

FROM THE CULINARY MINDS OF THE INGLES TABLE COMMUNITY

THE
ingles
TABLE

Chili Waffles

Free



Happy New Year!

Thanks for picking up the first 2018 issue of **The Ingles Table** magazine. We hope these pages inspire you when you're preparing meals for your friends and family.

We've filled the pages with exciting chefs and food bloggers who make up the Ingles Table family. They'll show you how to create dishes to impress. The delicious recipes are easy, exciting, and super flavorful, while keeping in mind that you still need to work within a budget.

One of the best parts of **The Ingles Table** is that it's not just within these pages. Go to inglestable.com and you'll find a vast selection of seasonal specialties, appetizers, side dishes, and desserts, with printable shopping lists and instructional videos. It's so much easier to watch someone create a dish rather than just reading a recipe. Take a few minutes to explore all that **The Ingles Table** has to offer here and online.

And don't worry that you'll always be making dishes from scratch. **The Ingles Table** magazine also brings you recipes that start with Ingles' delicious pre-made Deli, Bakery, Salad Bar, and Cheese Shoppe items to help you cut down your prep time, allowing you to get meals on the table fresh and fast.

From our Ingles Table family to yours,
happy eating!

-Cindy

Cindy Mixon

Vice President Deli Operations, Ingles Markets

ingles

When it's cold outside, sometimes the only thing that'll soothe you is a nice bowl of warm soup. Ingles carries a specially selected assortment of delicious soups, created just for the Ingles Deli. Our rotating selection includes:

- Shrimp & Roasted Corn Chowder,
- Chicken Noodle, Broccoli & Cheese,
- Baked Potato, Beef Chili with Beans,
- Spring Vegetable, Hearty Vegetable Beef,
- New England Clam Chowder,
- Tomato Florentine, and more.

Come grab a bowl and warm up.

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JUST RIGHT!

*Whether you want it thick or
or thin or somewhere inbetween,
our Ingles Deli team will gladly
slice our delicious meats and
cheeses to your liking.*



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ingles **is** local!



Adam Grady and his family
(Hickory Nut Gap Meats pasture raised hog farmer)

Under the leadership of a fourth generation, Hickory Nut Gap Farm, located in Fairview, NC., is enjoying a wonderful renaissance. Jaime Ager says, "I've always thought Ingles would be a good fit because they're a local family-owned business and we're a local family-owned business. At the end of the day, buying local, supporting local farms, supporting local small businesses is about supporting each other. I think it's really cool to see Ingles stepping up to the plate and making that happen." Hickory Nut Gap Farm supplies Ingles with 100% grass-fed beef, pasture-raised pork and poultry as well as organic produce. The farm is open to visitors year-round offering special events and seasonal activities, from a corn maze to berry picking to Friday Night Barn Dances. Check out their website for more information.

– **Hickory Nut Gap Farm** (FAIRVIEW, NC)
hickorynutgapfarm.com



Garden Vegetable Risotto

In sauce pot, over medium high heat, bring water to a low boil and add carrots. Reduce heat to low, allow to simmer for 2 minutes (covered), until tender. Using a slotted spoon, remove carrots from pot and set aside. Cover remaining water with a lid (to keep warm) and pull from the heat. In skillet, over medium high heat, melt 2 tbsp. butter. Add a cup of green onion (whites) and sauté until tender, not caramelized. Add squash, peppers and carrots, stirring to warm. Add rice to vegetables and stir. Add the white wine and stir, allowing rice to absorb the wine and begin cooking. Just before the wine is gone, add a ladle of reserved "carrot" water to pan (about 1/2 cup) and continue to lightly stir. Continue cooking rice by adding all remaining water, 1/2 cup at a time, stirring often until rice is tender and creamy, about 20 minutes. Once all water has been cooked into rice, remove from heat and add diced tomatoes, stirring to incorporate. Add remaining 2 tbsp. of butter, salt, and parmesan, stirring until butter melts and all ingredients are blended. Garnish with green onion tops and serve.

