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**FOR IMMEDIATE RELEASE**

*Hooray for Honey!*

**TEMPTING TAILGATE TREATS**

LANCASTER, Pa. – The geese are on the wing, the teams are on the field, and the tailgate is ready to double as a buffet – it’s football season! Tailgating is a bona fide national activity and, like every American pastime, it has a feasting style all its own.

With a nod to the beginning of **football** season, and in honor of *National Honey Month* in September, Dutch Gold Honey shares ideas for tempting **tailgate** treats, with a generational twist.

Honey’s **versatility** and easy digestibility makes it a favorite ingredient for main dishes, snacks, and desserts. It’s nature’s own pure sweetener, with no additives or preservatives, and it is easily absorbed into the bloodstream for **quick energy**. It’s a great product, any way you pour it!

Luella Gamber, who co-founded Dutch Gold Honey in Lancaster, Pa., with her husband, Ralph, was perfecting recipes and inventing healthy snacks long before “tailgate” was a verb. All those years she spent packing and shipping honey jars from Pennsylvania Dutch country to points around the globe, she also was preparing picnics for her family, loaded with nutritious, energizing lunches and snacks. And honey was always a key ingredient.

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Today Luella's family – which includes children Bill, Nancy and Marianne; six grandchildren; and six great-grandchildren – have all taken a hand in contributing and updating recipes to suit every need and occasion. The younger generation of Gammers has some favorites for tailgating parties. Most can be prepared quickly for an impromptu fall gathering.

They love Luella's easy marinade for chicken, which can be prepared at home before leaving for the game, and does its marinating magic in the car en route to the stadium. Her honey mustard dipping sauce is also a snap to prepare, and adds zing to pretzels, cheese sticks, chicken nuggets, and vegetables that “dip.”

Honey-roasted mixed nuts are a tasty, easy-to-pass-around treat that the Gamber men love. And there are never any leftovers when the desserts come out. Honey oatmeal chocolate chip cookies, butterscotch crispies, and monkey bars round out the menu.

Luella Gamber is delighted that some of her time-honored recipes for easy, healthful, innovative autumn treats are now enjoyed by a fourth generation. At 82, she chuckles at the thought of herself as a tailgate expert.

### LUELLA GAMBER'S TAILGATE RECIPES

#### **Quick 'n Easy Tailgate Honey Bar-Bee-Que**

Mix equal amounts of your favorite barbecue sauce and honey. Use half of the mixture to marinate your chicken pieces in a zippered plastic bag or a lidded container on the way to the game. Keep well chilled. Save the remaining half of the sauce to apply during the last 10 minutes of grilling.

#### **Honey Mustard Dipping Sauce**

Mix 2/3 cup prepared mustard and 1/3 cup honey. Serve as a dip for pretzels, cheese sticks, and appetizers.

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### Honey Oatmeal Chocolate Chip Cookies

1 cup honey  
1/2 cup vegetable shortening  
1/2 cup butter or margarine  
2 eggs  
1 teaspoon vanilla  
2 cups all purpose flour  
1 cup quick-cooking rolled oats  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 cup semi-sweet chocolate chips  
1/2 cup chopped pecans

Cream honey, shortening, and butter in large bowl with electric mixer until smooth. Beat in eggs, one at a time, then add vanilla. Combine flour, oats, baking powder, baking soda, and salt in medium bowl; mix well. Add dry ingredients to honey mixture; mix thoroughly. Stir in chocolate chips and nuts. Drop by heaping teaspoonfuls onto a greased cookie sheet. Place cookie sheet above center of preheated 350°F oven and bake 12 to 16 minutes, or until lightly browned. Let cookies stand 1 minute, then remove to wire racks to cool. Makes 5 dozen cookies

### Monkey Bars

3 cups miniature marshmallows  
1/2 cup honey  
1/3 cup butter or margarine  
1/4 cup peanut butter  
2 teaspoons vanilla  
1/4 teaspoon salt  
2 cups quick-cooking rolled oats  
4 cups crispy rice cereal  
1/2 cup flaked or shredded coconut  
1/4 cup peanuts

Combine marshmallows, honey, butter, peanut butter, vanilla, and salt in medium saucepan. Melt over low heat, stirring constantly. Combine oats, rice cereal, coconut, and peanuts in 12x9x2-inch baking pan. Pour marshmallow mixture over dry ingredients. Mix until thoroughly coated. Pack mixture firmly into pan. Cool and cut into 24 bars.

To Microwave: Heat marshmallows, honey, butter, peanut butter, vanilla, and salt in a two-quart microwave-safe bowl on high (100%) for 2 1/2 to 3 minutes. Continue as above.

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### Butterscotch Crispies

1 cup butterscotch chips  
1/2 cup honey  
1/2 cup peanut butter  
5 cups crispy rice cereal  
1 package (6 oz) semi-sweet chocolate chips

Melt butterscotch chips, honey, and peanut butter in a medium saucepan. Stir until smooth. Combine cereal and butterscotch mixture in large bowl, and mix well. Press into greased 9-inch square baking dish. Sprinkle evenly with chocolate chips; place under pre-heated broiler for 2 minutes, or until chips are soft enough to spread. Spread evenly over cereal mixture. Cool completely. Cut into 16 squares.

To Microwave: Combine butterscotch chips, honey, and peanut butter in microwave-safe four-cup bowl. Microwave on high (100%) for 1 to 2 minutes. Stir until smooth. Continue as above

### Honey-Roasted Mixed Nuts

4 cups unsalted mixed nuts  
1/2 cup honey  
2 tablespoons butter or margarine  
1 teaspoon ground cinnamon, divided  
2 or 3 tablespoons superfine sugar

Place nuts in large heat-proof bowl, and set aside. Combine honey, butter, and 1/2 teaspoon cinnamon in a small saucepan. Bring to a boil over high heat, and boil 2 minutes, stirring constantly. Pour honey mixture over nuts, and mix until nuts are coated. Spread nut mixture on foil-lined cookie sheet or jelly-roll pan. Bake at 325°F for 10 to 15 minutes or until nuts are glazed and lightly browned. Do not allow nuts to burn. Cool 20 to 30 minutes, then remove from foil. Combine sugar and remaining 1/2 teaspoon cinnamon. Toss with glazed nuts to coat. Makes four cups.

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