

May 2003

Watkins is Making Meals Marvelous ... You'll Learn How at a Watkins Tasting Event!

We have some fabulous recipes and tips to share this month but nothing compared to the ones you'll enjoy when you Host a "Watkins Tasting Event"! Every season brings different food and recipes we all enjoy and **Watkins** SHINES when it comes to something special for the warm days we're all beginning to feel!

We also have some **great gift ideas** for Moms and Dads as their **SPECIAL DAY** is coming! I believe every Mom loves to be pampered and you can count on **Watkins** for those unique products. Our famous Vanilla line has WOWED many a Mom (see the interesting information below about VANILLA) and now the Aloe and Green Tea line has become a favorite to many. If Mom is a gardener, she's sure to love the special "Gardner's Delight" which has a "special purchase price". Ask me for more details!

A lot of Dads can now enjoy being "pampered" too with the introduction of the NEW Trade Winds Liquid Shave Soap, Skin Elixir and Aftershave Balm. It's a simple 1-2-3 step skin soothing process for men ... the special man in your life will just love it! Give me a call to order the set today....Your shopping is over!



Watkins Tzatziki

- 1 750 ml plain yogurt
- 1 med. cucumber (cut in chunks)
- Juice from 1/2 a lemon
- 6 drops of **Watkins Garlic Liquid Spice**
- 3 TBSP **Watkins Garlic & Dill or Cucumber Dill Dip Mix**
- 1/2 tsp **Watkins Onion & Garlic Pepper**
- 1/2 tsp **Watkins Sea Salt**
- 2 TBSP Mayonnaise (not Miracle Whip)
- package of pita bread

Place all ingredients in food processor or blender and blend until fine texture. Let stand minimum 2 hours for flavor to develop.

Lightly spray pita bread with **Watkins Cooking Spray**. Heat in covered frying pan on medium-low temperature until bread is golden. Cut in wedges & dip in Tzatziki...ENJOY!

Quick Chips

Spray a Flour Tortilla with Watkins Cooking Spray (both sides). Shake Watkins garlic granules on both sides (or any other Watkins spice) and cut into triangles. Bake at 450 degrees for 5 to 8 minutes until golden brown and crisp. Use dippers in Watkins Tropical Salsa or Watkins Tzatziki.

Thanks for this idea goes to ...
Cec Willick, Bronze Executive



Did you know ?

During a routine sampling, the FDA found pesticide residues on 31% of the 3,699 domestic vegetables tested. However, the FDA only tests 1% of all vegetables sold in the U.S.

In the U.S., the federal government allows 350 pesticides to be used on crops. Approximately 70 of those have been classified as possible carcinogens. Canada would be similar.

Watkins Fresh Wash has been laboratory proven to remove over 90% of surface contaminants and impurities - **400% better than water alone!** **Fresh Wash** is an all-natural product. It also helps to extend the life of your produce!

Think of all the fresh produce you use now and will be using this summer. Even if you buy the organically grown produce, it needs more than water to remove the bacteria. They say the average tomato is handled 20 times before it's purchased ... be safe and **Fresh Wash** it!

Watkins **FRESH WASH** comes in two convenient ways:

Ready-to-use Spray \$7.49 CN / \$4.99 US - Particularly handy when cleaning just a few fruits or veggies!

Concentrate \$11.89 CN / \$7.79 US - Cleans a sink-full of produce at once or you can make more "ready-to-use" spray.



Use Your Bean...

It's all About Vanilla!

During these uncertain times, more of us are turning to an old favorite for comfort-the vanilla bean. The warm, luxurious aroma of vanilla is often used to ease tension and anxiety and seems to promote feelings of safety and security. Many hospitals use the scent of vanilla during medical procedures and have seen a 63% reduction in patient anxiety. Some hospitals diffuse the aroma of vanilla into waiting rooms to help patients feel calmer and more relaxed, facilitating the healing process. Students take note: Inhalation of vanilla has even been found to improve test scores, perhaps by reducing anxiety in test-takers. Watkins is recognized as the trusted name in vanilla, and is often associated with fond memories. Watkins has taken their world famous Vanilla beyond the kitchen with a complete line of Vanilla personal care products and home fragrances that will make a thoughtful gift for Mother's Day and will take her back to an easier time.

Be the First in Your Group of Friends to Host a "Watkins Tasting Event"!

They are FUN, EASY, INTERESTING and You can be the first to Host one! We bring all the "treats" and if it works for you, we'll even do the food preparation in front of everyone... it's like a **Cooking Class!** We have some delicious and easy-to-prepare recipes that will surely please you and your group of friends! On top of all that, you can choose **FREE** products, based on your sales and bookings, for having the EVENT at your home. For more information on how you can be the FIRST to "Host" this fun hour of munching and learning, call me. Reserve a date before my book is full!