- 4 cups water or vegetable stock
- 4 tbsp. butter, *divided*
- 1c green onions (whites only), *diced*
- 1/2 cup carrots, *diced*
- 1/2 cup tomatoes, *diced*
- 1/2 cup squash, *diced*
- 1/2 cup poblano peppers, *diced*
- 2 cups arborio rice
- 1/2 cup dry white wine
- 1 tsp. salt
- 1/2 cup parmesan cheese, *grated*
- 1/2 cup green onions (green only), *for garnish*



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GLUTEN-FREE GIGI'S BAHN MI

Go to:
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for more delicious
gluten-free recipes

GET HEALTHY!

Cutting down on meat?
Substitute firm tofu for
the roast pork and an
egg-free mayonnaise.
You'll have a delicious
plant-based
alternative.

PICKLED DAIKON SLAW:

1/2 tsp. salt
1/2 cup carrot, *julienned strips*
1/2 cup daikon radish, *julienned strips*
(if you cannot find daikon, substitute an equal amount of young turnip)
1/4 cup granulated sugar
1/2 cup water
1/2 cup apple cider vinegar

SANDWICH SPREAD:

3 tbsp. mayonnaise
1/2 tbsp. gluten-free soy sauce
(or coconut aminos if also soy-free)
1/4 tsp. garlic powder

SANDWICHES:

3/4 pound sliced roast pork (3 ounces per serving) (Deli)
4 individual sized gluten-free baguettes (Bakery)
1 English cucumber, *peeled and sliced lengthwise into thin strips*
1 jalapeño pepper, *seeds removed*
1 bunch cilantro, *washed*

PICKLED DAIKON SLAW: Place vegetables in a glass bowl and sprinkle with salt; toss and set aside for 30 minutes. Rinse vegetables in a colander; allow to drain there while you combine sugar and vinegar in the bowl (that previously held the vegetables and that you have rinsed). Stir vinegar and sugar until sugar begins to dissolve, then add water and the drained vegetables. Toss to coat vegetables, cover well and refrigerate until ready to use. If you're using frozen baguettes, prepare those now according to package directions, then cut in half, split and set aside.

SANDWICH SPREAD: In a small bowl, whisk together ingredients.

SANDWICHES: Spread desired amount of sandwich spread on one side of baguette half. Top with roast pork, vegetables and slaw, remaining half of baguette. Serve.



Huevos Rancheros - JALO Style

Slowly warm olive oil in a deep saute pan, over medium heat. Add garlic and toast until fragrant. Add the onion, green pepper, and jalapeño. Increase the heat a bit and sauté until slightly translucent, about 5 minutes. Stir in chopped tomatoes, beans, and tomato paste. Add spices, sugar, salt & pepper (to taste), and most of the cilantro. Reserve some cilantro for garnish. Combine well and simmer over medium heat, stirring occasionally, for about 10 minutes. Taste and adjust seasonings as necessary. Using a spatula, make 4 evenly spaced wells in the tomato mixture. Carefully crack the eggs individually into each one. Sprinkle the top with the cotija cheese and cover the pan with a lid until the whites are opaque. Spoon the eggs onto plates with some of the veggies and garnish with sliced avocado and cilantro. Serve with lime wedge and warm tortillas.

