARTENS PHOTOGRAPHED BY PETE KRUMHARDT



White Metal Bike Plant Holder: 38.7" \$59.99
Also available online at www.hy-vee.com

Another perfect complement.
Garden Annual: 1 gallon \$7.99





Garden Stones: assorted phrases
9" to 13" \$9.99



Stone Shaped Pots: light brown 9.75" or
dark brown 7.75" \$6.99

Beautiful yards don't just happen—they're crafted. Help your home make a grand entrance with a beautiful blending of lawn, gardens and artistic touches. A carefully planned landscape breaks suburbia's cookie-cutter mold and lets your signature style shine. Whether you're starting from scratch or staging your own front yard makeover, you can create a landscape that looks great and adds value to your home.

GO FOR GRASS THAT'S GREENER

Without a shimmering swath of lawn for a backdrop, even the most artfully staged ornaments and beautifully blended plantings can look lackluster. To cultivate a healthy lawn that showcases your other gardening efforts, put your grass on a year-round care schedule by adopting Hy-Vee's easy-to-use lawn care products.

EARLY SPRING. Rake your lawn in early spring with a thin-tined lawn rake to remove dead grass and gather sticks tossed by winter winds. Wait for a day when the soil isn't wet and before grass starts actively growing or you risk tearing up existing grass plants.

Tackle weed control early in the season—before forsythia finish flowering—with crabgrass preventer plus fertilizer. This product prevents crabgrass seed from germinating while giving your lawn a slow-release dose of nitrogen for even greening. Use Hy-Vee's weed and feed product in early spring for warm-season grasses and in mid-spring (between March and May) for cool-season turf.

Repair bare spots in the lawn in spring, and consider over-seeding a thin lawn to cultivate a thicker stand of grass. It's easy to over-seed: Use a handheld seed spreader to disperse seed, or sprinkle it by hand throughout grass. It's always best to rake the lawn before seeding to ensure seeds come into

contact with soil. It's not necessary, but before watering you can sprinkle a light layer of compost or topsoil onto lawn areas you're over-seeding. Never apply pre-emergent herbicides to newly seeded lawns.

SPRING OR FALL. Most lawns need dethatching every other year. Double-check by excavating a few small plugs of grass, roots and soil. If the thatch layer—the layer of dead grass stems on soil underneath the green, growing part of grass—is more than a half-inch thick, it's time to dethatch. Dethatch lawns just before they begin a spurt of growth. That's early spring for warm-season turf and early fall for cool-season grasses. Rent a vertical mower for heavy thatch layers and fertilize afterward. For thin thatch layers, aerate the lawn using a machine that pulls plugs of soil from the ground. After plugs dry out, break them up by mowing over them to hasten their decomposition.

MOWER KNOW-HOW. Give your mower a tune-up. Replace the air filter, check the spark plug and change the oil. Sharpen the blade. Don't mow when the grass or soil is wet. Vary mowing patterns with every mowing to avoid compacting soil. Never remove more than one-third of total grass blade length in any cutting. Adjust mower height to achieve this. Mow in early morning or evening. Unless grass clippings are exceptionally long, allow them to lie in place and decompose. They'll provide a dose of free nitrogen to turf.

SUMMER. To repair heat and stress, feed your lawn again in late summer with Hy-Vee's slow-release nitrogen fertilizer. Raise your mower height in summer so taller grass blades can shade turf roots. Keep mower blades sharpened all summer. Use insect control products on the lawn only with confirmed problems, such as grubs, fleas or ticks.

FALL. In fall, apply winterizer fertilizer to give grass roots

a boost prior to winter cold. Instead of raking autumn leaves, chop them into tiny pieces with your mower and let them decompose on the lawn for a free shot of nitrogen. Continue mowing until temperatures tumble and grass stops growing.

MAKEOVER MAGIC

Mastering lawn care is an ongoing process, and as you tackle that, consider other ways to enhance your front yard. Survey the scene, asking a few questions. Does the entrance possess warmth? Do plantings offer color? Is there a focal point in the yard itself, or is your eye drawn directly to the house?

The surest way to transform a nondescript front yard is to create a focal point and add colorful plantings. Effective focal points feature a style and construction that complement your home's facade. An arch smothered in vines stages a grand entrance, as does a pair of planter-topped pillars on either side of an entry walk. Install a low section of fence (3 to 4 feet tall) between the house and street to form a foundation for a planting bed and to enhance front yard privacy.

Unless your house has strong, traditional lines, trade an arrow-straight entry for a curving path. Curves create pockets for planting and can be paired with architectural elements—including strongly upright plants, such as ornamental grasses—to partially screen views and evoke a sense of mystery along an entrance.

Add a small patio along the course of a path or tuck one into a front yard planting bed to provide perfect footing for a bench or a pair of Adirondack chairs. Water features offer so much visual and audio enjoyment that they're best located where you can appreciate them from inside and outside. Typically that location describes a backyard patio.

Select colorful pots, statues and pot holders to accent your planting beds, porch or patio. Focus on items that express your personality, your hobbies or a favorite vacation destination. Choose items of a sufficient scale that they won't seem lost next to the house, driveway, porch or a large planting bed. When adding artistic items to your front yard, try to compose a scene. A larger item's scale becomes even more eye-pleasing when it's placed next to a smaller object. Conversely,

a pot that's too small to stand alone can hold its own when placed next to a bench, paired with a larger pot or placed on a front step.

A simple way to spruce up your front entrance is to paint your front door and house trim in a color or colors that are enhanced by containers and inground plantings. If you include a birdhouse or pot holder in the yard, select one in a tone that complements or echoes the trim colors.

PLANTING SAVVY

Surround existing trees with simple planting beds created using some type of edging and a shallow base (2-4 inches) of soil. Avoid circular beds; instead use oblong or other interesting shapes. Curving edges on planting beds add depth and interest to views. Make sure curves easily accommodate your mower—test drive them before breaking ground.

If trees are located near one another, eliminate the chore of mowing around them by planting a bed to fill the space under the trees. Plant it with a mix of ground covers and shrubs, adding annuals for a colorful punch.

When adding plants to a bed, repeat plants and colors along the length of the bed to unify the planting visually. Swap traditional evergreen shrubs for a blend of plants that offer greater year-round interest: deciduous and evergreen shrubs, ornamental grasses, perennials, bulbs and annuals.

Use annuals to splash color into front yard scenery. Tuck them into beds or containers. Lift color to new heights with hanging baskets dangling from trees, arbors or porches, or place a pot of annuals on a pedestal in the middle of a planting bed.

1. Miracle-Gro Garden Soil Flowers & Veggies: 1 cu. ft. **\$3.98**
2. Miracle-Gro Garden Soil Trees & Shrubs: 1 cu. ft. **\$3.98**
3. Bond-Easy Grip Tools: selected varieties 1 ct. **\$1.99**
4. Beautiful Foliage Hanging Basket 8" container assorted ivy or pothos: 8" container **\$20.00**
5. Round Deck Planters **\$7.99**
6. Sun Catchers: selected varieties 7" or 8" **\$14.99**
7. Shepherd Hook: 61" assorted colors **\$19.99**

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Metal Tinplate Boy or Girl with Accent Container: 20" or 23" \$29.99

Also available online at www.hy-vee.com

Garden Stones: various phrases 9" to 13" \$9.99



Hy-Vee Plant Starter 40 oz.
\$5.99

PLANTING 101: READY, SET, GROW!

You don't need a green thumb to give your gardening efforts a boost. Just dig into a little planting know-how—because what you do at planting time can make or break the life of a plant. Whether you're an old hand at gardening or a novice, brush up on your planting fundamentals with Troy Lee, *above*, director of lawn & garden procurement, Florist Distributing, Inc. (a Hy-Vee company). Troy has 10 years of experience in a commercial garden center setting, coupled with a lifetime of gardening. His advice may be just what you need to create a beautiful, healthy lawn and garden.

CHOOSE HEALTHY PLANTS. “Look at all the plants in a display,” Troy says. “Are they wilting? Do you see insects or fungus? Are roots coming out the bottom of the pot?” Those things signal unhealthy plants—ones you don't want to buy. If soil is hard, that shows a lack of watering or a poor soil mix. “Look for plants in bud and bloom,” Troy adds. “Shop where there's a professional to help you and where you'll find quality products, such as your Hy-Vee Lawn & Garden Center.”

PREPLANTING CARE. “Don't let plants be stressed prior to planting. Keep them well-watered,” Troy says. “Make sure you handle plants correctly. Pick up plants by the container, not by the stalk.”

DIG IN. Before planting, prepare soil by digging a hole for shrubs, trees or perennials, or by tilling or loosening soil for annuals. For trees and shrubs, dig a hole twice as deep and wide as the pot. Amend soil by mixing in rich topsoil or organic matter—in the planting hole and in backfill (soil you removed from the hole). “If you live in a new housing development where the topsoil has been removed, amend the soil for everything you plant,” Troy says. “Amending improves drainage, soil fertility and the amount of oxygen reaching plant roots. All of these improve plant growth.”

If perennial and annual roots form a white mass, loosen it prior to planting by grabbing it with your thumb and forefinger and gently pulling it apart. If plants lack a mass of roots, skip this step. Use a box cutter to slice through shrub or tree roots circling inside the bottom of the pot. “Don't cut deeply into the root-ball—just slice ½- to ¼-inch

into roots at a few points around the rootball,” Troy says.

With shrubs and trees, the most important factor in planting is depth. Position the plant at the same depth it was planted in the pot. “The most consistent error in planting trees and shrubs is planting too deeply,” Troy says. “This can cause problems and may kill the plant.” Fill in around the tree or shrub with soil, tamp it with your hands or feet, and water thoroughly.

For annuals, place plants even with or slightly below ground level. Fill around with soil, tamp with your hands and water thoroughly.

WATERING. After planting, water plants with Hy-Vee Plant Starter, a fertilizer that reduces transplant shock and stimulates root growth to help plants establish. “In the first year of growth for shrubs or perennials, use Plant Starter twice a month during the growing season,” Troy says. For annuals, use Plant Starter at planting and for the following month, then switch to a bloom booster fertilizer.

“In general, it's better to water less often, deeper and longer than to water a little every day,” Troy says. “Less frequent watering encourages deeper roots, which allows the plant to care for itself during stressful times.” To determine when to water a tree, check the mulch. “If the top of the mulch is dry, pull it back 2 to 3 inches. If it's moist inside, don't water,” Troy says.

Another way he suggests to see if a tree needs water is to push a piece of bamboo or a wooden dowel into the soil near a newly planted tree, sinking it into the soil so it's as deep as the bottom of the tree roots at planting time. When you think it's time to water, remove the stick and examine the end of it. If it's damp, don't water.

