

Finlandia Cheese DeliTalk Newsletter

Summer 2009 Issue

Great Grillers

No boring burgers or ho-hum hot dogs here.

Try these unique and tasty recipes - **Hot off the grill**

- Burger Blends
- Tuna Melts
- Grilled Peaches & Cheese

(See actual recipes at bottom of this document)

Serve Up Some Smiles With The 'Smiley' Fruit & Cheese Salad

This healthy and refreshing combination is a perfect addition to any get-together.

Use a melon baller to hollow out fruit or slice into bite-size pieces. Cube in your favorite Finlandia Cheese. Use the natural juices of the fruit to add flavor to your salad.

Watermelon • Cantaloupe • Grapes • Peaches • Kiwi • Cherries
• Blueberries, Raspberries & Blackberries

Finlandia Oltermanni Baby Muenster or Finlandia Light Swiss, cubed

Show 'em Your Smile.

Here's a fun way to show off your fabulous 'Smiley' Fruit & Cheese Salad.

- First slice ¼ inch off the end of a round watermelon to provide a stable base.
 - Using a pencil, draw a line all the way around the top of the watermelon. Cut off the top with a large slicing knife.
 - Remove the insides with a melon baller to make fruit salad.
 - Using a pencil, draw the smiley face on the front of the watermelon. Use a paring knife to carve out eyes and mouth. Use the excess top of the watermelon to create your flowers with either a cookie cutter or pencil and paring knife.
 - Use sturdy round toothpicks to attach flowers to head, and to attach decorative melon balls on top of flowers to form the centers.
 - Fill carving with your fruit salad.
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Visit Our Smile Spot Community Page

Make your day a little brighter! Visit FINLANDIA's New 'Smile Spot' at [http:// finlandiacheese.com/smile](http://finlandiacheese.com/smile).

Here you'll find fun **Information, Contests** and **Savings** sure to bring a smile to anyone's face.
Send a Friend a Smile E-Card!

Summer Slimming

Get fit with dairy. Summer is the time of year where most people strive for a healthier life-style and aim for that bathing-suit body. What most people don't know is that dairy products can be a key ingredient to accomplishing that goal.

Great Summer Tips

- Dairy products are full of slimming nutrients, such as protein, calcium, selenium, and fatty acids.
 - These nutrients make you feel satisfied longer avoiding excessive cravings.
 - The Journal of Clinical Endocrinology & Metabolism published a study revealing "Women who consumed higher intakes of calcium from dairy foods experienced more significant losses in weight and body fat than those women who consumed calcium from nondairy sources."
 - Exercise is a crucial component to losing weight and with a high intake of calcium from dairy products, it will help protect your bones from Osteoporosis, a disease of the bone that leads to an increased risk of fracture, so that you are able to always stay active.
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Thank you Coupon

Visit <http://finlandiacheese.com> to download a \$1.00 off coupon good toward any Finlandia cheese. It's our way of saying "thanks" for being a loyal Finlandia customer.

The Tasting Room

While relaxing outside by the pool or lounging out on your deck, indulge in these tasty summer snack pairings that include our rich and creamy, all natural Imported Muenster cheese. Visit <http://finlandiacheese.com/ourcheeses.htm> for product info!

TRY IT:

- Melted over French bread topped with fresh, garlicky bruschetta (tomato, olive oil, crushed garlic and chopped fresh basil)
 - Stuffed in a mini pita, with smoked turkey, lettuce and an apricot dijon spread (1tsp. apricot spread blended with 1/2tsp. dijon mustard)
 - Baked in a flaky puff pastry with spinach and onion
 - Paired with a chilled light Rosé or a full bodied red wine like Châteauneuf-du-Pape
 - With a fresh brewed iced tea, blended with a tsp. of frozen raspberries and their juices
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Get your Finlandia Green Bag Today

Fun, handy and eco-friendly, our Finlandia shopping bag is as attractive and versatile as it is “green”. Made from 80% recycled plastic drink bottles, you can feel good knowing you’re doing your part to make our planet smile each time you use it. So, the next time someone asks you..paper or plastic? Just say no thanks and show ‘em your smile.

Research shows that...

- More than 40 million water bottles go into the trash each day
- Plastic bottles take 700 years before they begin to decompose in a landfill
- Plastic accounts for 90 percent of all garbage floating in our oceans
- Plastic debris causes the deaths of more than one million sea birds and 100,000 marine mammals each year

Visit <http://finlandiacheese.com/newsletter/Summer09/FinGreenBag-form.pdf> for more info on our green bag and to find out how to get yours. Share a smile.

Enter to Win a FREE T-SHIRT!

Just visit http://finlandiacheese.com/newsletter/form_tshirt.cfm to give us your feedback and you could win a FREE T-SHIRT!

Burger Blends

INGREDIENTS:

- 2 pounds lean ground beef
- 1/2 pound bulk Italian sausage
- 1/2 large red onion, chopped
- 3/4 pound Finlandia Muenster cheese
- 1 Egg
- 2 Anaheim chile peppers, chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chili powder
- 3 cloves garlic, minced
- Salt and pepper to taste

Preheat an outdoor grill for medium-high heat. Lightly oil the grate to prevent sticking.

Combine the ground beef, sausage, onion, egg, chili pepper, garlic, Worcestershire sauce, and chili powder in a mixing bowl until evenly blended. Add salt and pepper to taste and mix again. Mold 8 patties from the meat mixture.

Cook the patties on the preheated grill until they are no longer pink inside. The burgers take about 7 minutes per side. If using an instant-read thermometer, it should read 160 degrees F when inserted into the center. 5 minutes before burgers are done, top with Finlandia cheese and continue to cook until cheese melts.

Makes 8 burgers

Tuna Melt

INGREDIENTS:

- 2 (6 ounce) cans solid white tuna in water, drained
- 1/4 cup mayonnaise
- 3/4 teaspoon red wine vinegar
- 1/4 cup finely chopped celery
- 1 1/2 tablespoons finely chopped onion
- 1 tablespoon chopped parsley
- 8 slices of bread of choice
- 4 slices ripe tomato

- 8 slices Finlandia Swiss cheese
- Salt and pepper to taste

Preheat an outdoor grill for low-medium heat.

In a bowl, mix the tuna, mayonnaise, vinegar, celery, onion, and parsley. Season with salt and pepper.

Place the slices of bread on the grate, and heat until lightly toasted. Place 1 cheese slice on 4 of the slices of bread.

Spread the tuna salad evenly on the cheese. Place 1 tomato slice and top with another cheese slice over the tuna salad on each piece of bread. Cover with the remaining 4 slices of bread. Cover grill lid and let the sandwiches heat up for 2-3 minutes or until cheese is melted.

Makes 1 sandwich

Grilled Peaches & Cheese

INGREDIENTS:

- 1 large peach, sliced into halves with pit removed
- 1 tablespoon almond or canola oil
- 1 teaspoon confectioners' sugar
- 1 ounce Finlandia Black Label Aged Gouda or one slice Finlandia Deli Slices Havarti cheese
- 1 tablespoon chopped pecans, toasted
- 2 teaspoons honey

Preheat a grill for medium heat and lightly oil the grate.

Toss peach halves with oil and sugar in a large bowl.

Grill the peach halves, flesh side down, until just tender and lightly marked, turning once, about 6 minutes total.

Shave Gouda into thin strips with a vegetable peeler and layer on peaches or lay 1 slice of Havarti on peach until melted. Top the peach slices with a sprinkling of nuts and drizzle with honey.

Serves 6