

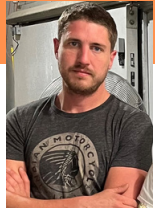


CLICK HERE!!

Don't forget to CAST YOUR VOTE in the Community Choice awards. You nominated us for three categories: Grocery Store, Produce & Nursery.



## BRING ON THE PEAS FOR FATHER'S DAY



**ISAAC,  
PRODUCE MGR**

June is the time of year when you will find many varieties of field peas at Baileys. Field peas are technically beans. They are also known as cowpeas because they were grown as a rotational crop in the fields instead of in kitchen gardens. Families and neighbors often saved the seeds and passed them down through the generations.

At Baileys, you can often find field peas for sale in their colorful pods, but mostly we shell the pods for you! Fresh peas cook quickly compared to dried peas and beans that must be soaked. Their flavor and texture range from delicate to earthy and meaty. Many of us eat field peas for luck on January, but to limit them to a single winter day is to miss out on their versatility. All sorts of field peas are easy to find in the South. Lucky us!!



**WE SHELL PEAS IN  
PEA SHELLERS FROM  
LAUREL, MS (1974)**



Lady Peas, AKA White Acre Peas are always in demand, they remain creamy white or light green even after cooking. They produce a clear, not cloudy, potlikker and Their delicate flavor makes them a favorite among Southern cooks.



Crowder Peas are named based on how they grow: tightly packed inside their pods. There are many different types of crowders, all of them become plump and creamy when cooked. Crowders are hearty but creamy and slightly sweet.



Pink-Eyed Peas or Purple Hull Peas Pale peas grow in colorful green and purple pods. They darken to a light green when cooked. They are creamier and milder tasting alternative to black-eyed peas



Zipper Peas are named for the way the string in the pod's center acts like a zipper when pulled, opening the pod to release the peas. They are small and vary in color from pale yellow to light brown. They have a mild flavor and creamy texture.

**PHOTOS COURTESY OF SOUTHERN LIVING (THANK YOU!)**

## TIME FOR DAN'S PEAS!

*My husband has always taken an active role in raising our daughter and the two of them love to cook together. When we moved to Florida to run Baileys, he set out on a mission to learn all about Southern peas. This is the family go-to. It is our comfort meal.*

**DAN, OWNER OF  
BAILEYS WITH  
DAUGHTER OLIVIA**



*Ingredients*  
1 tbsp olive oil  
1 package of andouille sausage, sliced  
1 whole head of garlic minced  
1 jumbo yellow onion or two medium onions, chopped/diced  
1 hot or medium hot pepper chopped (Anaheim, Hungarian waxed, banana pepper, etc.)  
1-2 cups of chicken or bone broth  
1 lb Bailey's frozen field peas (I prefer Zippers)

*4-5 poblano peppers, chopped*  
*2-3 red or orange bell peppers, chopped*  
*1-2 tbsp Sol La Cajun Seasoning (from Bailey's)*  
*Salt & Pepper (to taste)*  
*1 lb raw shelled shrimp from Maria's (optional)*

### *Directions*

*In a Dutch oven or heavy stock pot, put in olive oil & sausage. Turn up the heat and brown the sausage. Lower heat and add garlic, hot pepper, and yellow onion and let simmer while you prepare the other items. Cook until the onion and garlic are soft. Scrape any brown bits from the sausage off the bottom of the pan. Add the peas, poblano peppers, bell peppers, and seasonings. Add broth, let simmer for 30-45 minutes to an hour. The consistency should be thinner than stew, thicker than soup. If you like it less spicy, use only half a hot pepper, but leave the poblano.*



# What's in the Nursery for Father's day??

RED AND WHITE ROSES ARE  
TRADITIONAL FATHER'S DAY GIFTS



While Carnations are the official flower of Mother's Day, the rose is the officially recognized flower of Father's Day. Red roses usually signify a father that is still living while white roses represent a father who has passed on.

