

MIDWEST LIVING MARCH/APRIL 2006 ISSUE HIGHLIGHTS

-Midwest Living Editors Available For Interviews-

2006 FOOD TOUR: FLAVORS OF THE HEARTLAND-- Page 65

Midwest Living Editor-in-Chief Dan Kaercher ate his way across 8,207 miles and the 12 Midwest states last summer to produce the upcoming *Taste of the Midwest* book and a public television series. In this first book expert, *Midwest Living* opens readers' eyes to the region's food traditions, new flavors and bountiful land. A leading-edge farmers market in Madison, Wisc., a Great Plains ranch in Kansas, and the Amish farm country of northern Indiana offer a wide variety of culinary and cultural histories, as well as delectable recipes: **Cranberry-Pear Chutney, Kansas Beef Brisket, and Fresh Berry Napoleons**. Stay tuned for more *Taste of the Midwest* excerpts in *Midwest Living* and look for the book on shelves in June.

RECHARGE: MIND, BODY & SPIRIT -- Page 19

Even the busiest schedules should include a little time to recharge. *Midwest Living* offers five personal time-outs to renew your mind; exercises, recipes and spa treatments to pamper your body; and high-energy and low-key ideas to send your spirit soaring.

CELEBRATE SPRING IN YOUR HOME -- Page 29 & 37

Midwest Living encourages you to take advantage of spring's first warm breezes. Throw open your windows and renew your winter-bound home. Bring spring inside with ideas by changing out dark winter furniture, linens or draperies with light sheer alternatives or filling your fireplace with shells, driftwood and spring branches in front of mirrors instead of winter wood. Also, *Midwest Living* worked with experts to predict four directions that will influence design this year – glamour, calming cool tones, dramatic futurism and salvages from yesterday. A quiz will also help readers determine which trend fits their vision of home.

DRIVE THROUGH TIME -- Page 65

Two centuries ago, America started building its first great highway through the wilderness: the National Road. Today the 800 miles of this National Scenic Byway lead you through the Heartland's history and on a trip where the journey matters far more than the destination. *Midwest Living* shares the history of this road and the best stops in Ohio, Indiana and Illinois for your own trip down memory lane.

BAD COOK MAKEOVER -- Page 87

In many Midwest homes, it's a prime time reality – no one can cook! *Midwest Living* helped one family – full of hungry kids, tired parents and busy days – reclaim the kitchen. We offer six tips for beginners, techniques for making tricky tasks easy, and recipes that even the clumsiest chef can master including **Roasted Cheesy-Stuffed Mash Potatoes, Triple Lemon Pie** in our **Never-Fail Cream Cheese Piecrust** and **Citrus-Herb Roasted Chicken**.

LILACS: SPRING'S FAVORITE PERFUME -- Page 96

When lilacs bloom suddenly, it's spring! With their incomparable sweet scent; luscious pastel blooms; delicate, heart-shaped leaves; and a size and color to suit every yard – it's now wonder lilacs are spring's little darling. *Midwest Living* offers tips for longer-lasting bouquets, a guide to different varieties and details on how to visit the Midwest's famous lilac displays and festivals.

MIDWEST SECRETS REVEALED -- Page 131

Forget Mount Rushmore and the Gateway Arch. *Midwest Living* sent its editors back to the top 15 of the region's best-known spots to discover the amazing stuff most tourists miss. We let you in on the overlooked finds and brand-new surprises at popular Midwest destinations such as Brown County, the Mall of America, Galena, Amana Colonies, Mount Rushmore, Lancaster County, the Chicago Museums, Door County, the Wisconsin Dells, and more.

The March/April issue of *Midwest Living* magazine is available on newsstands now.

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