Pumpkin Bars

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|------------------------------------|-------------------------------|
| 4 eggs | 1 tsp baking soda |
| 1 c Watkins Grapeseed Oil | 1/2 tsp salt |
| 2 c white sugar | 2 tsp Watkins Cinnamon |
| 1 can (15 oz) pumpkin | 1/2 tsp Watkins Ginger |
| 2 c flour | 1/2 tsp Watkins Cloves |
| 2 tsp Watkins Baking Powder | 1/2 tsp Watkins Nutmeg |

Combine first four ingredients in a large bowl. Sift together flour, baking powder, baking soda, salt and spices; add to pumpkin mixture and mix well. Pour into greased (spray with Watkins Cooking Spray) and floured jelly roll pan. Bake at 350 F for 20-25 min. Cool. Frost with Cream Cheese Frosting.

Cream Cheese Frosting

- 4 oz cream cheese, softened
- 3 TBSP butter, softened
- 1 tsp **Watkins Vanilla Extract**
- 2 - 2-1/2 cups icing/powdered sugar
- 1 TBSP cream or milk, if needed

Beat together the cream cheese, butter and Vanilla Extract, adding enough of the sugar to give desired consistency. Cream can also be added if needed. Makes 72 bars.

Layered Salsa Dip

- 1 cup sour cream
- 3 TBSP **Watkins Salsa & Sour Cream Dip Mix**
- 1 tomato, chopped
- 1/8 cup chopped green onions
- 1 cup shredded cheddar cheese

Mix sour cream and Watkins Salsa & Sour Cream Dip Mix. Spread sour cream mixture in shallow dish or plate. Layer with the following ... first the cheddar, then the tomatoes and top with the green onions. Best when you let it set for at least a half hour so flavor develops. Serve with tortilla chips.

Quick Quesadilla

Place cheddar cheese on a flour tortilla. Drizzle with Watkins Inferno Hot Pepper Sauce or Watkins Tropical Salsa. Fold in half and broil until toasted and cheese is melted. Quick and Delicious ... thanks to Watkins ingredients!

Helpful Hints



Preventing Pie Drips

To avoid yummy pie contents from oozing over the pan and onto the bottom of the oven, cut several plastic drinking straws into three pieces. Put them, standing up, in the center of the pie. The juices will bubble up into the straws and not run over the sides of the pie pan to the oven floor.

Moldy Cheese

If you notice moldy cheese in your refrigerator, don't throw it out. Instead, dip a knife into household vinegar. Slice off the mold. Vinegar will keep the mold from returning, so wrap the cheese in a cloth dampened with vinegar.

Peppered Hummus

- 2 TBSP **Watkins Black Pepper Grapeseed Oil** (#01530)
- 1/3 c finely chopped green pepper
- 2 garlic cloves, minced
- 1/3 c finely chopped onion

Sauté above ingredients until vegetables are soft. Then add with the remaining ingredients in a blender or food processor and blend until smooth.

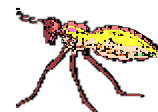
Thanks to Lili Willick, Silver Executive!

- 1/2 tsp salt
- 1/2 tsp **Watkins Salsa Seasoning Blend** (#01983)
- 3 tsp Lemon juice
- 1 tsp **Watkins Parsley** (#01943)
- 1 can Garbanzo/Chick Peas 19 oz, drained

Serve with pita chips. Split 5 large pita bread rounds in half, horizontally. Combine 1/2 cup melted butter; 3/4 tsp. Watkins Garlic Granules (#01931); and 1/4 tsp. Watkins Seasoning Salt (#01992). Brush over both sides of all the pita rounds. Stack rounds and cut into 8 wedges. Place wedges on large ungreased baking sheets. Bake in 350 F oven 10-15 minutes or until golden brown.

They're Back!

Did You Remember to Order Your Watkins Insect Repellent?



If you plan to spend time outdoors, use the product trusted by those who work outside where a repellent that works is most important ... Watkins Insect Repellents, with doctor-recommended DEET, are the most effective protection against Lyme Disease-carrying ticks, **West Nile Virus** and encephalitis-carrying mosquitoes and other pests. Make sure you're protected ...order TODAY!

In **Canada** the Lotion is Available in 2 sizes: #33077 (240 ml) \$11.99 #33079 (80 ml) \$7.49 or **Insect Repellent Spray** #33075 (175g) Reg. \$14.99

In the **U.S.** only the Spray is available ...it will fit in a fishing vest, fanny pack or golf bag! **Insect Repellent Spray** #06830 (113 g/4 oz.) Reg. \$5.49

NOTE for Canadians: Watkins Repellent is registered with the Canadian Government under the new Pest Control Products Act, RRD 2002-01- meeting the latest health protection standards by containing no more than 30% concentration of DEET.

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