

seasons

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GARDEN 2009
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FOOD . FAMILY . GARDEN



DEAR FRIENDS,

Spring is here! Color has returned to our corner of the world. As gentle spring rains wash away the last of winter, trees show signs of life. Tulips, crocus and daffodils brighten the landscape. Temperatures rise steadily, and I'm eager to get outside, plant flowers and relax in the hammock on my porch.

If you also like to garden, check out "Make it Yours," *page 16*, for ways to improve your lawn and garden. Be sure to read "Curb Appeal," *page 2*, for exciting landscaping and home makeover inspiration.

Fresh blooms, always a highlight of the season, are ready in colorful bundles at the Hy-Vee Floral Department. So if you love tulips yet didn't get any bulbs planted last fall—no worries. Stop by to pick up a fragrant bouquet to take home.

With Mother's Day just around the corner, let our staff help you create a special gift basket for Mom. Find suggestions for designing one-of-a-kind baskets for distinctive tastes and interests in "To Mom, With Love," *page 50*.

Do you have a graduation open house or spring party to plan? Not sure where to begin? The folks in our Floral, Bakery and Kitchen Departments are happy to offer advice to make these events memorable. Get tips from these professionals in "Class Act," *page 40*, then visit Hy-Vee for everything you'll need to make the get-togethers reality.

As warm weather beckons everyone outdoors, spring is the ideal time for outdoor chefs to brush up on grilling skills. "Fire It Up," *page 20*, has excellent advice about cooking equipment, foods to grill and mouthwatering recipes that will wow family, friends and neighbors.

So gather around. It's spring and time to celebrate.

Rita Peters
Assistant Vice President Floral Operations



1. Holland Tulips: 10-stem bunch (vase not included, two bunches shown) **\$7.99**
2. New French Ciabatta Rolls: 6 ct. **\$2.99**
3. Fresh Asparagus: per lb. **\$1.99**
4. Our Famous Bacon-Wrapped Chicken Grillers: selected flavors 10 oz. **2/\$5.00**
5. Baked Lays or SunChips: selected varieties 9 to 11.5 oz. **\$2.77**



seasons

GARDEN 2009 • VOLUME 3 ISSUE 2

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Prices effective April 15, 2009, through May 13, 2009 (while quantities last).

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Please recycle after use.





CURB APPEAL

Give your home a front yard makeover. Feature low-maintenance plants that provide a season-long color show. Intriguing designs begin at your Hy-Vee Garden Center.

WRITTEN BY DEBRA LANDWEHR ENGLE PHOTOGRAPHED BY ADAM ALBRIGHT, TOBIN BENNETT AND PETE KRUMHARDT ILLUSTRATOR BARB SITTING

First impressions count, and your home is no exception. Outside the front door, your yard forms a living calling card—a welcoming vista that greets guests, passersby and family with a hint of your personal style. Landscapes also forge the framework for interior views of inviting, relaxing scenes and extend indoor living spaces into the great outdoors.

Good-looking front yards also increase home value. According to the American Society of Landscape Architects, a well-maintained, attractively designed landscape adds as much as 20 percent to resale values. The Professional Landcare Network agrees, reporting

that homes with landscaping can earn 15 to 20 percent more at resale than comparable homes without. The Society of Real Estate Appraisers believes landscaping directly influences sale price—99 percent of members agree that landscaping causes homes to sell more quickly and lures potential buyers to an open house visit.

Working with this knowledge and his creativity, Doug Rieck, assistant manager of the Hy-Vee Garden Center in Urbandale, Iowa, performed a front yard face-lift on a nearby Waukee home. With trees, shrubs, perennials and annuals, Doug designed a fuss-free landscape, rich with seasonal color.

"The first thing typically suggested on a home appraisal is to paint and to consider relandscaping the yard, including colorful plants. Adding color to the front yard improves the beauty and worth of a home."

—Doug Rieck, assistant manager, Hy-Vee Garden Center, Urbandale, Iowa





Originally a builder's showcase home, the original landscape featured overplanted beds. "In many ways, the builder's plan to jam the beds with color reflects what many homeowners do. They want an instant garden," Doug says. "It's okay to plant closely together as long as you also think about which plants you'll remove when they really start to grow. Otherwise, in three to four years, the landscape becomes overcrowded."

To renovate the landscape at this home, Doug focused on low-maintenance plants that suited the site's eastern exposure. He chose plants to splash color into the scene throughout the

growing season. "One serviceberry and two flowering crabapple trees bloom in spring. After that there was no additional color," Doug says. "We added shrubs and perennials to dress up the yard in summer. Ornamental pears contribute fall color."

Doughas advice for homeowners, whether they renovate existing landscapes or start from scratch. He suggests working within a realistic budget. A common rule among landscape designers is to invest 5 to 10 percent of the home's value in landscaping. While that figure may seem steep, remember that the dollars spent on that investment will be recouped—possibly then some—when the house is sold. In the meantime, family and friends, as well as passersby, will enjoy the view tremendously.

While relying on your Hy-Vee Garden Center for quality plant material, also feel free to ask whether staff can design a landscape for a fee. Some garden centers can fill this request; others may connect you with a different store for assistance.

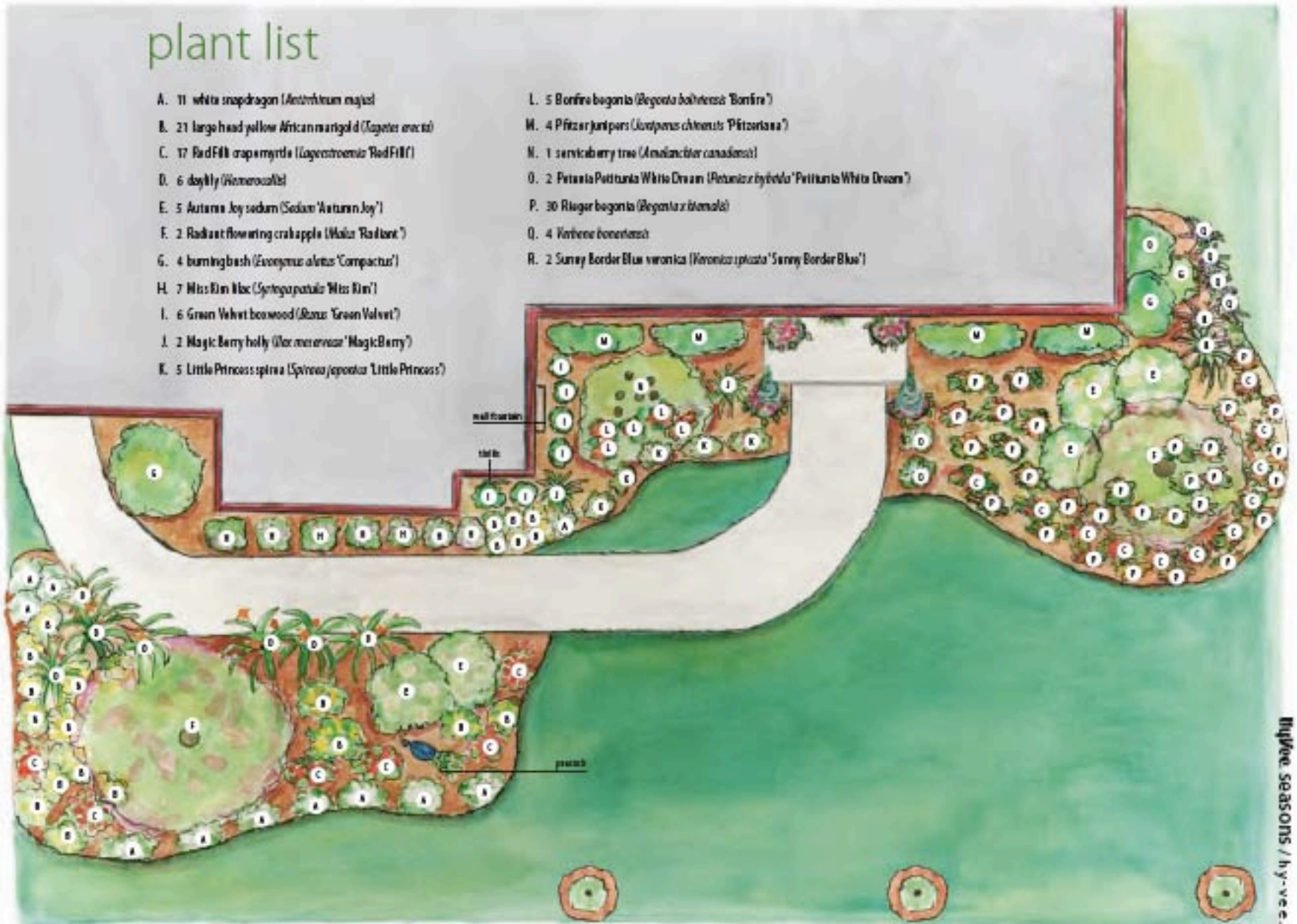
To cut costs on landscape projects, plan to do as much of the work as possible yourself. On this project, homeowners removed 8 tons of river rock mulch, making use of rakes, shovels, wheelbarrows and a rented front-end loader. "Homeowners sometimes cut costs by using small plant material," Doug says. "We used large plants in this landscape—2- and 3-gallon pots. If we'd used smaller plants, we could have saved money, but it would have cost the homeowners three years' time in growth. If you can wait for plants to increase in size, that's one way to downsize your budget."



1. **BONFIRE BEGONIA**
(*Begonia boliviensis* 'Bonfire')—annual
2. **AUTUMN JOY SEDUM**
(*Sedum* 'Autumn Joy')—perennial
3. **RED FILLI CRAPE MYRTLE**
(*Lagerstroemia* 'Red Filler')—shrub
4. **IMPATIENS**
(*Impatiens walleriana*)—annual
5. **PETUNIA**
(*Petunia x hybrida*)—annual
6. **WAX BEGONIA**
(*Begonia x semperflorens-cultorum*)—annual

plant list

- | | |
|--|--|
| A. 11 white snapdragon (<i>Antirrhinum majus</i>) | L. 5 Bonfire begonia (<i>Begonia boliviensis</i> 'Bonfire') |
| B. 21 large head yellow African marigold (<i>Tagetes erecta</i>) | M. 4 Pfitzer junipers (<i>Juniperus chinensis</i> 'Pfitzeriana') |
| C. 17 Red Filler crape myrtle (<i>Lagerstroemia</i> 'Red Filler') | N. 1 serviceberry tree (<i>Amelanchier canadensis</i>) |
| D. 6 daylily (<i>Wormwood</i>) | O. 2 Petunia Peltandra White Dream (<i>Petunia x hybrida</i> 'Peltandra White Dream') |
| E. 5 Autumn Joy sedum (<i>Sedum</i> 'Autumn Joy') | P. 30 Rieger begonia (<i>Begonia x ibatensis</i>) |
| F. 2 Radiant flowering crabapple (<i>Malus</i> 'Radiant') | Q. 4 Verbena bonariensis |
| G. 4 burning bush (<i>Euonymus alatus</i> 'Compactus') | R. 2 Sunny Border Blue veronica (<i>Veronica spicata</i> 'Sunny Border Blue') |
| H. 7 Miss Kim lilac (<i>Syringa patula</i> 'Miss Kim') | |
| I. 6 Green Velvet boxwood (<i>Buxus</i> 'Green Velvet') | |
| J. 2 Magic Berry holly (<i>Ilex mexicanus</i> 'Magic Berry') | |
| K. 5 Little Princess spirea (<i>Spiraea japonica</i> 'Little Princess') | |





Annuals & Perennials

Hy-Vee Garden Helper quarts 4.5" pot premium annuals with 111 colors planned for 2009 \$4.99

MIDWEST GROWN PLANTS

For outstanding garden performance, look for premium annuals, such as these Rieger begonias (*Begonia hiemalis*, shown) in the Hy-Vee Garden Helpers line. These premium annuals, in pots with a full quart of soil, have established root systems that handle transplanting without missing a beat. The Hy-Vee Garden Helper premium annuals line also has plants grown from cuttings, which yield robust plants that shrug off disease and bloom until frost.

Count on annuals and perennials in the Hy-Vee Garden Helpers line to thrive in the growing zones in which they are sold. Raised by Midwest growers, locally grown plants are adapted to the region rather than being subjected to long transportation. Less stress on plants means better reliability for growing and blooming. When you buy Hy-Vee Garden Helper annuals and perennials, you get quality plants that take off in your garden.

PHOTO: JIMMY HARRIS

ANNUALS AND PERENNIALS

A key component for front yard gardens is color, and no plants pack brighter floral punch than annuals. Tucked into planting beds, near the front of borders where they'll draw attention, multi-hued blooming annuals sound a steady note of color throughout the growing season.

In landscapes that primarily rely on young perennials and shrubs for structure, filling in with annuals offers immature plants an established appearance. In subsequent years, as perennials and shrubs fill in, you can plant fewer annuals. Some annuals help (and sometimes hinder) the landscape plan by dropping seeds during fall. As seeds sprout in the spring, gardeners can determine whether to let the plants grow where they stand, move them or share them.

A few self-seeding annuals are *Verbena bonariensis*, cleome (*Cleome hassleriana*), zinnia (*Zinnia elegans*), cosmos (*Cosmos bipinnatus*), sweet alyssum (*Loialaria maritima*) and moss rose (*Portulaca grandiflora*).

To create a low-maintenance landscape, Doug Rieck of the Hy-Vee Garden Center in Urbandale, Iowa recommends focusing on plant selection. "We chose dwarf plant material such as Korean lilac (*Syringa patula* 'Miss Kim') and dwarf burning bush (*Euonymus alata* 'Compactus') that doesn't require frequent trimming," he says. "And we used more perennials than annuals, which need yearly replacement." He includes annuals for flower power while focusing on perennials for reliable year-to-year interest.

Gardeners can rely on the Hy-Vee Garden Helper perennial line, hardy to Zones 4 and 5, for plants that withstand Midwest winters. Depend on tried-and-true perennial



performers as well as hard-to-find newcomers, such as yellow tree peony (*Paeonia lutea* var. *Ludlowii*). Clearly labeled collections take guesswork out of mixing and matching perennials.