WEEDS. A layer of mulch helps prevent weeds. Use Hy-Vee's Easy Weeder underneath mulch to establish a barrier against weeds.

MULCH. “Make sure plants are mulched,” Troy says. “A 2- to 4-inch layer prevents water loss and keeps temperatures consistent around plant roots. Organic mulch, like bark, shrinks 1 to 2 inches per year.” Refresh organic mulch layers annually, adding fresh material atop previous layers to bring the total to 2 inches.

HY-VEE LAWN & GARDEN HELPERS

Celebrate spring's beautiful days in a yard that's groomed for good looks. Hy-Vee has all the right products to make your outdoor spaces green and comfortable, the perfect spot for relaxing weekends at home with family and friends.

LAWN. A lush lawn unfurls an ideal backdrop for life in the Great Outdoors. Whether you're playing a game of touch football with the kids, honoring a graduate or savoring the first picnic of the season, grass sets the stage for fun. Keep your lawn looking its best with Hy-Vee's specialty lawn products and fertilizer. The step-by-step program takes the guesswork out of tending thick and healthy turf. Each step product is designed for a specific seasonal application, from early spring to fall, and each offers technologies that surpass the leading national lawn care brand. Hy-Vee's lawn fertilizer products feature sulfur coatings, which produce a continuous greening effect over 60 to 90 days. They also contain iron and sulfur, nutrients typically lacking in Midwestern soils.

Defeat weeds with Hy-Vee's Lawn Weeder, which kills broadleaf weeds without harming grass. It's the perfect weapon against dandelions, broadleaf plantain or poison ivy, killing roots and all. To wipe out all green vegetation, grab Hy-Vee's Grass & Weed Killer.

GO ORGANIC. Garden a little greener with organic fertilizer sold under the brand Cockadoodle Doo. The chicken manure-based fertilizer is low in phosphates, making it safe for use near lakes and streams. Cockadoodle Doo is also safe for pets and kids to be on lawns immediately after application.

INSECTS. Keep bugs at bay at outdoor gatherings and in gardens with one of Hy-Vee's insect control products. Home & Garden Insect Control is safe on edibles and houseplants and kills more than 100 different pests on contact and by residues—including fleas, ticks and mosquitoes. Home Insect Control also works indoors and out, offering control that lasts four months. It isn't safe for edibles, but is labeled for boxelder bugs and Asian lady beetles.



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 - Crabgrass Preventer plus Lawn Food 17 lb. (covers up to 6,000 sq. ft.)
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- Cockadoodle Doo Super Premium Organic Fertilizer 20 lb. **\$17.99**
- Easy Weed-N-Green 6.25 lb. **\$8.96**
Easy Weeder with Treflan 5 lb. **\$8.96**
- Hy-Vee Home & Garden Insect Control 32 oz. **\$4.97**
Hy-Vee Grass & Weed Killer 32 oz. **\$4.29**
Hy-Vee Lawn Weeder 32 oz. **\$4.88**
- Hy-Vee Home Insect Control 1 gal. **\$12.98**
Hy-Vee Home Insect Control 32 oz. **\$5.88**
- Hy-Vee Crabgrass Preventer plus Lawn Food (covers up to 6,000 sq. ft.) 17 lb. **\$13.48**

\$40.00 for the program



Happy Days

After a long winter, these fun ideas will get your family off the couch and into the warmth and beauty of a brand new spring.

WRITTEN BY MELODY WARNICK
PHOTOGRAPHED BY TOBIN BENNETT



DISNEY® GARDENING—A HY-VEE EXCLUSIVE

Look for fun gardening tools featuring lovable Disney® characters at Hy-Vee! Select from several varieties of Disney® Learn and Grow Garden Plants, sold exclusively at Hy-Vee beginning in May. The tools and plants will start your child on the right track to gardening fun. The colorful plant packaging, *opposite*, makes these pretty blooms the perfect gift for May Day, too!

You've been holed up inside for months, fighting off colds, subzero weather and probably a major case of cabin fever. But now with the first signs of spring visible, you and your kids are itching to shed the snow gear and enjoy the sunshine. These creative activities and our fresh crop of Disney® tools and plants will help make the season bloom.

BLOW MONSTER BUBBLES. Mix a small bottle of dishwashing soap with a gallon of water, then dip in a jumbo bubble wand (make one by bending a wire hanger into a loop). Lift the wand out slowly and walk backward to let loose a gigantic bubble. For even bigger bubbles, pick up a bottle of glycerin at the Hy-Vee Pharmacy and add 2 or 3 tablespoons to the soap-and-water concoction.

GIVE MAY DAY BASKETS. To celebrate this timeless tradition with your kids, make simple, inexpensive baskets from construction or scrapbook paper and fill the basket with tiny toys and treats from Hy-Vee. Or give an extra-special May basket—a Disney® Learn and Grow Garden Plant, sold exclusively at Hy-Vee beginning in May.

GROW A GARDEN. Nothing says spring like watching plants burst into life, so jump-start a small garden by helping your kids plant seedlings in empty eggshells. The next time you make scrambled eggs, wash the broken shells with dishwashing soap. When the shells are dry, have your kids place them back into the egg carton, fill them with potting soil and press a seed into each one. "Grass seed is fun to grow because it sprouts in a few days," says Jane Wilson, director of programming at Wonderscope, a children's museum in Shawnee, Kansas. Or try a mix of edible and nonedible plants in kid-friendly (easy-to-grow) varieties, such as beans and morning glories, or basil and sunflowers.

As the plants outgrow their egg carton homes, your child can use Disney® gardening tools—watering can, spade, fork, gloves—to transplant the seedlings to larger pots. Or, for a simple way to help your child cultivate an array of beautiful flowers, pick up a Disney® Learn and Grow Garden Plant, sold exclusively at Hy-Vee. Your child will be amazed when, after a little tender loving care, the box explodes with a fragrant collection of brightly-colored blooms.

AVAILABLE MAY 2008



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1. Fisher Price ESPN Super Sound Soccer Goal **\$24.99**
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6. Fisher Price Trikes: Dora, Diego, Barbie and others. 1 ct. **\$24.99**
7. Disney® Kids' Pooh Gardening Set: rake, shovel, gloves, and watering can **\$14.99**

GREAT ESCAPES

WRITTEN BY JILANN SEVERSON PHOTOGRAPHED BY PETE KRUMHARDT

Mocha Wicker Sofa, Chairs & Table Set:
1 table, 2 chairs and 1 two seater-sofa
\$379.99

Also available online at www.hy-vee.com

Enjoy lazy summer days and warm summer nights outdoors in spaces designed for dining, conversing or just soaking up the sun. Use outdoor furniture and accessories from Hy-Vee to create open-air rooms that beckon you to slow down and sit a spell.

To quote the classic George Gershwin song, it's "summertime and the livin' is easy." Give that casual breezy time a touch of luxury with comfortable outdoor furniture. It's simple to expand your living area beyond the walls of your home and create specific outdoor rooms with their own flavor and charm. Use the same principles to arrange your outdoor furniture as you do when decorating indoors.

CONVERSATION CORNER

Set aside a spot to regale the tales of the day or catch up with friends. Just as you'd arrange a sofa and chairs for conversation in your living room, you can use the same scheme outdoors. Start with a coffee table for the anchor piece. It will hold beverages and munchies, and serve as the centerpiece to gather a love seat and chairs around. For areas where you want people to linger, look for comfortable furniture. Styles with arms and medium-to-high backs are generally most comfy for long periods of sitting. Add interest to the setting with a centerpiece on the coffee table. Consider washed fresh fruits that people can pick up and eat, or a bouquet of garden flowers or a potted plant from your Hy-Vee Floral Department.

SOLO SEATING

A few minutes of solitude can help you recharge for the rest of the day. Indoors, you may find a little nook in which to place a chair and ottoman, recliner or chaise so you can relax in comfort. Do the same outdoors. Look for a spot in the yard that has a similar feel—somewhere along the edge of the flower garden, under a shade tree, or any cozy spot away from normal backyard traffic. Place a sling chair or other seat with a welcoming feel in that spot, then sit down and relax

COUPLE TIME

One-on-one time often gets lost in the hustle and bustle of summer activities. Create a spot that beckons you and a loved one to spend a little time reconnecting. Whether it's your spouse, your child or a close friend, relaxing together is bound to initiate good conversation. Look for love seat-size benches with a wrap-around style or cushioned A-frame swings that make you want to stay longer. Finding this type of furniture is simple—just get online and go to www.hy-vee.com.



Fountain Garden with 4 LED Lights: 33.5" \$139.99





Regatta Cushion Stacking Set:
5-piece set, 1 glass table and 4 chairs
\$219.99
Also available online at www.hy-vee.com



Mosaic Table and Chairs: 3-piece set,
1 table and 2 chairs \$88.99
Also available online at www.hy-vee.com

SERVE IN STYLE

Having beverages and snacks all in one place makes serving simple. Bar-height tables with matching side tables or carts provide an easy place to grab goodies when guests are on the go. Add some bar-height stools for guests who would rather linger in one spot than wander the yard.

FORMAL DINING

Outdoor dining is more than picnic-style today. Formal meals are claiming their place in the yard for European-style dining alfresco. Select a spot that is quiet and, if possible, has an even surface such as a patio or deck. Just like your indoor dining set, outdoor furniture with delicate lines generally has a more formal feel. The dining area, *page 21*, has that dressed-up attitude. The chairs are dual-purpose. Because they recline, they can be moved elsewhere for after-dinner conversation.

CASUAL REPASTS

Plush patterned cushions and sturdier lines give a dining set the casual feel of kitchen-style eating. Like your eat-in kitchen dining set, these easygoing styles often have slightly smaller tables. For everyday meals, place the furniture close to the back door or outdoor cooking area so it's easy to serve up dinner any night of the week.

DINNER FOR TWO

For an intimate tête-à-tête or somewhere to escape for an early morning cup of coffee, choose a small table and chair duo such as the bistro set, *left*. Their fold-up style lets you move them wherever you want, allowing for an on-the-spot supper for two. Think of it as your outdoor dining nook.

TAKE CARE

When buying outdoor furniture, read the labels and watch for key words such as “weather-resistant” and “sun-resistant.” If you have any questions about durability and care, ask the friendly folks at your Hy-Vee Garden Center for more information. Be sure to take the furniture for a test drive by sitting on it to see how comfortable and sturdy it is. If your space is limited, take a tape measure with you when you shop.

