

4 NERDS THAT NIBBLE

FEED YOUR SOUL GIFTS:  
IMPACTFUL GIVING

SACK UP: POWERFUL  
POTATOES

UPDATE YOUR COCOA  
PODS ... AGAIN

TASTY  
TASTY  
SEXY

Cheers to us



## 07/FOODIE GIFTS

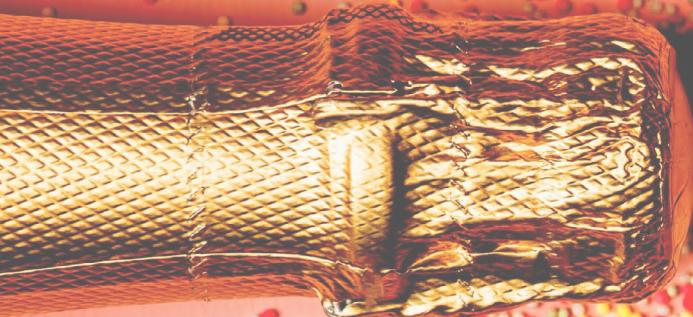
28/SACK UP:  
POWERFUL POTATOES

80/UPDATE YOUR COCOA  
PODS...AGAIN

**EXCITING NEWS!**

**Our**

**Readership  
Exceeds One  
Million  
Milestone**



**AS PART OF ITS ONGOING  
EVOLUTION TASTY BYTES  
RECENTLY ANNOUNCED IT WOULD  
BE ABSORBING SPIRALIZED  
MAGAZINE, A LONG TIME PARTNER  
AND NOW VALUED ADDITION TO  
THE TEAM.**

# BROTH IS HOT, NO BONES ABOUT IT

By Peter Thomas

Get Boned



No doubt, you've heard about bone broths recently. But if you're like me, you don't know exactly what it was and what makes it so good. I mean, isn't bone broth a fancy word for chicken noodle soup? So, I dug deep into the annals of food science and found out what sets bone broth apart.

Bone broth is not stock nor broth and what makes it different is how it is prepared. A broth is mostly meat that is simmered for 45 minutes to 2-hours. Stock is mostly bone and simmered for 3 to 4 hours. Now a bone broth is almost all bones and simmered for 8 to 24-hours. This longer cooking time allows for the release of gelatin from the collagen at the joints and the trace minerals within the structure of the bones itself.

Bone broths are very high in protein and can be a source of minerals as well. The bones release the amino acids glycine, glutamine and proline which are conditionally essential, meaning that sometimes your body needs extra to function properly. They're used in the synthesis of hemoglobin, bile salts and other naturally-occurring chemicals within the body and also support digestion and skin health.

But there is a potential downside to bone broths—lead. With bone broths all of those good minerals are extracted from the animal bones but if the animal was exposed to lead in the feed or soil then it can become trapped in bones, which will make its way into the soup. Lead in soil comes from leaded fuel used in cars and trucks prior to 2000. But farmers have been working with government agencies to remove the lead for decades and some rural farms have almost no lead in the soil altogether. For this reason, you should consume bone broths only occasionally, like cold days in the spring and really learn where your bones are coming from.



The background of the entire image is a dense, out-of-focus cluster of numerous bright orange pumpkins of various sizes and shapes, creating a rich autumnal texture.

INGREDIENT HIGHLIGHT

# THE POWER OF THE P

Of course, we are talking about Pumpkin!

In the next few months get ready to be  
overpowered by the pumpkin spice.

# **BETWEEN ARE THREE WAYS YOU TOO CAN GET MORE OF THIS SMOOTH, SLIGHTLY RIBBED, ORANGE COLORED TREAT INTO YOUR LIFE TODAY.**

**Eat its Babies.** That's right, toast and eat the little to-be-pumpkins. Pumpkin seeds contain zinc which can help your immune system fight off those first colds of the fall. In addition, the seeds have quite a bit of protein and varying types of vitamin E. I eat seeds all year long but it's a fun and very easy addition to your fall menu, especially if you want just a nibble of the season. Recognizing that pumpkin is not always associated with a pastry, cookie or dessert is also a nice way to rebrand the way you see pumpkin over all.

**Covet Thy Can.** For me, canned pumpkin is a modern wonder. Some amazing machine has prepped your pumpkin for you. I use these canned wonders for soups, purees or even interesting dips like pumpkin hummus. There are no recipes so don't send me an email about it—all you do is put pumpkin in hummus dip and enjoy. Just make sure you're buying canned pumpkin and not pumpkin pie filling. One is only 86 calories per cup versus 281, which is created by all of the added sugar in the filling.



**Flame It.** If you live anywhere in the continental United States then you know sometimes fall and summer have an overlapping period. Use this time to introduce some fall favors to your summer grill. Slice up your pumpkin and give it a nice grilling. This is also a great ingredient to work on the crosshatch grill marks technique. Grilled pumpkin is a nice addition to any menu and is packed with fiber to keep your summer weight going all the way to winter.

However you add this orange ingredient to your menu keep in mind that even though we live in a world where we can get pumpkin year round, we as a society have decided that there are only three months in which you can truly enjoy this product so get on board and learn to love the pumpkin!



MUST HAVE



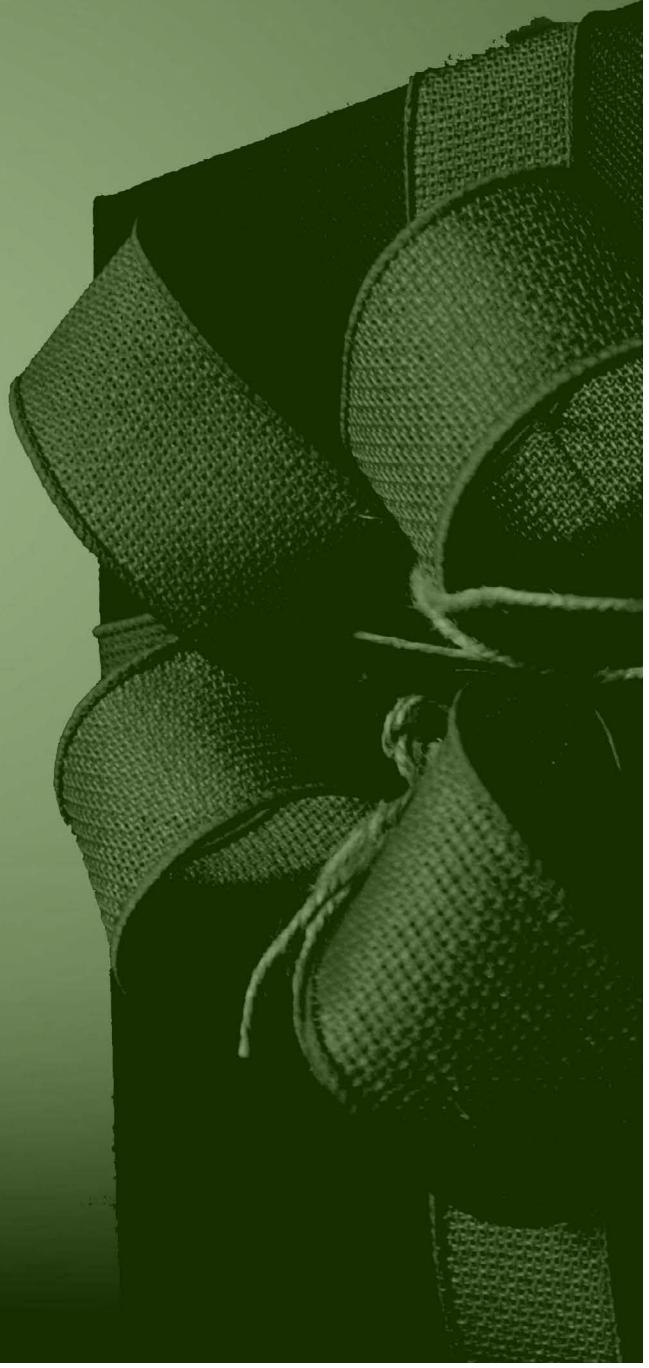
# FOODIE GIFTS

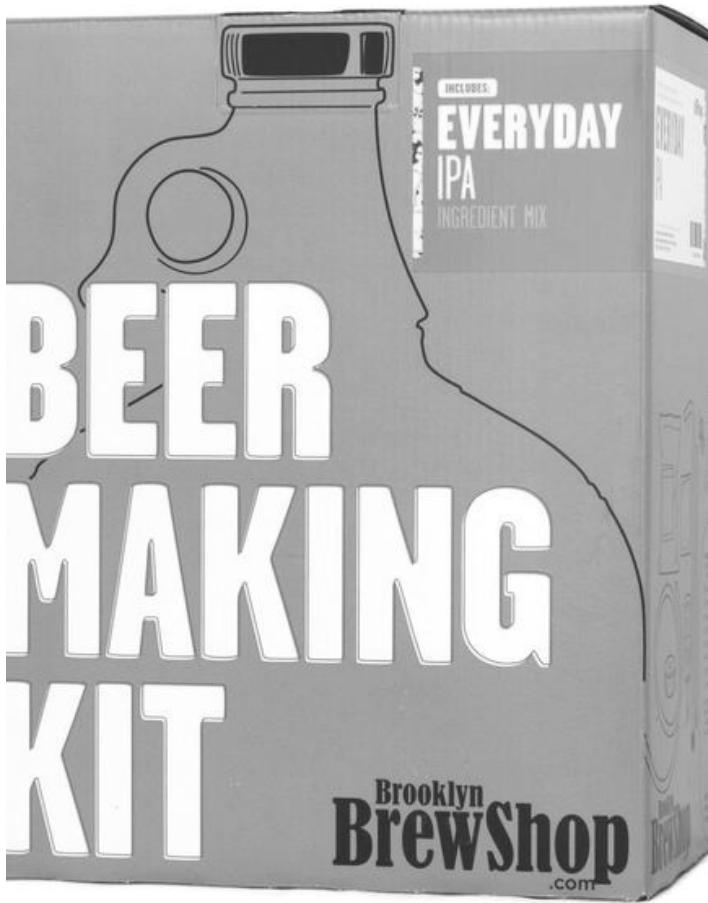
BY MICHELLE ALGEO

Calling all holiday-season procrastinators—yes, we're looking at you—it's time to start making your list. Members of your squad aren't going to buy gifts for themselves—certainly nothing as Instaworthy as the foodie goodies and gadgets you can find online.

Do you have that one friend who insists on making a spectacle of herself every year at the company holiday party? We've got the perfect portable bag o' wine—or, more accurately, the Wine[a]roo Wine Pouch. Are you constantly looking for ways to silence a nosy aunt at a family gathering? Pour her a cup of tea from a glass artisan tea pot and watch her criticisms of your perpetual single status melt away. And for the friend who loves to swear at supremely inappropriate times, the Thug Kitchen Vegan Cookbook (whose tagline is "Eat Like You Give a F\*ck") will both delight her and horrify those around her.

So before you go for another generic restaurant gift card, consider letting your foodie friends know that you care—and that you expect an equally sick holiday gift this year—with one of these unique and offbeat presents for lovers of food and drink.





**09    MOSCOW  
COPPER CO.  
COLLECTOR  
MOSCOW  
MULE MUGS**

(\$150). There's nothing like a nice cocktail to warm you up in the winter months. For the family member who is the unofficial bartender at holiday parties, these stunning collector Moscow Mule mugs are a must.

**08    BROOKLYN  
BREWSHOP  
EVERYDAY  
IPA BEER-  
MAKING KIT**

(\$40). Has one of your friends been dabbling in home brewing? Do him or her a favor and get them this home-brewing kit, which provides everything but the bucket for home-brewing newbies.

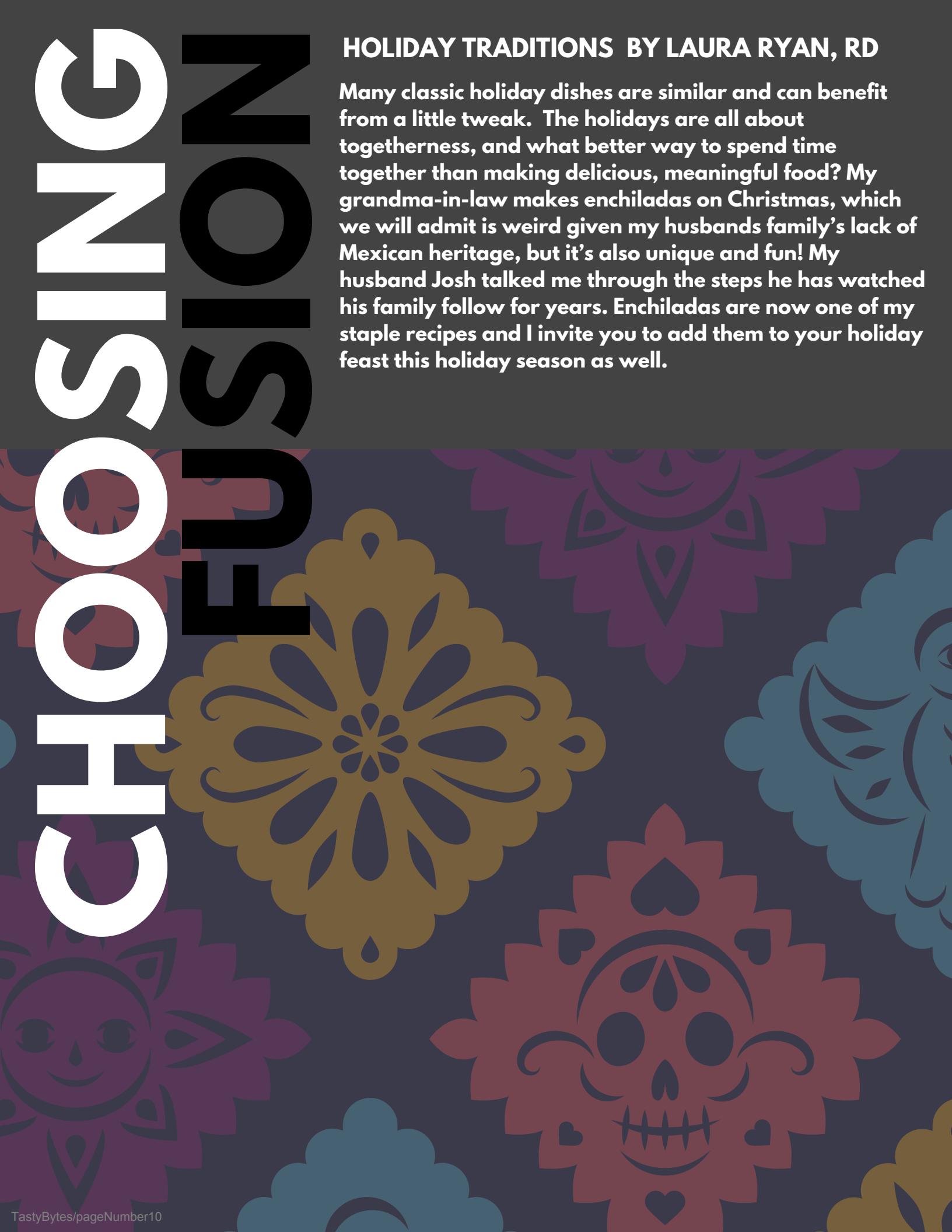
**FOR THE  
MOST LOVED**

**10    MURRAY'S  
CHEESE OF  
THE MONTH  
CLUB**

(\$275). Really, how can giving the gift of cheese ever go wrong? Artisan cheesemaker Murray's treats people all across the country to four months of gourmet cheeses for \$275—this gift is going to kill with someone who also likes wine (wine pouch stocking stuffer, anyone?).

## HOLIDAY TRADITIONS BY LAURA RYAN, RD

Many classic holiday dishes are similar and can benefit from a little tweak. The holidays are all about togetherness, and what better way to spend time together than making delicious, meaningful food? My grandma-in-law makes enchiladas on Christmas, which we will admit is weird given my husband's family's lack of Mexican heritage, but it's also unique and fun! My husband Josh talked me through the steps he has watched his family follow for years. Enchiladas are now one of my staple recipes and I invite you to add them to your holiday feast this holiday season as well.