## BUT WHO SAYS YOU CAN'T BUCK TRADITION EVERY NOW AND THEN?



CITRUS



OAK LEAF  
HYDRANGEA

GIANT MILKWEED



CATHERINE WOODBURY DAYLILY



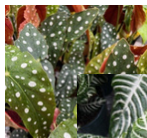
GRASSES



WISTERIA



BUTTERFLY BUSH



Plants for every type of Dad



If your dad is the grill master, he's gonna need some herbs. Start him off with a combo pot! These contain a mix of herbs that battle off mosquitos while dad grills and he can grab some rosemary or thyme to add fresh flavor to what he's cooking up

If your dad loves to sit and sip his coffee and watch the birds rise with the sun, check out our range of bird friendly plants; Hollies, beautyberry, grasses (Muhly, Maiden, Fountain, Karl Forester), coreopsis, Echinacea, and Salvia

If your dad loves bring in an assortment of pollinator friendly plants to your garden! Within no time, you'll be raising your very own caterpillar kids! Monarchs need milkweed (a combination of various kinds is best), Swallowtails are attracted to lots of flowers like buddleia and Pentas, but need parsley and/or fennel/dill to lay their eggs and eat as larvae. Great swallowtails attract to and lay eggs on citrus. Gulf fritillary solely eat passion vine. Sulphur butterflies love the nectar of many flowers but lay eggs on Cassia trees!

If your dad is a bit of a couch potato, freshen up his air with houseplants! Variations of pothos and philodendron are great starter options that grow quickly in medium light for solid instant gratification. If your dad is sure to forget he has a plant that needs some water, start him out with a variation of succulent/cactus (high light/outdoors) or snake plant (medium-low light, indoors). We also have plenty of collector type plants for the dad who has a green thumb and an eye for the prize.

If your dad already has a good start on his plant journey but could use some new pots, tools, fertilizer, or pest control, come see us for help!



# Cupboard Team is bringing on Sauces, Rubs and Marinades!



**OLIVIA,  
CUPBOARD MGR**

## EL METEORO: SMOKEY WITH HEAT

**FUEGO FERMENTED SWEET AND TANGY BEGINNING IS FOLLOWED BY A SMOKY WARMTH**

It's always good to be a little saucy, especially when it comes to food! Sauces play an important role in making the most of the flavor of your food. During the summer, we are drawn to those special sauces for our BBQ. It can be a vinegary Alabama white sauce for our chicken, or a honey mustard sauce with a touch of spice from cayenne and black pepper, or a smokey Texas concoction to deepen the flavor of pork. We've got them all at Baileys.



## TERAPIN RIDGE TROPICAL GLAZES FROM CLEARWATER, FLORIDA

**MEAT MITCH, KANSAS CITY WHITE SAUCE!**

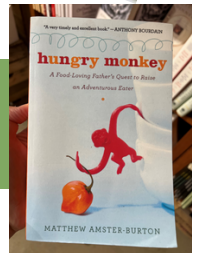
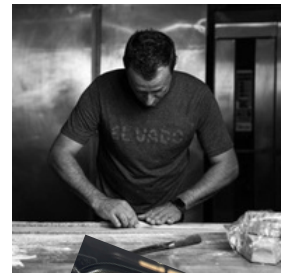
**SWAMP TONIC IS AN EVERYTHING, EVERYDAY SAUCE VINEGAR BASED BBQ SAUCE IN THE EASTERN CAROLINA TRADITION**

**OLD BONES SAUCES FROM CYPRESS TEXAS BRING ON THE HEAT WITHOUT MASKING FLAVOR**

## NEW PRODUCT ALERT!

We are so excited to now have locally made fresh pasta from Pensacola restaurateur Luke DiSomma: Tonnarelli, Cavatelli, and Lasagna Sheets. Pastas also include quick recipes to make a lovely sauce.

Luke's love of food has is deeply ingrained in his upbringing. Born in Naples, Italy, his father was a chef and he spent his childhood in his grandmothers kitchens surrounded by homemade bread, pasta and sauces. Southern soul, Italian excellence. You will love this as much as we do!