Perennial collections are ideal for many locations. Plant a flower bed to attract butterflies, showcase a sunny cottage garden, or entice visitors to a shady retreat. Oriental Lily collections display exotic, perfumed blooms—alone or among other plants. Perennial hostas, vines and ornamental grasses provide structure and variety—in size, shape and color—among the landscape.

When planning perennial gardens, follow this design principle: Select plants that flower at varying times during the growing season. Some perennials, such as blanket flower (*Gaillardia*), coneflower (*Echinacea*) and Stella de Oro daylily (*Hemerocallis* 'Stella de Oro') bloom the entire growing season; others, such as coralbells (*Heuchera*), lamb's ear (*Stachys*) and Hosta, fill in with steady, restful foliage.

Where possible, plant shrub roses in perennial beds. Easy Elegance shrub roses unfurl blooms on plants that resist common rose diseases. Skirted with catmint (*Nepeta*), pin-cushion flower (*Scabiosa*) or Elijah Blue fescue (*Festuca ovina glauca* 'Elijah Blue'), shrub roses blend and perform well while giving gardens a well-established appearance.

Hy-Vee Garden Helper Perennials Proven Perennial Collection. Proven Perennials have expanded to include butterfly bush, creeping phlox and Asiatic lilies; 100+ varieties in all of the bud and bloom perennials. 1 lb. pot above \$6.99

CHOOSE HEALTHY PLANTS

Ensure a beautiful lawn and garden by selecting healthy bedding plants that will do well in your landscape.

Plants that are stressed are not likely to thrive, says Troy Lee, director of lawn and garden procurement for Florist Distributing, Inc. The most important factor in choosing healthy plants is to buy from a reputable source, where you can be sure plants have been consistently and well taken care of.

"If a plant wilts in the greenhouse, it can be watered and it'll bounce back," Lee says, "but it has experienced stress. Take that plant home, and you may not have success."

Planting unhealthy plants in the garden can affect neighboring plants by introducing insects or disease. To ensure the health of each plant, Lee says, Hy-Vee Garden Centers offer Garden Helper plants, raised specifically for Midwest gardeners. "We're working with Midwest and local growers who raise plants that have been successful in our landscapes."

To make sure you select healthy plants, Lee suggests following these guides.

• **Consistent height.** If you buy flats of bedding plants, look for flats in which plants are the same size. Also make sure every pack is populated with plants.

• **Good color.** Leaves should be glossy and green, indicating that the plant has been fed and watered properly.

• **Even watering.** Make sure the soil isn't pulling away from its pack or pot. If it is, the plant probably has been dry and stressed.

• **No evidence of insects or disease.** Check leaves for spots, look for aphids on the plants and take note if you see flying insects such as gnats that could signal an infestation.

• **Greater soil volume.** Garden Helper plants are sold in flats with bigger packs and a true full-quart pot, which allows for more soil volume, Lee says. As a result, plants develop better root systems, handle transplanting with less stress and put on more blooms.

• **Fullness.** Look for multiple stems. If a plant is leggy, pass it up. Select plants that will remain healthy in your yard's growing conditions by reading the tag to determine Zone hardiness and light and moisture requirements.

If you have questions about where to site plants in your yard, ask the Hy-Vee Garden Center personnel. Lee suggests carrying along a diagram or the measurements of garden beds. Garden Center employees can then advise you about the number and kinds of plants that will thrive in your landscape.



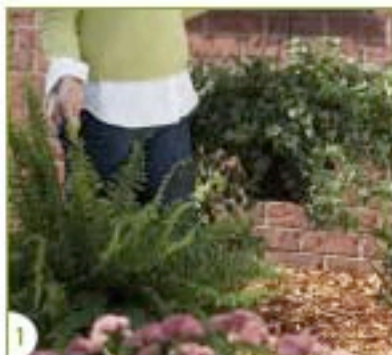
BEAUTIFUL BEDS & PATHS

While artfully arranged plants give front yards head-turning color, the shape of beds and paths direct the eye and convey unity and flow. Paths, in particular, whether they usher guests to the front door or blaze a shortcut from front yard plants to backyard spaces, capture attention in front yard landscapes. When designing a path, allow ample width. On average, paths meant to accommodate two adults walking side by side measure 5 feet across; 3 feet suffices on a path infrequently traveled. Widen paths at the entrance, ending and along curves.

Match path materials to your home's architectural style, using bricks or concrete for formal designs and a blend of gravel, pavers or steppers interplanted with ground-hugging plants for bungalows, ranches or informal cottages. If you prefer hard paving, select materials capable of withstanding varying temperatures as well as precipitation. Loose paths of inexpensive mulch or gravel are excellent choices for informal paths that connect front and backyards or as the first stage in a multiyear path construction project that shifts to hard materials as budget permits.

Edging formally finishes paths and planting beds, corralling grass, creeping plants or loose path materials. Install edging that complements the home architecture, landscape and setting—much as you would frame a painting. To begin inexpensively, install plastic edging to define the bed initially, then replace edging with other creative alternatives as the garden grows and develops a style of its own.

Apply mulch around plants for a finished appearance and to hold in moisture and suppress weeds. "Mulch is critical to low-maintenance landscapes," Doug says. In this garden, red cedar mulch complements the brick exterior, and as cedar decomposes, it adds nutrients to the surrounding soil. Another low-maintenance trick: Hy-Vee Easy Weed 'n' Green, a weed preventer that has fertilizer. Doug added this product to beds then put down landscape fabric (weed barrier).



1. 10" Eco-Friendly Boston Fern or Green Ivy Hanging Basket \$17.99
2. Victorian Verdigris Hanging Basket: 14" (plants not included) \$19.99
3. Victorian Copper Hanging Basket: each (plants not included) \$29.99
4. Resin Bird Feeder and House: wood simulated, 2-pc. set \$29.99
5. Metal Bird feeder with Green Leaf Design: 18.25" \$29.99
6. Little Moses Dwarf Burning Bush: 8" \$14.99
7. #3 Jackson & Perkins Patented Named Roses—The World's Finest Roses and Easiest to Grow. Available in Tea's, Grandifloras, Floribundas and Climbers. \$24.99 each
Jackson & Perkins Rose Fertilizer, 9 month continuous release 2 lb. \$14.99

PLANT WINDOW BOXES AND POTS

Count on container gardens to provide finishing touches in front yard landscapes. For the easiest care and best blooms possible, plant in the right soil mix for the plants. Use a bagged soil mix that's lightweight and blended with slow-release fertilizer and/or water retention polymers. Miracle-Gro® Moisture Control™ potting mix yields glorious container plants. To give plants staying power in summer's most intense heat, mix in a handful of compost with the soil, feed flowering plants bloom-booster fertilizers to increase blossoms and water pots at least daily during hot days.

Match or coordinate containers to home architecture, choosing ones that stand up to temperature and humidity changes. Natural-looking terra-cotta pots allow water to evaporate more quickly than other materials and should be avoided for water-loving plants in full-sun. Container gardens tucked in planting beds create spectacular focal points, especially when planted with one large foliage specimen, such as an ornamental grass, cordyline or New Zealand flax (*Phormium*). In the landscape, elevate container gardens in urns set within garden beds, place pots along porch and deck stairs to visually connect one area with another and hang flowering or vining baskets from tree branches to lift the eye and add color and texture.

When filling containers, select plants with similar light and water needs. Arrange the tallest, most dramatic plant at the center, with plant size gradually decreasing toward the rim of the pot. In formal arrangements, cluster matching or coordinating pots. For casual or natural settings, vary pot material, size, shape and color. In the landscape, opposite top, a pair of urns echo front porch pillars, creating visual balance. Each urn holds a spiral topiary Eugenia tree (*Eugenia myrtifolia*), three dark-leaf pink-flower wax begonias (*Begonia x semperflorens-cultorum*), three pink impatiens (*Impatiens walleriana*) and one trailing Margarita sweet potato vine (*Ipomoea batatas 'Margarita'*). During winter the Eugenia trees are stored in a windowed garage, and the homeowners water the pots occasionally to keep the soil barely moist.



Hv-Vee Garden Helper annuals: 4 pk. 5.24 oz. (155ml) \$2.49
Premium 4 pk. annual with larger root and better garden response time. 46 new colors available in 2009.



TREES & SHRUBS

From shading houses to providing windbreaks to adding seasonal color, trees serve a multitude of purposes in front yard landscapes. One U.S. Forest Service study reports that trees, without any accompanying landscaping, can add 3 to 7 percent to home value. When choosing a tree for your front yard, Doug Fleck of Hy-Vee suggests focusing on "bullet-proof trees," like those found on page 77. "These trees blend seasonal beauty with very low maintenance," he says. "They're sturdy and won't snap in Midwestern winds." For this landscape, Doug planted a pair of Chantideer pear trees (*Pyrus calleryana* 'Chantideer') with 2-inch-diameter trunks (15-gallon pots). Blight-resistant Chantideer pears bloom during spring, sport purple fall foliage and have sturdy limbs that resist breakage.

To plant a tree, dig a hole twice as deep and as wide as the root-ball of the tree. Then inspect the soil. "See if you have black soil," Doug says. "Most likely, you'll have clay, which needs amending. Add sand, compost or black soil to give the tree a richer foundation." Before removing the tree container or root covering material, determine how you want the tree situated in the hole, or which way you want it to face in the landscape. "Every tree has one good side," Doug says. "Position that side toward the street."

Tree Stake Kit installs in minutes to protect newly planted trees while roots take hold. Unhook for easy mowing. Use for trees up to 1.5' diameter **\$14.99 each**





Mahaska Mulch selected varieties 2 cu. ft. bag 3/\$8.00

Deciduous Trees—Includes Crabapples, Redbuds, Birch and Maples. Trees add curb appeal to your home and can add 15% to your property value \$49.99 each

1. Spring crabapple (burgundy) (*Malus*)
2. Clump River birch (*Betula nigra*)
3. Redbud
4. Canadian red cherry (*Prunus virginiana* 'Schubert')
5. Red Sunset Maple
6. Spring Snow crabapple (*Malus* 'Spring Snow')



PLANTING A TREE 101

After digging a hole for the tree, follow these steps to plant. 1. Carefully remove the tree from its pot. 2. Place the tree in the hole, positioning the best side of the tree toward the street. Set hardwood trees a few inches above ground level to allow for settling. 3. Gently break apart the root-ball with a shovel, utility knife, pick or fingers to encourage roots to grow into surrounding soil. 4. Backfill one-third of the soil into the hole around the loosened root-ball. Remove air pockets by tamping (not packing) the soil. Then water using Hy-Vee Plant Starter, a fertilizer that reduces transplant shock and stimulates root growth. One-third at a time, continue backfilling, tamping and watering. 5. Rake soil around the tree, forming an area for mulch. 6. Spread mulch around the base of the tree, keeping mulch 1 to 2 inches away from the trunk, and forming a "saucer" around the trunk. 7. To stake or wrap the tree, visit with Hy-Vee Garden Center staff for the right materials for the tree.





Scott's basic edge guard spreader. Holds 5000 sq. ft. of fertilizer. Control panel with precision rate settings for more accurate coverage. \$29.99

GREEN GRASS

Set off a beautiful landscape with lush, healthy lawn. It's easy and rewarding with Hy-Vee's specialty lawn-care products and fertilizer. Follow the step-by-step program to grow a dark green lawn, help grass recover from stress and prevent turf weeds and diseases. The fertilizer products, with sulfur coatings, yield continuous turf greening for 60 to 90 days. Adapted to regional growing conditions, the fertilizers contain iron and sulfur, nutrients frequently deficient in Midwest soils.

Hy-Vee's Premium Lawn Fertilizer Program is a 4-step program that will put your lawn on the fast track. First, apply Hy-Vee Crabgrass Preventer in early spring to prevent such annual lawn weeds as crabgrass, foxtail and goosegrass. The weed-prevention ingredient, Dimension, won't stain walks or driveways. For the second step in the program, apply Hy-Vee Weed & Feed fertilizer along with broadleaf weed control that's effective against dandelions, clover and violets. Applied in late spring for extended greening, Weed & Feed boosts lawn color and controls weeds with particle technology.

In late summer, apply Hy-Vee Lawn Food to thicken all varieties of turf grasses; (it's beneficial when used as a Labor Day application). Hy-Vee Lawn Food greens grass into fall, thanks to controlled-release nitrogen. To round out the season-long program, apply Hy-Vee Winterizer by October 1 to stimulate root growth and promote winter hardiness. This application is an important step to jump-start a green lawn the following spring.

It's well worth your effort to grow healthy turf. Thick strands of grass stand up to drought, crowd out weeds and withstand extreme summer temperatures. If your existing lawn is thin, overseed in spring and/or fall. Be sure to use fertilizer that is safe for seeding. Stop by your nearest Hy-Vee Garden Center to learn about the best products for your spring projects.

Add insect-resistant grass seed on the lawn, raking in the seeds lightly to make contact with the soil, then keep the soil moist until the seeds germinate. Throughout the growing season, mow grass to a minimum of 2 inches height; higher is better. Tall grass blades shade out weed seedlings while producing food for individual turf plants.



Hy-Vee Premium Lawn Fertilizer Program 4-bag-program \$59.99

Crabgrass Preventer with lawn food (1st application); Weed and Feed (2nd application) when weeds are present; Lawn Food (3rd application) can apply anytime, but use as Labor Day application in a 4-bag program; Winterizer (4th application) apply by October 1.

SOILS & MULCH

Head-turning landscapes begin with healthy soil. While the Midwest is recognized for its rich black farm soil, many yards have abundant clay soil, topsoil long ago hauled or washed away. To amend the soil and ensure healthy plants, layer or incorporate topsoil or garden soil, peat moss and compost. Used individually or together, these natural materials blend with existing soil to create rich, well-drained bases for water, nutrients and roots to move through easily.

Apply mulch immediately after planting, choosing from a variety of materials. Organic mulch, such as bark, compost or shredded leaves, gradually break down and add nutrients to soil. In landscapes where plants change over time, apply organic mulch. Refresh the mulch annually, laying down 2–4 inches each year.