## GRANDMA'S HOLIDAY BEEF ENCHILADAS RECIPE

### INGREDIENTS

**1 can (10 ounces) enchilada sauce, divided  
4 ounces fat free cream cheese, cubed  
1 cup fresh salsa  
8 oz cooked ground beef  
1 can black beans, rinsed and drained  
1 can pinto beans, rinsed and drained  
1 diced jalapeno  
12 whole wheat flour tortillas (6 inches)  
1 cup grated Cotija  
1 cup chopped lettuce,**

### DIRECTIONS

- 1. Spoon 1/2 cup enchilada sauce into a large oiled baking dish.**
- 2. In a saucepan, cook and stir the cream cheese and fresh salsa over medium heat for 3 minutes or until combined.**
- 3. Stir in the cooked beef, beans and jalapenos.**
- 4. Remove from heat and place about 1/3 cup of mixture down the center of each tortilla.**
- 5. Roll up and place seam side down over sauce mixture.**
- 6. Cover with remaining enchilada sauce; sprinkle with cheese.**
- 7. Cover and bake at 350° for 30 minutes or until heated through.**
- 8. Garnish with chopped lettuce. Yield: 6 servings.**



**Best Duck Soup, East Coast**

**Great NY Noodletown & It's Under 7 Bucks!**



28 BOWERY, NEW YORK, NY

Winter citrus like oranges and grapefruits are a sweet source of vitamin C. The creamy, calcium-rich ricotta balances the citrus fruit, creating a flavor profile similar to nostalgic frozen novelties. So embrace the chill outside with some chill inside for your holiday desserts.



#### Ingredients:

2 cups fresh orange juice + zest from 1 orange  
½ cup granulated sugar  
½ tsp Kosher salt  
¼ cup fresh grapefruit juice  
12 oz. ricotta cheese  
1 TBS honey  
1 cup oranges, segmented

#### Instructions:

Combine orange juice, sugar, and salt in a medium-sized pot. Heat until sugar is dissolved. Stir in grapefruit juice once removed from heat. Pour liquid into 13 x 9-in baking dish. Freeze for two hours and scrape the mixture with a fork. Mixture should look like wet slush. Then freeze for 4 to 6 more hours making sure to scrape the mixture every hour until ice crystals form.

#### Assembly:

Mix ricotta with honey. Layer sweetened ricotta, orange segments, and granita in 6 parfait glasses.

# WINTER CITRUS CREAMSICLE GRANITA PARFAIT

# WINTER

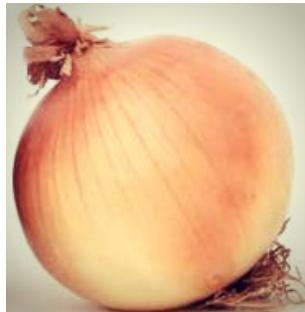
SUPERFOODS

SUPER·FOOD  
'SOOPəR, FOO'D/  
NOUN

A NUTRIENT DENSE FOOD  
CONSIDERED TO BE  
PARTICULARLY POSITIVE FOR  
HEALTH AND WELL-BEING.



01  
POTATOES



02  
ONIONS



03  
BEETS



04  
CARROTS



05  
CELERIAC



06  
CABBAGE



07  
FENNEL



08  
CITRUS FRUIT

BY CHEF PAUL JONATHAN

SERVES 4

INPUT:

INGREDIENTS: 2

1 CLOVES GARLIC, MINCED

1 TABLESPOON FRESH

ROSEMARY, CHOPPED

1 TEASPOON DRIED CRUSHED

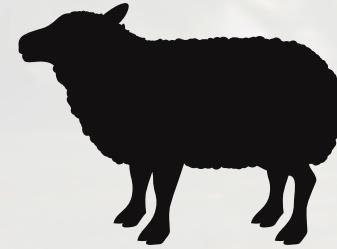
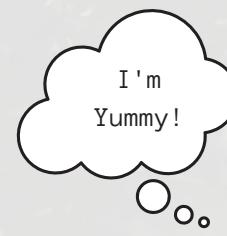
RED PEPPER

12 SMALL LAMB RIB CHOPS

2 TABLESPOONS OLIVE OIL

DASH KOSHER SALT

FRESH ROSEMARY SPRIGS



# EASY SUMMER GRILLED LAMB CHOPS

OUTPUT:

(1) COMBINE GARLIC, ROSEMARY AND CRUSHED RED PEPPER IN BOWL.

(2) RUB ABOUT 1/4 TEASPOON MIXTURE OVER RACK OF LAMB.

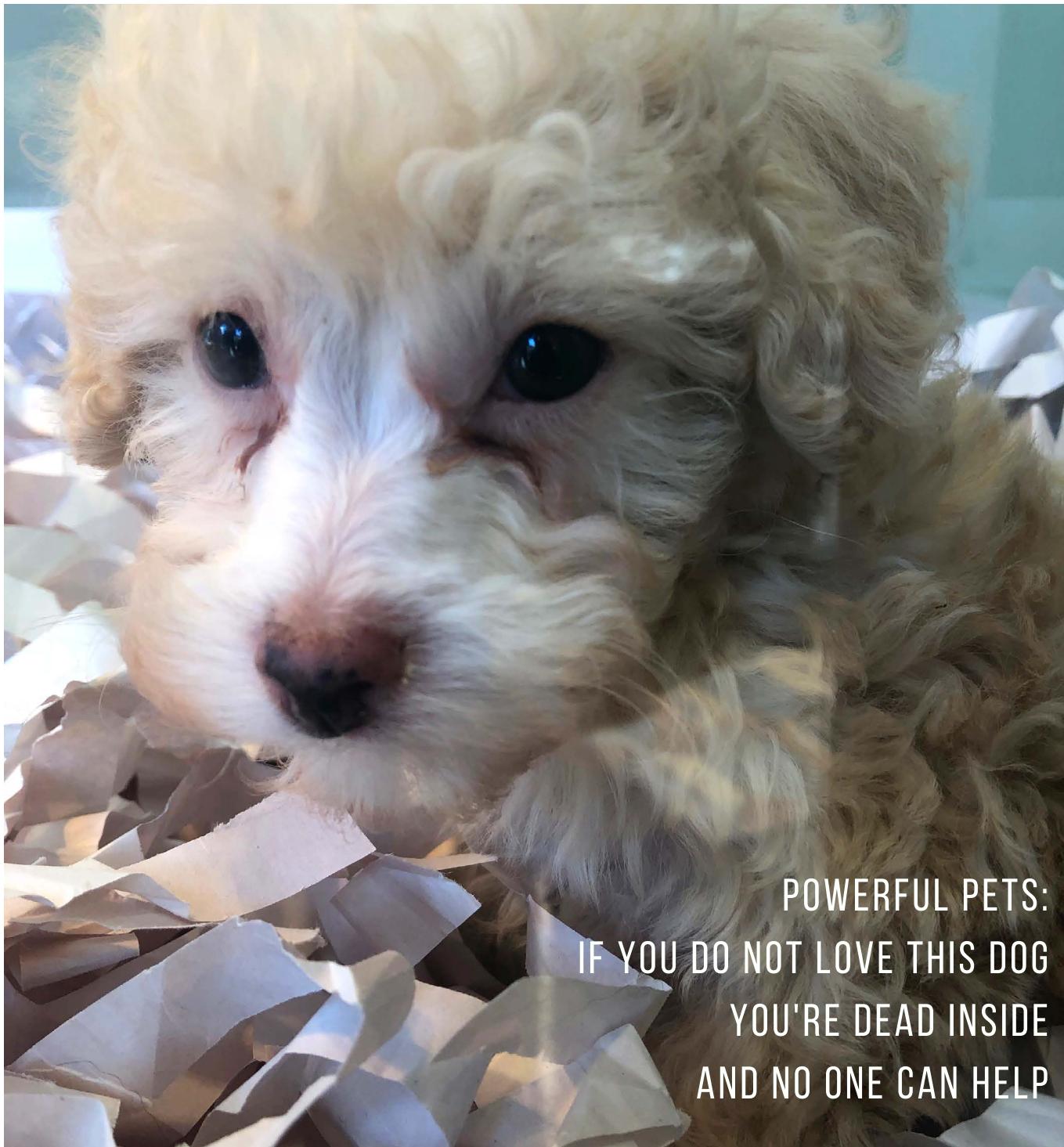
(3) SEASON WITH SALT. COVER AND REFRIGERATE FOR 2 HOURS.

(4) HEAT GRILL. PLACE RACK OF LAMB ON DIRECT HEAT (UNCOVERED), MEDIUM-HIGH 5 MINUTES PER SIDE, THEN INDIRECT HEAT (COVERED), MEDIUM-HIGH 15 MINUTES. YOU ARE LOOKING FOR AN INTERNAL TEMPERATURE: 130° F FOR MEDIUM-RARE.

(5) LET REST 10 MINUTES. SLICE AND TRANSFER TO PLATTER.

(6) GARNISH PLATTER WITH ROSEMARY SPRIGS.

# WHY **NOT** HAVING AN OFFICE PET IS THE NEW SITTING



POWERFUL PETS:  
IF YOU DO NOT LOVE THIS DOG  
YOU'RE DEAD INSIDE  
AND NO ONE CAN HELP

BY YVETTE STEPHENS

# POWERFUL PETS

POWERFUL PETS



This little monster above named Surprise could not say it even better. If your office is animal free you're missing out on some pretty amazing benefits these four legged friends are offering.

# MORE LOVE, LESS STRESS

Don't worry we know about Time Out and we aren't talking that type of "office love." Instead, why not avoid those nasty lawsuits and let your employees bring in some love of their own in the form of their well-behaved pets to hang out for the day? We know the tech world can be a stressful business, from your overworked coders to your hungover sales team. (Yeah John, we are looking at you.) Any way you slice it your team is fried so bring on the pups for the following reasons:

1. Walking keeps your employees healthy. Dogs have needs and fortunately we don't have everything at our desk. We've got to get up and take them out, get them water, or chase a ball that they wanted us to throw but never fetch. You may not get your recommended 10K steps a day in but getting up from the chair and walking is good for joints, muscles and burns a few calories.

2. It's cheaper than an office therapist. Ever get frustrated at a co-worker? Maybe your boss? That beautiful golden lab will relieve all of your stress from those encounters and prevent Becca from Corporate coming down and having to speak to everyone about "Anger Management".

3. It makes work fun!

Work can sometimes be work but taking a break and seeing a pup light up because you're heading to the break room can make all the difference in a dull day. It can get you thinking, "Maybe I should be more excited by the everyday things like Lucky here."

4. Your beard is dirtier than them.

Studies have shown that there is more bacteria and germs in a man's beard than on dog fur. So, instead of stroking your circa-1880 mutton chops as you come up with ideas, pet a puppy—it's cleaner and you won't look like a super villain.



Yes they poop and bark  
and act crazy  
when you don't feed  
them but so does every  
one of your other  
employees. Pound  
for pound these little  
pups bring intangible  
joy to any workspace.  
Oh no! That on peed  
again!



# STREET EATS: FOOD HALLS

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By Allison Tran



So why food halls and not food courts? Food courts generally have chain restaurants. Food halls provide you with quality unique food and drink offerings, not to mention Instagram-worthy photos with hip string lights, wooden communal tables, and colorful neon signs!

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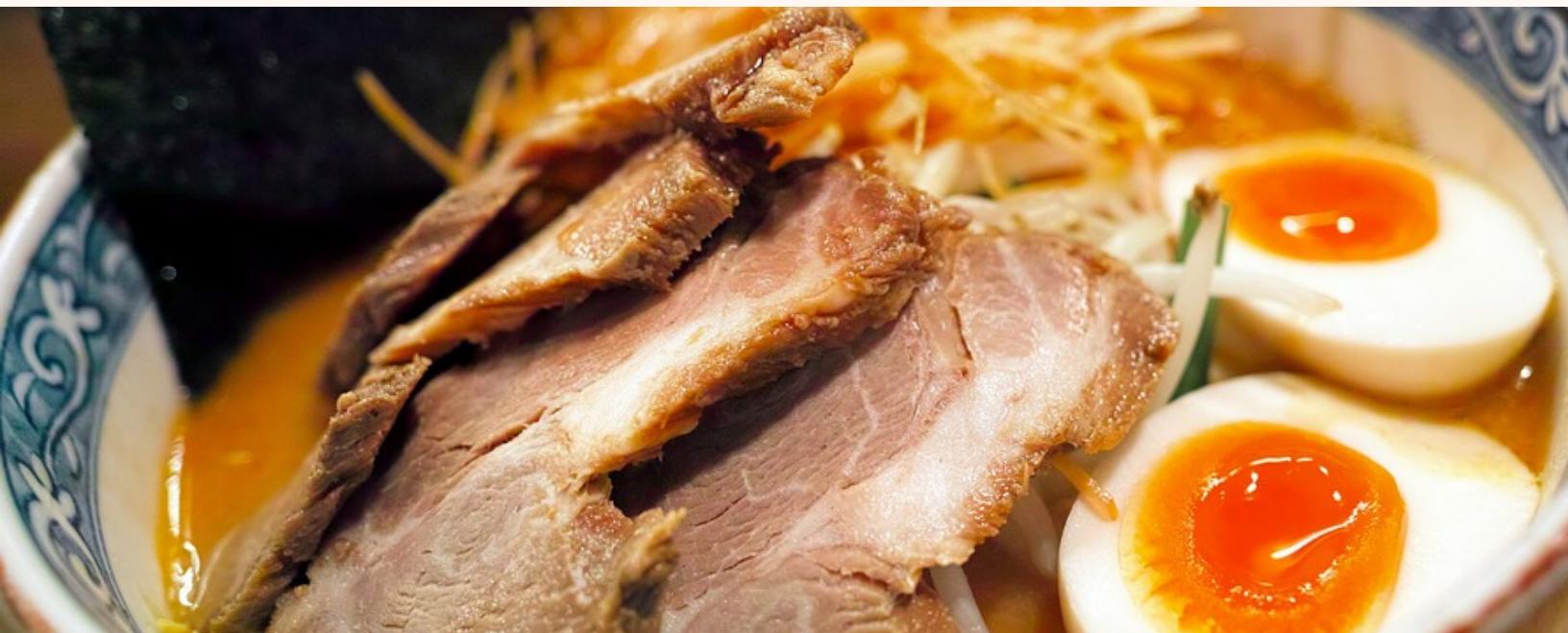
# THROUGH WORD OF MOUTH, SHE ACTIVELY BROUGHT “REAL FOOD AND REAL PEOPLE” TOGETHER.

The winter season is quickly approaching, and it's getting harder to hit your usual grub spot, especially if you're living in a big city with winter storms and blizzards on top of the traffic you already have to deal with. Food halls make it easier for you to get your grub on at a number of different establishments all in one place without having to wait in the rain or a blizzard to get called in for your reservation.

Food halls can be found in big cities from coast to coast. If you are living the California dream in the heart of winter, try empanadas from El Porteño in the Ferry Building of San Francisco for a nice little hand-warmer after exploring a chilly day at the pier. Up north in Portland, a hearty bowl of noodle soup at Marukin Ramen in Pine Street Market doesn't sound half-bad after spending a day in the snow. In Seattle, a bowl of chowder at Pike Place Market can warm your cold bones.

If you are in New York, the Dekalb Market Hall can be found in the heart of downtown Brooklyn. We had the chance to gain insight from the market's director, Gary Wishnow, who shared managing partner Ana Castellani's vision and purpose for the Dekalb Market Hall. In 2007, the 1.8-million-square-foot City Point Complex was built to serve as commercial and multi-purpose use. Castellani grew up in Brooklyn, and saw the complex's open space as an opportunity to bring together the community and culture she cherishes. Through connections within her community, and through word of mouth, she actively brought “real food and real people” together. Now, the Dekalb Market Hall stands as a great symbol of Brooklyn's community and culture.

With over thirty-seven vendors, the Dekalb Market Hall boasts a mixture of renowned chefs and local talent, bringing quality ingredients and fresh food to your table. Merchants were carefully chosen to ensure every vendor is different from the other and each of their menus is protected. This minimizes competition between vendors, and, for you as a customer, allows for a huge variety of hand-picked food and drink that is sweetly unique to each vendor! You can get anything from Polish dumplings from the Pierogi Boys to soba noodles and summer rolls at Two Tablespoons. Beyond the food and service, Wishnow describes an energy that was generated serendipitously when creating this food hall, asserting that the Dekalb Market Hall is “not just a place to eat, but a destination.”