- 1 tbsp. olive oil
- 2 fresh garlic cloves, *minced*
- 1 yellow onion, *diced*
- 1 green pepper, *diced*
- 1/2 fresh jalapeño, *seeded, ribbed, diced*
- 1 14.5 oz. can chopped tomato
- 1 14.5 oz. can black beans, *rinsed and drained*
- 2 tbsp. tomato paste
- 1/4 cup cilantro, *chopped (save a pinch for garnish)*
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1/2 tsp. sugar
- salt and pepper *(to taste)*
- 4 eggs
- 1/4 cup cotija cheese *(cheese shoppe)*
- 2 fresh limes, *quartered*
- 2 avocados



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of this and other
recipes at:
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Executive Chef, Ingles Markets



Operator/Manager, The Chef's Kitchen



Chef Lu's GREEK MEATBALLS with TZATZIKI SAUCE

MEATBALLS:

1 lb. ground chicken
1 cup sun-dried tomatoes, *chopped*
1 cup feta cheese (*cheese shoppe*)
1/4 cup fresh basil, *chopped*
1 cup roasted red peppers, *chopped*
1/2 lemon, *zested and juiced*
1/4 cup olive oil
1 cup fresh parsley, *chopped*
1 tbsp. oregano

1 tbsp. garlic, *minced*
1 tsp. salt and pepper

TZATZIKI SAUCE:

1/2 tub Greek yogurt
1 cup chopped fresh dill, *chopped*
1 cucumber, *peeled, seeded, grated, drained*
1 lemon, *zested and juiced*
1 tsp. garlic, *minced*

Combine all meatball ingredients above into a mixing bowl. Using a 2 oz. scooper place mixture into the muffin pan, filling each section with the mixture. Place tin into oven and bake at 350° for 8-10 minutes. Remove each meatball from the tin and allow to cool. Once you are ready to serve, reheat in a cast iron skillet and add olive oil, parsley, and the juice of one lemon to the pan and bring to a simmer. Combine all Tzatziki Sauce ingredients in a bowl and stir well. Serve along side meatballs.

Executive Chef, Ingles Markets



Operator/Manager, The Chef's Kitchen



Chef Lu's CRAB CAKES with SPICY CAPER SAUCE

CRAB CAKES

8 oz. lump crab meat
8 oz. claw crab meat
1 tbsp. lemon juice
1 tsp. lemon zest
1/4 cup mayonnaise
1 tbsp. sherry
3 tsp. chives, chopped

1 1/2 tsp. garlic, chopped
1 tsp. old bay
2 tbsp. Dijon mustard
1/4 cup panko
1 egg

SPICY CAPER SAUCE

1 tbsp. Dijon mustard

1/4 cup mayonnaise
1 tbsp. capers, chopped
1 tsp. chives, chopped
1 tsp. garlic, minced
1 tsp. lemon juice
1 tsp. lemon zest
1/4 tsp. cayenne pepper
salt & pepper, to taste

In bowl lightly toss together crab meats, panko, and chives. In second bowl, combine mayonnaise, garlic, lemon juice & zest, sherry, mustard, old bay, and egg. Mix thoroughly. Add to crab and fold gently. Refrigerate and allow to marry for 20 minutes. With an ice-cream scoop, scoop crab mixture onto 400° greased griddle. Cook until browned. Combine all Spicy Caper Sauce ingredients in a bowl and stir. Serve with Crab Cakes

Executive Chef, Ingles Markets



Operator/Manager, The Chef's Kitchen



Chef Lu's CRAB CAKE STUFFED ARTICHOKES

2-3 artichokes
2 lemons
1 tsp. salt

1 tsp. pepper
1 tsp. garlic powder

butter
crab cake (*previous page*)

Peel leaves off artichokes until you begin to see a golden brown color at base. Trim bottom of the artichoke and any excess leaves that remain. Cut the top quarter (*tip*) off the artichoke. Place artichoke into boiling water. Add 1 tsp. salt and the juice of half a lemon to the water, for taste. Let artichokes boil for 8-10 minutes. Remove and allow to cool. Continue to peel back remaining leaves until you reach the heart of the artichoke. You will see the "hairs" of the artichoke to let you know you have reached the heart. Once you have, take a spoon or melon baller and remove the hairs of the artichoke until only the heart remains. In a circular motion, continue to scrape the hairs out. Place heart in an oven safe baking dish and season with salt, pepper, and garlic powder. Stuff with crab cake stuffing (*see recipe on previous page*). Place in 350° oven and bake for 8-10 minutes or until golden brown.