Once the furniture is home, protect it from the elements by bringing cushions inside when severe weather threatens. In many climates, furniture will need to be covered or brought indoors during the winter as well.

Entertainment Bar Set: 4 sling bar chairs &
1 bar table with shelves \$299.99
Also available online at www.hy-vee.com



Hy-Vee Garden Centers offer
outdoor furniture and
accessories to make your yard
a beautiful vacation retreat just in
time for summer fun.





Mambo Dining Set: 10 piece set, 6 adjustable sling chairs, 2 steel sling ottomans, 1 steel 16×16" side table, 60×36" steel boat shape glass top table \$369.99
Also available online at www.hy-vee.com

Plastic Rattan Sofa 4 piece Set: table, 2
chairs and two seat bench \$259.89
Outdoor Rugs: selected styles 5x8' \$59.99





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Add character and old-world charm with iron, stone, pottery or woven pieces.

1. Metal Wire Trellis: 60" **\$9.99**
2. Kids Metal Table and Chairs: 3 piece set
1 round table and 2 chairs **\$59.99**
Also available online at www.hy-vee.com
3. Metal Oil Lamp with Stand: 26" **\$25.99**
4. Sphere Fountain With LED Light: 28" **\$119.99**
Also available online at www.hy-vee.com
5. Cone Metal and Coco Planter: 16" **\$15.99**
6. Maize Planter with Stand: 29" **\$18.88**
7. Tub Fire Pit: 30" diameter **\$69.99**
Also available online at www.hy-vee.com
8. Tinplate Bird Bath: 19" **\$39.99**
Also available online at www.hy-vee.com



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Style Made Simple

WRITTEN BY REBECCA KUZNIAR HOSCHEK PHOTOGRAPHED BY KING AU AND TOBIN BENNETT

Kane Tumblers or Wine Glasses, Flip Flop Towel 2/\$5.00

Kane Dinner Plate 2/\$5.00

Kane Salad Plate or Small Bowl 2/\$4.00

Kane Acrylic Flatware 12 pc. \$6.99

Kane Blue & Green Striped Kitchen Towel 2 pk. \$2.99

Splashes of bright summer color on the dinner table create a dramatic and cheery effect. Practical materials make this dinnerware easy care and low stress.

Hosting a beautiful alfresco dinner is simple with the help of durable outdoor dishes that take the worry out of using breakable dinnerware outside. These dishes are not only lightweight, easy to transport and easy to clean, but they're affordable—giving you the flexibility to mix and match styles and color schemes.

CHOOSING HUES

Summertime is a natural fit for color palettes that transform an everyday table into a special one. Blue and turquoise shades create a connection with the cool colors of water found in swimming pools, lakes and oceans. They arouse visions of tropical beaches and open skies. Blue is the perfect partner for a variety of accent colors. Natural hues—whites, creams, light yellows and beiges—create a classy summer palette that feels streamlined and upscale. The natural table setting can be jazzed up with containers of sand strewn with seashells and starfish. Red, coral and pink tones are also nice for summer, adding warmth and excitement.

THEMES OF SUMMER

Determining the overall look of your outdoor dining experience is easy if you first select a theme. Some good summer themes might include the beach, gardening, fishing, ocean life, camping or wildflowers—all offering additional creative ideas for table settings.

Some more tips for inspiring summer tabletops:

- Place themed napkins and dinner utensils in a picnic basket, flowerpot or sand pail.
- Add slices of citrus fruits (lemons, limes, oranges) to drinking glasses and entrées for a fresh summer kick.



Kane Acrylic Flatware 12 pc. **\$6.99**

Kane Paper Napkins 20 ct. or Placemat 1 ct. **5/\$10.00**

- Nestle garden blooms into a watering can for a natural centerpiece.
- Toss a fun colorful or printed tablecloth on your table for a clean, attractive surface.
- Use fresh fruits or vegetables as paperweights to hold down napkins and plates.
- Sprinkle fresh flower petals across the tabletop.

Fresh Designs for Summer



Kane Large Serving Bowl or Blue Pitcher \$6.99

Kane Flip Flop Round Platter \$3.99

Kane Paper Napkins 20 ct. or Placemat 5/\$10.00

Kane Tumblers or Wine Glasses, Kitchen Towel 2/\$5.00



Fresh at 5 or It's Free

Make any meal a special event with delicious Savory Roasted Rotisserie Chicken from the Hy-Vee Kitchen—guaranteed fresh and ready between 5 p.m. and 7 p.m. or your next chicken is free!

Carefully prepared and roasted to be tender and succulent, Hy-Vee All Natural chickens are the perfect main course for one or many. "Our Savory Roasted Rotisserie Chicken has quickly become one of our more popular items," says Greg Frampton, assistant vice president, Hy-Vee Food Service. "Customers tell us that leftovers are never a problem. They often buy an extra just to use in recipes such as enchiladas and chicken salads," says Greg. Hot-and-ready roasted chickens offer a variety of home-cooked meal options that promise good flavor and health benefits.

"Our chickens are slow-roasting and have less fat than other entrées—which make them an increasingly popular choice," Greg says. Because Savory Roasted Rotisserie Chicken is a proven customer favorite, the Hy-Vee staff makes sure to have them ready for dinner every night of the week. "We want our customers to know they'll be hot and ready to pick up every day from 5 p.m. to 7 p.m.," he says.

Fresh roasted chickens make last-minute suppers and special events easy. Add other quick-to-prepare foods to complete the meal. If the Hy-Vee Kitchen runs out, you get your next rotisserie chicken free, or you can take eight pieces of Hy-Vee Crisp and Tender Chicken home instead, at no charge.



1. Our Original Savory Roast Rotisserie Chicken **\$5.99**
2. Kitchen Fresh Bacon Ranch Salad **\$3.99 lb.**
3. Kitchen Fresh Tomato Roughy **\$3.99 lb.**

New Ciabatta Sandwiches

Our new ciabatta sandwiches make for a hearty handful of authentic goodness! You'll find creative combinations of DI LUSSO® deli meats and cheeses, plus fresh veggies and exciting sauces, on all our ciabattas. You'll love our fresh ciabatta bread too—it's light, soft and sure to become a new favorite.

Now available exclusively at Hy-Vee.

Try our other new ciabatta sandwiches such as the Sonoma Turkey and Mad Greek Ciabatta!



EXCLUSIVELY AT HY-VEE



Vera Cruz Chicken Ciabatta

A delightful medley of flavors: fajita chicken strips, crumbled feta cheese, roasted red pepper strips, red onion slices, baby greens, olive oil and our creamy pesto topping, all on a soft ciabatta bun.



Matt Heldenbrand, Hy-Vee store manager in Ottumwa, Iowa, toasts his wife Elizabeth as they prepare for an outdoor dinner with their children, 5-year-old twins Emma and Claire, *opposite*, and 18-month-old Andrew, *page 32*.



Hot Off the Grill

Can't take the heat? Get out of the kitchen and head to the backyard for cool summer cooking.

WRITTEN BY KATHY ROTH EASTMAN PHOTOGRAPHED BY KING AU AND TOBIN BENNETT

"There's something about cooking and eating outdoors that just can't be beat." This comment from Matt Heldenbrand, Hy-Vee store manager in Ottumwa, Iowa, is seconded by his wife Elizabeth. "And of course, with little kids, eating outside means that crumbs and spills stay outdoors," she adds. Matt works long hours, but when he gets home, he joins his family outdoors and turns on the grill.

The Heldenbrand family isn't alone in moving dinner outdoors. According to the National Pork Board, 59 percent of Americans use their grills at least once a week. Hy-Vee meat managers Don Uecker (Cedar Rapids, Iowa) and Darren Whitmore (West Des Moines, Iowa) agree that consumers fire up their grills when the weather warms, and they (as well as the professionals at your local Hy-Vee) have suggestions for easy-grill meals.

"Folks are looking for lean cuts that grill well," says Darren. He recommends beef or pork cuts from the rib or loin (sirloin, New York strip steak, thick-cut pork chops). Chicken and turkey are also good options. Marinated chicken breasts (Italian, Mesquite, Tomato Basil and more) are popular; bacon-wrapped turkey and chicken grillers are easy prep too.

When it comes to grilling seafood, salmon is by far the best seller, says Don. He also suggests thick, meaty swordfish, marlin and shark steaks, and scallop or shrimp kabobs.

TECHNIQUE MATTERS

"When you have a beautiful cut of meat, you don't want to ruin it by overcooking," says Don. Both meat managers recommend using a meat thermometer to ensure your entrée is cooked correctly.

While the amount of time it takes to grill varies by the outdoor temperature, how hot your coals are, whether you are using direct (right over the coals or gas) or indirect (away from the coals or gas) methods and how thick the meat is, you can't go wrong by cooking to the correct temperature. Take meats off the grill when the thermometer registers about 5° less than suggested. Letting meat rest for 5 to 10 minutes before serving allows it to reach perfection.

Pork. Grilling aficionados have discovered this secret about keeping pork juicy: Keep a slight blush of pink in the center. Pork is ready to serve at 160°F, says Carma Rogers with the National Pork Board.



Beef. Nancy Degner, with the Iowa Beef Industry Council, recommends serving hamburgers with a center temperature of 160°F, while steaks are ready between 145°F (medium-rare) to 170° (well done).

Poultry. Poultry temps vary, but always serve it well done: 160°F for boneless chicken, 165°F for turkey burgers, 170°F for turkey tenderloins and cutlets, 170°F for bone-in chicken parts and 180°F for drumsticks and thighs.

Fish. Seafood is a bit trickier because it dries out so quickly; go for an internal temperature of 140°F. “Watch seafood carefully so you don’t end up with chewy ‘Styrofoam’ shrimp or scallops,” Don says. “Fish is done as soon as it starts to flake. Look for the characteristic pink color in shrimp, and scallops turn from opaque to white when done.”

DRESS IT UP

Juicy steaks, chops and burgers are the quintessential backyard grilling choices and for good reason: They are tasty and easy to grill. While a good cut of meat, poultry or fish

doesn’t need extra flavor, add variety and interest with an accompaniment or two in your grilling repertoire.

Marinades. Add tastes of the Southwest, Caribbean or the Orient. Marinades help tenderize meat and are typically a mixture of acid (vinegar or fruit juice), oil (olive oil or Italian dressing) and spices. Always marinate in the refrigerator; follow your recipe with regard to time (from 30 minutes to overnight). For safety, discard marinade leftovers.

Rubs. A blend of bold seasonings can add flavor without fat. Purchase one ready-made off the Hy-Vee shelves or mix your own. Rub into the meat right before grilling or up to several hours in advance; refrigerate until cooking.