For permanent or long-term plants such as trees and established shrubs, rock mulch is ideal. Stones also suit fixed landscape elements, such as fountains or statuary. When using rock mulch, place some type of material beneath the stones. For areas where no plants will be grown, select a thick millimeter agricultural plastic with UV inhibitor. If you use rocks for high-traffic areas, such as paths and patios, place a double layer of materials beneath the stones—plastic followed by landscape fabric, for example. In planting beds, use heavy professional-grade landscape fabric that permits water, nutrients and oxygen to pass through to plant roots. For large areas, 1-inch river rock provides good coverage. Smaller stones, such as pea gravel or aggregate, work well to fill gaps between flagstones or to create scree gardens.

To maintain stone mulch, hose it down occasionally to remove dirt and debris that settles between rocks. Use a flame weeder to eliminate extensive weed crops. In planting beds, keep stones away from the bases of plants. Light-color stones reflect heat, raising temperatures around plants; dark-color stones absorb heat and may overheat plant roots. Rock is an excellent choice in areas that frequently have high winds. To water plants surrounded with stones, install drip irrigation to deliver water directly to plant roots.

Pond Rocks, Pebbles or Pea Gravel 1/2 cu. ft. or Play Sand 50 lb. 4/\$9.00



One- to two-inch river rock is ideal for fixed plantings, patios, driveways and paths.



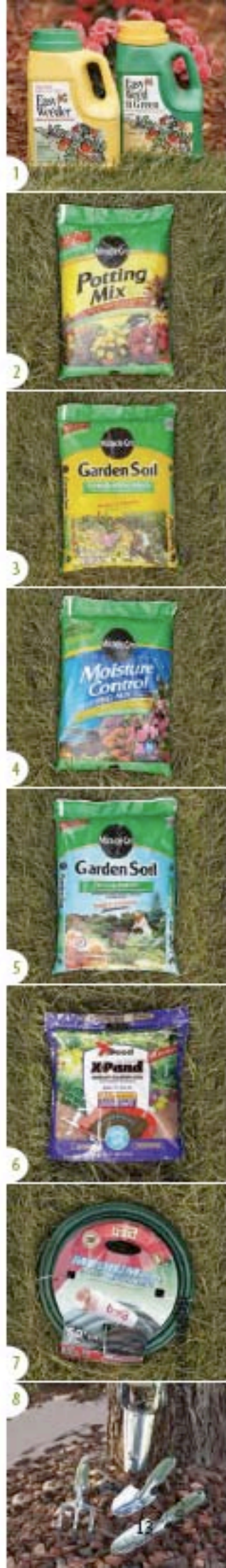
Pea gravel can be used around trees, shrubs or mixed planting beds.



Stone aggregate is best for scree or alpine gardens, paths and driveways.



Sand can be added to clay-based soil to improve drainage.



1. Hy-Vee Easy Weed II Green Fertilizer: 6.25 lb.; Hy-Vee Easy Weeder w/Treflan: 5 lb. \$10.99
2. Miracle Gro Premium Potting Mix: 1 cu. ft. \$5.99
3. Miracle Gro garden soil flower/veggies \$3.99
4. Miracle Gro Moisture Control Potting Mix: 16 qt. \$5.79
5. Miracle Gro garden soil trees/shrubs \$3.99
6. X-pand Instant Garden Soil: 5 lb. \$8.99
7. Bond Medium Duty Hose: 50' \$16.99
8. Cultivator and Hand Sized Transplanter 1 ct. \$2.99 Stainless Steel Bulb Transplanter 1 ct. \$14.99

When designing outdoor space, focus on function. Select furnishings and accessories that invite you and others to be outdoors. If you thrive on cooking and entertaining, plan an outdoor cook center and dining room. For intimate conversation, cozy up a corner with a pair of comfortable chairs. After selecting key pieces, accessorize with touches that enhance comfort and usability.



Sidney Swivel Rocker Patio Set: 3 pc. \$169.99

DECKS

Celebrate easy living this summer by outfitting your deck to welcome family and friends. Outdoor furniture increases your home's livable square footage. In use much of the year, especially with an outdoor fireplace or chiminea, outdoor rooms are natural places to connect to family, friends and neighbors. Look to your Hy-Vee Garden Center for easy-care, stylishly designed outdoor furnishings, then select furniture that suits your lifestyle: dining table and chairs for meals, chairs and low tables for casual conversations and swings or cozy chaises for meditative relaxation. Lay down weather-resistant flooring to enhance deck comfort and design. Natural-tone furnishings create a subtle backdrop for colorful container gardens and nearby plants. For furnishings that are capable of soaking up sun as well as showers, look for labels that promise weather-resistant or sun-resistant fabrics.

Plan an outdoor space with this space-wise premise: A 10x10-foot deck holds a 3-foot-square table and four chairs. To accommodate extras, such as a grill, food preparation or buffet area, arm chairs and ottomans, or play and exercise areas, add about 3 feet in each direction.

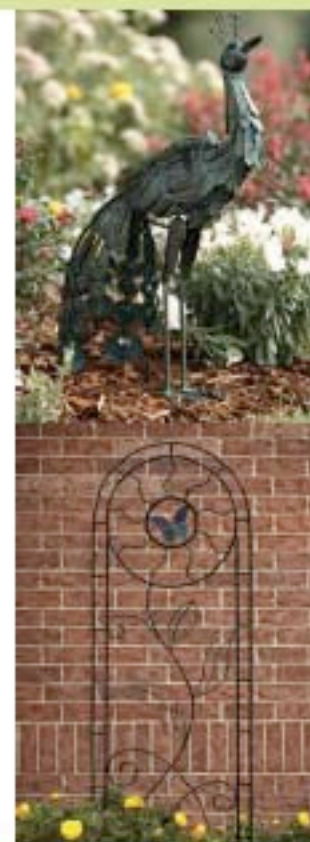
POINTS OF INTEREST

Details make the difference in outdoor settings, transforming a garden into a getaway and a patio into a retreat. Accessorize outdoors using the same techniques as for interior rooms, calling on decorative objects that complement planting schemes, color palettes or decorating style. To dress up outdoor spaces, play to sight and sound. For ear-tickling tones, hang wind chimes or install a fountain. Tricking water melts away stress and masks neighborhood or traffic noise. Tabletop and wall fountains contribute water tunes without gobbling large amounts of outdoor real estate.

Cultivate a classic look in garden beds with an iron trellis or arbor. In newly planted gardens, a one-dimensional scrollwork trellis provides vertical interest and, when doaked with a blooming vine, lifts color to eye level. Tuck ornamental figures, plaques, stepping-stones or pots into planting beds, placing them so they're visible upon close inspection—treasures awaiting discovery. Incorporate wildlife-beckoning birdbaths or feeders into landscapes to invite fluttering color to the garden. Look for intriguing bird feeder designs with glass, mosaic or beautiful scrollwork to grace the yard even when feathered friends aren't flocking around. Elevate potted annuals with stands and pedestals so they stand out among landscape plants.

As the growing season progresses, if spreading plants overtake artful touches tucked into planting beds, shift them around. Anchor tall items with landscape staples or pins to keep them in place during summer winds.

Browse a selection of outdoor products and accessories at www.hy-vee.com.



Metal Peacock Yard Art, above top, 1 ct. \$19.99

Monique Butterfly Trellis, above bottom, 72" \$49.99



Wall Fountain with light: 19.5"×12.5"×47" \$199.99



Brinkman 4-Burner Stainless-Steel Gas Grill, Model P59400 \$329.99



Harvey 7 pc. Dinner Set \$499.99



Make it Yours

WRITTEN BY DEBRA LANDWEHR ENGLE
PHOTOGRAPHED BY ADAM ALBRIGHT AND PETE KRUMHARDT

How can you personalize your lawn and garden? Easy. Select eye-catching accessories from your Hy-Vee Garden Center.



Grass, flowers, shrubs and trees.

Most yards have similar elements. To make yours stand out from others in the neighborhood, add fun and functional lawn and garden accessories that reflect your personality.

Your Hy-Vee Garden Center has many choices of decorations that suit a variety of landscapes and personal tastes, says Isaac Wiese, General Merchandise Product Manager for Hy-Vee. "Each adds another piece of interest to your yard," he says.

To make your yard the place to spend relaxing time, choose from these items, all available this spring at your nearest Hy-Vee.

- **Fire bowls.** Available in brick or stacked-stone look with propane-fired bowls, these heat and cooking sources are filled with lava rock and topped with a fire ring. Place one or more on a deck or patio for heat and roasting hot dogs and marshmallows.

- **Plant holders.** Dress garden beds and walkways with distinctive metal holders in numerous designs, such as a quaint Victorian bicycle. Place plants to cascade over the sides.

- **Birdbaths.** Choose from concrete or ceramic birdbaths or ceramic ones that set on steel stands. Then attract feathered friends and create a focal point in a flower bed or corner of the yard.

- **Metal artwork.** A wide variety of attractive statues includes a vibrant 27-inch-tall peacock, available painted with a colorful

fanned tail or in an aged-copper finish.

- **Solar-powered lights.** Place this metal art to illuminate the yard at night. One of this year's favorites features butterflies and flowers on long metal stems.

- **Plant pots.** The diverse and fashionable selection at Hy-Vee ranges from ceramic and clay to lightweight foam that resembles aged European stoneware.

- **Eco pots.** Go green and choose from pots made of recycled rubber or biodegradable rice and bamboo. The containers come in many sizes and designs, and range from transplanter pots to 20 inches across.

- **Gazing balls.** Prop these 10-inch colorful globes on stands or tuck them among foliage on the ground to draw interest.

- **Suncatchers.** Reflect sunlight and cast sparkles by hanging these decorations from tree branches or the eaves of your house.

- **Obelisks.** Always classy, these architectural elements in sizes and colors that complement any garden, add a mark of distinction to flower beds.

- **Patio sets.** One outstanding design has leaf motifs that shape the back of the bench, coffee table top and coordinating plant stand. The set is available in metal finish with green leaves. Look for many other designs as well.





3 Stacked Bowls Fountain with LED Lights: 25.75' \$149.99



Twist Fountain with LED Lights: 39" \$289.99



3 Stacked Rocks Fountain with 2 LED Lights \$169.99

Fashionable Fountains

Considering a water feature for your garden? Here's good news. Your Hy-Vee Garden Center offers a variety of affordable, easy-to-install fountains. Stunning in the landscape, they also add relaxing sounds of moving water while attracting birds and other wildlife.

This spring, watch for:

- Ceramic fountains, as well as those that look like authentic stone yet are lightweight and easy to move.
- Drop fountains that let water flow from one bowl or urn to another.
- Infinity fountains, which create a pool of water that gently flows over the edges.
- Flat-backed wall fountains that can be set against a house or fence.
- Contemporary styles that include such elements as a twisting column with a spout on top.

In a variety of materials and styles, fountains range from 22 to 47 inches high, says Isaac Wiese, General Merchandise Product Manager for Hy-Vee. The variety of sizes makes it easy to choose the right fountain for almost any section of the lawn and garden. "The decorative effect of fountains is dramatic, whether they are placed under or near a tree in a quiet part of the garden or by the front of the house to mask neighborhood noise," he says.

Fountains also create a pleasing focal point for passersby. Combined with a chair or bench, fountains are central to a meditation area.

According to Wiese, fountains benefit the garden in many ways.

- They have a calming effect. Studies show that the soothing sounds of a fountain, placed near an open bedroom window, help with sleep.
- They cool the environment by adding moisture to the air.
- They create vertical interest in the garden.

Fountain care is simple, Wiese says. Place a fountain outdoors when the weather is consistently above freezing. Add fresh water about every seven days, making sure to keep the water level above the pump. After windstorms, check the water level and refill as needed. Before cold weather arrives, drain the water and remove and clean the pump. To use the fountain year-round, move it indoors.

To connect the pump to electricity, indoors or out, use only high-grade outdoor grounded circuit extension cords plugged into grounded outlets. Run cords along the ground or along the house or garden edging, covering it with mulch to ensure it doesn't become a tripping hazard. To bury a cord, follow local code requirements.

FIRE IT UP

If spring finds you in the fever to buy a grill, or has you craving succulently juicy meats—from T-bone steaks to kickin' kabobs—follow our tips and recipes to get grilling in no time.

WRITTEN BY LOIS WHITE PHOTOGRAPHED BY KING AU AND TOBIN BENNETT

Amara Quality Beef Big T-Bone Steak: 25 oz. \$13.99





1. Brinkman 3-Burner Gas Grill: black and stainless steel; model P5300 \$219.99



2. Brinkman 4-Burner Stainless Steel Gas Grill; model P59400 \$329.99



3. Professional Charcoal Barrel Grill \$149.99

CHOOSING THE RIGHT GRILL

It'll be easy to spot the perfect grill in the morning and be flipping steaks that evening, if you first think about your lifestyle and interests. Consider the following factors.

- **What type of food will you grill most often?** If it's small amounts of meat such as steaks, burgers or chicken pieces, consider a small to medium-size grill. If you plan to grill roasts, larger meat cuts or whole chickens, choose a larger grill.

- **How many people will you grill for?** If you plan to entertain large groups, choose a grill with adequate cooking space. Visually inspect the cooking surface because most manufacturer's specifications include side burners or warming racks in the grill measurements. If you're not sure about size, choose a larger grill than you think you'll need or want. The more you grill, the more adventurous you're likely to become.

- **How often will you be grilling and for what occasions?** If it's just weekends or holidays, the time and effort of a charcoal grill may be well worth the effort. If you plan to grill several times a week and you have a busy schedule, consider a gas grill with a built-in igniter that preheats in 10 minutes or less and maintains a constant temperature while the food grills.

- **What fits your budget?** Prices range from less than \$50 for charcoal grills to several thousand dollars for gas grills. Although gas grills are more expensive initially, charcoal grills cost more to operate over the long run.