Executive Chef, Ingles Markets



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Chef Lu's PHILLY CHEESE PIZZA BRAID

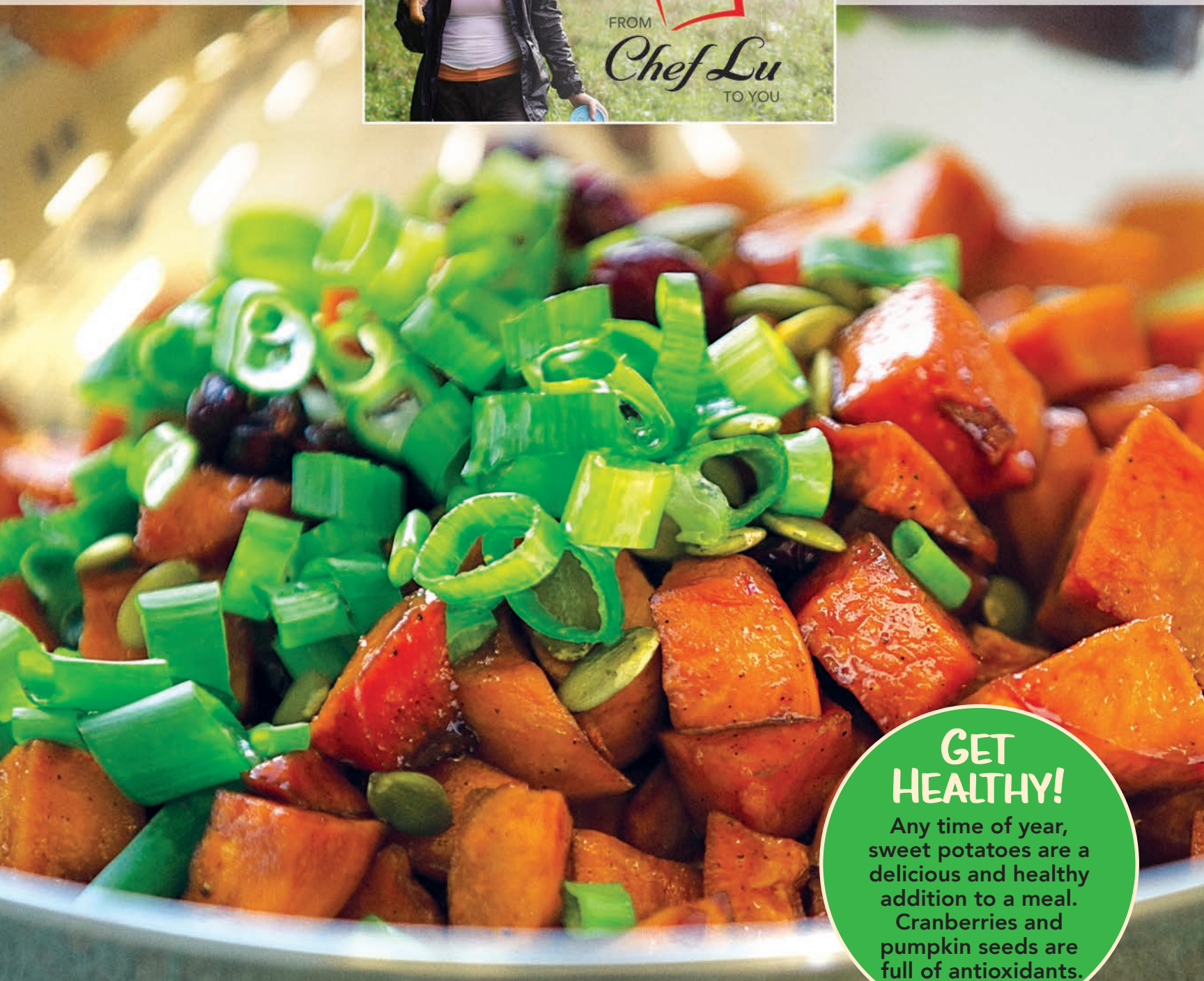
- 1 lb. ground beef
- 1 lb. sliced fresh mozzarella,
(cheese shoppe)
- 1 container/roll pizza crust
- 1/2 cup diced onion, (Salad Bar)
- 1/2 cup diced green pepper,
(Salad Bar)
- 2 lbs. sliced mushrooms, (Salad Bar)
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 1/4 cup A1 sauce
- 1 cup garlic butter