This year is all about purple and this color trend doesn't have to stop at your paintings. Here are a few must eat purple veggies that are sure to brighten your menu.

## COLOR OF 2019



## RIGHT.

Betanin and vulgaxanthin are betalains that have gotten special attention in beet research. Beets are also an excellent source of folate and a very good source of manganese, potassium and copper. They are also a good source of dietary fiber, magnesium, phosphorus, vitamin C, iron and vitamin B6.

Ultra  
Violet  
Vitamins

## LEFT.

Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6. It is also a very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper.

scrumptious old school method  
by Ming Liang

# CLASSIC TURKEY BRINE

Brining a turkey is all about using science to increase the tenderness and flavor of this delectable bird.

How it works:

There are two theories on the mechanism for brining.

- (1) The brine (salt water) surrounding the cells has a higher concentration of salt than the fluid within the cells, but the cell fluid has a higher concentration of other solutes. This leads salt ions to diffuse into the cell. The increased salinity of the cell fluid causes the cell to absorb water from the brine via osmosis making the meat extra juicy.
- (2) The salt introduced into the cell denatures proteins in the meat. The protein coagulates, forming a matrix that traps water molecules and holds them during cooking. This makes the meat extra juicy.



# LOW DOWN ON LIPIDS

Remember in the '90s when fat was the enemy and now we're smearing coconut oil or EVOO on everything we eat? Fat is not the best in large quantities, especially trans-fat, which I'll talk about in a moment. But fat has a lot more calories than an equivalent amount of carbohydrates and protein, so eating an entire stick of butter with a deep fried waffle —a la Homer Simpson—is still not a great idea.

THERE ARE TWO TYPES OF "GOOD" UNSATURATED FATS:

MONOUNSATURATED found in plant foods, such as nuts, avocados, and vegetable oils.

POLYUNSATURATED found in nuts, seeds, fish, seed oils, and oysters.





One large egg contains very little saturated fat, about 1.5 grams. Research has confirmed that eggs also contain many healthy nutrients, so eat them in moderation.

Major health groups, like the American Heart Association, say getting a lot of saturated fat raises your chances of getting heart disease; so limit saturated fats. Now on to trans-fat—this is a fat that can occur naturally but is usually created by adding hydrogen to cheap vegetable oils, creating a product that can last longer than a twinkle. Some states have outlawed them, but when you see 0g trans-fat, that just means there is less than 0.5g per serving—that's why the serving sizes can be so funky.

New research and guidelines are starting to show there is less importance in watching your saturated fat intake, but; just like total fat, it should be limited. The latest Dietary Guidelines for Americans recommends keeping saturated fat to less than 10 percent of calories a day. For a 2,000-calorie-a-day diet, that's 200 calories or about 22 grams of saturated fat.

# *Spicy Peanut Brussels Sprouts*

By Olivia Wilkins, RD, LDN, CLC

Brussels sprouts are essential winter produce and easily adaptable in recipes. They are an excellent sources of vitamin C and vitamin K. This peanut sauce is reminiscent of Asian peanut noodles and highly addictive. Feel free to add more sriracha sauce if you can handle the heat! These sprouts are 200kcal per serving.

## Ingredients:

½ cup raw peanuts  
1 jalapeño, sliced w/ ribs and seeds removed  
1 tsp fresh ginger, grated  
2 garlic cloves, crushed  
2 TBS low-sodium soy sauce  
1 TBS + 1 tsp rice wine vinegar  
1 TBS + 1 tsp sriracha  
1 TBS maple syrup  
2 tsp sesame oil  
1 tsp kosher salt  
1 lb. Brussels sprouts, halved  
1 tsp canola oil  
½ bunch scallions, sliced  
2 limes, sliced into wedges



## Instructions:

Preheat oven to 350 degrees and toast peanuts until fragrant, about 10 minutes. Once cooled, add peanuts to a food processor; blend with jalapeño, ginger, garlic, soy sauce, vinegar, sriracha, maple syrup, sesame oil, and salt. A few tablespoons of water can be added to adjust thickness to your liking.

Set sauce aside.

Roast Brussels sprouts in oven with canola oil until tender and lightly browned about 40 minutes.

## Assembly:

Toss warm Brussels sprouts with peanut sauce in a large bowl. Add Brussels sprouts to serving dish and garnish with scallions and lime.



# SACK UP: POWERFUL POTATOES

By: Ansley Hill, RD, LD

The word “carb” has become a loaded term in recent years. Dropping this “c” word in the wrong company is like trying to have a civil discussion about politics during Thanksgiving dinner. Spoiler alert: it’s not a good idea.

## SACK UP POWERFUL POTATOES

The majority of popular media-based nutrition messages has lately become increasingly fear-based and usually seeks to vilify specific foods or groups of foods, blaming them for why we don't all look like super models. Luckily, nutrition isn't an opinion; it's a science. And I'm happy to remind you, carbs are not the enemy they're often made out to be. In fact, many carbohydrate-rich foods can provide a lot of really great tools your body needs to function optimally. Take for example, the oft-misunderstood potato.

Potatoes are often a top contender on the dietary chopping block when it comes to carb-hating. That's because, well, they're full of carbs! But they're also full of a lot of other vital nutrients that can help support your immune system (and your waistline) as we transition into cooler months.

When you hear the word "potato" you probably first think of a brown, vaguely oval shaped vegetable with a starchy, white center. Most likely you are thinking about the classic Russet potato, famed for one of its most popular roles as the French fry.





## SACK UP POWERFUL POTATOES

I'll preface that I'm not implying that French fries or baked potatoes stuffed with sour cream, bacon, and cheese are now health foods. I'm simply asking you to consider the potato and all of its carb-rich glory in a different, perhaps healthier, light.

Potatoes are naturally low calorie, as long as they're not lathered in butter and oil. They also provide an excellent source of fiber and potassium—two nutrients the majority of Americans aren't getting nearly enough of. Additionally, a single potato can provide up to 45% of your daily requirement for vitamin C. (Move over, citrus fruits!) They've also got some magnesium, manganese, and B vitamins mixed in for good measure.

It'd be wrong to keep singing potato praises without giving sweet potatoes a well-deserved nutritional salute, too. And the timing of this really couldn't be better because you're about to start seeing a lot of these guys in your local food market.

## SACK UP POWERFUL POTATOES

Interestingly, sweet potatoes are technically not potatoes at all. They're pretty closely related though, so we still count them as part of the family. You know, like that weird great Aunt of yours that you've never been able to fully accept is related to you. It's like that. Except sweet potatoes are awesome.

There are over 150 different varieties of potatoes available in the US alone. With that many options, there's no doubt you can find one to cozy up to this season. I'm not saying you should start a love affair with these root vegetables, but I'm also not-not saying it. If you're still feeling a little shy about the whole carb-acceptance thing, start with some of the brightly colored (i.e. not white) potatoes, as they're more likely to come along with some added health benefits. And let's be honest, if you still feel safe eating Chipotle and using Tinder, you can definitely embrace the potato. Just swipe right!



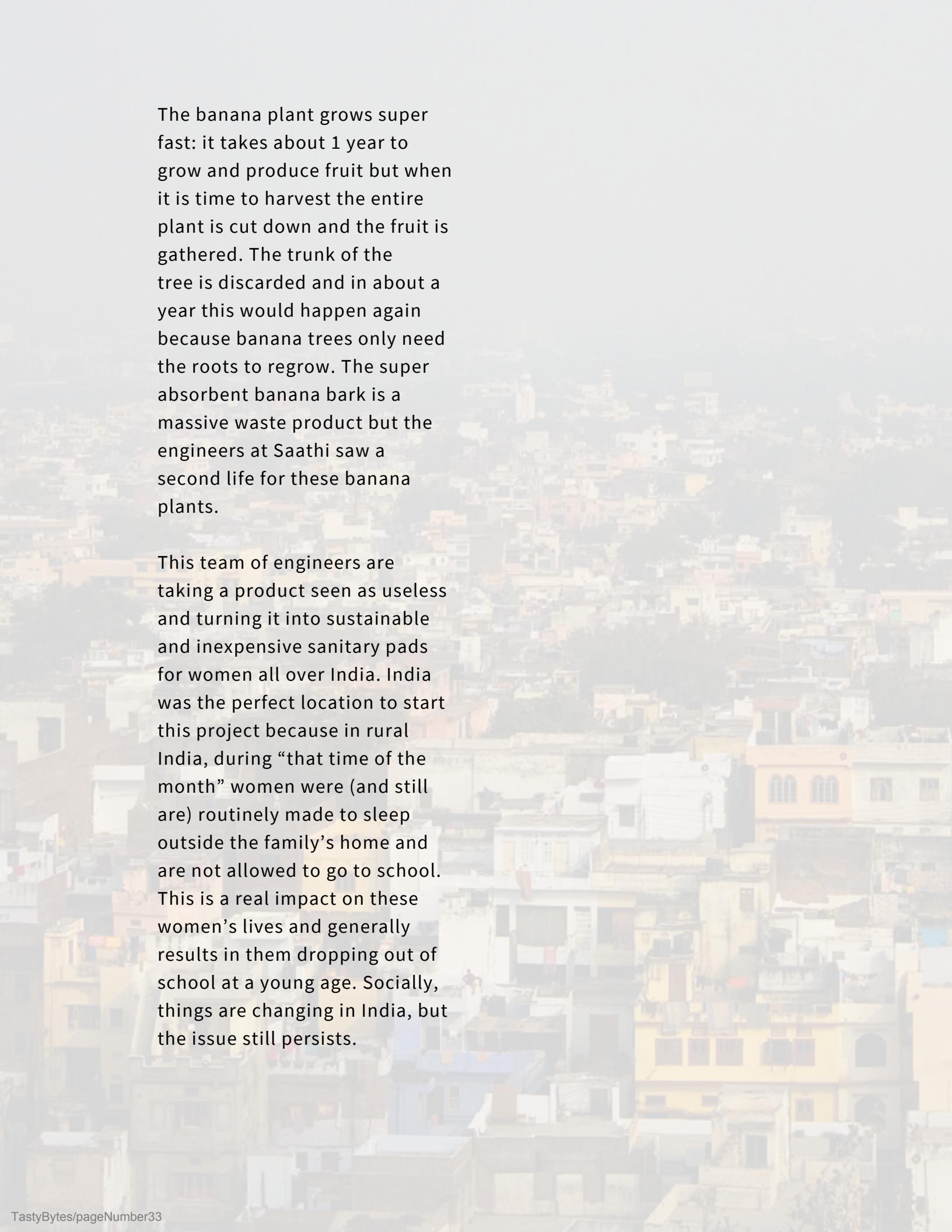
# Brave Bananas

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BY CHRISTINE WALKER

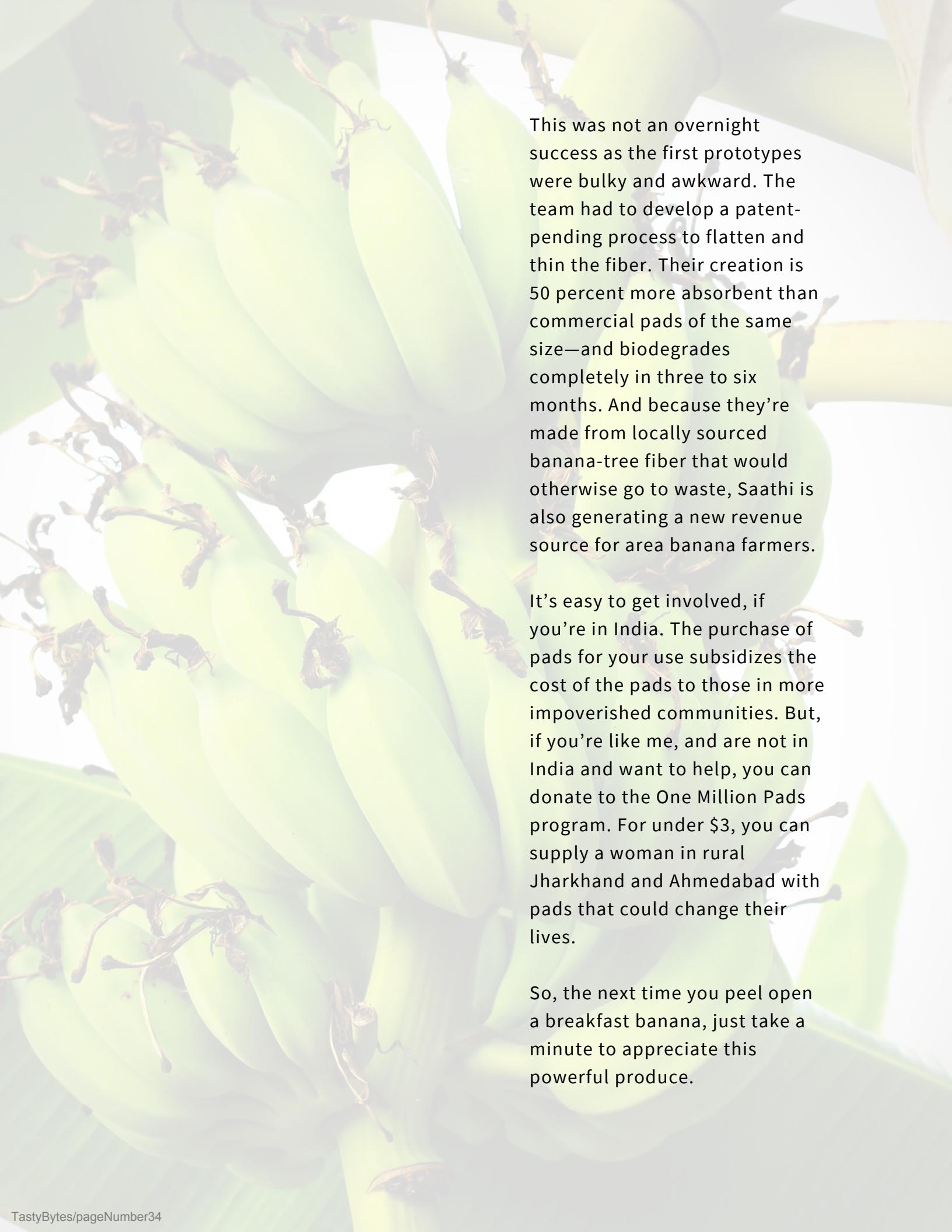


Don't go bananas, we're only talking pads—sanitary pads. We know, it seems odd to be discussing this in a food magazine, but this global issue is connected to the renewal we experience in the springtime. From the start, bananas are excellent and the rest of the world agrees as there are more than 100 billion bananas eaten every year. Bananas are grown in warm tropical climates such as those of India, China, the Philippines, Ecuador and Brazil. These berries—yes bananas are actually part of the berry family—are a staple starch for many tropical populations. Both the skin and inner part can be eaten raw or cooked. But there is more to these potassium packed produce than meets the eye.



The banana plant grows super fast: it takes about 1 year to grow and produce fruit but when it is time to harvest the entire plant is cut down and the fruit is gathered. The trunk of the tree is discarded and in about a year this would happen again because banana trees only need the roots to regrow. The super absorbent banana bark is a massive waste product but the engineers at Saathi saw a second life for these banana plants.

This team of engineers are taking a product seen as useless and turning it into sustainable and inexpensive sanitary pads for women all over India. India was the perfect location to start this project because in rural India, during “that time of the month” women were (and still are) routinely made to sleep outside the family’s home and are not allowed to go to school. This is a real impact on these women’s lives and generally results in them dropping out of school at a young age. Socially, things are changing in India, but the issue still persists.



This was not an overnight success as the first prototypes were bulky and awkward. The team had to develop a patent-pending process to flatten and thin the fiber. Their creation is 50 percent more absorbent than commercial pads of the same size—and biodegrades completely in three to six months. And because they're made from locally sourced banana-tree fiber that would otherwise go to waste, Saathi is also generating a new revenue source for area banana farmers.

