

off the fridge door

TRENT'S BEST BARGAINS

Ledger resident foodie and restaurant reviewer Trent Rowe scours the food ads each week to find the best buys at each supermarket.

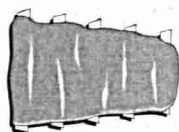
Publix: Red, Yellow and orange bell peppers for \$1.99 a pound

Winn-Dixie: Whole chickens, limit four, for 79 cents a pound.

For more good buys and what to do with them go to www.theledger.com/foodbargains

RIBS ON THE RIDGE

Saturday gets finger lickin' good in



Haines City. 'Quers from across Florida and

other states will compete for prizes, trophies and bragging rights. Kids get to cook, too. And there's a dessert contest. It all starts at 10 a.m. and admission is free at 305 S. 6th St.



THIS SPUD'S FOR YOU

Leave it to the Scots to improve the lowly spud. The Vales Sovereign potato is being hailed as a "farming milestone" because it takes less water and fertilizer than other varieties and yields a

lot in a small space.

FLAN FEST

Flan fans should reserve Feb. 28 for the Flan Fest, part of Ybor City's Fiesta Day, celebrating the area's Latin heritage.

YOU CAN BEET THIS

So President Obama doesn't like beets? So what? Maybe he just hasn't had them cooked right. With just a few clicks of the keyboard you can find 20,250 recipes using beets. Log on to FoodieView and see what you can come up with.

SEARCH FOR MEALS

FoodieBytes is a new way to find local restaurants, prices and menus. There are hundreds listed on the Web site, but not all are still accurate. It's fun to look, though.

Compiled by Trent Rowe