Brown ground beef in a skillet. Once the beef is browned, add onions, peppers, and seasoning and cook until vegetables are fork tender. After fully cooked, drain and cool. Roll out pizza crust on a floured surface. Score each end into 1 inch sections by 3 inches long. Mound cooled beef mixture down the center of the pizza dough. Top with mushrooms and fresh mozzarella. Fold edges to meat center creating a braid. Brush the top with garlic butter and bake in a 400° for 8-10 minutes, or until browned.

Executive Chef, Ingles Markets



Operator/Manager, The Chef's Kitchen



GET HEALTHY!

Any time of year, sweet potatoes are a delicious and healthy addition to a meal.

Cranberries and pumpkin seeds are full of antioxidants.

Chef Lu's SWEET POTATO CRANBERRY SALAD

4 medium sweet potatoes, *diced*
1/2 cup maple syrup
1/4 cup balsamic vinegar
2 tbsp. olive oil
1/2 tsp. cinnamon

salt and pepper, *to taste*
1 bunch green onion, *diced*
dried cranberries
pumpkin seeds

Combine maple syrup, vinegar, olive oil, salt, pepper and cinnamon in small bowl. Whisk and pour over diced sweet potatoes. Coat potatoes and spread evenly over greased sheet pan. Place in 400° oven and roast for 30-40 minutes. Remove from oven and add green onion, cranberries, and pumpkin seeds.

Leah's Tips

Whether you're trying to make "half your plate fruits and vegetables" like the USDA Dietary Guidelines suggests, eat "plant-forward" meaning more plant-based foods or just "Veggify" your meals...Ingles is a good place to get the ingredients to add more fruits, vegetables, beans, whole grains, nuts and seeds to create delicious recipes and to add to your dishes.