It's easy to get involved, if you're in India. The purchase of pads for your use subsidizes the cost of the pads to those in more impoverished communities. But, if you're like me, and are not in India and want to help, you can donate to the One Million Pads program. For under \$3, you can supply a woman in rural Jharkhand and Ahmedabad with pads that could change their lives.

So, the next time you peel open a breakfast banana, just take a minute to appreciate this powerful produce.



SOHO JOE

# COFFEE COUPLE



IN THE SPOTLIGHT  
BY JESSICA LEVIN

On the south-east corner of Broadway and Lafayette Street in New York City you will find a small, unassuming coffee cart. It's one of the most diverse lines in Soho. From construction workers to fashion models, this team of two seems to attract urbanites from all backgrounds. The line is long but moves pretty fast and when you make your way up to the front you will see an overly welcoming Greek man, Pete, and his wife Ugnia. This breakfast bunch has been serving joe for over 30 years. The cart is simple, offering fresh donuts, pastries, and of course coffee. Yes, the joe is hot and the breakfast bites are yummy but in a city laced with coffee shops on every block, in my option, customers are not coming just for the food and drink but rather the mood and the link. Like most cities New York can be large and lonely--a smile and hello still go a long way especially in the early morning.

Catch them out Monday-Friday 7AM-11AM.

**SAVORY  
SELF  
LOVE**

**REMININDER**

**YOU  
DESERVE  
HEALTHY  
FOOD**

# Too Cute to Eat



-

EDIBLE EXTINCTION

Jessee Urbaitis, MS, PA-C



We were sitting at sushi bar in the Ginza district of Tokyo, watching the only other patron in the ten-person restaurant eating sashimi after sashimi. We were here for a highly recommended experience, which included exotic eats such as shark. However, we were most excited about the blowfish, which if not prepared correctly, can be poisonous. I was excited to devour the delicacies before us, but just as excited to share with others the crazy things we were eating. Flash forward a year later to our engagement in Peru, where upon return and receiving congratulations, people wanted to know, "did you eat the guinea pig?"

These are obviously not animals I would typically even think about wanting to eat, but when in a culturally diverse environment, it feels appropriate to be more adventurous. However, in some cases, exotic cuisines are acquired by illegal practices and could even pose a threat to the existence of a species. Take for example, the pangolin, an anteater with a scaly armor that resembles a prehistoric creature. One look at a pangolin, and other than thinking it kind of looks like an artichoke; you might wonder why people want them. They are sought after both for use of their scales and consumption of meat. This mammal is the most trafficked on earth, above even elephants and rhinos.

The fugu (河豚; 鰐; フグ) in Japanese or bogeo (복어) or bok (복) in Korean is a pufferfish.

Fugu can be lethally poisonous due to its tetrodotoxin; therefore, it must be carefully prepared to remove toxic parts and to avoid contaminating the meat.



Some consider the liver to be the tastiest part, but it is also the most poisonous

**"HE WAS A  
BOLD MAN  
THAT FIRST  
ATE AN  
OYSTER."**

**JONATHAN  
SWIFT**

---

Much like other endangered species that are hunted for their most unique features, the scales of the pangolin are coveted for their claimed medicinal properties. When faced with a threat, they curl into a ball, protected by their tough armor. As adorable as it is, it paradoxically makes it easy for humans to pluck them directly from the wild. In the last ten years, roughly 80% of their population has disappeared as a consequence. All eight species are now listed as threatened for extinction, and two are listed as critically endangered.

The dried scales of the pangolin are ground into powder and sold for various ailments afflicting people throughout Asia, although none of these claims have been medically validated. They are also sought after for their meat, and consumed in a variety of ways, even as fetuses. Pangolin has now become a delicacy in certain areas of China and Vietnam. The acquisition and consumption of illegal pangolin is often considered a symbol of those with wealth and status due to the high demand. Pangolin meat on the black market is priced as high as \$300/kilogram.

Knowing this information, I balked at why anyone would even want to eat these amazing animals, especially given the fact that we are threatening their very existence in the process. And then I remembered the amount of money I paid for a high-end sashimi experience featuring exotic animals in Japan, where I could eat blowfish and brag about not dying. So where do we draw the line?

Trying to understand our motivations for these experiences may yield some answers. We certainly exist in a culture where the expensive and elusive are highly valued, which carries over into the food industry. Adventurous eaters have an abundance of avenues to seek out rare or culturally diverse food choices. We then relish the opportunity to share unique and exotic experiences with others.



The Incas domesticated Guinea pigs more than 3,000 years ago. Also not endangered.

Maybe instead, we should revisit our personal values before excitedly snapping pictures of the crazy meals we are about to eat. In my everyday life, I try to eat things that taste good, nourish me, and are responsibly and sustainably made. There is always room for the occasional treat or exotic experience if it is something I can feel good about. In the future, if I find myself eating something for other motivations, I may want to reconsider.

I believe there is no need to consume animals just for the sake of doing it, or to the threat of extinction where there are alternative resources available. So while the pangolins continue to roll themselves helplessly into a ball, I can feel more empowered by the knowledge of their predicament and make more informed decisions for myself. And no, we did not eat the guinea pig.

# GLOBAL GRUB

BY GINA KEATLEY

NASSAU

CULTURE, CRAB & CARTS



If it's December and you have gathered around a warm crackling fire you know it's the holiday season. Now, that fire doesn't necessarily have to be in a cabin in Connecticut. It can be located on an island surrounded by white sand beaches and warm sea breezes. Sounds like paradise doesn't it? Well you're close. It is Nassau, the capital city of the sprawling Bahamas, it is located just a few hundred feet from Paradise Island.

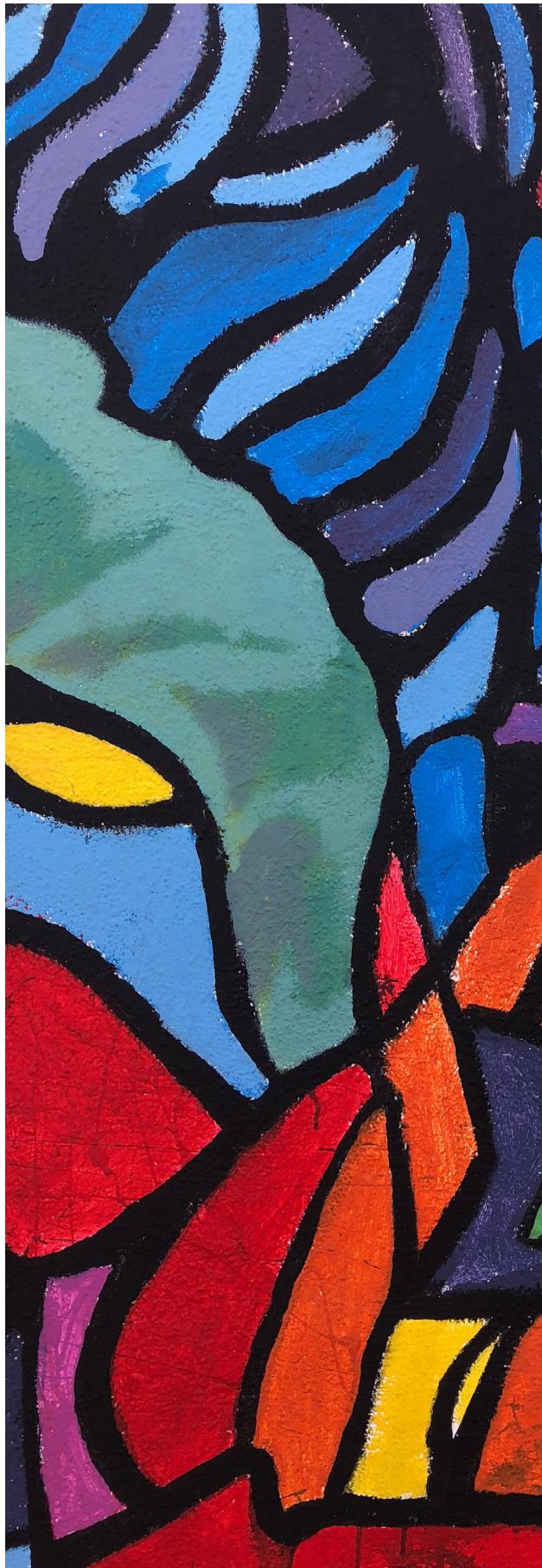
We have all been sold that Norman Rockwell Christmas and I'm totally down for that, but when you're ready to swap out the table sized turkey, they are ready to add a little conch to your holiday menu. The nice thing about celebrating the holiday season is you can do it pretty much everywhere, so if you're ready to go with the flow you can enjoy the culture and culinary at any latitude.



Although you may have visited Nassau before, they are in the midst of a cuisine and art resurgence, so now might be the time to dip your toe into the idea of a return this holiday season. If you dare to wander away from your fellow tourists, I suggest you head south on the island to the “Over the Hill” neighborhood. It’s only a short walk, but a world away. If walking isn’t your thing then grab a bus from downtown. The number 10 bus will cost a couple of dollars, but you get to feel like a local. At the top of the hill you will find Junkanoo World, a small family owned museum highlighting Junkanoo, a cultural celebration and street parade with music, dance, and costumes of Akan origin.

When we arrived, we were greeted by the niece of the founder and our private tour began in the center of the museum where we encountered a tank filled with white crabs, a staple of many Bahamian menus. To my delight, crab has greatly expanded from home kitchens to restaurant menus over the last few years. The crabs seemed as curious about me as I was about them. We also learned they have a crab festival in June, which is huge. This annual event celebrates the crab-catching ways of Andros Island, a large island to the west of Nassau, which is referred to as "The Land of Crabs."





Our tour continued as we learned the history of Junkanoo. The festival may have originated several centuries ago, when slaves on plantations in The Bahamas celebrated around Christmas time with dance, music, and costumes but had few possessions. After emancipation the tradition continued and Junkanoo evolved from simple origins to a formal, organized parade with intricate costumes, themed music and official prizes within various categories. She explained that all the items made for the parade are made of refuse products like used cans and foraged feathers, keeping the original traditions in mind. Next, we headed to the costume display room where they keep several of the delicate and elaborate costumes. As we popped our heads in the room filled from top to bottom with costumes from past years our tour was abducted by the founder, Quinton Woodside. He blissfully shared the process of how the costumes are made and explained that all of the costumes are handmade through hundreds of hours of labor. From the head dresses to the full body covering expanding over 6 feet.

After, we got to try on a few costumes. (Yeah, they let you do that!) Quinton next lead us to the back of the museum where we discussed using goat skin as covering for the drums and even got to see the process in action. We also explored the small backyard, where we sampled local produce from the garden like breadfruit, bananas, fresh greens, herbs and colorful sweet peppers. Finally, we went to the upstairs gift shop, which doubles as a local supply store for the festival, grabbed a few handmade treats and headed down the hill for some holiday lunch from the grill.

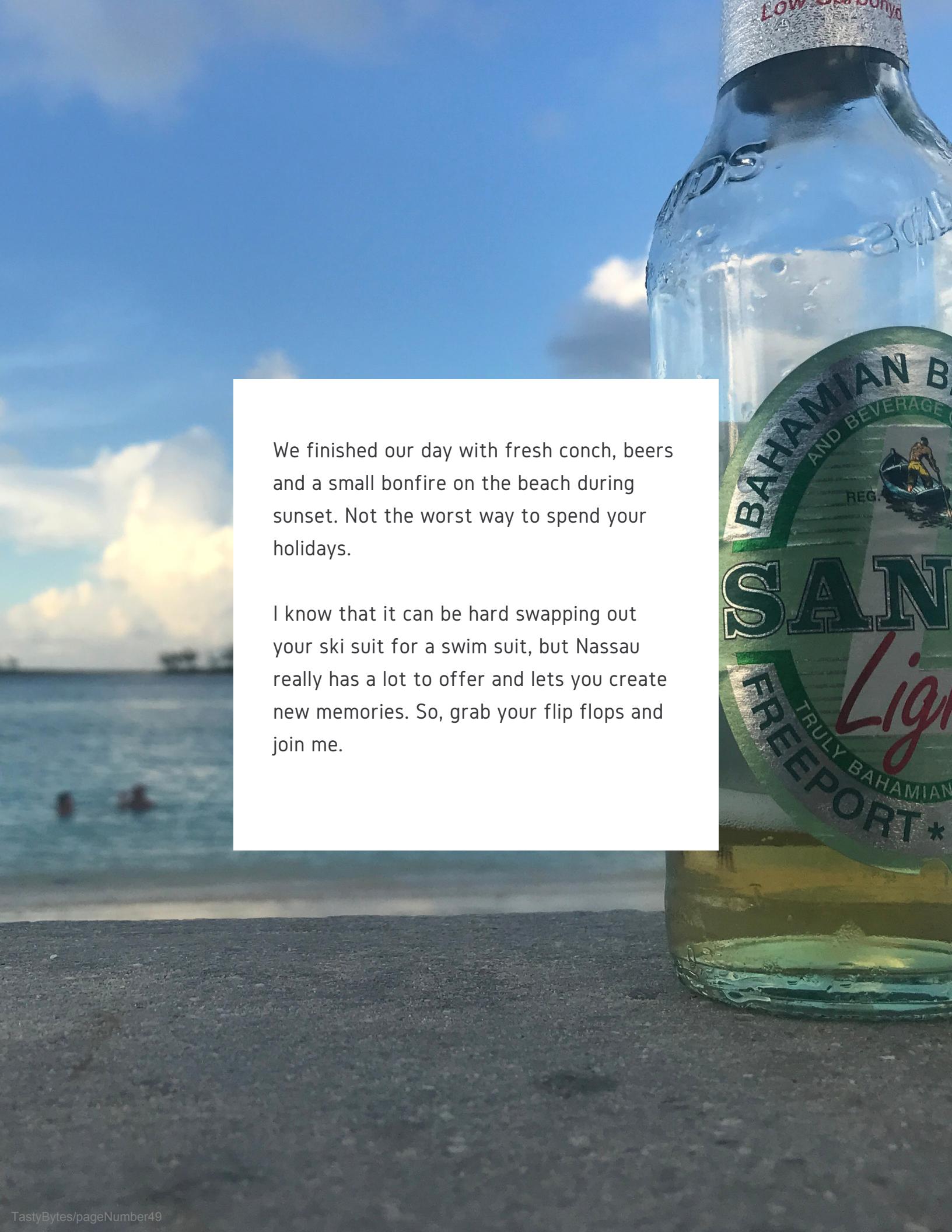


Our holiday lunch came from one of the famous Bahamian carts. Much of the ingredients are fresh with some coming right off the boat. Because of the history of the Bahamas as a New World melting pot we see a large variety of cultural influences on the foods of the island. They are into the bounty of the sea, using items such as fish, shellfish, lobster, crab, and conch but include many tropical fruits, rice, peas, pigeon peas, potatoes, and pork which all have unique origins. Popular seasonings commonly used in dishes include chilies, lime, tomatoes, onions, garlic, allspice, cinnamon, rum, and coconut.

Rum-based beverages are quite popular on the island. When you prop yourself up at one of the carts you will often get as much gab as you do grub. Bahamians love to talk about their food. Each stand has their own style and adaption on local recipes. We were told to head to Sonia's Jerk on the Long Warf Beach, close to downtown which was excellent.

With our bellies full we headed to The Retreat established in 1977, it is an 11-acre property that houses one of the largest private collections of rare and exotic palms in the world. It is a national park and the educational center of The Bahamas National Trust. We walked off some of our BBQ and viewed some notable produce.