Sauces. Try homemade or bottled mixtures such as teriyaki and barbeque; brush on during the last few minutes of cooking to avoid burning.

Toppings. Flavor after cooking with a fruit salsa or a tangy fresh veggie relish. Or whip up a seasoned butter. Nancy’s favorite steak topper is a dab of Blue Cheese Butter, made with equal parts butter and blue cheese crumbles and a few chopped fresh chives.

UPGRADE YOUR GRILL

1. Black & Stainless Steel Gas Grill PS 6418: 822 sq. inch cooking surface, 60K BTU total cooking burners **\$349.99**
Also available online at www.hy-vee.com
2. Stainless Steel Gas Grill PS 6345: 620 sq. inch cooking surface, 45K BTU total cooking burners **\$199.99**
Also available online at www.hy-vee.com
3. Adjustable Cart Grill: 20"×20" **\$99.99**
Also available online at www.hy-vee.com
4. Stainless Steel Grill Tool Set: 3 pc. spatula, fork and tongs **\$5.99**



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GRATE GO-ALONGS

Why bother to cook indoors at all? "Grill mushrooms and onions right alongside your meat," suggests Don. He recommends picking up grillable side dishes at Hy-Vee. "Wrap our twice-baked potatoes or garlic bread in foil and set them on the cooler side of the grill. You won't have to heat your oven."

Thread veggies on skewers for easy turning, or steam them in foil packets. Add a touch of oil or butter and seasoning, or a few tablespoons of dressing or marinade. Larger veggie chunks (peppers, onions, asparagus) can be grilled directly on the grate.

FOR MORE GRILLING TIPS AND RECIPES:

- **Various food.** www.hy-veehealth.com
- **Pork.** www.theotherwhitemeat.com
- **Beef.** www.beefitswhatsfordinner.com
- **Turkey.** www.eatturkey.com
- **Chicken.** www.eatchicken.com
- **Seafood.** <http://virtual.clemson.edu/groups/eatwell/pdf/Seafood.pdf>

1. Elite Essentials Digital Chef's Thermometer: 1 ct. **\$9.99**
2. Scripto Wind Resistant Utility Lighter: 1 ct. **\$4.44**
3. Elite Essentials Stainless Steel BBQ Tools: selected varieties 1 ct. **\$6.99**
4. Cool Fusion Roller Cooler **\$59.99**
5. Bar Keepers Friend Cleaner & Polish: 12 oz. **\$1.48**
6. Weber Grilling Cookbooks by Jamie Purviance: Weber Charcoal Grilling **\$14.96**
Weber Sunset Grill **\$16.49**, or
Weber Real Grilling **\$18.75**
7. Hy-Vee Charcoal: 18 lb. **\$4.99**
8. Hy-Vee Designer Paper Plates: selected varieties 24 to 60 ct. **2/\$4.00**

Orange Chicken with Mango Peach Salsa

SERVES 4

ALL YOU NEED:

4 boneless, skinless chicken breasts
½ cup plus 2 tablespoons Hy-Vee orange juice, divided
2 tablespoons Grand Selections olive oil
½ teaspoon Hy-Vee dried rosemary
1 Hy-Vee bay leaf

3 medium peaches, peeled, pitted and chopped
1 mango, peeled, pitted and chopped
½ cup chopped red bell pepper
2 green onions, finely chopped
1 tablespoon snipped fresh cilantro

ALL YOU DO:

Combine chicken breasts, ½ cup orange juice, olive oil, rosemary and bay leaf in resealable plastic bag. Toss gently to coat. Refrigerate 1 hour or up to 8 hours to marinate. Meanwhile, in a small bowl, make salsa by combining peaches, mango, red bell pepper, green onion, remaining 2 tablespoons orange juice and cilantro. Cover and chill salsa until serving time or up to 24 hours. Preheat grill. Remove chicken breasts from marinade. Discard marinade. Grill chicken breasts, turning once, about 20 minutes or until internal temperature reaches 160°F. Serve grilled chicken topped with salsa.

Nutrition facts per serving: 170 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 500 mg sodium, 2 g carbohydrates. Daily nutritional values: 2% vitamin A, 6% vitamin C, 4% iron.

Country Pride Boneless Skinless Chicken Breasts:
individually quick frozen 2.5 lb. **\$5.88**





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Hy-Vee Signature Service Meats

1. Our Famous Chicken Grillers: selected varieties 10 oz. **2/\$7.00**
2. Gourmet Steakhouse Burgers: selected varieties 6 oz. **3/\$5.00**
3. Grill Ready Chicken Kabobs: 10 oz. **2/\$6.00**
4. Hy-Vee Fresh Bratwurst or Italian Sausage 3.75 oz. **5/\$4.00**



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Grilled Pork Loin Marinade

ALL YOU NEED:

½ cup cooking oil
½ cup chopped onion
½ cup tomato juice
¼ cup lemon juice
1 teaspoon thyme
1 clove garlic, minced

¼ cup parsley
1 teaspoon salt
1 teaspoon marjoram
½ teaspoon pepper
2 to 3 pounds boneless pork rib roast

ALL YOU DO:

To make marinade, mix together oil, onion, tomato juice, lemon juice, thyme, garlic, parsley, salt, marjoram and pepper. Pierce pork roast with a fork. Place roast in a plastic bag. Pour marinade ingredients over roast. Close bag. Marinate roast in the bag for 4 to 6 hours, or overnight. Turn bag occasionally. Heat both sides of gas grill on high. Turn to low temperature after placing roast on the top rack of the grill. Turn the meat after 30 minutes. Turn off the burner that the roast is not directly over. Cook on grill for another 1 to 1½ hours, or until meat thermometer reads 160°.

Nutrition facts per serving: 240 calories, 20 g carbohydrates, 75 mg cholesterol, 3 g dietary fiber, 5 g fat, 29 g protein, 1 g saturated fat, 60 mg sodium, 11 g sugar. Daily nutritional values: 25% vitamin A, 100% vitamin C, 2% calcium, 6% iron.

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Hormel Always Tender® Marinated Pork Loin Fillets:
selected varieties 1.7 lb. **\$7.99**

1. A.1. Steak Sauce:
selected varieties
10 oz. **2/\$6.00**
2. Famous Dave's BBQ
Sauce: selected
varieties 19 or 20
oz. **\$2.27**
3. McCormick Grill
Mates Spices:
selected varieties 2.5 to 3.4 oz.
\$1.17
4. Lawry's Marinades:
selected varieties
12 oz. **2/\$4.00**
5. Johnsonville
Bratwurst or
Italian Sausage:
selected varieties
19.7 oz. **\$3.77**



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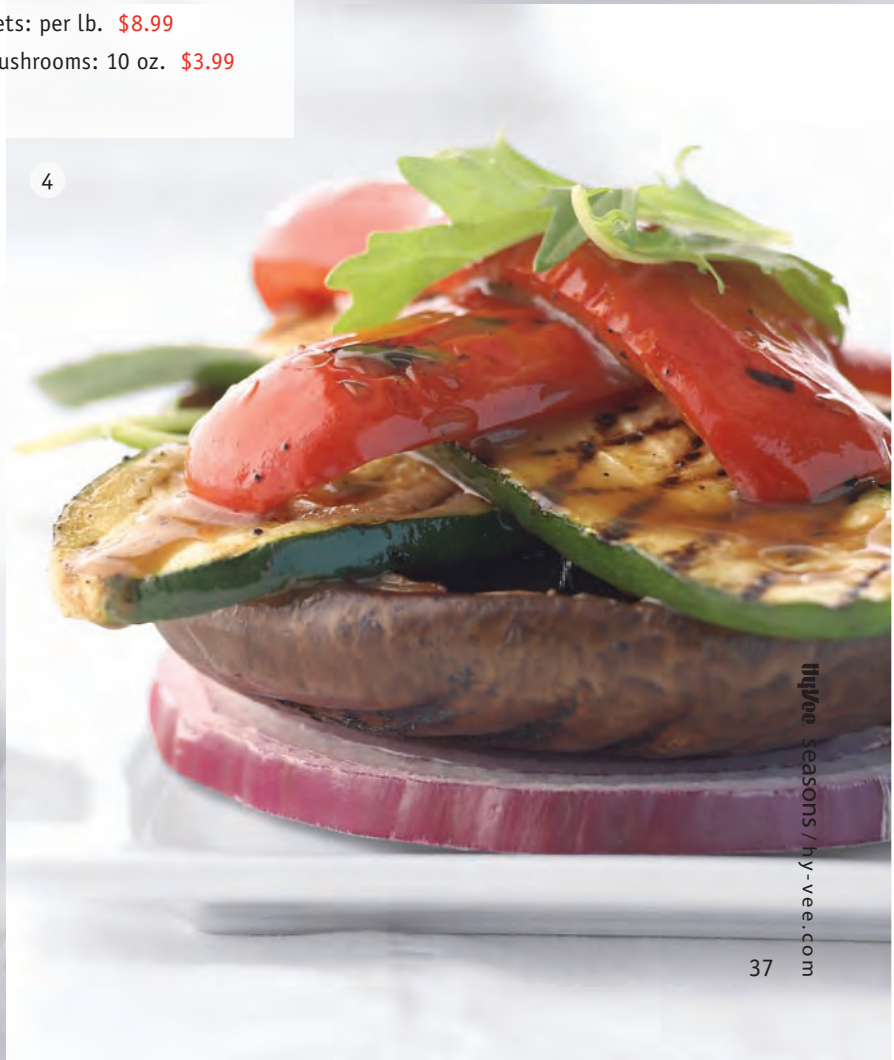


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1. Ahi Tuna Steaks: previously frozen per lb. **\$8.99**
2. Hormel Always Tender® Fresh Butterfly Pork Loin Chops: 8 oz. **2/\$4.00**
3. Fresh Mahi Mahi Fillets: per lb. **\$8.99**
4. Hy-Vee Portabella Mushrooms: 10 oz. **\$3.99**



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Scallop Kabobs

SERVES 4

ALL YOU NEED:

Four 10-inch skewers

16 sea scallops

1 cup mushrooms, sliced in half

1 cup cherry tomatoes

1 cup yellow pepper, cut into 1-inch squares

1 cup zucchini, sliced into ½-inch wide coins

4 tablespoons melted butter

1½ teaspoon Spice Islands rosemary, crushed

1 teaspoon Spice Islands paprika

2 teaspoons Spice Islands garlic powder

¼ tablespoon salt

ALL YOU DO:

Skewer scallops and vegetables alternately. Melt butter in a small bowl. Stir in rosemary, paprika, garlic powder and salt. Baste skewers with some of the butter mixture. Grill over medium heat for 10 to 15 minutes, or until scallops are opaque in the center, basting often. Serve kabobs on a bed of rice.