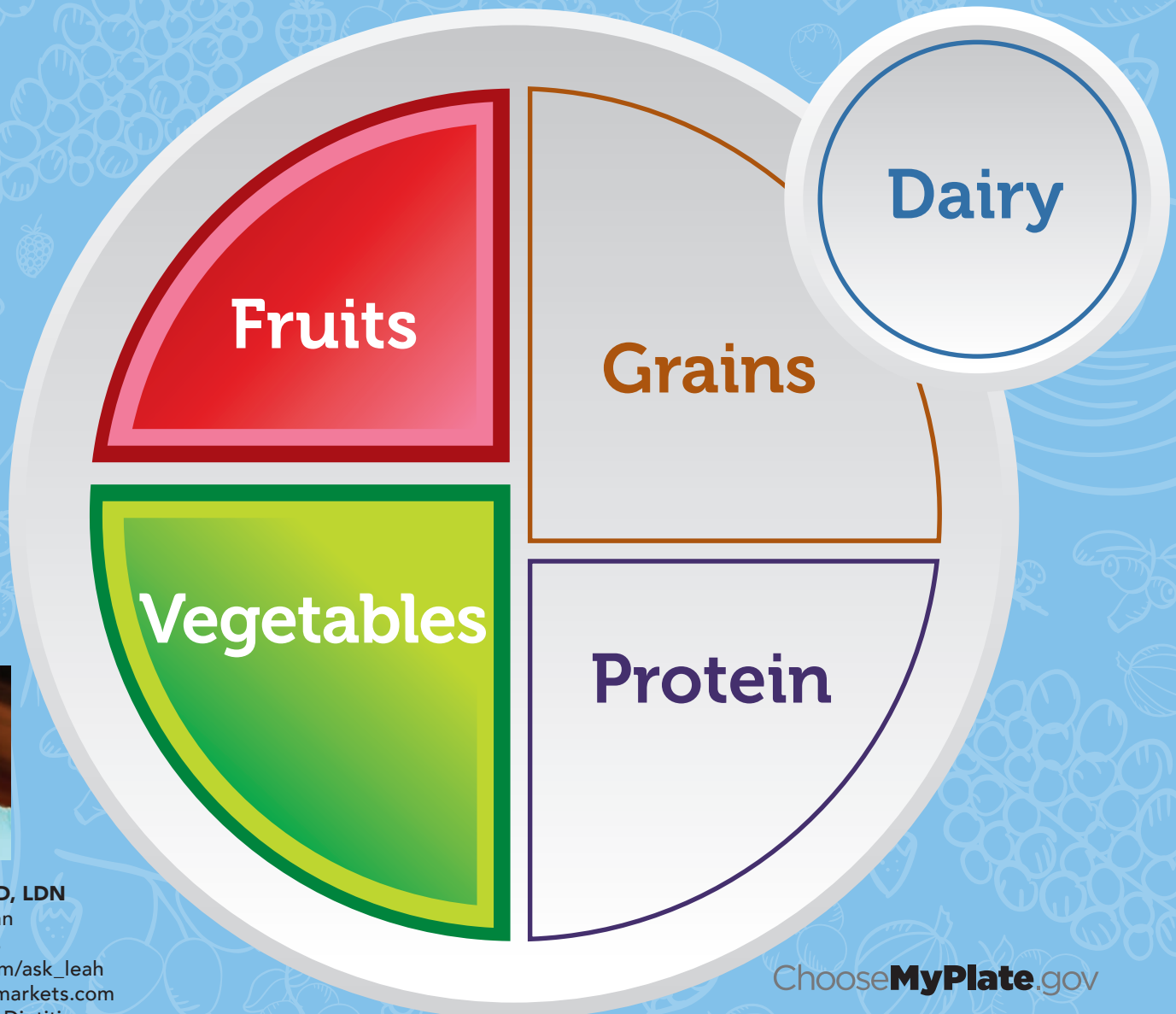
Berries (blackberries, strawberries, blueberries) – Benefits: fiber, vitamin C, polyphenols (antioxidants). Berries are great as a topping for your cereal or yogurt but how about adding a handful of fresh berries to a spinach or arugula salad? You can find fresh and pre-cut/ washed berries in Produce and on our Deli salad bars. Money saving tip: Frozen berries work great for smoothies and add natural sweetness.

Dark Green Leafy Vegetables – Benefits: vitamin A, folate, vitamin C and fiber. Kale, collard greens, turnip greens, spinach, romaine, Swiss chard, arugula. Up your salad game by using more of these

dark green leafy vegetables to "veggify" your salads or wraps or as a side dish. Get a serving of vegetables into your smoothie by adding a handful of fresh or frozen spinach or kale to a fruit smoothie. Find dark green leafy vegetables in produce and in the frozen food department. Money saving tip: Frozen veggies are an easy way to add vegetables to soups, stews and smoothies. Take out what you need and then reseal the bag.

Beans (dried and canned) - Benefits: fiber, protein. Beans are a nutritional powerhouse. Add cooked beans to salads, or use them when making soups, chili, and stews. Create your own hummus or buy some delicious hummus in the Ingles Deli department and enjoy it with raw crunchy vegetables.

Nuts and Seeds - Benefits: fiber, monounsaturated fats, magnesium, protein. Nuts and seeds provide some great flavor and crunch for your cereals, yogurt snacks or salads, or just eaten by themselves. Remember that a serving of nuts may only be a small handful!