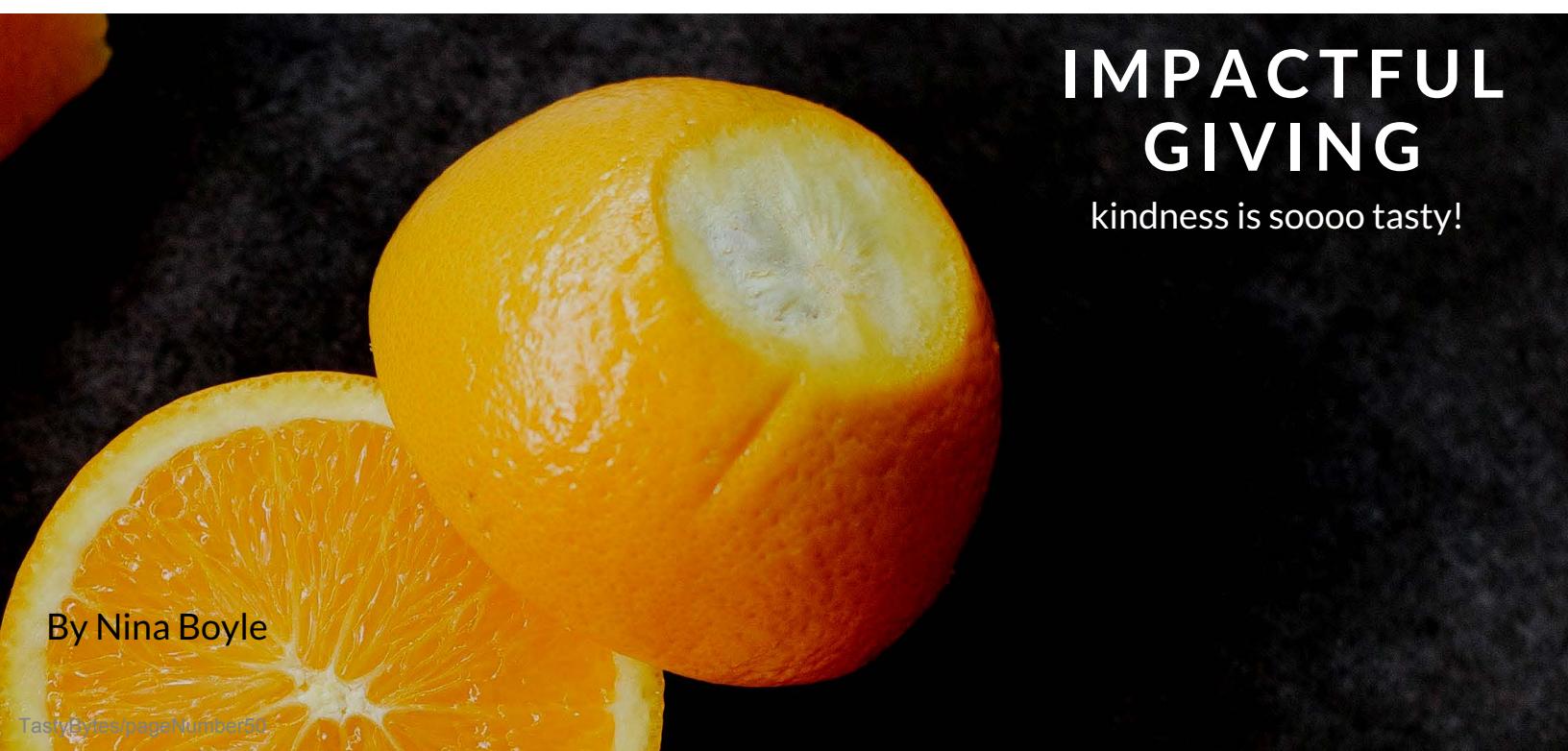


We finished our day with fresh conch, beers and a small bonfire on the beach during sunset. Not the worst way to spend your holidays.

I know that it can be hard swapping out your ski suit for a swim suit, but Nassau really has a lot to offer and lets you create new memories. So, grab your flip flops and join me.



# FEED YOUR SOUL GIFTS



**IMPACTFUL  
GIVING**

kindness is soooo tasty!

By Nina Boyle

# GIVE AND GIVE BACK

With gift giving season just a few weeks away we have picked a few must have gifts for foodies that are meant to feed your soul.

b.a.r.e. soaps was built on the idea that something so simple as a bar of soap can effectively help prevent the spread of diseases and illnesses while improving overall health and hygiene. Their goal is to "bring antiseptic resources to everyone."

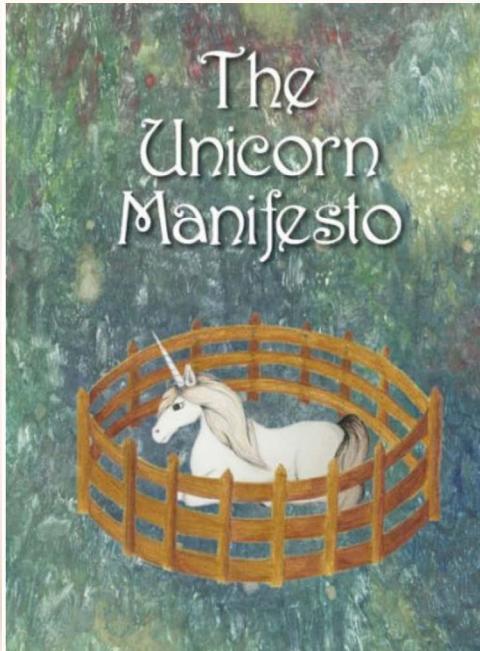


Sweet Beginnings, LLC makes the beelove family of products — an all natural line of raw honey and honey-infused body care products.

They extract honey from their urban apiaries in the heart of the North Lawndale community in Chicago. The honey is known for its complex flavor, a result of the varied flora of our urban environment.



# BOOK IT: EXPAND YOUR WORLD



Throughout history, the unicorn has always been depicted as a creature that has transcended and broken free. Once set free, she can never be recaptured. Destiny invites you to join her on her journey to freedom. Find the unicorn inside your spirit and fly free – with The Unicorn Manifesto.

Available at [www.barnesandnoble.com](http://www.barnesandnoble.com)



Dogs of Delhi: A photographic journey of must love metropolitan mutts, is a celebration of the stray dogs of India's vibrant capital city. With over 325,000 street dogs in Delhi alone, we have selected 50 of the best most vibrant pups to include within this picture book. These marvelous mutts don't always get very good press, though, and are often portrayed as either villains who bite and maul, or victims of human cruelty. But we found a large dog population which lives happily in the city, often developing close relationships with humans. Some develop quirky habits such as specific diets, others roam open markets where they put on extraordinary amounts of weight and sleep their days away.

Available at [www.amazon.com](http://www.amazon.com)

A close-up photograph of a woman's face and hands. She is wearing a patterned headscarf and a blue dress. She is holding a small, light-colored goat against her chest. Her hands are gently cradling the goat's head and neck. The background is slightly blurred.

FEED YOUR SOUL GIFTS

# GIVE A GOAT

World Vision International is an Evangelical Christian humanitarian aid, development, and advocacy organization offers agricultural gifts options. With a pair of chickens and a goat, you'll provide a steady supply of eggs, milk, and protein to feed children and help families.

A healthy dairy goat can give up to 16 cups of milk a day. Goat's milk is easier to digest than cow's milk and is an excellent source of calcium, protein, and other essential nutrients that growing children need. Goats are practical animals — flourishing in harsh climates while producing valuable manure to fertilize crops and vegetable gardens.

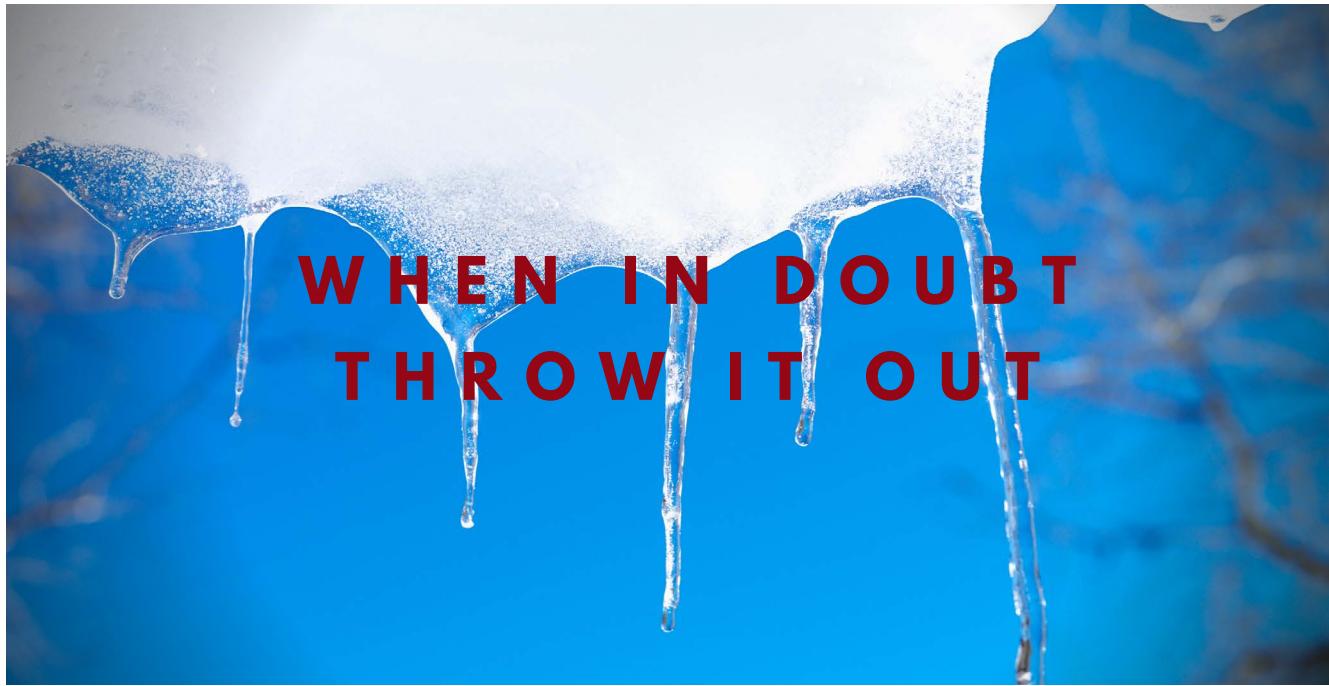
# HOW TO NOT POISON YOUR FAMILY

As the end of the year approaches, it's likely there are multiple meals and parties in your future. Carrying food from one location to another, cooking large whole birds, and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday turkey, chicken or goose food poisoning-free:



# TIPS FOR POULTRY SAFETY

BY JONATHAN MCDONALD



### 1) THAW THE RIGHT WAY.

If you have not seen what can happen when you don't thaw a bird properly, watch the videos produced by every local firehouse in the United States. But aside from making a turkey missile, an improperly thawed bird can cook unevenly and get your entire family sick, bringing you shame from grandma. To do it right place the frozen bird in the refrigerator, preferably on the bottom shelf on a large plate that can hold liquid and let sit for 24 hours for every 5 pounds. That means if you have a 20-pound bird it needs 4 days in the fridge. So, for sure, plan ahead on this one.

### 2) DON'T MIX.

The rule of thumb is that anything the bird touches may be contaminated by bad bacteria. That means if you dress the bird on a cutting board and then chop lettuce for a salad, you should hope that you stocked up on toilet paper and barf bags.

### 3) STUFFING ALL THE WAY.

I love stuffing, you love stuffing. But if you're going to make stuffing IN the bird make sure you stuff 'em right before you put it in the oven and make sure that the center of the stuffing gets to 165 degrees Fahrenheit. Also, let the bird sit for about 20-minutes before taking the stuffing out to give it a little bit longer to cook through.

### 4) HAPPY BIRTHDAY -LIKE 500 TIMES.

This last tip is basic but needs to be said. Before, during and after you handle food, cough on your hands, or give a holiday high-five, please wash your hands. You're supposed to soap your hands for 20-seconds which, does not seem like long until you have to do it. Sing happy birthday in your head about 3-4 times and you should be good to go—longer is always better.

We all know the food lurkers that take forever to eat, but you've got to keep them in line and set a 2-hour time limit on your food before wrapping it up and putting it in the fridge. Leftovers are always best when they are not covered in bad bacteria.

### 5) WRAP-IT-UP.

## INGREDIENTS

---

- 1 POUND PARBOILED RICE
- 1 CAN TOMATO PUREE
- 1 ONION, SLICED
- 3 CLOVES GARLIC
- 4 TEASPOONS OLIVE OIL
- 3 LARGE RED BELL PEPPERS, SEDED AND SLICED
- 1 BUNCH THYME, LEAVES PICKED
- 1 TEASPOON PEPPER
- 8 CHICKEN BOUILLON CUBES



## PROCEDURE

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- (1) Blend tomatoes, onions, red pepper, and garlic until smooth.
- (2) Add bouillon cubes, thyme and pepper and blend for 1 minute.
- (3) Add olive oil to the blended paste, set the mixture aside.
- (4) Add 4 cups of water into a pot.
- (5) Place the rice in a tight colander and wash the rice in hot water until the water drains clear.
- (6) Pour the rice and blended mixture into the pot of water and stir with wooden spoon.
- (7) Set the stove to medium heat, let it cook for 45 minutes, stirring every 15 minutes.

# BENACHIN

KWANZAA IS A CELEBRATION HELD IN THE UNITED STATES AND IN OTHER NATIONS OF THE AFRICAN DIASPORA IN THE AMERICAS AND LASTS A WEEK. THE CELEBRATION HONORS AFRICAN HERITAGE IN AFRICAN-AMERICAN CULTURE AND IS OBSERVED FROM DECEMBER 26 TO JANUARY 1.

BY STEPHANIE JOHNSON

# IN THE HOLIDAY SEASON REMEMBER MINDFUL EATING

work-life balance

We know this seems outrageously naive in this complicated field of weight loss and wellness, but, I say, savor the simplicity. What is simple, is sustainable.

1

## HEAR WITH INTENTION

Listen to your body and order accordingly. If you feel a little hungrier, order up a larger meal; and if you aren't really hungry, allow yourself to have a smaller meal.

2

## DON'T SKIP

Some people find it hard to eat breakfast, because they're "not hungry," but breakfast kickstarts your bodies metabolism, so don't skip - just go lighter. We often ignore our appetites, and the less we listen, the harder it is to get back on track for maintaining mindful eating in the future.

3

## JUST BE

Being in the moment with your food has been shown to increase weight loss, improve blood glucose control, and reduce obesity-related health conditions.

# MUST MUNCH: MUSHROOMS, MEATS & MATCHA

STAFF PICKS FROM THE FANCY FOOD SHOW

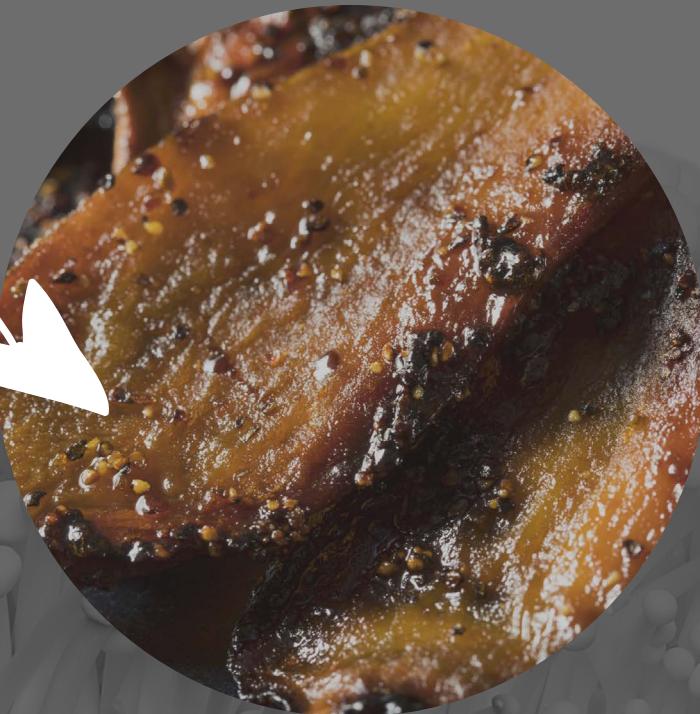


Being a food writer there are few things yummier than an invite to a small village full of food for you to taste. With over 200,000 products at this year's Fancy Food Show in New York City, it was a mouthful to say the least. This year was a bit different. Instead of walking the thousands of feet, weaving in and out of aisles (cheese over here, chocolates over there), I waited not so patiently at the office while my colleagues did the collecting. No, I have not become the evil one at the office--well sort of. I am eight and a half months pregnant.

So, I waited anticipating my sample delivery. At 6pm an exhausted intern arrived with my hoards. They tossed them on the table while myself and a small group of tasters ripped in like hungry vultures. It looked like an adult Halloween with gourmet treats—all without the treat or treat work. I smiled evilly.