SIZZLING MEATS

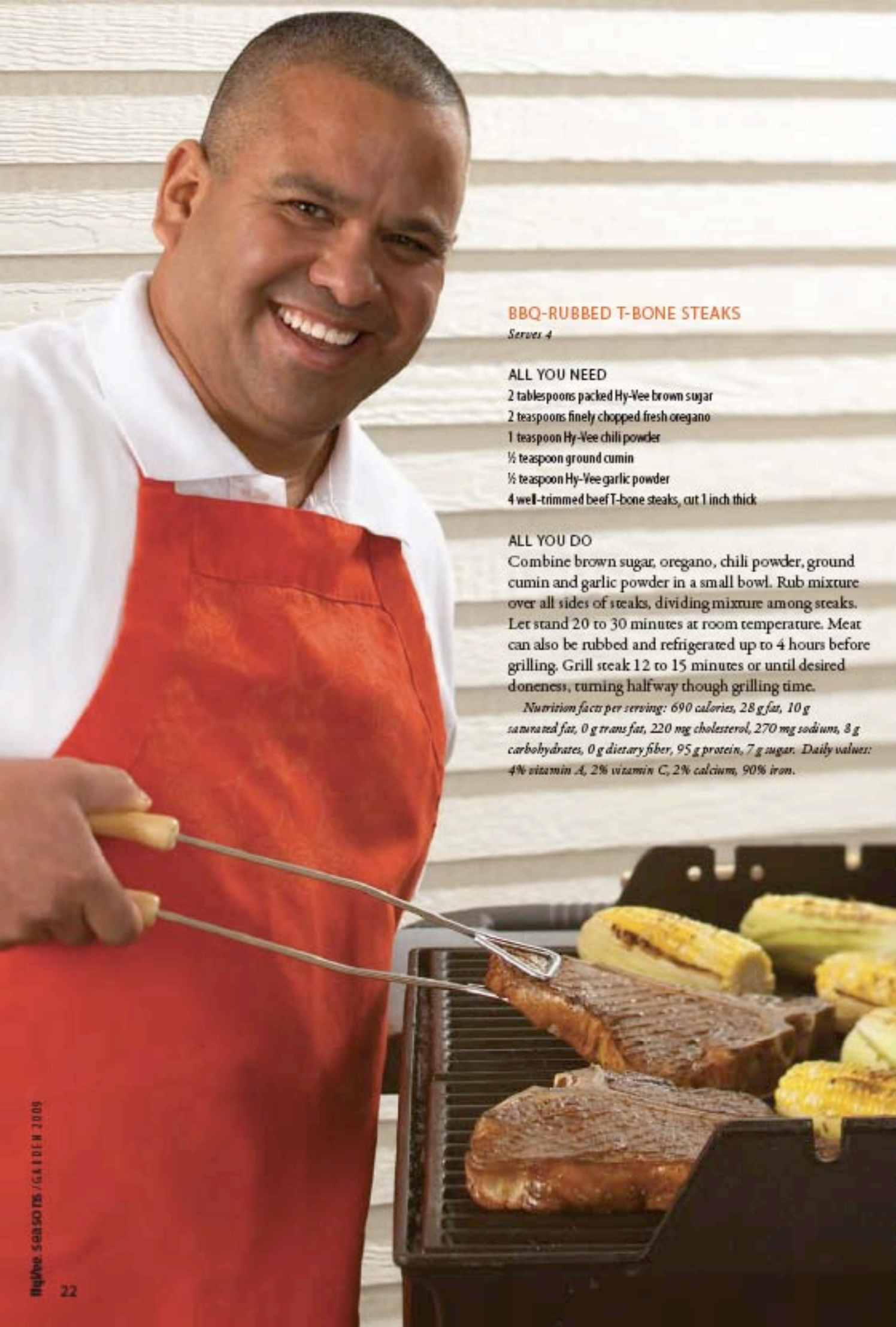
There is so much to love about grilling—the glow of the coals or gas flame, the aroma of smoke and delicious flavors penetrating sizzling foods. Grilling adds flavor and flair to cuts offered at your Hy-Vee Meat Department.

Succulent Steaks: The finest, most tender steaks include New York strip, T-bone, porterhouse, filet mignon, flat iron steak and ribeye. Hy-Vee offers Blue Ribbon beef, Amana beef and Natural Angus beef. The Amana beef comes from select ranches where corn-fed cattle are fed a strict diet to meet high marbling specifications for USDA Choice labeling standards. More marbling means juicier meat and richer flavor.

Tender, Juicy Chops: Quick-cooking, flavor-friendly choices include thick-cut loin chops, boneless top loin chops, butterfly chops, pork ribeye chops and America's cut. Thick chops—1½ to 1¾ inches—are the best sizes for grilling.

Moist, Delicious Chicken: Legs and thighs are the most juicy and flavor-packed chicken parts. Chicken breasts marry beautifully with a variety of seasonings, sauces and marinades. Serve drumsticks with a selection of dipping sauces.

Fork-Tender Fish: A fresh catch of snapper, tuna, farm-raised salmon, and catfish fillets from your Hy-Vee Seafood Department grills to perfection in minutes. Dress up fish steaks or fillets by brushing the fish with a mixture of 2 tablespoons of stone ground mustard, 1 tablespoon honey and 1 teaspoon olive oil.



BBQ-RUBBED T-BONE STEAKS

Serves 4

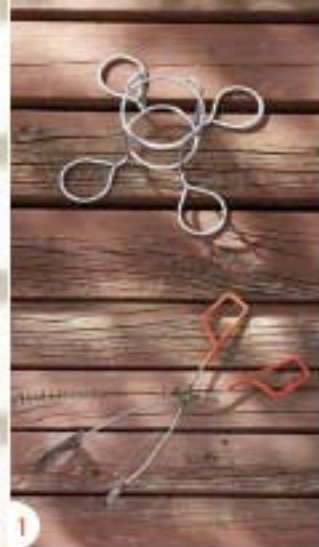
ALL YOU NEED

- 2 tablespoons packed Hy-Vee brown sugar
- 2 teaspoons finely chopped fresh oregano
- 1 teaspoon Hy-Vee chili powder
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon Hy-Vee garlic powder
- 4 well-trimmed beef T-bone steaks, cut 1 inch thick

ALL YOU DO

Combine brown sugar, oregano, chili powder, ground cumin and garlic powder in a small bowl. Rub mixture over all sides of steaks, dividing mixture among steaks. Let stand 20 to 30 minutes at room temperature. Meat can also be rubbed and refrigerated up to 4 hours before grilling. Grill steak 12 to 15 minutes or until desired doneness, turning halfway through grilling time.

Nutrition facts per serving: 690 calories, 28 g fat, 10 g saturated fat, 0 g trans fat, 220 mg cholesterol, 270 mg sodium, 8 g carbohydrates, 0 g dietary fiber, 95 g protein, 7 g sugar. Daily values: 4% vitamin A, 2% vitamin C, 2% calcium, 90% iron.



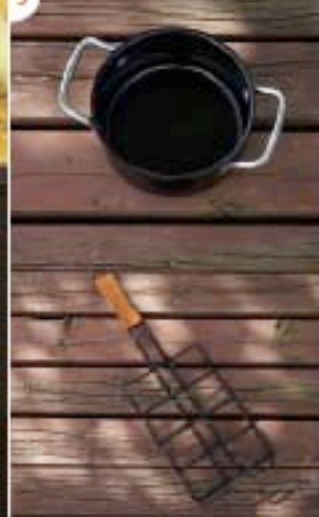
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1. BBQ Tong, Beer Can Chicken or Turn Tongs, 1 ct. or 3' \$3.99
2. BBQ Fish Basket, Sauce Pot, Mitt or Injector: 1 to 2 ct. \$4.99
3. BBQ Wok Toppers, Sauce Pot or Corn Basket: 1 ct. \$5.99

2



3



SESAME TERIYAKI CHICKEN KABOBS

Serves 4

ALL YOU NEED

½ cup lite teriyaki sauce

2 tablespoons frozen Hy-Vee orange juice concentrate, thawed

3 tablespoons sesame oil

2 garlic cloves, minced

½ teaspoon ground ginger

4 Hy-Vee Fresh Grill Ready Chicken Kabobs

2 tablespoons toasted sesame seeds

ALL YOU DO

Combine teriyaki sauce, orange juice concentrate, sesame oil, garlic and ginger in a large resealable plastic bag. Add chicken kabobs and refrigerate 30 minutes to 1 hour, turning chicken occasionally. Remove kabobs from marinade; discard marinade. Grill directly over medium heat 10 to 15 minutes, turning every 2 to 3 minutes or until chicken reaches 170°F.

Nutrition facts per serving: 220 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 70 mg cholesterol, 520 mg sodium, 7 g carbohydrates, 0 g dietary fiber, 29 g protein, 5 g sugar. Daily values: 2% vitamin A, 35% vitamin C, 2% calcium, 25% iron. Nutritional information may vary according to size of kabob.



Fresh Grill Ready Chicken Kabobs: selected flavors 10 oz. 2/\$6.00

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TUNA STEAKS WITH SUMMER SALSA

Serves 2

ALL YOU NEED

1 avocado, peeled and diced	¼ teaspoon wasabi powder
1 orange bell pepper, seeded and diced	Hy-Vee salt and Hy-Vee freshly ground black pepper, to taste
1 cup diced pineapple	¼ cup toasted sesame seeds
3 tablespoons lime juice	2 teaspoons Hy-Vee canola oil
¼ teaspoon ground ginger	2 (1- to 1½-inch-thick) ahi tuna steaks

ALL YOU DO

Preheat grill for medium heat. Lightly oil grate. For summer salsa, mix together avocado, orange pepper, pineapple, lime juice, ground ginger and wasabi powder in a bowl. Season to taste with salt and black pepper. Set aside until ready to serve. Spread the sesame seeds in a shallow dish. Brush the tuna steaks with the canola oil, then dip them in the sesame seeds, evenly coating both sides. Place tuna steaks on prepared grill. Cook until fish turns opaque, about 4 minutes for 1-inch-thick steaks, turning once. Serve immediately with summer salsa.

Nutrition facts per serving: 610 calories, 30 g fat, 2.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 75 mg sodium, 28 g carbohydrates, 9 g fiber, 48 g protein, 11 g sugar. Daily values: 8% vitamin A, 170% vitamin C, 4% calcium, 160% iron.



USDC Lot Inspected Ahi Tuna: per lb. \$8.88



1. USDC Lot Inspected Fresh Salmon Skewer: 5 oz. 2/\$7.00
2. USDC Lot Inspected Shrimp Skewer: 1.8 oz. 10/\$10.00
3. USDC Lot Inspected Fresh Canadian Rainbow Trout Fillets: per lb. \$8.88



STEAKS WITH GARLIC-THYME BUTTER

Serves 4

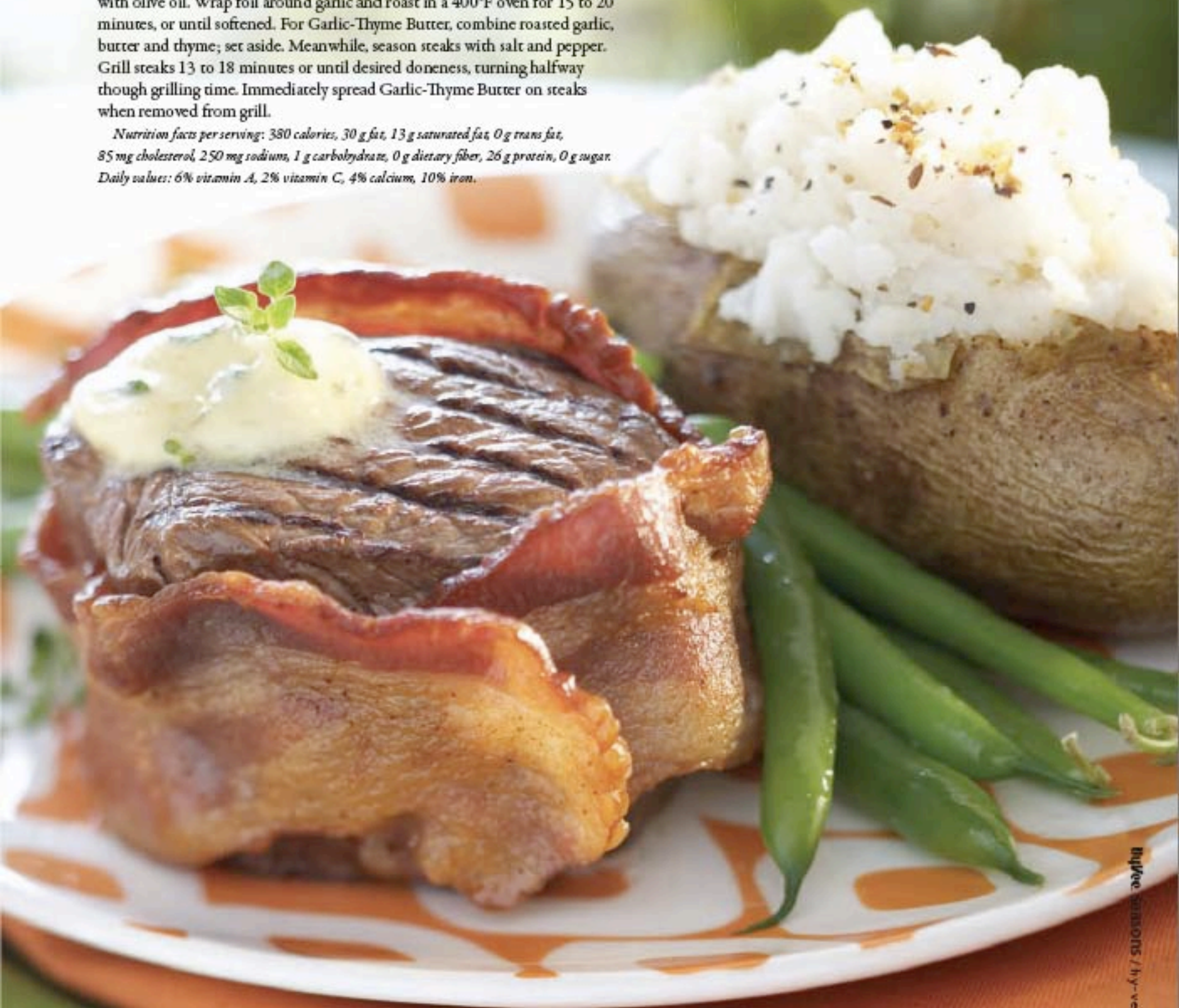
ALL YOU NEED

2 garlic cloves	2 teaspoons chopped fresh thyme
1 tablespoon Grand Selections olive oil	4 (8 ounces each) Amana® Quality Bacon-Wrapped Beef Sirloin Fillet
3 tablespoons Hy-Vee butter, softened	Hy-Vee salt and Hy-Vee freshly ground black pepper, to taste

ALL YOU DO

Remove skin from garlic cloves. Place garlic on a sheet of foil and drizzle with olive oil. Wrap foil around garlic and roast in a 400°F oven for 15 to 20 minutes, or until softened. For Garlic-Thyme Butter, combine roasted garlic, butter and thyme; set aside. Meanwhile, season steaks with salt and pepper. Grill steaks 13 to 18 minutes or until desired doneness, turning halfway through grilling time. Immediately spread Garlic-Thyme Butter on steaks when removed from grill.

