

EATIBLE DELIGHTS CATERING & EVENT PLANNING SERVICES

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EDC FOOD NEWSLETTER

AUGUST 2009 VOL 1.8

Dear Customers & Friends:

Summer has truly been exciting for Eatible Delights with producing



awesome events throughout the Delaware Valley. The highlight for July was catering to the artist such as Bobby V, James Fortune & Bell Biv DeVoe which performed at the Global World Fusion Festival at Penn's



Landing.

Thanks Mayor Nutter!

As this hot season comes to a close EDC is beginning the preparation for our major production in September and we are in need of expanding our staff.

Therefore, we are looking for experienced Banquet Servers, Jr Banquet Servers, Prep Cooks & Utility staff to join our team -please forward resumes to rsvpmeinc@hotmail.com.

Congratulations to last month's winner of the question is Atiyya Flournay from United Health Care - her answer was:

Aaron Mccargo
Big Daddy's Kitchen
Essence Magazine July 2009
1. Jammin Salmon Burgers
2. Carrot Slaw

3. Oven Roasted Flank Steak

She won a Lunch for four. Ms. Flournay generously with an agape spirit donated her prize to her sister in Christ - Savannah Williams.

This month's question -

Name of Philadelphia native that is the proprietor of the a Soul Food restaurant that's hold the honor of the #1 Fried Chicken in Philadelphia? In addition name the restaurant, their signature non-alcohol beverage and the name of their newest enterprise?

This month's winner will receive a Gourmet Lunch for four at your location.

Tastefully yours,

David K. Simms
Artist/Proprietor

BLANCHING VEGGIES

Chef's today serve crisp and bright color veggies. They are using a cooking techniqe known as Blanching which lightly cooks only the outer layer of the vegetable.



Wonder how you can achieve this healthy way of cooking at home?

To blanch vegetables plunge them into boiling salted water for a short period of time, and then immediately stop the cooking process by placing the vegetables into ice water until they cool.

Green beans and other fibrous vegetables retain their crispiness and colour. In all cases the colour is set and the flavour is retained. The vegetables can be used immediately in salads and other cold dishes, stir fried, sauteed or they can be frozen for later use.



Be wise and eat healthy!

EDC SMALL BUSINESS of the MONTH



A mail order dessert company owned & operated by New York native Zana Billue.

Over the pass six years Zana using recipes passed down by her mother has turned these delectable desserts into a thriving mail order business with customers spanning across the United States.



If you have ever dined on a Zesty Lemon Pound Cake served by Eatible Delights then you have enjoyed a Zana Cake.

Congratulations Zana for taking Top Prize in the Enterprising Woman Business Competition here in Philadelphia.

BRIDAL CORNER

What is the purpose o



f a Bridesmaids gift?

It is a momentous gift showing gratitude to your Bridesmaids for their time and efforts as wella wedding day keepsake.

Here are some great tips for selecting the perfect gift.



- ~Personalized Totes
- ~Bridesmaids T-shirts
- ~Initial Pendants
- ~Wedding Jewelry
- ~Monogrammed clothes

During the rehearsal dinner Bridesmaid gifts are often handed out when your friends and family are together.

NATIONAL WATERMELON DAY

This big juicy fruit has its own day to celebrate - August 3rd.

Sweet and tasty watermelons are one of summer's favorite fruit. It's standard fare at picnics.



The geographical origin of watermelons is in the Kalahari Desert in South Africa.

John Egerton, a historian believes that African slaves introduced watermelons in the United States.

Nowadays, there are over 1,200 varieties of watermelons which are produced in 96 countries worldwide.

Since Watermelons are 90% water and very healthy to eat - why not try this great summer recipe.....

GRILLED WATERMELON SALAD

- 1 small seedless watermelon, cut into 8 slices (about 5 lbs.)
- 2 Tbs olive oil
- salt and pepper
- 2 bunches watercress
- 2 Tbs balsamic vinegar
- 1 cup crumbled goat cheese

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1. Preheat grill.
2. Brush watermelon slices

Visit ZANA.CAKES.COM to peruse her wonderful dessert selections.

Zana you deserve *the icing on the cake* for your fine entrepreneurial spirit.

Zana Cakes is a proud member of Diverse Philly!

Commentary by Artist/Proprietor



Today's businessman must remember how important it is to get your corporate name established and remembered in the business world. We accomplish this through **BRANDING.**

Branding is your corporate identity how you tell the world who you are and what you do. Your prespective customers identify your brand to the product you offer and it lends to your creditability.



One of the ways you accomplish branding is by creating a company logo, using this logo on company letterhead, business cards, signage, etc.

You want your product and company to be recognized and your current as well as prespective customer's



However, if expenses for your wedding are running over budget, consider paying for their wedding day makeup and hairdo as the perfect gift saying 'Thank you for being apart of my Day!'

Contact Us

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EATIBLE DELIGHTS

COUPON

with oil. Season with salt and pepper. Grill watermelon 1-2 minutes on each side.

3. In a medium bowl, toss watercress with vinegar. Season with salt and pepper to taste. Set aside.

4. To assemble, sprinkle each grilled watermelon slice with goat cheese. Top with watercress mixture.

awareness which leads to generating business.

In Memory of Gail Savannah Winkfield



March 4, 1991 to July 19, 2009

EDC suffered a terrible loss when one of our beloved Jr. Banquet Servers was plucked by GOD to be a flower in his Heavenly Garden.

Gail was honored by her peers this year being named 'Prom Queen'. She was a lovely and warm individual and will be sorely missed by her EDC Family which will forever remember our ***'Prom Queen'***

It saddens us that you're gone but we cherish the wonderful memories you left behind.

EDC has established in her magnificent memory the Gail Savannah Winkfield College Scholarship.

***Galatians 5:22
'But the fruit of the Spirit is
love, joy, peace, patience,
kindness, goodness,
faithfulness, '***

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