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Grilled Ribeye with Mushroom Marsala Sauce

Heat grill to high. Be sure to start with steaks at room temperature. Never start to cook any meat while still cold! While grill is heating up, generously coat steaks in blackened steak seasoning. Once the grill has reached the right temperature, place steaks on. While the steaks are cooking, heat a sauté pan and melt the butter. Then add garlic and mushrooms and cook 4 to 6 minutes, tossing to coat mushrooms in butter. Then add the thyme and continue to cook for about 2 minutes. Now, add the Marsala wine and deglaze the pan. Add the heavy cream to finish and stir to incorporate. Once the steaks have been cooked to your liking, top them with the Marsala Sauce. Garnish with more mushrooms and a sprig of fresh thyme. Enjoy!

- 2 thick cut boneless ribeye steaks
- 2 tbsp. blackened steak seasoning
- **MARSALA SAUCE:**
- 4 tbsp. sweet cream butter
- 1 tbsp. fine chopped garlic
- fresh thyme, 1-2 sprigs
- 2 cups sliced mushrooms
(portobello, crimini, baby bella or wild mix)
- 3/4 cup sweet marsala wine
- 3 tbsp. heavy cream



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Cherry Snack Bars

Place cherries and water in a saucepan. Simmer slowly, over low heat, until the cherries incorporate most of the water. Place cherries in a food processor and process until smooth. Spread mixture onto a ceramic plate and place in the fridge to cool. Place flours, oats, brown sugar, baking powder, and kosher salt in food processor. Pulse a few times to combine. Add coconut oil. Pulse five or six times to cut the oil into the flour mixture. Turn the food processor on, and while the motor is running, add vanilla to almond milk, and slowly pour in the almond milk into the flour mixture. Pulse the mixture until it comes together in large clumps. Dump dough mixture out onto a sheet of plastic wrap. Pulling up the sides of the plastic wrap, form the dough into one large rectangle. Wrap tightly, and chill in the refrigerator for about 30 minutes. Preheat your oven to 350°. Line a sheet pan with parchment paper, and set aside. Remove dough from fridge, unwrap, and cut into two equal pieces. Dust work surface with flour, and sprinkle the top of the dough with flour as well. Roll each piece into a 13 by 4 inch rectangle. Spread half of the fruit mix evenly down each rectangle. Fold one long side of the dough over the fruit mixture. Brush the edge with water, and fold up the other side. Press gently to seal the dough together. Repeat the process with the other rectangle. Turn the whole package over, so it is seam side down. Cut each package into seven rectangles, trimming up the edges. You should get fourteen bars. Place on the prepared tray. Bake at 350° for 15-20 minutes. They should be slightly firm to the touch.

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/3 cup packed brown sugar
- 1 tsp. baking powder
- 1/2 tsp. kosher salt
- 1/4 tsp. ground cinnamon
- 4 tbsp. coconut oil
- 1 tsp. vanilla extract
- 2/3 cup almond (or other) milk
- 1 cup dried cherries
- 1/2 cup water



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PEGGY BUSSEY

Master Designer / Floral Specialist
Falcon Farms

Seasonal Flower Arrangements



In addition to pre-made and custom-made arrangements, the Ingles Floral shop has a huge selection of flowers and foliage to help you create your own beautiful arrangement to make your table stand out. Stop by and let one of our flower experts show you how.



Basil Garlic Green Beans

Cook beans in boiling water for 7 minutes, or until desired doneness.
Drain well. Melt butter in same saucepan on low heat.
Add seasonings; mix well. Add green beans; toss until well coated.