Nutrition facts per serving: 380 calories, 30 g fat, 13 g saturated fat, 0 g trans fat, 85 mg cholesterol, 250 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 26 g protein, 0 g sugar. Daily values: 6% vitamin A, 2% vitamin C, 4% calcium, 10% iron.



Amana® Quality Bacon-Wrapped Beef Sirloin Fillet: 8 oz. 2/\$8.00

HAWAIIAN GRILLED CHICKEN

Serves 4

ALL YOU NEED

½ cup Hy-Vee pineapple juice	1 teaspoon Hy-Vee ground mustard
2 tablespoons Hy-Vee apricot preserves	½ teaspoon Hy-Vee salt
1 teaspoon Hy-Vee ground ginger	4 boneless, skinless chicken breasts

ALL YOU DO

In a small bowl, whisk together juice, preserves, ginger, mustard and salt. Pour juice mixture into a large resealable plastic bag. Place chicken breasts in bag. Seal and gently turn bag to evenly coat chicken. Refrigerate for 3 to 4 hours to marinate. Remove chicken from bag and discard marinade. Grill chicken over medium heat for 5 minutes. Turn and grill an additional 5 minutes or until internal temperature reaches 160°F.

Nutritional facts per serving: 150 calories, 1.5 g fat, 70 mg cholesterol, 220 mg sodium, 6 g carbohydrates, 0 g dietary fiber, 27 g protein, 5 g sugar.

Daily values: 0% vitamin A, 6% vitamin C, 2% calcium, 6% iron.





1. La Choy Sauce: teriyaki or soy 10 oz. \$1.18
2. Hy-Vee Specialty Mustards: spicy brown, honey mustard or Dijon 12 oz. \$1.17
3. McCormick Taco Seasoning Mix: selected varieties 1 to 1.5 oz. 3/\$2.00
4. McCormick GrillMates Spices: selected varieties 2.75 to 3.4 oz. 3/\$4.00
5. Famous Dave's Barbecue Sauce, Marinades or Pickles: selected varieties 12 to 24 oz. \$2.18
6. Hy-Vee Salad Dressings: selected varieties 16 oz. 2/\$3.00
7. Lawry's Marinades: selected varieties 12 oz. 2/\$4.00
8. Wishbone Spritzer Salad Dressing: selected varieties 7 oz. 2/\$4.00

Hy-Vee carries many delicious dipping sauces, seasonings and marinades. Apply spices before grilling or brush on a favorite sauce during the last stage of grilling to introduce intriguing flavors. Grill a batch of drumsticks and serve with an assortment of dipping options, such as ranch salad dressing, spicy Dijon-style mustard and barbecue sauce.



KRAFT

1. Country Time Lemonade: selected varieties 6 qt, 8 qt, 10 qt or On the Go 10 pk. 2/\$3.00
2. A1 Steak Sauce: all varieties 10 oz. \$3.18
3. Kraft BBQ Sauce: selected varieties 16.25 or 18 oz. \$.99
4. Cool Whip Aerosol: regular, extra creamy or lite 7 oz. \$2.28



Friends for Life

From the moment pets enter our lives, they bring us joy and laughter—and so much more. Studies show that pet owners of all ages experience improved physical and mental health.

WRITTEN BY COURTENAY WOLF PHOTOGRAPHED BY KING AU

For thousands of years people have shared their lives with dogs, cats and a variety of other creatures. Pets are valued members of the family—working and playing along side the people they love. And pets earn their keep. Dozens of scientific studies document the benefits of sharing your life with a companion animal.

Looking for better health? Consider inviting a dog or a cat into your home. Pet owners have more healthful lifestyles and experience fewer minor health problems than those without pets. Studies show that pet owners are less lonely and at less risk for depression. Seniors who own dogs visit doctors 21 percent less than those who don't own dogs. Senior pet owners are also less likely to enter health-care systems; and if they do, they adjust better.

Fighting high blood pressure? High cholesterol? Trying to maintain healthy triglyceride levels? Pet owners have significantly lower levels in all three areas. In one study, people who showed borderline hypertension had lower blood pressure on the days they took their dogs to work. Additionally, owners of pets have higher one-year survival rates following heart disease.

Children raised with pets show significantly more empathy and develop stronger abilities to work in groups. They are more involved in sports, school activities and chores. Pets can even enhance intellectual development.

What about all the dirt and germs pets drag in? Turns out that kids who live with a pet in their first year of life actually have lower levels of allergic rhinitis and allergies. And the benefits continue well beyond childhood.

What accounts for all these health benefits? The bond with animals runs deep. Owners love to watch their antics, stroke their soft fur and play outside with them. When people experience sadness or stress, pets lift their spirits. When people are happy, pets share their joy. The love and support given to pets resonates in friendship, loyalty and a healthful body, mind and spirit.

Similar to people, pets need healthful and nutritious diets to support their bodies at every stage of life. Check out Hy-Vee's quality selection of pet foods and supplies to ensure that your companion receives the best.

Visit www.deltasociety.org for more information about the benefits and contributions of companion animals.



3 FAVORITE BRANDS. 1 POWERFUL CAUSE. GREAT SAVINGS.

Meow Mix® Cat Food: selected varieties 16 or 18 lb. **\$10.96**

Milk Bone® Biscuits or Pup-Peroni®: selected varieties 5.4 to 26 oz. or 5.6 oz. **\$2.99**

**WE'RE RAISING \$225,000 TO HELP PETS AND PEOPLE.
THAT'S THE POWER OF PAWS.**

Visit www.powerofpaws.com to learn more!

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get up and get out

Encourage your kids to get active outdoors! It's one of the best things you can do for their health.

WRITTEN BY ALLAN DEAN PHOTOGRAPHED BY TOBIN BENNETT



Pulling your children away from the TV or computer screen to get them outdoors isn't always easy. But the need to promote an active lifestyle for children has never been more important.

Childhood obesity is a developing epidemic. The National Health and Nutrition Examination Survey found that the rate of overweight children increased by 60 to 70 percent since the early 1990s and has risen 300 to 400 percent since the early 1970s. A 2003–2006 survey found that 13.9 percent of 2 to 5 year olds, 18.8 percent of 6 to 11 year olds, and 17.4 percent of 12 to 19 year olds were overweight.

The Center for Disease Control and Prevention reports that overweight children are at risk for serious health concerns such as high cholesterol, high blood pressure, diabetes, asthma and sleep apnea. Additionally, emotional consequences—such as anxiety disorders, low self-esteem, depression, isolation from peers and eating disorders—commonly plague overweight and inactive kids. Long-term consequences of these symptoms and diseases are poor school performance and attendance as well as increased health-care and educational costs.

For the sake of our kids: It's time to fight back. So, how do you get them up and outside? We suggest trying a few of these strategies to promote outdoor activities.

- **BE A ROLE MODEL.** Your actions dictate your child's activity level. A number of studies prove that when parents model, monitor and support physical activity, the difference is significant. Schedule walks, bike rides and swimming that includes the kids, and insist that they join in. Older kids can help with raking, lawn mowing, gardening and cleaning the garage. Your actions and attitudes will leave a lasting impression on them.

- **PLAN ORGANIZED ACTIVITIES.** Find out the times, locations and types of activities offered in your area that interest kids. Talk to neighborhood parents to coordinate activities and transportation.

- **LIMIT SEDENTARY TIME.** Let kids know how much time each day they are allowed to surf the Web, watch TV, play video games and text their friends.

- **PLAN FAMILY MEALS.** Summertime, when schedules are often less busy, is ideal for learning to cook and eat together healthfully.

Experts recommend 60 minutes of daily exercise for kids. With these inexpensive outdoor activities, you'll all have fun.

- | | | | |
|---------------|--------------|--------------------------|-------------------|
| • Bike riding | • Jump rope | • T-ball | • Walking the dog |
| • Kick ball | • Disk golf | • Hopscotch | • Hide and Seek |
| • Kite flying | • Basketball | • Tag | • Four square |
| • Dodgeball | • Badminton | • Red light, green light | • Soccer |



1. Jump N Go Obstacle Course Bouncer \$299.99
2. Naked Juice: selected varieties 15.2 oz. \$2.88
3. Old Orchard 100% Juice: selected varieties 64 oz. 2/\$4.00
4. Huffly Girls or Boys Bike: 16" \$68.88
5. Powerade: selected varieties 32 oz. 10/\$10.00
6. Bunny Luv Organic Baby Carrots: 1 lb. 2/\$3.00
7. Mighty Wheels: 16" \$34.99
8. Lawn Games: selected varieties 25% off

Three Reasons / by-vee.com

OUTDOOR SPACES

Transform your yard and garden into an inviting outdoor living room. Enjoy an expansion of living space without the expense of an addition.

WRITTEN BY COURTENAY WOLF PHOTOGRAPHED BY ADAM ALBRIGHT AND PETE KRUMHARDT

Fiberglass Garden Pots 20" assorted styles \$29.99

Pasadena Stackable Sling Garden Set: 6 pc. \$249.99

As summer sun, scents from the garden and warm evenings beckon one and all to the outdoors, plan to set a scene for relaxing, entertaining and just hanging out. The hottest home trend is to create comfortable outdoor living spaces that blur the lines between indoors and out. So now's the time to furnish a deck, patio or porch. Then gather around a sizzling grill, refreshing pool or relaxing garden setting.

Depending on the simplicity of design, an outdoor room can be easy and inexpensive to pull together. Make a statement by bringing together a variety of elements that mesh well, much as you would plan an indoor room. Trees, hedges and fences provide structure as walls and passageways. Patios, pavers and grass stand in for flooring. Potted plants and flowers become focal points, much like pieces of art, and with varying scale, they transition between trees, shrubs, grass and gardens. For maintenance, outdoor furniture is more comfortable yet sturdier than ever. Easy-care weatherproof materials look fresh all summer and last for years.

TABLE TALK

At the heart of outdoor living, dining alfresco requires a comfortable table and chairs. A glass-top table is durable, easy to keep clean and can double as an arts-and-crafts center for kids. Marble-top and tile-top tables are attractive choices. Choose a table height, from counter height for dining to bar height for serving drinks.

Give chairs a test-sit before hauling them home. Comfort is essential, then consider fabrics, chair seat height, maintenance and storage. Traditional-height chairs can be called into use away from the table and around a fire pit or conversation area.

Umbrellas, so important to shield diners from the sun and sudden sprinkles, also provide a feeling of intimacy. Lights strung around the rim or ribs of an umbrella can light the setting for evenings under the stars. Available in sizes and colors to complement table size and setting, umbrellas can be festive or subdued. In addition to table use, freestanding umbrellas can also anchor seating areas.

BEAUTIFUL BOUNDARIES

Define outdoor areas to use for dining and socializing, relaxing and exercising. Patios and pools have built-in boundaries to plan around. If permanent elements don't exist, create definition with large containers, furniture arrangement, trellises and plants. Stage them to form walls and walkways that make a space feel like a room.

With the outdoor room in place, turn your attention to creating focal points or invitations to the room. A bench or table with chairs under a shade tree, for example, beckons relaxation and reflection. Appeal to all senses and inspire browsing, inspection and connecting to nature by placement of fragrant flower blooms in soft to vibrant colors, water features, intriguing foliage and garden ornaments. Find all you need for a welcoming outdoor retreat at your Hy-Vee Garden Center.



Metal Bench with Green Leaf Design: 35.75* ~~\$99.99~~
Metal Coffee Table with Green Leaf Design: 16* ~~\$69.99~~



Metal Bicycle Planter: 56* ~~\$89.99~~



Children's Floral Design Bench: 23.75* ~~\$59.99~~
Metal Decorative Watering Can: each ~~\$9.99~~



Metal Garden Bench: brown, 2 sided \$159.99



Mosaic Tile Bistro: 3 pc. Set \$149.99



Metal Plant Stand with Green Leaf Design: set of 3 \$79.99
Harvey Cushion Swing: 3-seat \$149.99



Metal Butterfly Sculpture with Solar Powered Light: 35" \$29.99



Hand Stacked Stone Gas Fire bowl: each \$299.99

Welcoming outdoor living areas take advantage of existing spaces. A tall table and chairs, tucked between pool and patio, create a cozy room with walls of verdant landscape.

Sydney Bar Height Dining Set: 7 pc. \$499.99





going green
TOGETHER

WRITTEN BY KATHY ROTH EASTMAN
PHOTOGRAPHED BY ADAM ALBRIGHT



Hy-Vee is serious about improving environmental health, and you can help.

During the past several years, Hy-Vee has gradually and methodically entered into an era of sustainability, and the company's green endeavors are represented by the company's sustainability logo, *above*.

Mike Smith, Hy-Vee's Director of Real Estate and Environmental Affairs, views the company efforts as a process of engagement among employees, vendors and customers, with each segment playing a critical role. "Our success will be based on our ability to obtain ideas from our various stakeholders. For our efforts to be effective, we need a 360-degree view of our operations and their environmental impact," Mike says. That means employees, vendors and customers all have a part to play in helping Hy-Vee go green.

At the corporate level, the focus is on store construction and renovation using energy-efficient designs and equipment. Focusing on energy efficiency extends to store operation, with a current focal point on the collection and analysis of data relating to store electricity and gas usage. Based on information collected from studies of the company's vehicle fleet and other areas, Hy-Vee will reduce its carbon footprint (a common measure of energy usage).

