



JULIAN VAIL, LLC NEWS & NOTES



JANUARY 15, 2010



UPCOMING EVENTS

MEP Meeting
January 19, 2010
6:30 p.m.
MSU Equine Teaching Facility

MSBA & MHHA
Annual Meeting
January 23, 2010
4:00 p.m.
Flint, MI

MICHIGAN CORN GROWERS ASSOC.
Annual Meeting
February 2, 2010
Cooley Law School

NALI
Mid-Winter Conference
February 4-6, 2010
Cottonwood Resort
Scottsdale, AZ

MI FMAT Meeting
February 9, 2010
10:00 a.m.
Michigan Farm Bureau

MCSA Meeting
February 17, 2010
JV Offices

One half of knowing what you want is knowing what you must give up before you get it.
~Sidney Howard

2010 MICHIGAN LEGISLATIVE SCHEDULE

HOUSE OF REPRESENTATIVES

- TUESDAY, JANUARY 19, 2010 10:00 AM
- WEDNESDAY, JANUARY 20, 2010 10:00 AM
- THURSDAY, JANUARY 21, 2010 10:00 PM

SENATE

- TUESDAY, JANUARY 19, 2010 1:30 PM
- WEDNESDAY, JANUARY 20, 2010 1:30 PM
- THURSDAY, JANUARY 21, 2010 12:00 PM

STATE OF THE STATE ADDRESS, Governor Granholm, Wednesday, February 3, 2010

CELEBRATE MICHIGAN'S 173RD BIRTHDAY

The Michigan Historical Museum in downtown Lansing will host its annual Statehood Day celebration Saturday, Jan. 23, in honor of Michigan's 173rd birthday. (On Jan. 26, 1837, Michigan joined the Union as the nation's 26th state.) The public is invited to the family-friendly party from 11 a.m. to 3 p.m. The first 100 visitors will receive a free piece of birthday cake. The Statehood Day celebration brings together crafters, costumed interpreters and musicians.

For more information, visit www.michigan.gov/museum or call (517) 373-3559.

LOW FAT COMFORT FOOD

Is your 2010 New Year's resolution to shape up and trim down? You don't have to give up good taste or that down home cookin'. Come home to this simple and delicious crockpot pork and sweet potato stew, which can be enjoyed with a little rice on the side or with some whole grain bread to mop up the juices. Enjoy!

Prep Time: 15 minutes

Cook Time: 9 hours

Serves 4.

Ingredients:

- 1 medium sweet potato, peeled and cut into chunks
- 1 large onion, chopped
- 2 stalks celery
- 1 large Granny Smith Apple, cut into chunks
- 1 large carrot, sliced
- 1 pound pork tenderloin, trimmed of fat, and cut into chunks
- 1/2 cup apple cider
- 3/4 cup fat-free, low-sodium chicken broth
- 1/2 tsp rosemary
- 1/2 tsp sage
- Freshly ground black pepper

Preparation:

Spray the inside of a 3-4 quart slow cooker with nonstick cooking spray. Lay vegetables on the bottom of the crockpot, followed by pork. Pour apple cider and chicken broth over the pork and vegetables, and add herbs. Cover and cook on low for 7-9 hours. To thicken the juices, make a cornstarch slurry from 1/4 cup cornstarch and a 1/4 cup water, and stir into the stew about half an hour before serving.

Per Serving: Calories 321, Calories from Fat 41, Total Fat 4.6g (sat 1.4g), Cholesterol 72mg, Sodium 119mg, Carbohydrate 43.2g, Fiber 6.5g, Protein 26.8g

Julian Vail, LLC

235 North Pine St. ▪ Lansing, MI 48933 ▪ 517.372.1500 ▪ Fax: 517.372.1501 ▪ www.julianvail.com