Nutrition facts per serving: 190 calories, 8 g carbohydrates, 50 mg cholesterol, 2 g dietary fiber, 12 g fat, 12 g protein, 7 g saturated fat, 540 mg sodium, 3 g sugar. Daily nutritional values: 25% vitamin A, 130% vitamin C, 4% calcium, 6% iron.

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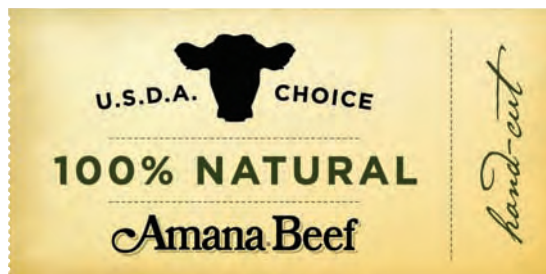


1. Red Bone Alley Aioli Seafood Sauce: selected varieties 10 oz. **\$3.69**
2. McCormick Grinders: selected varieties .77 to 2.12 oz. **2/\$3.00**
3. Mazola Pure Oil Sprays: olive oil, canola oil or natural butter flavor 5 or 6 oz. **\$2.48**
4. Melissa's Dutch Yellow Potatoes: 1.5 lb. **\$3.88**
5. Gourmet Crab Stuffed Mushrooms: per lb. **\$4.99**

USDC Lot Inspected Fresh Sea Scallops: per lb. **\$9.98**

Amana Beef. EXCLUSIVELY at your Hy-Vee full-service Meat Department!

Amana quality beef is USDA choice and 100% natural.
So you can be assured you're getting the best for your family.



- Guaranteed tender
- Cut to your liking
- Grilling advice available
- Special orders welcome

WE'LL HELP YOU PICK THE RIGHT CUT!



Amana® Beef is USDA Choice meat, raised in the upper Midwest.
It's an all-natural product with no additives and no processing.

Graduation

WRITTEN BY JENNIFER RUISCH PHOTOGRAPHED BY PETE KRUMHARDT



Graduates work hard to earn their diplomas, but that doesn't mean you have to work hard to honor their success. Take advantage of the party-planning experts at Hy-Vee and you'll be amazed at how quickly you become a guest at your own party.

Honors





After the last essay is written and the last textbook closed, after the final note of “Pomp and Circumstance” has played and the tassels have all been turned, it’s finally time to kick back and relax as you celebrate your graduate’s big accomplishment. Or is it?

For many busy parents, commencement festivities are anything but relaxing. Open houses and parties bring with them an unnecessary amount of stress. Creating a spread to satisfy all tastes isn’t easy; nor is striking the right balance of décor with a design that blends the standard cap-and-gown concept with a motif that showcases your unique grad. That’s why the Hy-Vee staff stands ready to assist you with every facet of your big event—from decorations to desserts. You can trust the largest caterer in the Upper Midwest to organize a spread of food so stunning that you may actually be the most impressed party guest of all.

MAKE IT ORIGINAL

Consider a theme for your graduation party. Is your daughter into soccer? Does your son play guitar? Your child’s special passion or interest might ignite a creative reception concept that includes ideas for food, color scheme and centerpieces. Just tell the Hy-Vee staff what your graduate loves and they’ll go to work. Does your daughter crave sushi? Let Hy-Vee’s sushi and sashimi platters tempt her taste buds and offer guests an eye-catching table presentation. Is your son partial to Mexican food? Hy-Vee can cater chips and salsa alongside mini tacos.

OR STICK WITH THE BASICS

Hy-Vee also offers a range of delicious bite-size treats for those who prefer more traditional fare. Fruits, vegetables, cheeses, meats, hot wings and finger sandwiches are perfectly arranged on trays and available for pick up at your convenience. Beverages and desserts are ready to go as well. (Who can resist a piece of caramel-drizzled turtle cheesecake?) Or let the Hy-Vee Bakery decorate a cake with your student’s picture and school colors.

Skilled florists in the Hy-Vee Floral Department can create ideal arrangements to match preexisting party elements. A few fresh blooms will add beauty to the setting and make your gathering complete.

FIND THE PERFECT GIFT

Just because you may not be hosting your own bash this year doesn’t mean you’re exempt from the graduation scene. Chances are you have a list of open houses to attend, which means you have a list of presents to purchase. Hy-Vee’s huge assortment of gift cards makes the store a one-stop shop for all your cards and gifts. Graduates will recognize your thoughtfulness when they receive a gift card for Hy-Vee, iTunes, Best Buy or Blockbuster.









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1. " #1 Grad " Favorite treats will show the grad you care **\$25.00**
2. Midwest Country Fare Napkins: 200 ct. **\$1.28**
3. Coby Widescreen Wooden Digital Frame: 7" **\$79.99**
4. Hy-Vee Relish: sweet or dill 10 oz. **\$.99**
5. Hy-Vee Deluxe Mixed Nuts or Cashews 10 oz. **\$3.18**
6. Hy-Vee Crystal Elegance Tableware: forks, combo or spoons 24 ct. **2/\$3.00**
7. Hy-Vee Fruit or Vegetable Dips: selected varieties 15 oz. **2/\$5.00**
8. Hy-Vee Specialty Mustards: spicy brown, honey mustard or Dijon 12 oz. **2/\$2.00**
9. Hy-Vee Mobile Phone Sanyo 7400 **\$99.99**
10. Hy-Vee Home Helpers Disposable Containers: selected varieties 3 to 6 ct. **2/\$4.00**
11. Pepperidge Farm Milano or Bag Cookies: selected varieties 4.9 to 7.5 oz. **2/\$5.00**
12. Hy-Vee Potato Chips: selected varieties 11 to 12.25 oz. **3/\$4.00**
13. Graduation Partyware 9" Dinner Plates 10 ct. 7" Dessert Plates 12 ct. 13" Luncheon Napkins 20 ct. 10" Beverage Napkins 24 ct. Printed Plastic Tablecover 1 ct. **2/\$3.00**
14. Blackhawk & Hy-Vee Gift Cards



The creative options are endless at the Hy-Vee Bakery Department. Whether you want a marble sheet cake with cookies and cream whipped icing, or a round double layer chocolate cake with buttercream frosting, Hy-Vee's professional cake decorators will craft a one-of-a-kind creation to add the perfect final touch to your graduation event.

Their scrumptious, affordable cakes are tailored to any design you can dream of and come in a variety of flavors. Icing can be made to match school colors and tastes delicious even if those colors are burnt orange and royal blue.

To please parties who may not want cake, set out a few Homestyle pies from Hy-Vee. Pies come in a variety of mouth-watering flavors such as peach, pineapple upside-down and caramel apple walnut. Or set out a gourmet brownie tray, thumb-print cookie tray or truffle fudge tray for guests.



MOM'S SPECIAL DAY

*This year, give Mom what she treasures most—
time with her family and gifts she'll love for years to come.*

WRITTEN BY JILANN SEVERSON PHOTOGRAPHED BY TOBIN BENNETT

Many moms look forward to a cozy time at home and a few creative gifts on Mother's Day. Handmade items are always winners because kids' creativity can shine through. When kids make their own gifts, they mark the passage of time. Each year their skills improve as they leave behind a trail of heartfelt notes and projects for Mom to cherish.

MEMORABLE GLASSWARE

Quick and easy crafts make ideal Mother's Day presents. Painted mugs, plates and glassware, such as the vase shown *right*, can last for many years when special craft paints are used. Look for simple inexpensive glassware at Hy-Vee. Stock up and let your kids create memories as they paint unique pieces for all the special "mothers" in their lives—grandmothers, godmothers, etc.

SNAPSHOTS EVERYWHERE

Other gifts with great Mom appeal simply require a visit to the Hy-Vee photo department or a quick stop at their online photo center (www.hy-veephoto.com). Personalized mugs, shirts, bags, aprons and other items can be embellished with favorite family snapshots. Your best candid photos can be enlarged and framed or used in a calendar for Mom to enjoy every day. The photo department experts at Hy-Vee will help you make the most of your photos so they're displayed in the best way possible, perhaps in a



memory book with funny captions or in a large collage to hang on the wall. Photos can even be featured on mouse pads, puzzles and jewelry boxes.

TIME-TESTED FAVORITES

Pampering and Mother's Day go hand-in-hand, so don't miss the great selection of decadent delights for Mom at your local Hy-Vee. From the finest chocolates to flowers guaranteed to last a week or more, traditional Mother's Day gifts will never go out of style. Flavored coffees and teas, baked goodies and plants all make thoughtful gifts. Look for scented bath products that can be combined in a person-

alized spa basket. Include candles and reed diffusers to fill the house with gentle fragrance and help Mom relax after a busy day.

PUTTING IT ALL TOGETHER

Let Hy-Vee provide you with all the Mother's Day cards, gift bags, ribbons, balloons and wrapping paper you'll need to give your gifts an extravagant touch.

Don't forget to make breakfast or dinner as special as your gift. Foregoing the restaurant scene doesn't have to mean spending hours in the kitchen. Take a quick trip through the Hy-Vee Bakery and Kitchen and you'll have everything you need for an impressive meal, allowing you to focus on what really matters—time with mom.

MOTHER'S DAY VASE PROJECT

Buy a clear Trio vase from the Hy-Vee Floral Department and let your kids personalize it for Mother's Day. They can brush on a design or sponge on color (using a recycled plastic Hy-Vee grocery bag) with kid's craft paints purchased at Hy-Vee. After the paint dries, spray on a coat of clear acrylic following manufacturer's directions.



Crayola Finger Paints
4 ct. **\$4.88**

Crayola Washable Kids
Paints 6 or 18 ct.
\$3.49

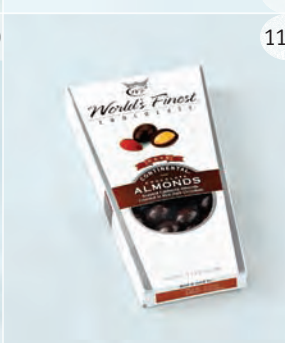
Hershey's

Smooth and creamy, Hershey's Bliss are a premium, rich indulgence. Buy some to fill a pretty dish for Mom's desk or bedside table.

Hershey's Bliss Chocolate: selected varieties 8.8 or 9.6 oz. **\$2.77**



REMEMBER MOM THIS MOTHER'S DAY WITH A THOUGHTFUL GIFT AND FLOWERS. HY-VEE MAKES IT EASY TO FIND EVERYTHING AT ONE PLACE. FOR MORE GIFT IDEAS GO TO WWW.HY-VEEFLOREAL.COM.