Hy-Vee is committed to recycling and decreasing waste at all its stores, distribution facilities and subsidiaries. During 2008 Hy-Vee recycled approximately 93 million pounds of cardboard, 1.2 million pounds of plastic bags and nearly 300 million pounds of aluminum cans. "While we continue to increase recycling at our stores, we see a significant increase in customer participation in such programs as in-store recycling of plastic bags," Mike says.

Product vendors, who play an important role in Hy-Vee's sustainability efforts, have introduced products made with recyclable materials and have developed more efficient packaging. Hy-Vee continues to work with local food producers to promote local businesses while decreasing transportation costs and related environmental consequences.

Customers also play an important role in Hy-Vee's efforts to be environmentally friendly, Mike says. "Customers are critical to the success in addressing sustainability. Comments and feedback help us see things we may have overlooked." For example, one consumer pointed out to a store manager that the in-store dining area did not have the more efficient compact fluorescent lights (CFLs) that many Hy-Vee stores already use. Customers also do their part by using reusable shopping bags, recycling plastic bags and providing suggestions about other sustainable practices for Hy-Vee to implement.

"As we continue to reduce our environmental footprint, we have to work together," Mike says. For his part, he is excited about additional steps that Hy-Vee has planned, as it reemphasizes the vital role that grocery stores play as community gathering places. Mike suggests customers log onto www.hy-vee.com/about/sustainability.asp to monitor Hy-Vee's continuing sustainability efforts.



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1. Tropical Foliage Assortment in Biodegradable Pot: 4.5" \$6.99
2. Hy-Vee Portobello Mushrooms: 10 oz. \$3.99
3. Igloo Earth Cooler: 12 can \$19.99
4. Igloo Earth Cooler: 1/2-gallon \$5.99
5. Igloo Earth Cooler: 2-gallon \$16.99
6. Earthbound Farms Organic Chopped Shallot, Garlic or Ginger: 4.25 oz. \$2.99
7. Earthbound Farms Organic Original Salads: selected varieties 4 or 5 oz. 2/\$5.00

Hy-Vee seasons hy-vee.com

Midwest Grown

Typically, you may be unaware of how far food has traveled before you buy it, take it home, and serve it. When you find the "Midwest Grown" label, however, you know those foods are grown close to home.

WRITTEN BY MELODY WARNICK PHOTOGRAPHED BY KING AU AND TOBIN BENNETT



Smart Chicken Boneless Skinless Chicken Breast: per lb. \$4.98

At Hy-Vee, offering food produced by local and regional family farms is a long-standing tradition. Now local products are easier for shoppers to spot. Meat and produce tagged “Midwest Grown” travel directly from farms throughout Iowa, Illinois, Kansas, Minnesota, Missouri, Nebraska and South Dakota.

EAT LOCALLY. There’s good reason to watch for the “Midwest Grown” label. Eating a “locavore” diet—one comprising foods grown close to home—is a growing trend, in part because it benefits the environment. Food not transported cross-country leaves a smaller carbon footprint, an indicator of how much greenhouse gas is produced by growing, processing and shipping. Additionally, customers appreciate supporting farmers from their areas and keeping food dollars in the community.

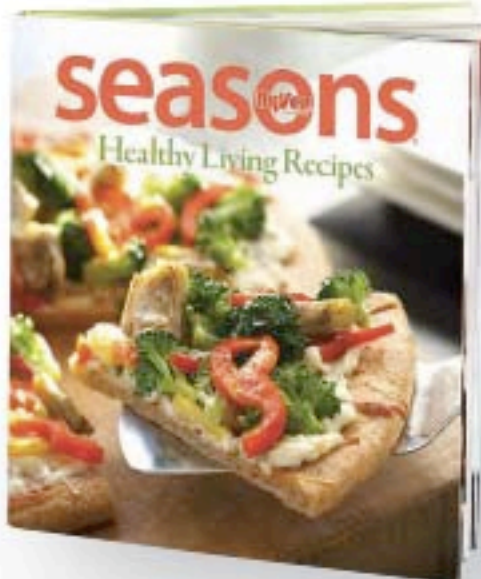
GET SMART. In the meat department, look for the Midwest Grown label on packages of Smart Chicken, chickens raised in southeast Nebraska. Smart Chicken is all-natural and sold in packages of whole birds and cut-up portions. Minimally processed, with no added ingredients, the chicken cooks up tender and delicious. The meat case also offers fresh Midwest Grown pork produced at three Iowa farms.

KNOW OUR FARMERS. At Hy-Vee, find fresh fruits and vegetables labeled Midwest Grown—from golden ears of locally grown sweet corn to plump, juicy Missouri peaches. Look for occasional displays that feature local growers and get acquainted with and feel connected to them through photos and stories. Be assured that many farmers are dedicated to producing quality foods that stay close to home and feed Midwesterners. Confidently shop for and take home this fresh-tasting, locally grown food to share with your family.

TASTE SUPERIOR FRESHNESS. While the Midwest Grown label ensures that those foods are from the multistate region, much of Hy-Vee’s produce is grown on farms even closer to home. Hy-Vee produce managers at each store make connections with area farmers to stock seasonal produce, such as tomatoes, sweet and hot peppers, melons, green beans and so much more. Count on these foods, many of which have barely crossed a county line en route to market, for freshness and flavor.

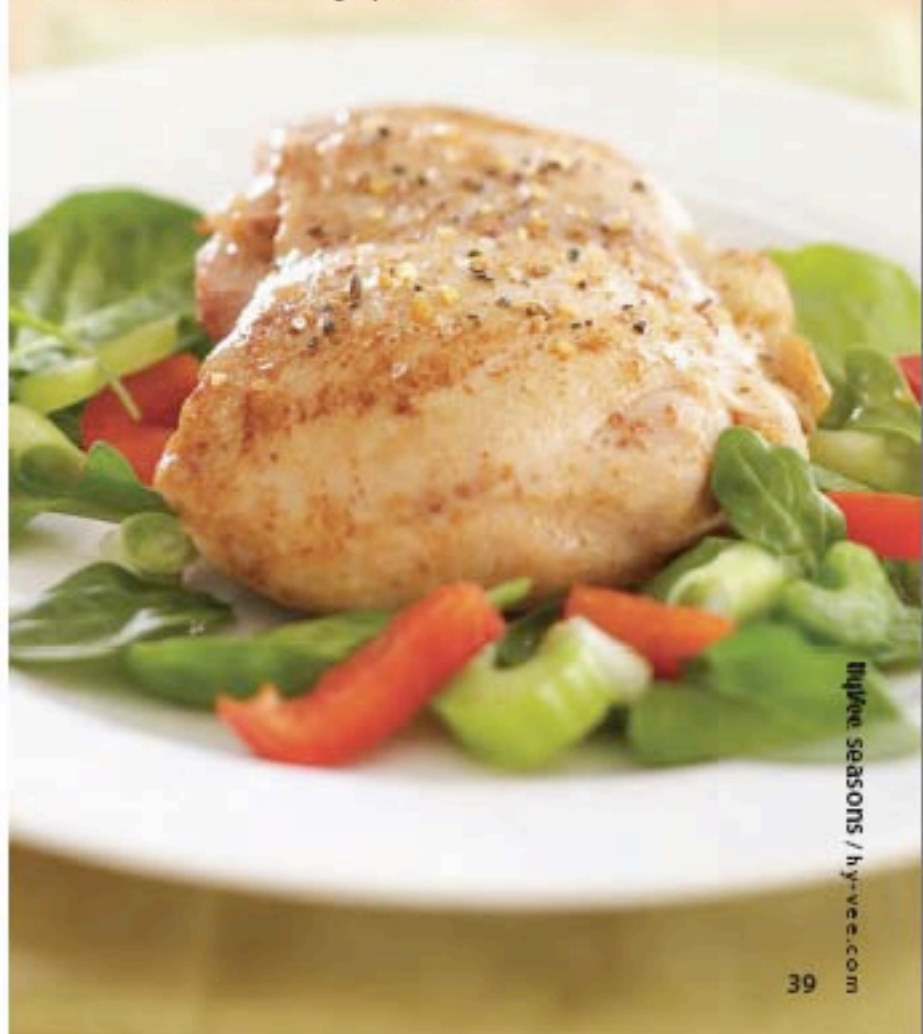
Perhaps the best reason to buy Midwest Grown food is the simplest: Taste. Local foods are fresher, crisper, sweeter, crunchier, juicier than food that travels a great distance. Doesn’t all this freshness make you hungry for more locally grown foods?

coming soon



Hy-Vee Seasons Healthy Living Recipes offers mouthwatering recipes and meal ideas to jump-start a more nutritious lifestyle for you and your family. Each delicious recipe contains wholesome, nourishing ingredients and has been approved by the Hy-Vee dietitians and Hy-Vee Test Kitchen. Look for Hy-Vee Seasons Healthy Living Recipes at Hy-Vee in mid-April. \$19.99

Smart Chicken Boneless Chicken Thighs: per lb. \$3.98



CLASS ACT

Celebrate your grad's accomplishments and goals with a one-of-a-kind party.

WRITTEN BY KATHY ROTH EASTMAN
PHOTOGRAPHED BY ADAM ALBRIGHT

Senior year at school is a frenzy of exciting activities—sports, music, drama, academics, awards ceremonies and time spent hanging out with friends—for your soon-to-graduate student as well as for parents. As the school year winds down and graduation approaches, tip your hat to the grad with a grand celebration that pays tribute to his or her successes and future goals.

Your first step is to consult with your graduate to choose foods, decor and accessories that will make him proud of what he's accomplished and where he's heading.

In addition, Rita Peters, Assistant Vice President of Floral Operations at Hy-Vee, says experts in Hy-Vee Floral and Catering departments frequently assist in coordinating and carrying out parties. They are ready to provide a wealth of ideas that you may not otherwise consider and have helped parents host many successful parties for graduates. Imagine a tailgating party for a football player or a pool party for a swimmer or lifeguard.

If you're stumped for party ideas, Rita suggests asking Hy-Vee staff to brainstorm ways to showcase your student's interests—from current interests in music, drama and sports to future plans of travel and study. For example, if she's traveling before settling down at college, you might feature foods and decor associated with locations she'll visit. If her goal is to advance to medical school, work in test tubes and medical memorabilia alongside healthful foods.

Hy-Vee experts will help to include all the details. Rita recommends looking at the entire celebration. Do you want a guest book table where folks sign in and leave gifts and cards? If so, order a floral arrangement for that area. You might order another arrangement and/or balloons for the "memory table." Plan how and where food and beverage tables will be arranged for easy flow of guests. If the party will be held outdoors or somewhere other than your home, decorate it for a festive atmosphere. Count on Hy-Vee to help every step of the way toward your successful celebration.







Dilusso Piccolo Panino Tray; 24 person (1 cocktail sandwich per person) \$29.00. An assortment of premium DILusso® top round roast beef, turkey breast and ham complemented with premium DILusso® Swiss, cheddar and Colby-Jack cheeses, all on a fresh white or wheat roll, makes this the perfect cocktail sandwich.

SET A FESTIVE TABLE

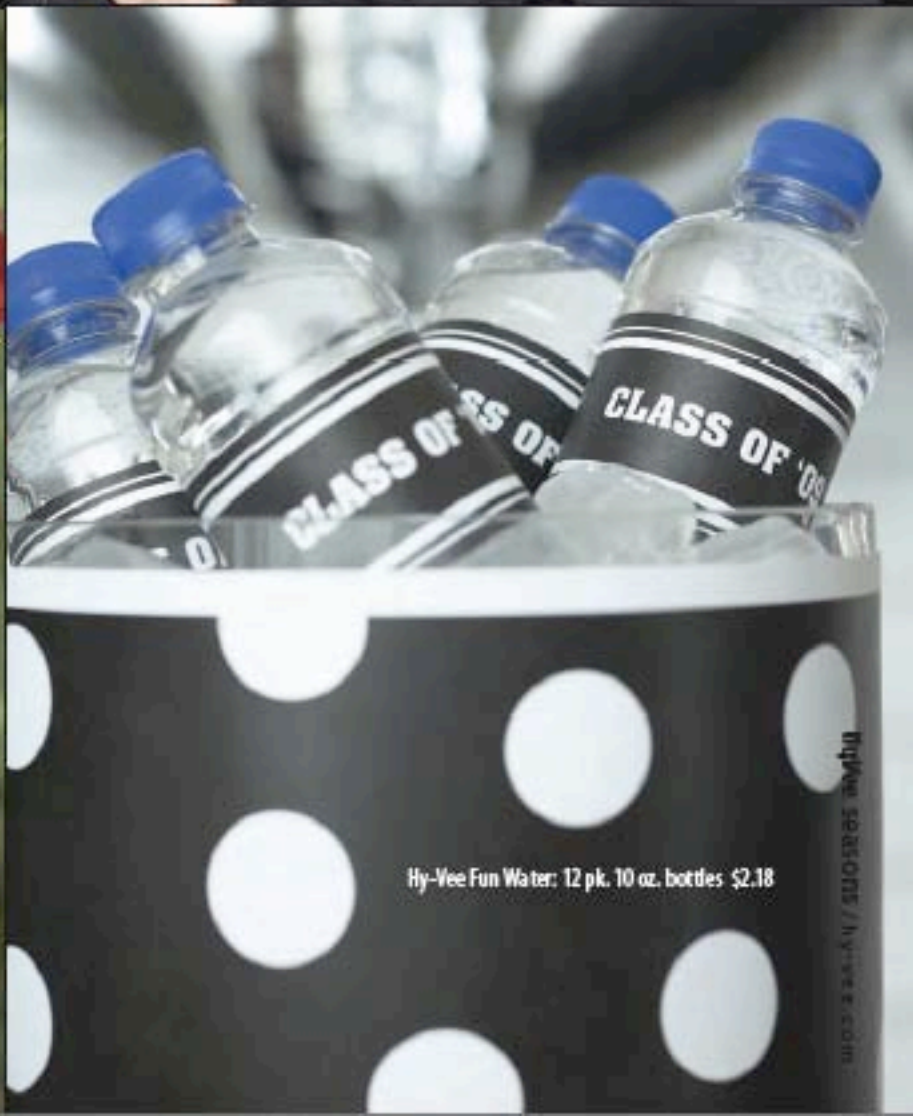
Make your graduate's big day earn an A+ for great looks, delicious food and easy preparation with help from Hy-Vee. Create one or more inviting buffet tables for guests to enjoy a tasty selection of savory and sweet foods throughout the celebration event. Set out one or more resin round or oblong tables and folding chairs, page 49, so guests can serve and seat themselves. For small groups, one buffet table may be enough. Large gatherings can be organized according to food stations.