## ***Here are our thoughts:***

They are calling it vegan bacon.  
Weird but tasty!



# WHAT'S TRENDING?

If you're not drinking matcha, scarfing down mushroom jerky, or enjoying artisan dried meats you're missing the boat for 2018-2019 food trends.

# UPCYCLED FOODS

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01

RIND SNACKS, SKIN-ON SUPERFRUIT SNACKS, USING THE WHOLE FRUIT

[rindsnacks.com](http://rindsnacks.com)

02

RISE PRODUCTS,  
WHOLE BARLEY SUPER FLOUR, STONE GROUND WHOLE BARLEY FLOUR HAND MADE FROM UPCYCLED GRAIN

[riseproducts.co](http://riseproducts.co)

03

WILLIWAW FOODS,  
SALMON SKIN CRACKLETS, MADE FROM THE SKINS OF SALMON FROM THE WATERS OF PATAGONIA

[williwawfoods.com](http://williwawfoods.com)



04

BROOKLYN CURED, MAKE SMALL-BATCH CHARCUTERIE USING SUSTAINABLE MEAT AND FINE-DINING TECHNIQUE.

[brooklyncured.com](http://brooklyncured.com)



# FLAVORS OF AFRICA

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- 01** AHARA RASA, NITER KIBBEH - ETHIOPIAN SPICED GHEE

[iloveghee.com](http://iloveghee.com)

- 02** AYOBAYO, SOUTH AFRICAN-STYLE BILTONG, A DRIED, CURED MEAT THAT ORIGINATED IN BOTSWANA, SOUTH AFRICA, ZIMBABWE, AND NAMIBIA.

[ayoba-yo.com](http://ayoba-yo.com)

- 03** MANITOU TRADING COMPANY, SENEGALESE FONIO PILAF, FONIO WITH A YASSA SPICE BLEND

[woodlandfoods.com](http://woodlandfoods.com)



- 04** SAVORY WILD BRAND PORTABELLA MUSHROOM JERKY: ROASTED GARLIC & BLACK PEPPER, SWEET BALSAMIC & GOLDEN FIG, AND SESAME, GINGER & KOREAN CHILI.

[giorgiofresh.com](http://giorgiofresh.com)

# SPARKLING BEVERAGES

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- 01** TÖST, DRY SPARKLING BEVERAGE. TÖST IS A SPARKLING BEVERAGE THAT PROVIDES THE CELEBRATORY AIR OF CHAMPAGNE WITHOUT THE ALCOHOL.

[tostbeverages.com](http://tostbeverages.com)

- 02** CASKAI, SPARKLING CASCARA INFUSION

[caskai.com](http://caskai.com)

- 03** KIMINO DRINKS, SPARKLING YUZU

[kiminodrinks.com](http://kiminodrinks.com)

- 04** JAX COCO, SPARKLING COCONUT WATERS. FROM THE VOLCANIC REGIONS OF THE PHILIPPINES IT IS PACKAGED IN CHIC, STYLISH GLASS BOTTLES.

[jaxcoco.com](http://jaxcoco.com)



**MATCHA IS  
FINELY  
GROUND  
POWDER OF  
SPECIALLY  
GROWN  
AND  
PROCESSED  
GREEN TEA  
LEAVES.**

**MUST MUNCH:  
MUSHROOMS, MEATS  
& MATCHA**

BY MOLLY WILKINS



SELF  
SERVE  
SUDDS

Self-serve beer taps are bubbling up across the US. This new beverage trend is part tech, part taste with a twist of yummy trial and error. Grab a beer glass and embrace the pour.



Over the past few years we all know craft beers have made their way from the bottom shelf of a bar to the coveted tap space. Breweries grew 13%, and went from 7.37 million in 2016, to 8.33 million in 2017—more than 960,000 barrels of growth (80% of total craft brewery growth). Now that's a hangover an aspirin and Pedialyte can't fix.

Well beer lovers, we can now consume them in a new and futuristic way. In these new bars you simply scan your card with the staff and they give you a drink card with an RFID in it. You place the card at the station of your choice and pour into your glass. You determine the amount of the the pour and most bars have lots of taps making the sampling process a lot more user friendly. You can hate a beer without sending the bartender into a 2 week depression. You can make this experience as sophisticated or silly as you want.



SWEET POTATOES ARE LOADED WITH ANTIOXIDANTS THAT VARY DEPENDING ON THE TYPE OF SWEET POTATO IN QUESTION. THEY'RE AVAILABLE IN ORANGE, PINK, RED, YELLOW AND PURPLE VARIETIES. THE MOST COMMON ARE THE ORANGE ONES.

BRIGHT ORANGE COLOR IS INDICATIVE OF THE PRESENCE OF A BIOACTIVE COMPOUND CALLED B-CAROTENE. B-CAROTENE IS A PRECURSOR TO VITAMIN A AND IS LINKED TO A REDUCED RISK OF CERTAIN KINDS OF CANCER AND MACULAR DEGENERATION. EATING JUST ONE ORANGE SWEET POTATO EXCEEDS THE RDA FOR VITAMIN A. NOT TOO SHABBY FOR A POTATO, EH?

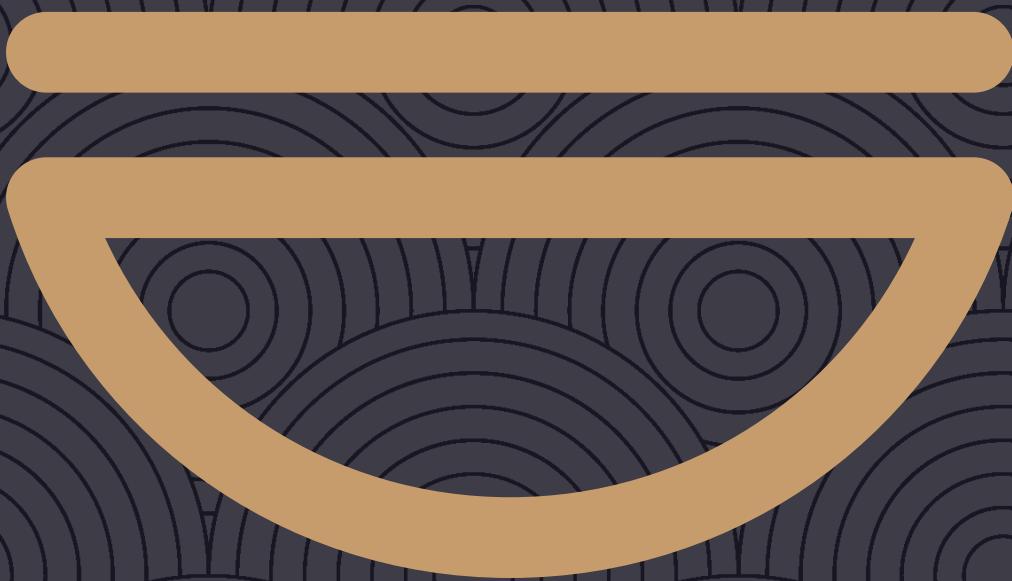


BY: ANSLEY HILL, RD, LD



# get stocked

[+ bones (or veggies) + (cold) water  
(simmer) + (skim) + (cook 4hrs.) +(reduce)]  
=yum



# HEALTHY KIDS START WITH HEALTHY FOOD

Q&A FIGHTING CHILDHOOD OBESITY



THE SEASONAL SAMMY TEAM INTERVIEWED A SELECT GROUP OF NUTRITION EXPERTS TO GET THEIR PERSPECTIVE ON COMBATING CHILDHOOD OBESITY THROUGH TECH AND TRADITIONAL METHODS.

HERE IS WHAT THE EXPERTS SAY

BY GUEST WRITERS  
PENINA LANGER AND ALEXANDRA FILINGERI

## THOMAS MCQUILLAN BALDOR SPECIALTY FOODS, INC

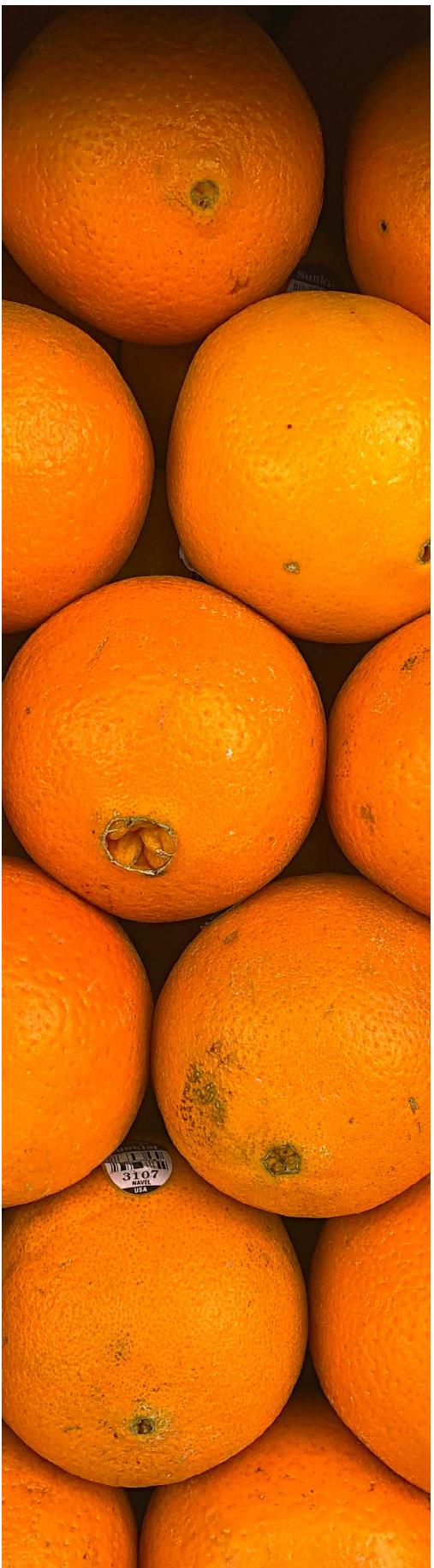
At Baldor, they process over 1,200,000 pounds of produce a week. As a result of this production there is food remaining. This is food and it needs to be treated as a valuable asset that we can consume, feed to animals or compost. The Baldor team feels food should never be wasted.

Q. How do you think kids can get involved in reducing food waste?

A. Children need to be taught to utilize 100% of all food. There is so much food that is wasted unnecessarily. Children need to be taught that we should never send any food to landfill for any reason. Children are learning that food that is wasted wastes all the energy and human capital that went into creating that product. WE can work together to completely eliminate all food that is currently sent to landfill. We can find more nutritious food to those who are food insecure, protect our environment and help create additional profitability for farmers. Children can help solve this problem.



Imperfect produce is any produce that does not meet very specific characteristics for selection in a farm's packing house. Produce that is not selected is often composted on the farm or discarded. There is normally no taste variation and this produce provides the same valuable nutrition.



## MARIA BIONDI, RDN, CDN NEW YORK-PRESBYTERIAN

Maria fills the role of both adjunct professor in the Queens College Nutrition and Dietetics department and holds a full time position at New York-Presbyterian Queens as a NYPBeHealthy Wellbeing Coach.

Q. Why do you think it is important to educate children on healthy eating patterns?

A. So many of our behaviors and habits can start in the early stages of life. I think it is a great start if parents can try to set the standard and get their children involved in preparing and experiencing different foods as early as possible. When I worked in pediatric nutrition for a short time, I was amazed to see parents serving foods they would never eat themselves. If you wince at the smell of broccoli, why would you expect your kids to enjoy it? Don't be afraid to try new foods with your kids and have fun experimenting with new fruits, vegetables, or whole grains. Cooking does not need to be as daunting as many feel it is; if you have an extra set of hands, use them!

DR. ALAN SHEER  
NORTHPORT WELLNESS CENTER



Q. What is the best tool/method you use when working with children?

A. Children are very intuitive. My approach is gentle, calming and non-aggressive. I always maintain eye-level, and eye-contact where possible and ask permission to precede with any treatment. When children feel respected and safe, they are more receptive and responsive to treatment altogether.

Q. What's your best advice for parents regarding the health of their child?

A. Set a good example; your child will follow your lead. Commit and follow through. Praise your child for making healthy choices for their body, mind and soul. Nurture their health both physically and emotionally. Give them your time, as well as your heart.

The Northport Wellness Center is a premier wellness provider on Long Island dedicated to helping people lead healthier and happier lives through various healthcare services.

Hi, I'm Sammy, a NYC  
rat and foodie.



seasonal  
sammy

The body mass index is a value derived from the mass and height of an individual.

# BMI

## Two things you should know about your BMI that are easy as pie:

### **Stop Eating Pie.**

Not really, but in all seriousness what is BMI? It is body mass index, and is a measure of body fat based on height and weight.

The BMI categories are underweight = <18.5, normal weight = 18.5-24.9, overweight = 25-29.9, and obesity = BMI of 30 or greater. It's easy to calculate using your height & weight and Google has a built in calculator for you to use. Just "google" BMI Calculator. Although BMI is a valuable measure of overweight and obesity it's not perfect. If you are a gym rat and have a very muscular build it might not be as effective for you, plus if you're pregnant or a child this scale is not for you. Nevertheless the greater your BMI, the more your risk for certain diseases, such as high blood pressure, cardiovascular disease type 2 diabetes and certain cancers.



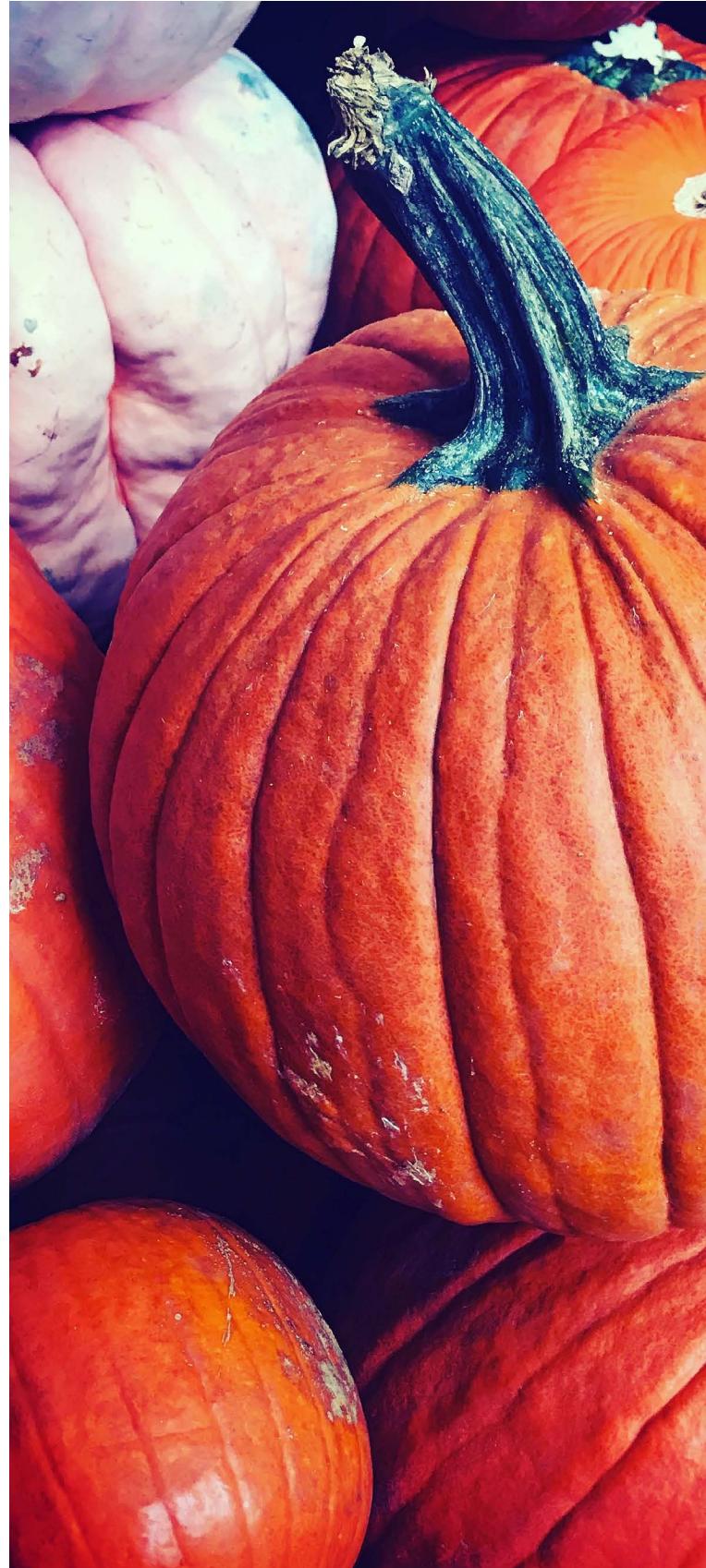
### **Ravage Your Resources.**

Ok, so now that you know where you are on the scale what are you going to do about it? Use the resources available to you! Next time you see your doctor let them know you are aware of BMI. This is something many medical professionals assume you already know, luckily, now you do! Have them help set a goal for you. Working with your MD can help you be realistic about modification. If your BMI is 35, in the obesity range, getting to 25, normal range, might not be a great 90-day goal. Instead try and go from 35, to 34 or maybe even 33 but keep in mind you are working towards wellness and its not always a linear path. If your insurance covers preventive care, see a dietitian or check and see if they reimburse for gym costs. Getting into a normal BMI range, 18.5-24.9, is the goal of many employers to reduce healthcare costs, so check for free or low cost wellness programs at your office as well. There may be more resources available for you then you think, especially now that you have some nutritional education and measurement standards. There is no shame in using your circle of colleagues and professionals to help point you in the right direction to health.