1. "Trio" clear 9-inch vase: 3 styles **\$2.99**
2. Guaranteed Flower Market: fresh flowers guaranteed to last 5, 7 or 10 days **\$4.99**
3. Photo Adult T-shirt available at www.hy-veephoto.com **\$10.98**
4. Photo Coffee Mug available at www.hy-veephoto.com **\$9.98**
5. Photo Memory Book available at www.hy-veephoto.com **\$19.99**
6. Holographic Medium Gift Bags: red or blue 1 ct. **\$2.99**
7. Tissue Paper: selected varieties 10 ct. **4/\$5.00**
8. "Bright Blooms" This bright gerbera daisy in a keepsake container will say "Happy Mother's Day" **\$18.50**
9. "Mom on the Go" Mom's purse is accented with a lasting planter and bright cyclamen. The darling purse will be a great summer accessory. **\$37.50**
10. Reed Diffusers: selected scents 5.75 oz. **\$7.99**
11. World's Finest Chocolates: 1 ct. **\$2.98**

Fresh Flowers-Guaranteed

We're used to looking for a shelf life on dairy products, meats and even canned goods. But fresh flowers?

Who in their right mind would guarantee a shelf life (or vase life) on fresh flowers? Hy-Vee, of course! Never again will you have to worry about flowers wilting within hours of arriving home. Hy-Vee's Flower Market Guarantee promises fresh arrangements that last 5, 7 or 10 days. The Flower Market Guarantee is printed right on the corn-based, 100% biodegradable sleeve.

Brent Highfill, president of Florist Distributing Inc. (a Hy-Vee company), explains how this is done. "The magic behind having so much control over the freshness of the flowers is our working relationship with the growers. The single most critical thing for having long vase life is proper temperature control from the time the flower is picked until the time it reaches your home. We contract with the growers so they chill the flowers immediately after they are picked. By managing how the flowers are handled every step of the way, we know we can provide the freshest flowers possible."

Care and handling instructions are on every sleeve, and premeasured packets of flower food are available in the floral department, Brent says. The directions tell you to dissolve the flower food in a container of water then snip the lower 1½ to 2 inches from the stems. Immediately put the flowers into the flower food mixture so they can drink up the water. If after 3 to 5 days the water is low or cloudy, mix up a new batch of flower food, trim the stems again and put the flowers back into the container.

If you purchase a vibrant bouquet of flowers from Hy-Vee this Mother's Day, your heartfelt arrangement will stay beautiful for many days to come and your mom will certainly be impressed!





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Brach's

Wrap up a pretty package of assorted candies for Mom this Mother's Day. Brach's offers a variety of sweet treats to put a smile on her face. Come and see all the delicious Brach's choices at your local Hy-Vee.

1. Brach's Pick A Mix Candies: selected varieties per lb. **\$1.49**
2. Brach's Fruit Snacks: selected varieties 8 oz. **3/\$5.00**
3. Brach's Chocolates: Chocolate Stars, Peanut Clusters or selected varieties 3.5 or 7 oz. **2/\$3.00**
4. Brach's Bulk Chocolates: selected varieties per lb. **\$3.17**
5. Brach's Bag Chocolate: Chocolate Stars, Peanut Clusters, Chocolate Covered Peanuts or selected varieties 7 to 14 oz. **2/\$5.00**
6. Brach's Sugar Bag Candy: Milk Maid Caramels, Candy Corn or selected varieties 14 to 24 oz. **2/\$4.00**
7. Brach's Sugar Bag Candy: Cinnamon Imperials, Lemon Drops, Maple Nut Goodies or selected varieties 3.5 to 13 oz. **10/\$10.00**

Procter & Gamble

1. Pringles Select Chips: selected varieties 2/\$5.00
2. Luv's Diapers: 80 to 104 ct. \$16.49
3. Gillette Fusion Power Razors 1 ct. \$8.99
4. Olay Ribbons Bodywash: selected varieties 18 oz. \$4.79
5. Duracell Batteries 8 ct. AA/AAA, 4 ct. C/D or 2 ct. 9V \$5.29
6. Charmin Bath Tissue: selected varieties 9 mega or 18 big roll \$9.77
7. Olay Definity or At Home Treatments: selected varieties .5 to 3.3 oz. or 24 ct. \$23.49
8. Iams dog food 17.5 or 20 lb. \$14.99
9. Iams cat food 7 or 8 lb. \$13.49

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GREEN CLEANING



Thanks to a host of new natural products, it's simple to freshen your house—and keep the environment clean too.

WRITTEN BY DEBRA LANDWEHR ENGLE PHOTOGRAPHED BY KING AU

After a long winter, it's time to open up the doors and windows, air out the house and do some spring cleaning. Now, with so many eco-friendly products on the market, you can go green while you clean, choosing products that are powerful on dirt but gentle on the earth. Here's a checklist of spring-cleaning activities to make your job a breeze:

CLEAR OUT THE CLUTTER. Begin by sorting out old clothes, books, dishes and other items so you'll feel organized and refreshed. Gather them in plastic bins or trash bags, separating them into four categories to: 1) repurpose, 2) recycle or discard, 3) donate to a charity, family member or friend, 4) sell at a garage sale, consignment store or through an online service such as Craig's List or eBay.

GIVE BEDROOMS A WAKE-UP CALL. Open the windows, shake out the rugs and strip the beds from head to toe. Wash all bedding with an eco-friendly laundry detergent that's nontoxic, alcohol-free and biodegradable. Hang sheets and pillow cases outside in the fresh air to dry.

MAKE A CLEAN SWEEP. Carpets, rugs, hardwood floors and baseboards could all use a good cleaning after a winter of tracked-in snow, mud and melting ice. Vacuum thoroughly and treat tough spots on the carpet. Wipe down baseboards and mop floors with an all-purpose nontoxic cleaner. Vacuum upholstery and drapes.

STIR UP A FRESH KITCHEN. Go through all cabinets and drawers and set aside expired spices and condiments. Clean all surfaces using a nontoxic, biodegradable all-purpose cleaner with a natural scent like lemongrass. Use sturdy Bounty paper towels or regular towels made from recycled fibers.

GIVE BATHROOMS A GOOD SOAKING. Wash or replace worn and soiled or mildewed bath mats and shower curtains. Then wipe down all bathroom surfaces with disinfecting wipes. Try Method disinfecting wipes; they come in Cucumber, French Lavender and Pink Grapefruit fragrances and are perfect for touching up sinks and countertops.

LIGHT UP A ROOM. While you're cleaning light fixtures, replace incandescent bulbs with compact fluorescents, which use about 75 percent less energy and last 10 times longer than incandescent bulbs.

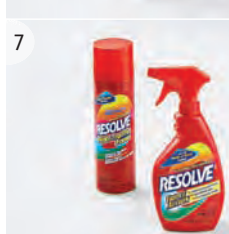
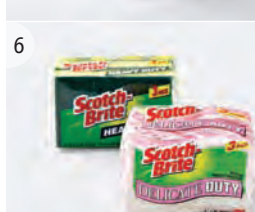
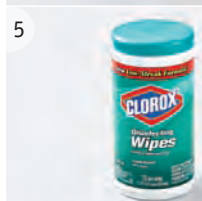
ADD SOME SPARKLE AND SHINE. Clean mirrors and windows with a natural product free of ammonia and chlorine. Spray it on, then wipe it down with a microfiber cloth to eliminate streaking.

FINISH WITH A FRESH SCENT. Instead of heavy scents, use candles, air sprays and plug-in fresheners made from natural essential oils. Put a freshener in every room and closet, and don't forget the basement and garage. Swipe all wood with Hy-Vee's lemon-scented furniture polish for a refreshing final touch.



Globe Energy Saving Light Bulbs: Floodlight 15 watt, Soft White 1 watt spiral 2 pk., Cool White 13 watt spiral 2 pk. or Soft White 7 watt 1 pk. **\$4.88**
Bug Light 13 watt 1 pk. **\$3.88**
Soft White 23 watt spiral 2 pk. **\$5.98**

1. Our Entire Selection of Libman Products **25% Off**: limited to supply in store
2. Hy-Vee Disinfecting Sprays or Cleaners: selected varieties 12 to 25 oz. **\$1.88**
3. Method Spring Cleaning Helpers: hand wash, all-purpose cleaners or dish soap in selected varieties 10 to 28 oz. or 28 to 30 ct. **2/\$6.00**
4. Bounty Paper Towels: 8 giant roll **\$9.99**
5. Clorox Disinfecting Wipes: lemon, fresh or orange 75 ct. **\$4.77**
6. Scotch-Brite Scrubs: regular, heavy duty or delicate 3 pack **\$1.68**
7. Resolve Carpet Cleaner: selected varieties 14 or 22 oz. **\$4.28**
8. Hefty Tall Kitchen, Trash or Garbage Bags: selected varieties 10 to 70 ct. **\$3.77**
9. Hy-Vee Home Helpers Cleaners: selected varieties 3.5, 16.9, or 32 oz. **\$1.77**