Use tablecloths or fabric to cover the tables. Add interest to the foods by raising them up using cake stands and stacks of books covered with black paper and embellished with stick-on letters. Oversized mortar boards protected by clear plastic serving platters work as trays for breads or cookies. Food safe mortar board servers can be made by placing black square plates or platters on black paper-wrapped glass cubes from the Hy-Vee Floral Department, page 45.

The Hy-Vee Floral Department offers a variety of clear glass cube and cylinder containers in all shapes and sizes that may be used as risers, flower vases and ice buckets while also serving as table decoration.

Cover vases with stripe and polka-dot paper (download paper designs from www.hy-veeseasons.com or create your own designs using a computer printer). Sheets are wrapped around the vases and taped on the back side. Fill the vases with carnations, tulips or Gerbera daisies in your graduate's favorite colors or in colors showcasing school pride. These floral designs are impressive yet easy to create. They can also be ordered directly from your local Hy-Vee florist. Cover water bottles with matching belly bands and place them in ice buckets. Colored latex and clear polyester balloons add height and drama to buffet tables, helping guests to easily locate them.

Visit www.hy-veeseasons.com to download invitations and custom paper designs for this party scene.



EASY PARTY TRAYS

Hy-Vee's gourmet party platters make first-class entertaining easy. According to Greg Frampton, Hy-Vee Assistant Vice President of Food Service, popular party trays include specialties such as the Dill Dip Appetizer Platter, the Creole Shrimp Platter and the Kitchen Fresh Zarda BBQ Tray, below. Whichever foods you choose, service options range from "trays to displays." From a simple pick-up order to an all-inclusive catering spread, store experts will help you determine how much food you'll need for the number of guests you've invited.

Hy-Vee can help with every step of the process from planning to set up and tear down. Gourmet party platters arrive stacked high with delicious, wholesome foods. The Fantastic Fruit Platter contains a colorful assortment of hand selected fresh fruits paired with a delicious dip. The Premier Vegetable Platter is equally eye-catching with its bright carrots and tomatoes tucked alongside cauliflower, celery and cucumbers, and paired with a creamy ranch dip served in a hollowed-out cabbage.

The DiLusso Anthony's Choice Tray, below right, is another timeless classic with five full-flavored premium DiLusso® deli meats— double-smoked ham, smoked turkey breast, top round roast beef and old world hard and Genoa salamis. The tray serves 25 people, with three slices of DiLusso® deli meats and six slices of DiLusso® salami per person.

For a striking display, transfer food from original platters to dishes that complement your color scheme. Artfully arrange food and vary plate heights for added appeal.



Kitchen Fresh Zarda BBQ Tray \$50.00



Kitchen Fresh Rainbow Rotini Salad; per lb. \$4.99



DiLusso Anthony's Choice \$50.00



Tailgate Fruit Tray: 12" \$29.99 Vegetable Tailgate Tray: 12" \$24.99



BAKERY FRESH

Food is central to any party, and fresh baked goods are always a crowd-pleaser. Stop by the Hy-Vee Bakery and choose from a selection of delicious bakery fresh breads for your graduation party. Set out a tray of croissants, snowflake rolls and hamburger buns, opposite top left, to give guests several sandwich building options. For dessert, offer frosted cupcakes, cookies, iced bars and gourmet brownies from Hy-Vee. Arrange a variety of tempting treats, from pumpkin bars to rich chocolate truffles, on pretty serving trays. Also look for specialty items decorated with your big event in mind, such as mortar board cupcakes, opposite bottom left.

When it comes to designing a graduation cake, the options are endless. Whether your grad wants a marble sheet cake with buttercream frosting or a round double layer chocolate cake with cookies-and-cream frosting, Hy-Vee's professional cake decorators can craft a one-of-a-kind focal point for your event. Simply pick a flavor, frosting and personalized message, and the bakery decorators will create a masterpiece to complement the festivities. Hy-Vee's delicious affordable cakes can be tailored to all themes, designs and school colors.

Cupcakes: 5 oz. each \$1.65



1. Mini Butter Blend Croissants: 12 ct. \$4.48
 Bakery Fresh Cocktail Buns 12 ct. \$2.69
 Bakery Fresh Hamburger Buns 12 ct. \$3.29
 Bakery Fresh Snowflake Rolls 12 ct. \$2.69
2. Graduation Photo Image one-fourth Sheet Cake: serves 16 to 24
 Graduation Photo Image half Sheet Cake: serves 32 to 48
 Graduation Photo Image Full Sheet Cake: serves 64 to 96
3. Kate & Nolas Brownies or Bars: 16 oz. \$4.99
4. Cupcake Courier: holds 36 cupcakes \$24.99
5. Jumbo Cupcakes: 5 oz. each \$2.99





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- Hy-Vee French Onion Dip: 16 oz. \$1.29
- Daisy Sour Cream: regular or light 24 oz. \$2.48
- Hy-Vee Premium Orange Juice: regular or with calcium 128 oz. \$5.78
- Hy-Vee Break and Bake Cookies: chocolate chip, snickerdoodle or sugar 16 oz. 3/\$5.00
- Hy-Vee Yogurt: selected varieties 32 oz. \$1.77
- Tropicana Pure Premium: selected varieties 89 oz. \$4.89



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RASPBERRY-ORANGE PUNCH

Serves 18

ALL YOU NEED

- 1 (1.75-quart) container Hy-Vee raspberry sherbet, softened, cubed
- 2 (1 liter each) bottles Hy-Vee raspberry water cooler
- 2½ cups Hy-Vee orange juice
- 1 medium orange, sliced
- 1 (6-ounce) container raspberries

ALL YOU DO

In a large punch bowl, combine sherbet, water coolers and orange juice. Stir to combine. To serve, top punch with orange slices and raspberries.

Nutrition facts per serving: 120 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 25 mg sodium, 28 g carbohydrates, 1 g dietary fiber, 0 g protein, 22 g sugar. Daily values: 2% vitamin A, 40% vitamin C, 2% calcium, 0% iron.





Shop our large selection of gift cards. Find all the graduation gifts you need in one location.

1. Hy-Vee Plastic Cups: 18 or 20 ct. \$1.38
2. Glass Beverage Jar with Stand \$19.99
3. Hy-Vee Grand Selections Napkins: all occasion 100 ct. or dinner 40 ct. \$1.77
4. Chex, Bugles, Gardetto's or Chex Salty Snacks: selected varieties 10.5 or 15 oz. 2/\$5.00
5. Hy-Vee Mixed Nuts or Cashew Halves & Pieces: selected varieties 9 to 12 oz. \$2.98
6. Fiji water 6 pk. \$4.99
7. Hy-Vee Pretzels: selected varieties 10 to 15 oz. 10/\$10.00
8. Pepperidge Farm Cookies: selected varieties 5 to 8.6 oz. 2/\$5.00
9. Resin Round Folding Table: 4 ft. \$59.99
10. White Resin Folding Chair: each. \$24.99
11. Resin Folding Table: 6 ft. \$59.99





Mother's Day

Thrill Mom, and the many other loving women in your life, this Mother's Day. Fill decorative baskets and containers with collections—then present them grandly with messages of enduring love.

WRITTEN BY JILANN SEVERSON PHOTOGRAPHED BY KING AU

Feeling fortunate to be surrounded by nurturing women? Your mom, grandmothers, aunts, child-care providers, neighbors, teachers and friends? Women who drop what they're doing to fly to the rescue, who listen attentively, steer decisions in the right direction and generally offer loving support to enrich your life? This Mother's Day, honor these women. Tell them that life is so much better because they share so much of themselves.

A-TISKET, A-TASKET

Thoughtfully assemble gift baskets with collections of favorites for the special women in your life, aiming for a surprising element and a bit of luxury to really wow them. Find interesting containers in the Hy-Vee Floral Department to personalize, or repurpose a pretty basket, bucket or hatbox that you've stored for just such a special occasion. Line the container with fabric, tissue or something that's part of the gift. Then fill the container to nearly overflowing, tie on ribbons, tuck in fresh flowers and tie on tags.

A GIFT THAT FITS

What comes to mind when you think of Mom or this special person? Perhaps she loves luxury but seldom allows herself extravagance. A basket filled with high-quality bath supplies and a few extras tells her that she deserves special pampering. Does she have a penchant for pretty nail polishes? How about a craving for good chocolates? Is gourmet cooking a high priority? Browse the aisles of Hy-Vee and have fun filling a basket. Consider items that are splurges that she might yearn for yet not buy herself. In addition to luxuries, consider small pleasures. Specialty coffee and teas, unusual spices and herbs or flavorful cooking and salad oils. Perhaps specialty cookware and gadgets for the kitchen. If she has an affinity for a

Fresh from our Floral Department; 6" orchid \$25.00



*"All that I am,
or hope to be,
I owe to
my angel mother"*
Abraham Lincoln

Spa Luxury Bath Set (flowers and basket not included) \$14.99



Spring Scented Candles: selected scents
14 oz. \$11.99



Spa Bath Set 1 ct. \$11.99

- Dove Bath Soap: selected varieties 2 bar \$2.47
- Dove, Lever 2000 or Caress Body Wash: selected varieties 10 to 15 oz. \$3.88
- Dove Hand & Body Lotions: daily moisturizing or fair skin 8.5 oz. \$5.77
- Dove Shampoo or Conditioner: selected varieties 12 or 16 oz. \$3.96
- Dove Ultimate Antiperspirant, Deodorant or Body Mist: selected varieties 2.6 to 3 oz. \$3.48





LeTechniq Nail Polish Remover:
selected varieties 6 oz. \$1.28

LeTechniq Shampoo or Conditioner:
selected varieties 13 oz. 2/\$4.00

particular treat or snack cake, present a dozen in a vase as a bouquet by securing the treats or cakes onto skewers gathered and held together with a large floral bow.

THE PERFECT FIT

Take your container with you as you gather gifts, arranging them as you shop. Eliminate items that don't fit or draw away from the theme. Aim for pretty and unified, which may mean selecting gifts in coordinating colors, shapes, sizes or textures. Fill in gaps between items with related items, such as soft wash mitts, candy, flowers, cotton balls or smaller containers. Wrap it all up at the Floral Department with ribbons and bows that dress it for presentation.

MAKE IT HERSELF

Before heading to the checkout, select a card that matches the tone of the basket as well as your sentiments. Or as a personalized touch, design and attach a tag. The ones shown are quickly and easily made with computer, printer and card stock. For instructions, visit www.hy-veeseasons.com. Be assured that the gift you've cheerfully assembled will be warmly appreciated.



Brach's Pick A Mix: selected varieties \$1.57/lb.

Brach's Chocolates: selected varieties 3.5 to 7 oz. bag 4/\$5.00

Brach's Sugar Candies: selected varieties 3.5 to 13 oz. \$1.18

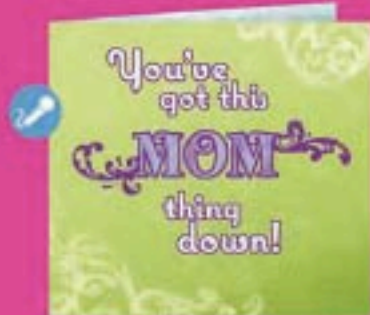
Dove Chocolate Bars: large 3.53 oz. \$1.88

Dove Chocolates: mini bags 8.5 or 9.5 oz. \$3.48

Dove Moments \$2.99



Give more than a card.
Give a memory.



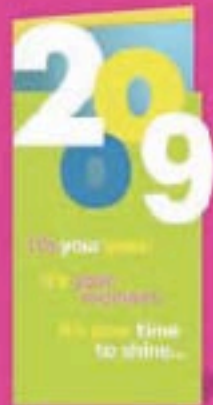
new recordable cards
with music \$6.99

Record the perfect message for
Mom to play over and over.



card with sound \$4.99

A favorite song makes your Mother's Day
wish even more memorable.



graduation money holder

A great way to tell (and show!)
a grad how proud you are.

expressions
from
Hallmark

For Mother's Day and
Graduation cards that really
stand out, visit the card aisle
at Hy-Vee.



Zak Tumbler 22 oz., Fruit Mates or Fruit Bowls: each \$3.99

Zak Confetti Bowl, Salad Plate or Ice Tea Tumbler: each \$3.99

Zak Confetti Dinner Plate: each \$4.99

Sunny Day Dining

Add sparkle to your outdoor dining table this summer with light and bright tableware.

WRITTEN BY KATHY ROTH EASTMAN PHOTOGRAPHED BY ADAM ALBRIGHT AND TOBIN BENNETT



The warmth of the summer sun inspires a casual laid-back atmosphere that trickles over into breakfast, lunch and dinner. Enjoying the beauty of nature while dining is a natural extension of the season's activities: lunch preceding a neighborhood croquet tourney, snacks while watching the kids splash in the pool, brunch with a fresh flower centerpiece in the sunroom.

When dining on light summer fare, resist serving food on ordinary paper-ware products or impractical china. Instead, ratchet up the color quotient—as well as practicality and earth-friendliness of everyday dining—by setting the table with reusable Zak dining-ware products.

These eye-catching Pop-Art plates, bowls, glassware and platters offer a serving of 1950s-style kitsch. Before bringing out the dishware, top the table with a vintage tablecloth printed with bright floral baskets, veggies or other retro theme. Or toss on a bright-color vinyl cloth that wipes up easily after spills. For casual family dinners, you might laminate cute kid-painted summer scenes to use as place mats.

For easy tabletop decor, fill a vase or pitcher with fresh flowers from the garden, capturing similar boldness depicted in the cloth and tableware. Select sturdy-stem zinnias, dahlias, gladioli, asters or sunflowers. Or fill a big bowl with fresh fruit or artfully arrange a fruit platter and place on the table as a centerpiece and either salad or dessert.