# FALLING IN LOVE WITH WINTER FOODS

With cooler weather arriving, comfort food is not far behind. From the fluffy mashed potatoes to the rich cream based soups, who can resist a welcoming warm menu after a brisk busy day stuck in an office. Here are some fall foods we are totally digging right now.

Pumpkin. Yes, that thing you leave outside of your door and set on fire is also good for eating. You can go Martha Stewart on that pumpkin and use every last bit of it, but I'm not in love with gutting my gourds and separating seeds, drying, blending, etc. It can be a bit intimidating. Canned pumpkin is super nutritious and very easy to work with for recipes like soups, waffles, parfaits, and oatmeal.





# IN THE NORTHEAST, BY THIS TIME OF THE YEAR, ALL OF YOUR FRIENDS HAVE GONE APPLE PICKING

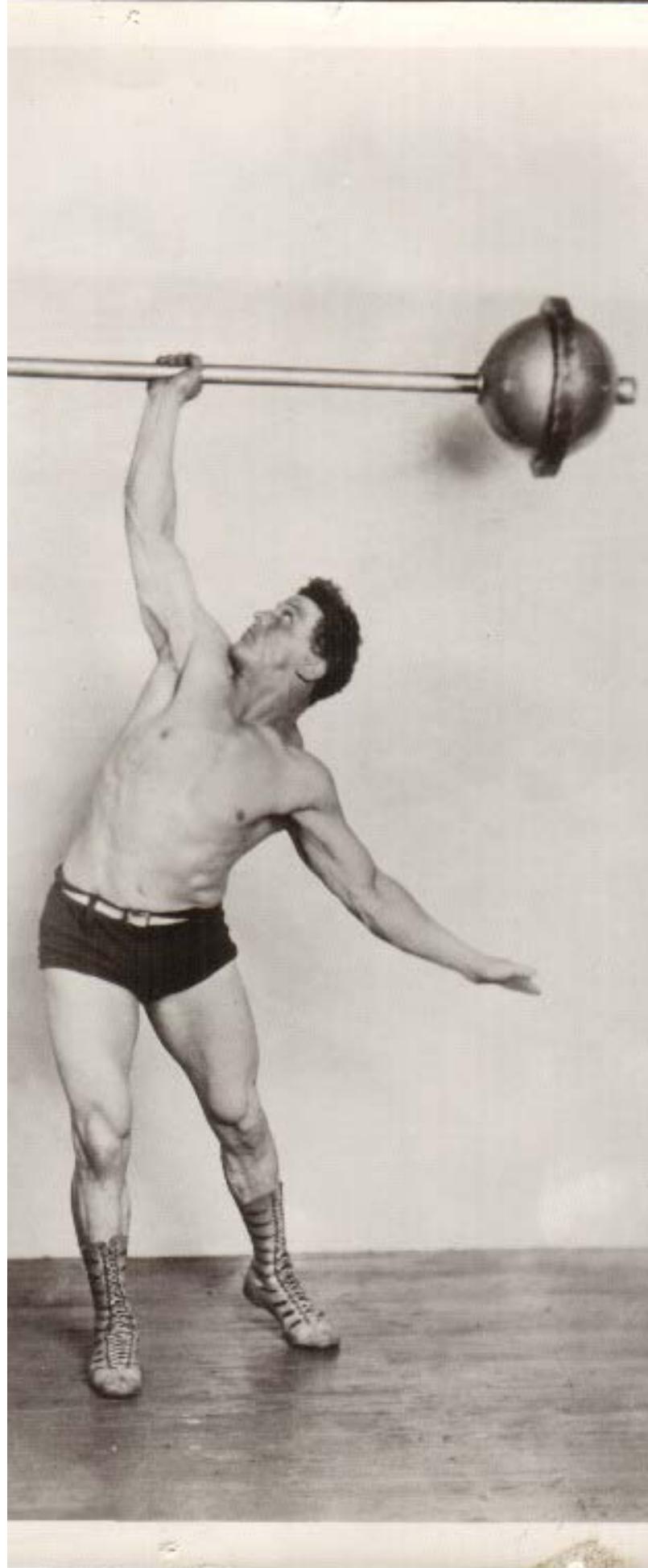
Apples. Now that you have a half a bushel of apples each—you've got to be creative or they will go bad and your friends will think you don't care about their "gift". I like to dehydrate them because this removes the water which naturally increases the concentration of sugar. Also, with the pectin in a higher concentration, the apples have a texture similar to candy. Just as sweet is their nutrition profile.

Cinnamon. With the nights getting longer, adding some spice to your evening treats can give you the feeling like you've just had a special indulgence, when in fact you've added a spice that is full of fiber, has almost no sugar, and has almost every amino-acid (protein).



# HAS YOUR BOSS GOT YOU STRESS EATING?

TAKE IT LIKE A MAMMAL. BURN OFF WORK FRUSTRATION AND LEARN TO USE YOUR BODY AS A TOOL. UNLIKE THOSE COLD-HEARTED SNAKES HECKLING FROM AFAR, MAMMALS BURN A STANDARD AMOUNT OF ENERGY. THIS IS YOUR BASAL METABOLIC RATE (BMR) AND IT IS THE AMOUNT OF CALORIES YOUR BODY USES TO KEEP YOU ALIVE WHILE AT REST. THE MORE LEAN MUSCLE MASS YOU HAVE, THE HIGHER YOUR BMR. BY TAKING UP WEIGHT RESISTANCE EXERCISES, YOU CAN BUILD A LEANER AND MORE MUSCULAR PHYSIQUE THAT WILL INCREASE YOUR CALORIE BURNING ABILITIES 24 HOURS A DAY! THAT MEANS THAT BY PUTTING ON MUSCLE, YOU'LL BURN MORE CALORIES WHILE DOING NOTHING AT ALL. WORK FOR YOUR BODY, AND IT WILL WORK FOR YOU.



CACAO,  
PRONOUNCED  
BY THE  
OLMECS AS  
KAKAWA,  
DATES TO  
1000 BC OR  
EARLIER.



# UPDATE YOUR COCOAPODS ...AGAIN

## new chocolate!

BY AMY LIN

CHOCOLATE IS A TYPICALLY SWEET, USUALLY BROWN FOOD PREPARATION OF THEOBROMA CACAO SEEDS, ROASTED AND GROUND.



## OG Crack Cookies

Salty, sweet, chocolately and crunchy. The combination never fails. Made with a crispy combination of a cracker, salted handmade toffee, semi-sweet chocolate and topped with sea salt.

[legally-addictive.myshopify.com/](https://legally-addictive.myshopify.com/)

BONUS OVERNIGHT SHIPPING AVAIL



## GoodPop

We've reimaged everyone's favorite childhood drink with our Chocolate Milk GoodPop. It's made with Fair Trade Certified Organic cocoa powder, local rBST-free local fresh Texas dairy and a hint of sea salt. OU Kosher, gluten free, wheat free and is also guilt-free, at only 120 calories.

<https://www.goodpops.com/shop/>



## Lebby Dry Roasted Chickpea Snacks

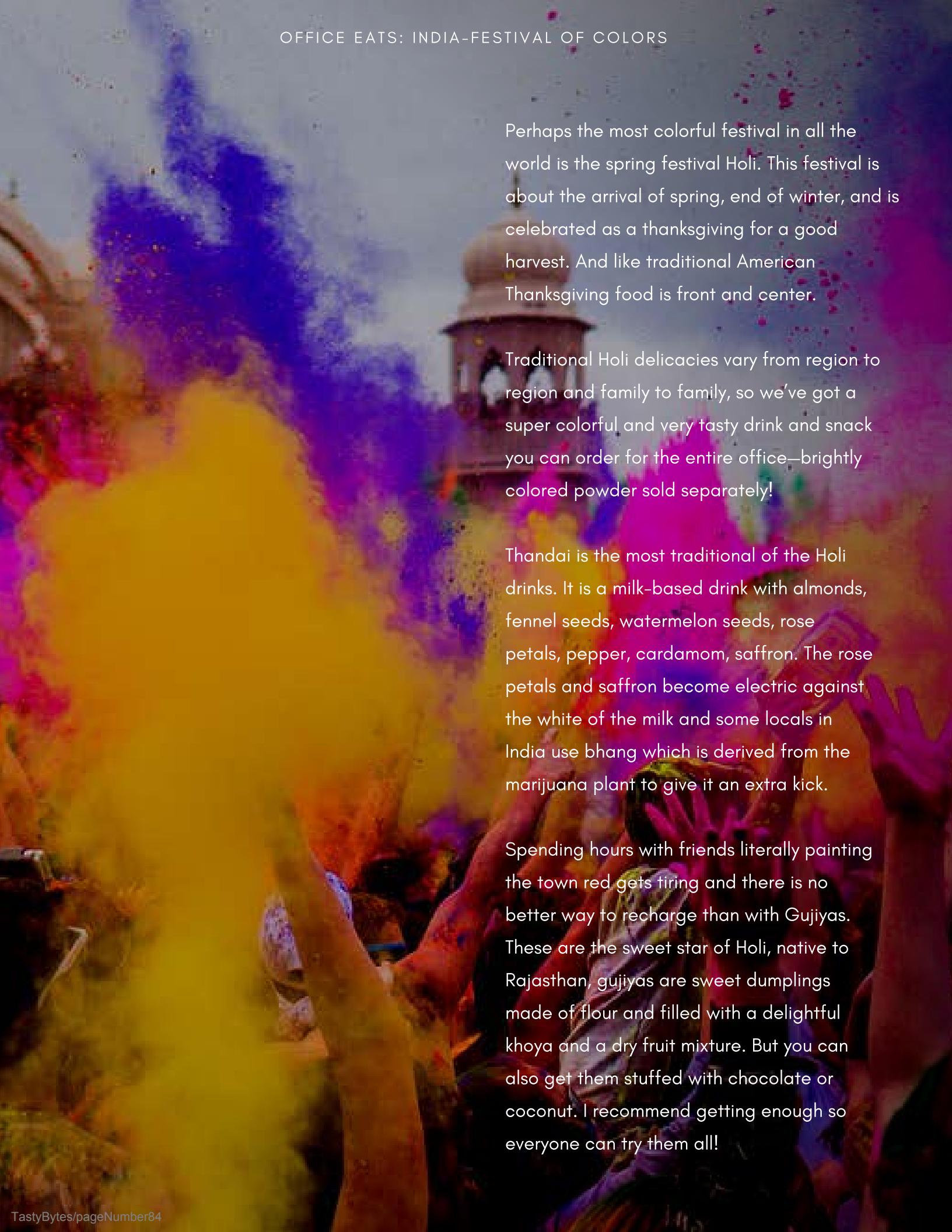
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# OFFICE EATS: INDIA-FESTIVAL OF COLORS

BY DEBBIE THORN





Perhaps the most colorful festival in all the world is the spring festival Holi. This festival is about the arrival of spring, end of winter, and is celebrated as a thanksgiving for a good harvest. And like traditional American Thanksgiving food is front and center.

Traditional Holi delicacies vary from region to region and family to family, so we've got a super colorful and very tasty drink and snack you can order for the entire office—brightly colored powder sold separately!

Thandai is the most traditional of the Holi drinks. It is a milk-based drink with almonds, fennel seeds, watermelon seeds, rose petals, pepper, cardamom, saffron. The rose petals and saffron become electric against the white of the milk and some locals in India use bhang which is derived from the marijuana plant to give it an extra kick.

Spending hours with friends literally painting the town red gets tiring and there is no better way to recharge than with Gujiyas. These are the sweet star of Holi, native to Rajasthan, gujiyas are sweet dumplings made of flour and filled with a delightful khoya and a dry fruit mixture. But you can also get them stuffed with chocolate or coconut. I recommend getting enough so everyone can try them all!

# TO GO

MUST EAT NEAR YOU

- New York, NY

## **The MasalaWala**

Colorful, art-filled eatery serving classic Indian cuisine & South Asian street food with a twist.

- Seattle, WA

## **Bengal Tiger**

Casual Indian eatery with tandoori meats & a popular lunch buffet, plus a full bar & delivery.

- Orlando, FL

## **New Punjab Indian Restaurant**

Indian eatery serving dishes including chicken madras & goat curry.

- San Francisco, CA

## **Rooh**

Sophisticated bistro serving playful cocktails & modern Indian fare with California accents.

- Austin, TX

## **Nasha**

Relaxed Indian restaurant serving traditional curries plus fusion tacos & curried margaritas.

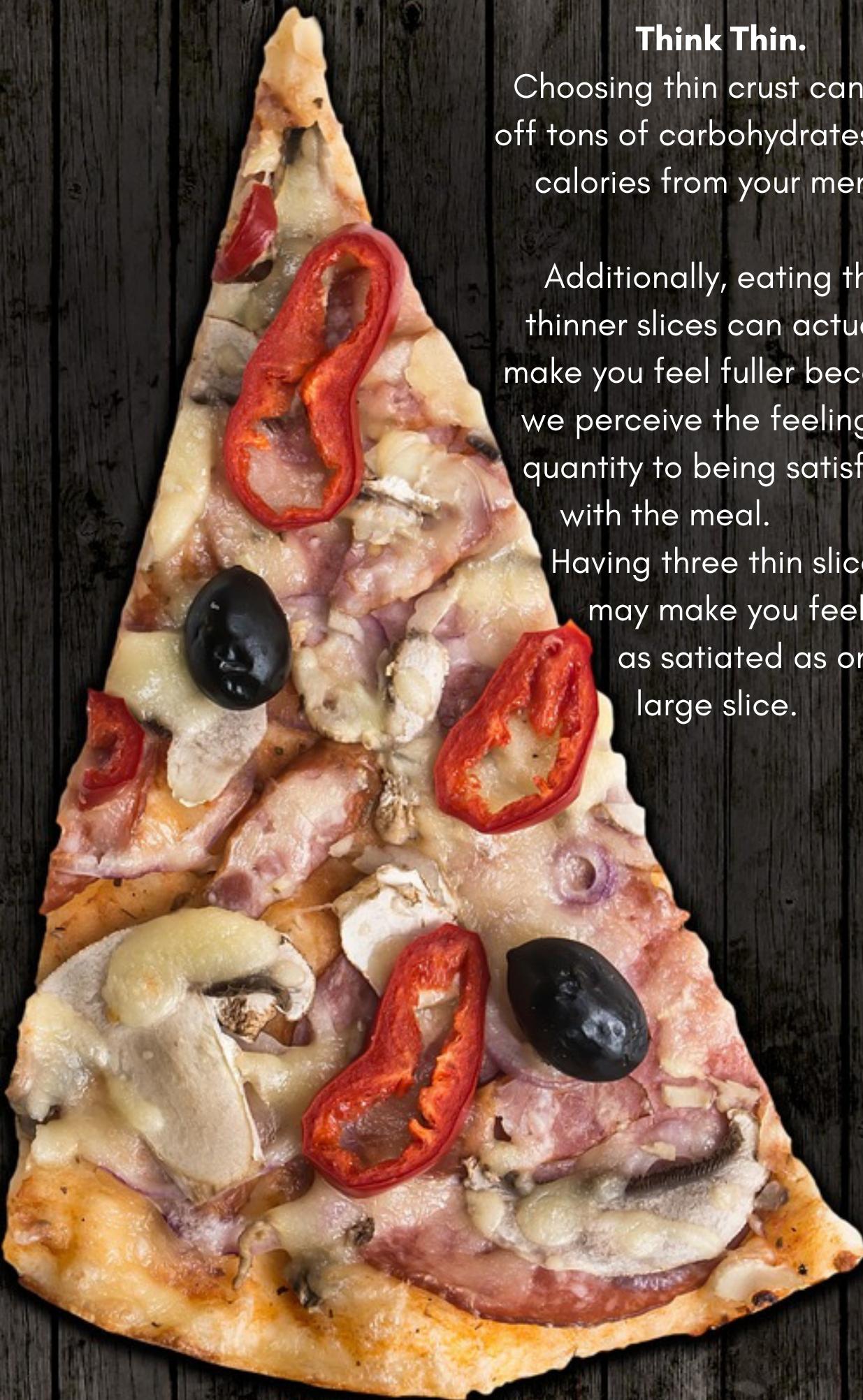
# DELIVERY WHEEL

## Think Thin.

Choosing thin crust can cut off tons of carbohydrates and calories from your menu.