Purina

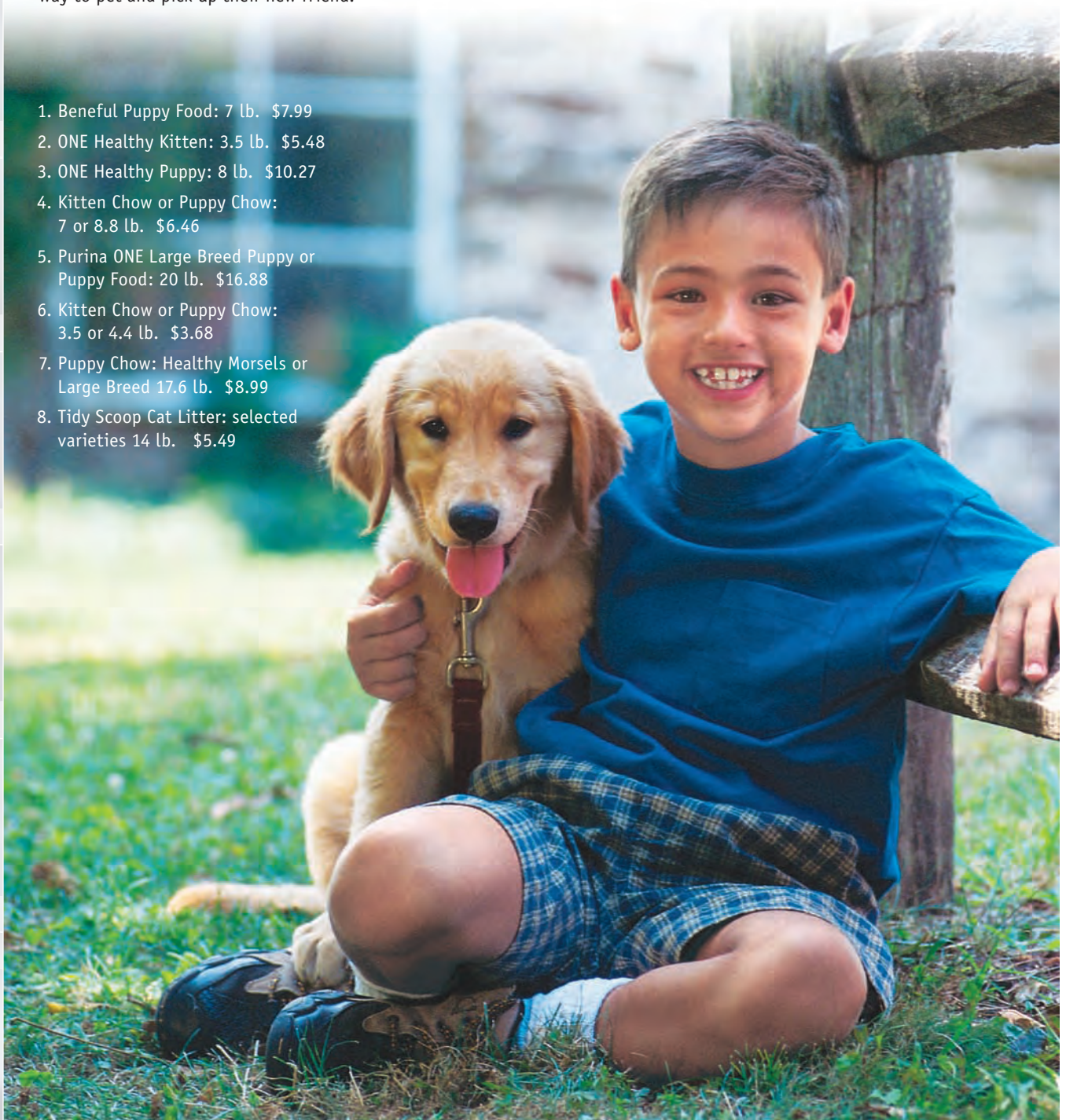
PLAN YOUR PUPPY'S HOMECOMING

The best time to bring a pet home is at the beginning of a weekend, or, if possible, during an extended weekend. This gives you time to get the puppy settled in and begin housebreaking.

Make pick-up arrangements with the pet store or breeder. Avoid bringing home a new pet at hectic times, such as birthdays and holidays. Family members are generally too busy with the festivities to devote adequate time to a puppy's special needs. Ask that the puppy not be fed prior to pickup time. This will help prevent car sickness.

Once at home, remember that your pet needs time to adjust to new surroundings and people. Make sure he/she is closely supervised and taken outside directly following meals, naps and play periods. Children can become especially excited around a puppy. Explain to them that their companion will need naps and quiet times. Teach them the proper way to pet and pick up their new friend.

1. Beneful Puppy Food: 7 lb. \$7.99
2. ONE Healthy Kitten: 3.5 lb. \$5.48
3. ONE Healthy Puppy: 8 lb. \$10.27
4. Kitten Chow or Puppy Chow:
7 or 8.8 lb. \$6.46
5. Purina ONE Large Breed Puppy or
Puppy Food: 20 lb. \$16.88
6. Kitten Chow or Puppy Chow:
3.5 or 4.4 lb. \$3.68
7. Puppy Chow: Healthy Morsels or
Large Breed 17.6 lb. \$8.99
8. Tidy Scoop Cat Litter: selected
varieties 14 lb. \$5.49



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Dove

Spring is here, and it's the perfect time to get a fresh perspective! You can embrace a new outlook with Dove® go fresh, a new line of products in three deliciously fresh fragrances: refreshing waterlily and mint, energizing grapefruit and lemongrass, and cool cucumber and calming green tea. These scents will have you ready to take on the season and the world! You can also layer the scents with go fresh body mist, deodorant, lotion and hair care products. Dove® go fresh is designed to make you feel your most beautiful every day!



1. Dove Bar Soap: white, exfoliating or cool moisture 6 pk. **\$6.27**
2. Dove Hand & Body Lotion: selected varieties 6.7 or 8.5 oz. **\$4.48**
3. Dove or Caress Bodywash: selected varieties 10 to 15 oz. **2/\$7.00**
4. Dove Regular or Advanced Care Shampoo or Conditioners: selected varieties 12 oz. **2/\$8.00**
5. Dove or Degree Ultimate: anti-perspirant or deodorant 2.6 or 2.7 oz. **2/\$6.00**
6. Dove Go Fresh Body Mist: selected varieties 3 oz. **\$3.68**



hugoboss seasons/hy-vee.com

go fresh



NATURALLY GOOD



HyVee seasons / GARDEN 2008



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Fresh-picked products from Midwestern farms deliver natural flavors and health benefits straight from the land to your table.

WRITTEN BY DEBRA LANDWEHR ENGLE PHOTOGRAPHED BY PETE KRUMHARDT

Imagine walking into your neighborhood Hy-Vee and selecting from all the local produce you'd find at a farmer's market.

That, says Jon Wendel, vice president of perishables for Hy-Vee, will become a reality starting this spring. Through the new Local Home Grown program, every Hy-Vee store will purchase fresh produce from farmers in their area—even from 4-H kids. As a result, consumers will have an abundant selection of the freshest tomatoes, cucumbers, sweet corn and more.

"We'll have signage with photos of the local growers so people can see who grew the food they're buying," Wendel says. He suggests customers look for the new Local Home Grown logo each time they shop at Hy-Vee.

The Local Home Grown program will also call attention to other locally grown and processed products that have long been Hy-Vee staples, such as Cookies Barbeque Sauce from Wall Lake, Iowa; melons from Norfolk, Nebraska; and Mariposa Herbs from Grinnell, Iowa.

This program is a great complement to interest in organic foods and sustainability, Wendel says. "There's no transportation of thousands of miles to get the produce to the Midwest."

Because of the growing demand for organic foods, Hy-Vee offers Midwestern-grown organics under its HealthMarket label. Many of these are produced by Kalona Organics, (www.kalonaorganics.com), a company that represents more than 100 Amish and Mennonite farms in Iowa, Missouri and Wisconsin.

Kathy McCarthy, national sales manager for Kalona Organics, says the company's line includes cottage cheese, butter, sour cream, milk, cheese, Cultural Revolution Organic Yogurt, Farmer's Hen House Organic Eggs, Central Soyfoods Tofu and fresh produce. "We bring people minimally processed foods from farms they know they can trust."

All the products in the Kalona Organics line are certified organic, which makes them noticeably different from nonorganic equivalents. The cottage cheese, for instance, is free of ingredients with names you can't pronounce, McCarthy says.

Prices for Kalona Organics foods are slightly higher than nonorganics, says McCarthy. This is due to additional costs in caring for the animals. "The organic feed costs a little more," she says. In addition, the company wants to make sure "the farmers are paid well and taken care of."

1. Hy-Vee Organic Cottage Cheese 16 oz. **\$3.98**
2. Hy-Vee Organic Sour Cream 16 oz. **\$2.98**
3. Hy-Vee HealthMarket Organic Tortilla Chips or Organic Salsa: selected varieties 13.5 to 16 oz. **\$2.29**
4. Earthbound Farms Organic Raisins: flame or thompson 10 oz. **\$3.99**
5. Melissa's Organic Tofu: extra firm, firm or soft 18 oz. **2/\$4.00**
6. Green & Black Premium Organic Chocolate Bars: selected varieties 3.5 oz. **2/\$4.00**
7. Honeysuckle White Fresh Ground Turkey or Turkey Sausage: 1 lb. **\$1.88**
8. Hy-Vee Rice Cakes: whole grain caramel, white or plain 4.9 to 6.3 oz. **\$1.18**
9. Ocean Spray 100% Cranberry Cocktails: selected varieties 64 oz. or Craisins 12 oz. **\$3.38**
10. Sabra Hummus or Salsa: selected varieties 10 or 14 oz. **\$3.39**
11. Hy-Vee HealthMarket Organic Cereals: raisin bran or protein crunch 10 to 17 oz. **\$2.68**
12. Bunny Luv Organic Baby Carrots: 1 lb. **2/\$3.00**
13. Amy's Organic Frozen Entrees: selected varieties 9 to 10 oz. **2/\$6.00**
14. Healthy Choice Complete or Café Selections: selected varieties 6 to 12.5 oz. **2/\$5.00**
15. Gerber Organic Baby Food: selected varieties 7 oz. **4/\$5.00**
16. Erin Baker's Breakfast Cookies: selected varieties 3 oz. **10/\$10.00**
17. South Beach Diet Nutritional Bars: selected varieties 4.68 to 6.15 oz. **2/\$5.00**
18. Dannon High Health, Activia or DanActive: selected varieties 4 pk. **\$2.27**
19. Healthy Choice Soups or Micro Bowls: selected varieties 14 or 15 oz. **3/\$4.00**
20. Green Sprouts Organic socks and caps: selected varieties 1 ct. **2/\$7.00**





Midwest Adventures

*Plan a day, a weekend, a week or more, to explore the sites and sounds of the beautiful Heartland.
Consider these events for fun-filled outings and check state travel department Web sites
for more places to go and things to see in the eight-state Hy-Vee area.*

COMPILED BY KATHY ROTH EASTMAN

IOWA

www.TravelIowa.com

- **May 4: 83rd Kiwanis Kite Tournament, Sac City.** Oldest annual kite tournament in America.
- **June 11–15: Ice Cream Days, LeMars.** Family fun in the Ice Cream Capital of the World. A parade, art in the park, children's learning fair, concerts and ice cream for everyone.
- **June 27–28: TrekFest, Riverside.** Sci-fi festival in the future birthplace of Captain Kirk. Star Trek costume contest, demolition derby, entertainment, parade, food, fireworks.
- **July 22: Fairytale Festival, Cedar Rapids.** Ushers Ferry Historical Village is filled with classic tales of far-off kingdoms, handsome princes and damsels in distress.
- **August 2: Corn on the Corner, Clinton.** A celebration of all things corn. Corn on the cob, popcorn, kettle corn, roasted corn, corn chips, corn chowder, a corn-eating contest, corn jugglers and "corny" jokes. Learn about corn byproducts and E-85 vehicles. Live music.