Because a common goal of summer dining is to stay away from the kitchen whenever possible, stop at Hy-Vee on your way home from summer activities. Choose from a selection of ready-made Di Lusso® sandwiches, wraps and salads at the Hy-Vee Deli. Grab readymade salads that easily transfer to serving bowls as side dishes. For dinner, stock up on veggies and meats that can be tossed on the grill and cooked in minutes. Be sure to select summer-ripe berries for appetizer, dinner or dessert.

With such minimal preparation, you'll have time to sit down and enjoy dinnertime conversations—sure to be as sparkling as the tableware and casual decorations.

THE BUZZ ABOUT ZAK DESIGNS

Functional, fashionable Zak dishware is available at Hy-Vee in Fruit Salad or Confetti patterns. You'll also find beverage containers, including tankards, tumblers, iced tea glasses, and Chillers and Lil' Chillers, in multiple colors and patterns. The bright hues and patterns mix and match easily, so purchase tableware in multiple colors to add flower-garden pizzazz to your table settings. All Zak products are lightweight for easy handling, yet they are heavy-duty enough to stand up to drops and spills by little helpers. They are nontoxic and dishwasher-safe. The Zak Confetti line is environmentally friendly because it's made of recycled materials.

Hy-Vee Delicatessen

1. DiLusso Foot Long Sub Sandwiches—Italian, Ham & Swiss, or Turkey & Cheddar 14 oz. \$5.00
2. DiLusso Chicken Wraps—Grilled Chicken Caesar, Greek, or Baja Whole Wraps 12 oz. \$4.98
3. DiLusso Rotella Sandwich—Turkey & Cheddar, Ham & Swiss, or Beef & Cojack 12 oz. \$5.98
4. DiLusso Salad Harvester Sandwiches—Chicken Salad, Ham Salad or Tuna Salad 10 oz. \$2.98



Your guests deserve DI LUSSO®.

The makers of DI LUSSO® deli meats and cheeses understand that simple flavors make every meal wonderful. Find a full selection of ready-made sandwiches and salads at Hy-Vee.

Di Lusso Large Salads are guaranteed fresh and delicious. A great meal option for home or work, DiLusso salads are packed with crisp, fresh greens, fruits, vegetables, nuts and meats. Choose from eight selections including a Cobb salad, chicken Caesar salad, Greek salad and more. Stop by your nearest Hy-Vee to pick up a Di Lusso Large Salad today! \$5.99



EXCLUSIVELY AT HY-VEE



eat well, live well

Better for you choices that help you live a balanced life without sacrificing the great taste you love.

1. Healthy Choice Complete Selections, Steamers or Paninis: selected varieties 6 to 12.5 oz. 2/\$5.00
2. Hunt's Tomatoes: selected varieties 14.5 oz. 10/\$10.00
3. Hunt's Spaghetti Sauce: selected varieties 26 or 26.5 oz. 10/\$10.00
4. Orville Microwave Popcorn: selected varieties 2 to 4 pk. 3/\$5.00
5. PAM Spray: selected varieties 5 or 6 oz. \$2.58
6. Egg Beaters: selected varieties 15 or 16 oz. 2/\$5.00
7. Fleischmann's Sticks or Sleeves: selected varieties 11.4 to 16 oz. 3/\$5.00

get the
Grilled Marinated Chicken
with Tomato-Fruit Salsa
and other
delicious recipes at

START
MAKING
CHOICES™
com

Smart Ways to Live Better

Recycle. Remember to recycle your Hunt's® cans after using. It takes 95% less energy to recycle aluminum than to create it from raw materials.

Replace a fridge after 15 years. A new, energy-efficient refrigerator can save energy and money.

Save your leftovers. Freeze or refrigerate your leftovers to reduce waste and make your food go farther.

Compost food waste. Using food waste in a compost heap saves space in landfills, and it's great for your garden.

Recycle plastic bags at Hy-Vee. Look for the recycling bins in the front of the store to recycle plastic grocery bags, department store bags, dry cleaning bags as well as used reusable poly grocery bags.

Visit www.hy-vee.com to enter for a chance to

WIN \$500

in energy efficient appliances

Three winners will be selected. Go to www.hy-vee.com for sweepstakes entry form, rules and details.



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learn what these numbers can do for you

WRITTEN BY STEPHANIE LOVELACE PHOTOGRAPHED BY ADAM ALBRIGHT

THE NUVAL NUTRITIONAL SCORING SYSTEM IS—OR SOON WILL BE—IN A HY-VEE STORE NEAR YOU. NOW IT'S TIME TO BETTER UNDERSTAND WHAT THE SCORES MEAN AND HOW THEY CAN HELP YOU MAKE HEALTHFUL FOOD CHOICES.

Each score, a number from 1 to 100, is listed on the product's shelf tag right next to the price. Signs throughout the store will guide you. Fresh meats, frozen vegetables, produce and cereal are already scored. Eventually, the great majority of all food products will have NuVal information.

Scores are derived from analyzing more than 30 nutrition factors that either benefit or hinder a healthful diet. Scores do not label foods as good or bad; they simply allow shoppers to make better selections within food categories.

Interpreting NuVal scores is easy—the higher the number, the more nutritious the food. For example, Post Shredded Wheat cereal with a score of 91 is a more nutritious choice than Cap'n Crunch's Crunch Berries with a score of 8.

"No adding, no averaging, no heavy lifting! Just let the numbers guide you to more nutritious choices, and the quality of your overall diet—and your health—will come along for the ride," says Dr. David Katz, founder of the program. "There is no need to limit your purchases to foods above a certain score or try to get a certain average score," says Dr. Katz.

And what if Cap'n Crunch's Crunch Berries is a family favorite?

Laura Kostner, Hy-Vee health and wellness supervisor and a registered dietitian, advises shoppers to look at the whole picture. "Variety is not only the spice of life, it is the secret to a balanced diet," she says. "I recommend shoppers choose foods across every category. Even if some scores are low, just improving a few scores—one food choice at a time—will result in a more nutritious diet."

For more information about the NuVal Nutritional Scoring System, go to www.nuval.com.



HY-VEE LAND MUST-SEE

Make delightful discoveries this summer—just down the road in the state next door. Enjoy affordable travel for the price of a tank of gas and a full picnic basket. Whatever your favorite warm weather activities, you're bound to find something intriguing while traveling the Midwest.

WRITTEN BY ALLAN DEAN
PHOTOGRAPHED BY TOBIN BENNETT



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1. Hy-Vee Fun Size Water:
12 pk. 10 oz. bottles \$2.18
2. Hormel Party Trays: ham,
turkey and cheese or meat
& cheese tray 1.75 lb. \$9.98
3. Rubbermaid Beverage
Bottles: 20 oz. \$2.88
4. Fisher Dry Roasted Peanuts:
regular, low-salt or honey
roast 14 oz. \$2.47
5. Hy-Vee String Cheese:
family pack regular,
twist 'ems or variety pack
12 oz. \$2.98
6. Pepperidge Farm Bulk
Goldfish Crackers: all
varieties 33.5 oz. \$6.49
7. Oscar Mayer Fun Pack
Lunchables: selected
varieties 10.15 to 12.55 oz.
3/\$7.00
8. Garmin Mavi 205 GPS
\$149.99

ILLINOIS: This historic state provides great diversity for travelers from urban Chicago to its countryside dotted with small towns. Northern Illinois is home to historic gems; in the northwest corner of the state is Galena with its 19th-century downtown, quaint bed-and-breakfasts and wineries. Just east of Galena, Rockford boasts the Coronado Theatre, an opulent 1920s venue that still hosts concerts and shows.

IOWA: Summer is celebration time in Iowa. Pella's Tulip Time, May 7–9, features Dutch food, flowers, parades and history for a truly memorable event. And don't forget to stop and admire the Pella windmill, opposite. As the weather heats up, plan a visit to Burlington Steamboat Days on the riverfront for music, fireworks and cruises June 16–21. Or get up, up and away at the National Balloon Classic in Indianola July 31–August 8. This colorful hot-air balloon festival is sure to capture your attention as well as your imagination.

KANSAS: This state is the gateway to the West, where the prairies of the Midwest meet the Great Plains. Learn about the state's unique history at the Natural History Museum in Lawrence. Or experience history up close at Dodge City Days July 24–August 2. Events include a two-day crafts show with more than 200 crafters and a Roundup Rodeo featured in *Time* magazine's list of "authentic American experiences."

MINNESOTA: Minnesotans love the great outdoors. Make your way to Lanesboro to canoe, bike or hike the 60-mile Root River Trail. Or soak up the sun July 17–26 at the Minneapolis Aquatennial—"the Northwest's greatest summer festival." If you're a car buff, make plans to experience Back to the '50s from June 19 to June 21 in St. Paul, where more than 10,000 custom and classic cars will be on display.

MISSOURI: Perhaps Missouri is the Show-Me State because it has so many great things to see during the summer. Big cities, St. Louis and Kansas City, offer art museums, shopping, amusement parks and one-of-a-kind festivals such as Fiesta Kansas City, May 5–10 and KC Riverfest July 3 and 4. Stop by a Royals baseball game or head south to catch a few shows in the state's entertainment capital, Branson.

NEBRASKA: Honor brave U.S. men and women by visiting Ashland's Strategic Air and Space Museum and the great Cold War displays and aircraft. Or watch the Defenders of Freedom Air Show, August 29 and 30 at Offutt Air Force Base in Bellevue. Spice up the summer by sampling a Taste of Omaha May 8–10, or groove to the music at the Meadowlark Music Festival in Lincoln and throughout the state, July 12–18.

SOUTH DAKOTA: This is the land of open spaces and famous places, some of which are world-renowned—such as Mount Rushmore and Badlands National Park. Attend an event that revolves around one of these larger-than-life landscapes—the Festival of the Presidents, June 27–28, in Rapid City. The two-day patriotic event features a parade, free concerts, great food and more in the shadow of the presidents.

WISCONSIN: This state has an eclectic mix of sophistication and simplicity—surrounded by natural beauty. Visit the Isthmus Jazz Festival, June 4–7, in Madison this summer. Or attend the impressive Wisconsin State Water Ski Show Tournament, July 16–19, in Wisconsin Rapids. The EEA Airventure is one of the best air shows in the country with more than 10,000 airplanes descending on Oshkosh July 27–August 2.



1. Oscar Mayer Deli Creations: selected varieties 4.9 to 7.9 oz. 2/\$5.00
2. Kraft Bagel-fuls: selected varieties 10 oz. 2/\$4.00
3. Kraft South Beach Living Bars, Cookies or Live Active Bars: selected varieties 3.9 to 6.5 oz. \$2.68
4. Louis Rich Turkey Bacon: selected varieties 12 oz. \$2.48
5. Claussen Piddes: selected varieties 20 to 32 oz. \$2.98
6. Kraft 100-Calorie Packs, Bars or Itty Packs: selected varieties 4.2 to 8.4 oz. 2/\$4.00

your home

spring cleaning ideas and products

WRITTEN BY KRISTY CARLILE PHOTOGRAPHED BY ADAM ALBRIGHT

Love it, hate it or endure it! It's time for spring-cleaning. Here's how to make the chore, well, not so much of a chore. Gather the right tools, schedule the time and get the job done. Follow this plan to fresh, clean rewards.

A century ago William Libman sold wire-bound corn brooms on the streets of Chicago. Today the Libman Company is the country's leading manufacturer of high-quality brooms, mops and brushes—all made in the U.S.A.

With that bit of history and trivia, it's time to put the products to work. To set spring-cleaning in motion, list your goals, room by room and from simple to complex. Dedicate a stretch of uninterrupted time to each project. And encourage (maybe require) every member of the family to pitch in. Think teamwork—plus rewards for jobs well-done.

Cleaning won't get off the ground, or the floor, until you can actually see surfaces. So grab a few containers for sorting and tossing. Set a rule of handling items only once. Quickly, without debating each item, put it away or place it in the trash, recycle or donate bin. Then make sure to toss out or deliver items in the bins.

With the room decluttered, gather cleaning supplies in a bucket, a broom, vacuum, mop and cleaning cloths, and begin cleaning—one room at a time.

KNOCK DOWN THE WEBS. Place a large sock or towel over the end of a broom and remove cobwebs from light fixtures, fans, along ceilings and behind heavy furniture. Freshen ceiling fan blades and fixtures by wiping them with a slightly damp cloth.

SHINE THE SURFACES. Beginning high and working toward lower, use a cloth that grabs and holds dust to wipe down all furniture surfaces. For heavy-duty dusting and polishing use a polish with lemon oil or wax.

FRESHEN THE VIEW. Vacuum window blinds, sills and frames with a brush attachment. Use an upholstery attachment for valances and draperies. Then wash windows inside first, then outside, avoiding direct sunlight to prevent streaking. Use lint-free or Wonderfiber cloths to trap dirt, turning them frequently to clean areas.

WIPE THE INSIDE. Remove any debris inside cabinets and drawers and wipe down with a cloth. Don't forget to clean cabinet walls and ceilings first before moving to the base.

FLOOR IT FOR A CLEAN FINISH. Move furniture away from walls, and possibly out of the room, to thoroughly vacuum floors—carpet as well as hard surfaces—paying attention to crevices and corners. For sweeping hard surface floors with a broom, spray a combination of fabric softener and warm water on the Libman Precision Angle Broom to easily collect dust and pet hair. For baseboards, use the Wonder Mop and a solution of water and white vinegar.

Remember, with the right tools, goals and focus, this squeaky-clean tradition will be over in no time. Reward your cleaning team with pizza, then stand back and enjoy your sparkling home!



Procter & Gamble

1. Gain Laundry Detergent: 100 oz. \$10.58
2. Cascade ActionPacs Dish Detergent: selected varieties 20 ct. \$3.99
3. Swiffer Starter Kit: 1 ct. \$9.88
4. Tide To Go: 1 ct. \$2.58

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coming next issue

Summer is fast approaching. For healthful summer recipes and ideas for outdoor activities, watch for *Hy-Vee Seasons Summer 2009* in the mail, at your local Hy-Vee or online at www.hy-veeseasons.com.

PHOTOGRAPHED BY ADAM ALBRIGHT





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