- 1 lb. fresh green beans, trimmed (about 5 cups)
- 2 tbsp. butter
- 1 tsp. dried basil leaves
- 1/2 tsp. dried minced garlic
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt

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“Roots started with a vision back in 2006. That vision was to use the highest quality ingredients to produce great food for the local community and to do good in the process. Since then our company has grown, but so has our vision. That vision is still to produce the highest quality and best tasting hummus on the planet, but now we are able to do more good. **With support early on from partners like Ingles, we have been able to fuel our growth and become one of Asheville’s local success stories.** From being a Living Wage certified company, to building school gardens through our non-profit organization The Roots Foundation, we are able to have a positive impact in the community in which we all live.”

– Michael Porterfield, CEO, Roots Hummus



rootshummus.com



Cauliflower Mac & Cheese

Cook pasta per package directions. While pasta cooks, steam the head of cauliflower until tender. Place the steamed cauliflower in a mixing bowl. Add 8 oz. of the cheese and milk. Use an immersion blender to puree the cauliflower, milk, cheese until it forms a smooth sauce. Add your cooked noodles and stir. Set broiler to high. Place the entire mixture in baking dish. Top with the remaining 2 oz. of cheese and broil for about 5 minutes, until the cheese is melted and golden brown.

- 1 box sprouted grain penne pasta
(or brown rice penne or quinoa noodles)
- head of cauliflower
- 1 cup non-fat milk *(or plant-based milk)*
- 10 oz. sharp cheddar cheese, *grated*
- salt, *to taste*

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Chili Waffles

Here's a super easy way to "style up" your chili. Instead of serving your cornbread and chili separately, take your favorite cornbread batter, either your own homemade recipe or a boxed recipe, and make waffles out of them. Just pour the batter on to your waffle iron like usual. Then, top them with your favorite chili, again, either your own homemade recipe or canned. Top with garnishes such as cheese, sour cream, onions, and tomatoes. It doesn't take a lot of effort to make something truly memorable.





Roasted Garlic Bruschetta with Blue Cheese & Basil

Preheat oven to 400°. Place Abby J's Roasted Garlic Salsa (available in the Ingles Deli) in a baking dish and top with the crumbled blue cheese. Bake in the oven for 25 minutes or until cheese is golden brown. Remove from oven. Brush the butter on the french bread and toast. Remove from oven and spoon the garlic and blue cheese mixture on the bread and garnish with chopped basil.

- 16 oz. Abby J's Roasted Garlic Salsa (*deli*)
- 6 oz. crumbled blue cheese (*cheese shoppe*)
- 1 loaf of French bread (*bakery*)
- 1/2 cup melted butter (*deli*)
- fresh basil, *chopped*



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The family farm is central to the identity of our nation. Today, more than ever, there is a real desire to reconnect to the natural world, eating wholesome food and living a more sustainable life.

Southern Farm & Garden is a national consumer publication that links our readers with the world of agriculture. Each edition features stories about the people who bring wholesome food and other artisanal products into your home and kitchen every day.

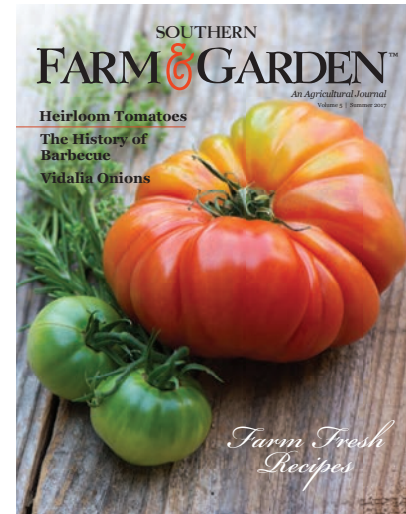
We are proud to be a member of the Ingles Table family of local farmers, chefs, and food producers. Get inspired to shop at Ingles and cook some fresh, delicious food for your family and friends.

Pick up a copy of *Southern Farm & Garden* on the Ingles newsstand
or subscribe online today!

southernfarmandgarden.com

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SOUTHERN FARM & GARDEN™



2018 Release Dates:
Spring: April • Summer: Mid-June
• Fall/Winter: September

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