# Hungry Monkey A Food-Loving Father's Quest to Raise an Adventurous Eater by Matthew Amster-Burton

## SIMPLE PAD THAI

### Ingredients

4 ounces rice noodles, soaked in hot tap water and drained  
2 teaspoons peanut oil  
1 large egg  
1/4 cup pad Thai sauce  
lime wedges for serving  
chopped peanuts for serving

### Sauce

4 ounces tamarind paste  
1 1/2 cups boiling water  
1/4 cup peanut oil  
6 tablespoons fish sauce  
1 tablespoon rice vinegar  
1/4 cup palm sugar / or white sugar

Heat peanut oil over medium-high in large nonstick skillet until shimmering. Add egg and scramble vigorously until cooked, about 15 seconds. Add the noodles and pad Thai sauce and cook, tossing with a spatula and wooden spoon until sauce is absorbed, about 2 minutes. Serve immediately with chopped peanuts for sprinkling and lime wedges for squeezing

For Sauce: place tamarind paste in bowl, pour boiling water over it. Let sit 5 minutes, stir gently, pressing paste against side to break it up. Let sit another 5 minutes repeating until no large chunks, then strain. Add peanut oil, fish sauce, rice vinegar and sugar and stir until sugar dissolves

This is a food memoir about the joys of food and parenting. Matthew Amster-Burton was a restaurant critic and food writer long before he and his wife, Laurie, had their daughter Iris. Now he's a full-time, stay-at-home Dad and his experience with food has changed . . . a little.

He comes to realize that kids don't need puree in a jar or special menus at restaurants, and that raising an adventurous eater is about exposure, invention, and patience. He writes of the highs and lows of teaching your child about food--the high of rediscovering how something tastes for the first time through a child's unedited reaction, and the low of thinking you have a precocious vegetable fiend on your hands only to discover that a child's preferences change from day to day (and may take years to include vegetables again).

Sharing in his culinary capers is little Iris, a budding gourmand and a zippy critic herself who makes huge sandwiches, gobbles up hot chilis, and even helps around the kitchen sometimes. Hungry Monkey takes food enthusiasts on a new adventure in eating and offers dozens of delicious recipes that "little fingers" can help to make.

Review from: <https://www.goodreads.com/book/show/5560559-hungry-monkey>



# A Little History of Father's Day

**SONORA LOUISE SMART DODD**

As you know, we are always interested in the backstory at Baileys so we were curious why Father's Day took so long to become a national holiday. The origins of Father's Day as we celebrate it in the United States are the work of Sonora Louise Smart Dodd of Spokane, Washington. In 1909, she first proposed the idea of a "father's day" to honor her father, William Smart. After his wife died in childbirth, Mr. Smart raised six children alone on a rural farm in eastern Washington. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man.

It wasn't until 1972 the Nixon administration declared the third Saturday in June a day to recognize and honor the role of fathers in society. According to the farmers almanac, the holiday initially didn't have the same sentimental appeal with many scoffing at the attempts to "domesticate manliness with flowers and gift-giving".

Over the years, the changing role of fathers in family life demonstrate the importance and value of fatherhood. In 2019 Bret Turner wrote an eloquent article for PBS kids that calls out contradictions between celebrations of Mothers Day and Fathers Day, and yes, it may seem to some that Fathers may get the short end of the stick. Mr Turner advocates for a genuine celebration in the following ways:

- Honor the work of being a dad, the important roles that we play, and tell the stories of fatherhood in your family.
- Tell sons and dads and brothers you love them, be vulnerable and show affection.
- Share examples of fathers who go against stereotypes to care for kids, do emotional labor, and advocate for inclusivity, feminism and equality.
- Actively counter the "babysitting dad" stereotype.
- Additionally, respect the fact for those with complex relationships with fatherhood, it may be a difficult day.
- Ask yourself: What do you want fatherhood to be?

HEY BAILEYS INSIDERS..  
**THANK  
YOU!**

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