Additionally, eating the thinner slices can actually make you feel fuller because we perceive the feeling of quantity to being satisfied with the meal.

Having three thin slices may make you feel as satiated as one large slice.



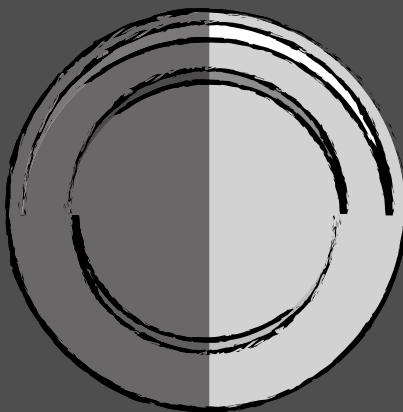
# DELIVERY DILEMMA



## **Make it a Meal.**

Add lean protein and vegetables. Lean(er) proteins like sliced chicken breast or even Canadian bacon over regular bacon can cut your fat by 60 percent. Then add complex fiber-filled carbohydrates like spinach. If you don't have control over ordering just keep some personal toppings in the fridge ready to go for pizza days at work.

# 5 SUPERFOODS FOR STRESSED DEVELOPERS



02

Cashews. A 1 oz serving of raw cashews provide 31% of recommended daily intake of copper, 23% of manganese and 20% of magnesium.

04

Oysters. Two ounces of oyster has about 10% of your daily intake of protein and about 2 grams of carbohydrates. They're also high in calcium, potassium, magnesium, and vitamin B-12, as well as zinc and iron.

05

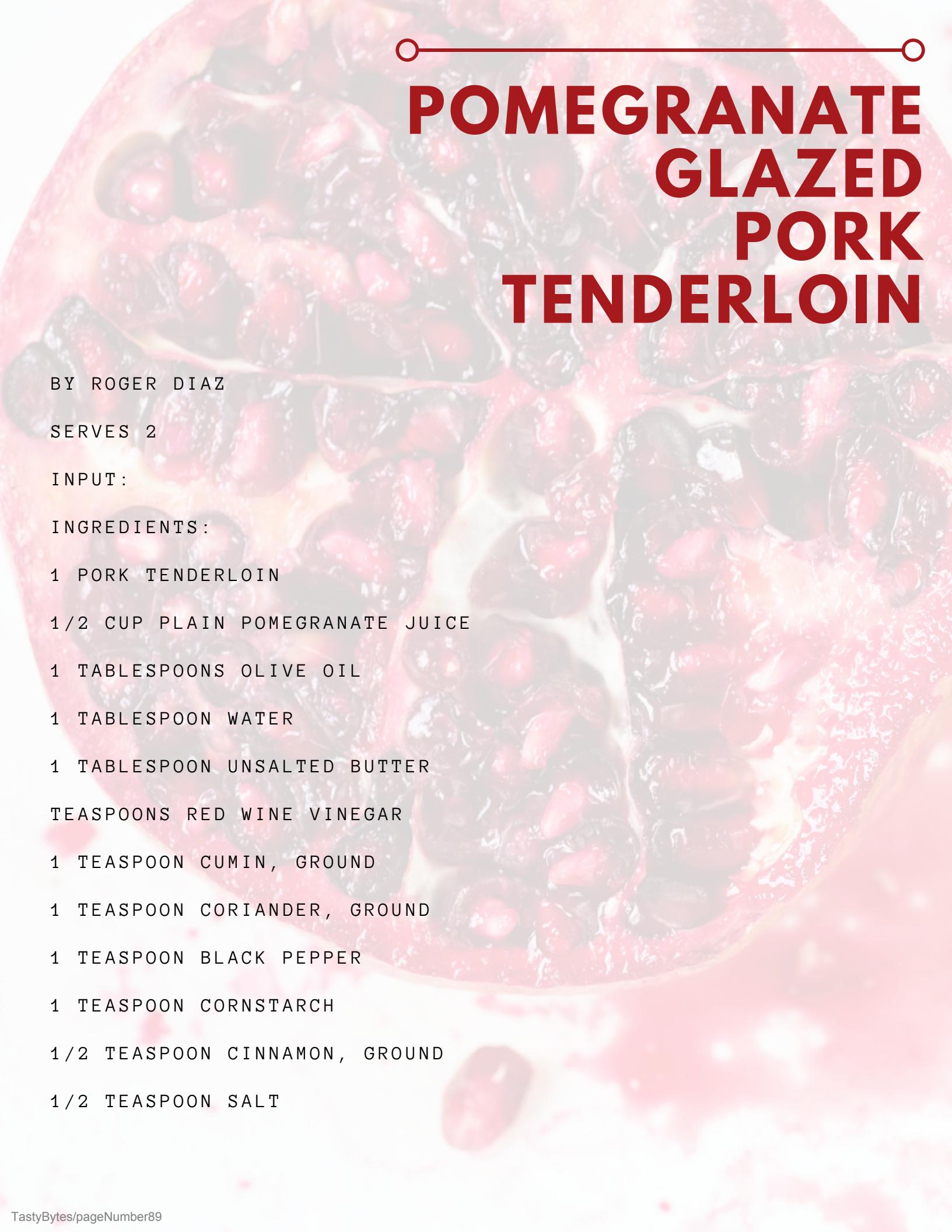
01

Asparagus. A good source of Pantothenic Acid, Calcium, Magnesium, Zinc and Selenium, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Phosphorus, Potassium, Copper and Manganese.

03

Oatmeal. Oats have a well-balanced nutritional composition, and one serving contains 117 calories. Raw oats are 66% carbs, 17% protein, 7% fat and 11% fiber.

Walnuts. Walnuts are higher than most other nuts in polyunsaturated fats. The most abundant is the omega-6 fatty acid called linoleic acid. They also contain a relatively high percentage of a healthy omega-3 fat called alpha-linolenic acid (ALA).



# POMEGRANATE GLAZED PORK TENDERLOIN

BY ROGER DIAZ

SERVES 2

INPUT:

INGREDIENTS:

1 PORK TENDERLOIN

1/2 CUP PLAIN POMEGRANATE JUICE

1 TABLESPOONS OLIVE OIL

1 TABLESPOON WATER

1 TABLESPOON UNSALTED BUTTER

TEASPOONS RED WINE VINEGAR

1 TEASPOON CUMIN, GROUND

1 TEASPOON CORIANDER, GROUND

1 TEASPOON BLACK PEPPER

1 TEASPOON CORNSTARCH

1/2 TEASPOON CINNAMON, GROUND

1/2 TEASPOON SALT

OUTPUT:

- (1) COMBINE CUMIN, CORIANDER, PEPPER, CINNAMON & SALT IN A BOWL.
- (2) DRY TENDERLOINS WITH A PAPER TOWEL & DREDGE IN SPICE MIXTURE.
- (3) HEAT OLIVE OIL IN A SKILLET OVER MEDIUM-HIGH HEAT.
- (4) REDUCE HEAT TO MEDIUM & COOK PORK UNTIL MEAT IS BROWNS ON ALL SIDES, ABOUT 20 MINUTES.

**NOTE: USE A DIGITAL THERMOMETER IN THE CENTER OF EACH TENDERLOIN & CONTINUE TO COOK UNTIL IT SHOWS 145°F.**

- (5) TRANSFER PORK TO A CUTTING BOARD & LET REST FOR 10 MINUTES.
- (6) WHILE PORK RESTS, POUR OFF & DISCARD ANY FAT FROM SKILLET, THEN & POMEGRANATE JUICE TO SKILLET & BOIL OVER UNTIL REDUCED.
- (7) WHISK CORNSTARCH & WATER INTO JUICE, THEN BOIL SAUCE UNTIL THICKENED SLIGHTLY, 1 TO 2 MINUTES.
- (8) REMOVE FROM HEAT & VINEGAR TO TASTE, THEN SWIRL IN BUTTER UNTIL BLENDED.
- (9) POUR SAUCE THROUGH A SIEVE INTO A BOWL.
- (10) SLICE PORK, SERVE WITH SAUCE & ENJOY.

# #TURKEY

#HOME4HOLIDAYS

## Ladle Up, Low-GI.

With all the pies, cookies and cakes you will be nibbling on later in the meal, turkey has an estimated glycemic load of 1. FYI, that's low. It matters because choosing low GI foods can help with blood glucose management and even allow your grandma and type-two diabetics a chance to join to the family meal. Not only is the glycemic load of turkey low, it also has the heart-healthy omega-3 fatty acids, and high levels of niacin which is used in cellular metabolism and repairing DNA.

### Pass the Protein.

One serving of turkey provides about 65 percent of your recommended daily intake of protein and with all the servings you will be having you're totally covered. The nice thing about this protein is that unlike the protein shakes lining health-store shelves, turkey protein is complete and high quality. This means that turkey is very digestible, the protein, vitamins and minerals are very bioavailable and the amino acid profile of turkey is different from that of other meats and protein supplements.

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### Pour on Protection.

Turkey contains the amino acid tryptophan, which produces serotonin and plays a significant role in strengthening the immune system—keeping you healthy enough for a long day of football and naps. Plus, selenium, which turkey has in spades, is a key mineral for weight loss. Meaning that gobbling down a bit of turkey (without skin) can help to keep you thin and trim throughout the holidays leading to a less guilt-ridden, happier and healthier holiday season.





# Doing our Nails

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Cuisine and Culture By Lin Ying

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Being a Chinese American chef, I have spent my life creating the foods of my culture and enjoying the journey. However, I have found some things can be a bit hard to swallow for unfamiliar eaters. One time I brought a new boyfriend home for dinner and he was totally freaked out about chicken feet. Needless to say, he didn't make the cut but here is the low down on this menu item so if you have offered them it doesn't end your relationship. First off, these little guys are not just eaten in China. They are eaten in Brazil, Cambodia, Indonesia, Jamaica, Korea, Laos, Malaysia, Mexico, Philippines, Thailand, Trinidad and Tobago, Ukraine, Bolivia and Vietnam.

You can cook them in many ways, but I prefer a par-boiled technique, dried, then followed by a deep fry and finished with an oyster sauce. The foot is covered by a thick layer of skin, with a little bit of fat under the skin. You eat it kind of like a wing. Eat the meat not the bones, well duh. Finally, just an FYI, you have to trim the nails during preparation and believe it or not human nail clippers work great just make sure they are designated poultry pinchers not your spa day ones.



*"After a good  
dinner one can  
forgive anybody,  
even one's own  
relations."*

*-Oscar Wilde*

# IT'S COMING FROM INSIDE THE HOUSE!

THERE IS NOTHING MORE TRILLING THEN ARRIVING HOME TO A PILE OF LOOSE BOXES IN YOUR HALLWAY. IT'S CHRISTMAS EVERYDAY BUT COULD THESE NEW IN HOME DELIVERY ELVES GO GRINCH ON YOU?

WE ASKED SOME TECH SMARTIES IF WE SHOULD WELCOME AMAZON INSIDE OUR HOMES?

Alexandra Bohigian from Enola Labs Software says, "I am going to give a tentative "yes" that it's going to be safe to let Amazon couriers into our homes. Only people with Amazon Smartlock will be able to utilize this service, and I believe that Amazon will put protections in place for the consumers that opt for this service. However, if Amazon wants to make this service popular among the masses, they are going to need to do a better job of assuring the public that their privacy and security needs are being met."



Matthew Weaver from Agile Business Systems, says "as much as I love Amazon, I'd never give a company access through my front door unless I'm there, for the same reason I won't tie my fancy garage door opener into the Internet to be able to open and close it remotely: any network can be breached, it's just a matter of time. It's not that I don't trust Amazon, it's that we KNOW major corporations can be breached from a single point of entry which tentacles out from there. So what happens when Amazon's "door network" is compromised? What if they don't even know it for quite some time, as was the case with both Target's breach and Equifax's? What I would give access to, with the same end-result, is a storage shed or even a part of the house that's secured off. Think of it like a demilitarized zone for package delivery. FedEx, UPS, Amazon, and USPS have access to drop off packages, but not to the rest of your home."

Rob Miller from Team Boom says, "The new Amazon delivery service is a great idea. It has already been fully tested. I do think most will be worried at first about letting a stranger in your home. However when the delivery is dropped off the camera will show them dropping off the package in real time. If they are up to no good, it's all recorded and reported to Amazon in real time, in turn, notifying the authorities. If anything, it's Amazon who should be worried. If this goes bad, they could end up being invoiced by insurance companies."

# DON'T BE AN EGG 'RACIST'

WHY ALL EGGS ARE CREATED EQUAL



BY YVETTE STEPHENS

# PROTEIN LOVING

Let's start at the top, eggs are amazing. They are affordable, transportable, loaded with vitamins and minerals as well as being a very high-quality source of protein that is easily digestible by 98% of the population of the world. Chickens don't need (and generally don't get) hormones to lay eggs, they can get by consuming high protein scraps, bugs and even oyster shells (for calcium). They generally live 8-10 years and can lay up to 300 eggs a year, depending on breed. As a health professional, I recommend most people include them in their general healthy diet and when I work with elderly clients we see if we can add a little more.

## OPEN UP

But the question I get asked most is brown or white. It's a legit concern people have. Should they eat brown or white eggs? Which have more nutrition? I even had a younger patient ask me if the brown eggs were filled with chocolate...sorry Timmy, they are not filled with chocolate and for everyone else, there is no difference in nutrition of the egg based on color.

I know what you're thinking, but I'm charged three times as much at the farmers market and it's \$2.00 more at the grocery store—there must be a reason. It could be that you're an egg racist or there may be a real reason. And there is. The breeds of chicken that produce brown eggs tend to be larger than their white egg producing sisters and therefore need more food. But this really is such a blah answer. Since this is about nutrition, let's dig a bit deeper.

There is one major factor that influence egg nutrition: feed. This is what separates a super nutritious egg from just a very nutritious egg. Chickens that have access to the range (outside) tend to have eggs that have higher concentrations of omega-3 fatty acids, which is a fat that we do not usually get enough from in our diet. In addition, chickens who were fed scraps of fish—I'm looking at you Japan, Vietnam, and Malaysia—have significantly higher amounts of EPA and DHA which are fatty acids that are thought to influence brain and eye development when we're young and reduce risk of heart attacks as we age.

So again, is there a difference between brown and white eggs? Not if they are grown on large farms or given standard chicken feed. Small batch producers may introduce items into their feed that improve egg nutrition and these producers generally have birds that lay brown eggs, but unless you can speak with the egg producer—skip the high price tag and grab the egg closest to you at the grocery store.



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