ILLINOIS

www.EnjoyIllinois.com

- **May 3–18: Lilac Time, Lombard.** Lilac festival with tours of Lilacia Park. Wine and beer tasting, Lilac Ball, Lilac Queen Coronation, concerts in the park, Lilac 5K.
- **May 3–4: Dutch Days Festival, Fulton.** Dutch dancing, parade, costumes, food vendors and more than 100 craft booths. Authentic Dutch dinners and windmill tours available.
- **June 27–29: Heritage Festival, Downers Grove.** Great food, amusement rides, entertainment on seven stages, pony rides, wall climbing, fireworks, a craft show, car show, beer garden.
- **July 3–6: Eyes to the Skies Hot Air Balloon Festival, Lisle.** Nationally known musical entertainment, carnival, crafts, food vendors.
- **July 15–August 26: Outdoor Film Festival, Chicago.** Classic movies shown on a large screen in Grant Park every Tuesday night. City dwellers congregate under the stars with picnic baskets and blankets to enjoy sunset showings. Admission is free.

KANSAS

www.TravelKS.com

- April 19–20: Civil War on the Border, Olathe. Re-creation of life on the Kansas-Missouri Border during the 1860s. Over 400 reenactors become Union and Confederate forces. 19th century music, Civil War dance.
- May 3–4: Kansas Sampler Festival, Concordia. A sample of all there is to see and do in Kansas. More than 200 communities showcase their activities and attractions. Dozens of entrepreneurs sell Kansas-made products.
- June 7–8: Butterfield Trail Ride & Rodeo, Russell Springs. The western Kansas prairie comes alive with horses, wagons and a rodeo.

MINNESOTA

www.ExploreMinnesota.com

- May 22–25: Bob Dylan Days, Hibbing. Explore the hometown of this folk legend. Contests for writing, art and songwriting, youth talent contest.
- June 26–28, Judy Garland Festival, Grand Rapids. Visit Judy Garland's home and museum. See Munchkins from the movie, attend a mystery theater and walk through a local children's museum.
- July 8–9, Beanhole Days, Pequot Lakes. Burying of the Beans ceremony; craft fair along the Paul Bunyon trail.
- July 18–27: Aquatennial, Minneapolis. The 68-year-old festival draws 800,000 people for fun in the sun. Boat races, fireworks, sand castle contest.

MISSOURI

www.VisitMO.com

- April 17–20: 40th Annual Dogwood-Azalea Festival, Charleston. Thousands of colorful dogwoods and azaleas. Parade, arts and crafts, petting zoo, carriage rides, quilt show.
- May 3–4: Artfest on Historic Walnut Street, Springfield. More than 140 artists from across the country display and sell their work.
- June 13–15: Rhythm & Ribs Jazz Festival, Kansas City. Amateur barbecue contest and national jazz acts in the 18th and Vine Historic Jazz District near the premier jazz museum in the United States.
- July 26–27: Very Berry Wine Trail, Hermann. Follow the wine trail for 20 scenic miles along the Missouri River between Hermann and New Haven. Sumptuous food matched with a selected wine at each winery.

NEBRASKA

www.VisitNebraska.org

- May 24: 10th Annual Monumental Fiddling Championship, Beatrice. Family event featuring music, food, games, museum exhibits at the Homestead National Monument. Free admission.
- July 18–20: National Day of the Cowboy, Ainsworth. Singing around the campfire, horse whisperers, cowboy poets, parade, equine activities.
- August 8–10: Kool-Aid Days, Hastings. Home of the sweet drink, invented in 1927 by Edwin Perkins. Games, museum activities, boat races, parade and lots of free Kool-Aid from the world's largest Kool-Aid stand.

SOUTH DAKOTA

www.TravelSD.com

- June 19–21: Czech Days, Tabor. Czech food, music and dancing, kolace baking demos, parade, car show, carnival.
- June 27–28: Festival of Presidents, Rapid City. Patriotic event with parade, free concerts, store decorating contest, salute to the City of Presidents statues, great food.
- September 19–21: Mickelson Trail Trek, Black Hills. Ride through the heart of the Black Hills. More than 100 converted railroad bridges and four hard rock tunnels along the 109-mile trail used by Wild Bill Hickok and Calamity Jane. Gentle slopes, easy for people of all ages and abilities.

WISCONSIN

www.TravelWisconsin.com

- June 26–July 6: Summerfest, Milwaukee. The world's largest music festival on the shore of Lake Michigan. Hot stars, emerging talent and local favorites performing on 11 stages.
- July 25–27: 49th Annual Lumberjack World Championships, Hayward. Speed sawing, log rolling and climbing competitions.
- August 22–24: Great Outdoors Festival, Oshkosh. From fly fishing clinics to archery demonstrations, outdoor enthusiasts can participate in dozens of hands-on sporting activities and receive coaching from skilled professionals.
- August 28–30: Harley-Davidson 105th Anniversary, Milwaukee. Activities at the Harley museum. Rumble, demo rides and Bruce Springsteen concert.

1. Hy-Vee Celery Sticks 12 oz. **\$1.99**
2. Kraft String Cheese, String Ums or Twist Ums: regular or 2% milk 9 or 12 oz. **\$3.28**
3. Planters Trail Mix: selected varieties 4 to 6 oz. **2/\$3.00**

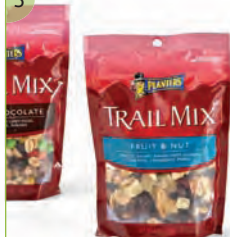
4. Nabisco 100 Calorie Packs, Granola Bars, Oreo Cakesters: selected varieties 4.20 to 5.10 oz. or 10 packs **2/\$5.00**
5. Hunt's Snack Pack Pudding: selected varieties 4 pk. **10/\$10.00**
6. Hy-Vee One Time Use Camera: 27 Exp. **\$3.77**



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AN AMAZING RACE

*As the final
Olympic qualifying
event for
Team USA, the
Hy-Vee Triathlon
promises to
awe both
participants and
spectators alike.*

WRITTEN BY REBECCA KUZNIAR HOSCHEK
PHOTOGRAPHED BY TOBIN BENNETT



JOIN THE RACE

The second annual Hy-Vee Triathlon is expected to top last year's event as national and global attention increases. From first-timers to seasoned Olympic hopefuls, athletes of all ages will gather at Gray's Lake in Des Moines, Iowa on June 22. Some will participate simply for fun, in the spirit of healthy competition and a commitment to fitness, while others will vie for a spot on the Olympic team and for the big prize purse waiting at the finish line.

Think you're up for the challenge? If you've been training and would like to participate, it's not too late to get involved. For online registration, course description and race day information, visit www.hy-veetriathlon.com. You can register through June 21.

SHOW YOUR SUPPORT

Does relaxing on the sidelines sound more appealing? If it's your first time as a triathlon spectator, there are a few things you should know. There's no admission charge. Your day will likely start before sunrise, as the race begins at 6 a.m. When you arrive at Gray's Lake, pick up a course map and inquire about best vantage points. You walk with fellow spectators to follow the events as participants progress, transitioning through the swimming, biking and running portions of the race.

There are a few rules of etiquette for excited supporters. Always stay off the course and wait for the race officials' permission to move into designated areas. Pay close attention to all signs, cones and ropes so you don't interfere with the race; always yield to athletes.

A few more tips to enhance your spectator experience:

- Blow a distinct whistle or ring a bell if you want the participant you're cheering for to see you.
- Look over the map to familiarize yourself with the race transition points.
- Note athletes' clothing, bikes and numbers to distinguish participants.
- Don't forget your camera, binoculars, sunscreen and bottled water.
- Find out your athlete's projected finish times for each leg of the race.
- Purchase a souvenir T-shirt or other merchandise to support the race and remember the day.



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1. Lay's Cracker Crisps: selected varieties **\$3.16**
2. Frito Lay Singles: Classic or Rold Gold Tiny Twists 6 oz. **2/\$4.00**
3. Hormel Pepperoni: selected varieties 6 or 8 oz. **\$2.99**



STEP INTO SPRING

Shake off any lingering winter blues by starting an exercise program this spring. The warmer weather and blooming landscape are great motivators for improving mind and body.

WRITTEN BY REBECCA KUZNIAR HOSCHEK PHOTOGRAPHED BY TOBIN BENNETT



If you've been fairly inactive over the winter months, it's time to ease into a spring exercise routine. The first step: Check in with your doctor. A physician can help you identify any issues or concerns that may impact your planned fitness regime. He or she may also suggest certain activities that would be best for your body based on age, weight and health history.

SET YOUR GOAL

Ask yourself what is motivating you to improve your health through fitness at this time in your life. Maybe an extra 10 or 15 pounds has been hanging around far too long. Perhaps you've decided to train for a 5K. Maybe you just hope to regain a little energy and feel less tired during the day. Clearly outlining your reason and goal for exercise will give you greater focus. It will also determine the level of intensity you need in a program.

TAKE BABY STEPS

The idea of transitioning from a sedentary lifestyle to a more active, healthful one doesn't have to be overwhelming. Warm spring weather lends itself to comfortable, beautiful walks outdoors. Walking is one of the easiest and least expensive forms of exercise. Don comfortable clothing, grab your walking shoes and head outdoors. Start by taking the family dog for a brisk 15-minute walk each morning and evening.

HAVE FUN

The success of any fitness routine largely depends on how enjoyable it is. You don't have to suffer to see health benefits. Choose an activity you really enjoy doing. Maybe you love to swim or hike through wooded trails. Perhaps you love to skate, rock climb, bike or dance. These are just a few of many activities that result in a stronger, healthier body.



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1. Aleve: caplets, tablets or gel caps 40 or 50 ct. **\$5.28**
2. Hy-Vee Splash-To-Go Packets: selected varieties 10 ct. **2/\$3.00**
3. Rubbermaid Water Bottle: selected varieties 20 oz. **2/\$5.00**
4. SoyJoy Nutritional Bars: selected varieties 1 ct. **10/\$10.00**
5. 50% off All Nature Made Multi Vitamins: selected varieties 60 to 300 ct.
6. Hy-Vee Thunder Sports Drink 8pk. 20oz. **\$4.49**
7. Fiji Water: 6 pk. 16.9 oz. bottles **2/\$10.00**
8. Hy-Vee Hot & Kold Reusable Gel Packs: 2 pk. **\$3.49**
9. MaxCold Hydrating Backpack: 2 lt. **\$29.99**
10. Rubbermaid Water Bottle: selected varieties 32 oz. **2/\$5.00**



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