

SHORE TO DOOR,  
FISH DELIVERY

SACK UP:  
POWERFUL POTATOES

MADE IN AMERICA,  
CULINARY TECH

4 NERDS THAT NIBBLE

TASTY  
THAI





# A

9/SHORE TO  
DOOR, FISH  
DELIVERY

# B

23/SACK UP:  
POWERFUL  
POTATOES

# C

39/MADE IN AMERICA

## WE ASKED SOME OF THE HUNGRiest HACKERS WHAT ARE YOU EATING NOW?

**QING KO**  
APP DEVELOPER AND  
FREELANCER

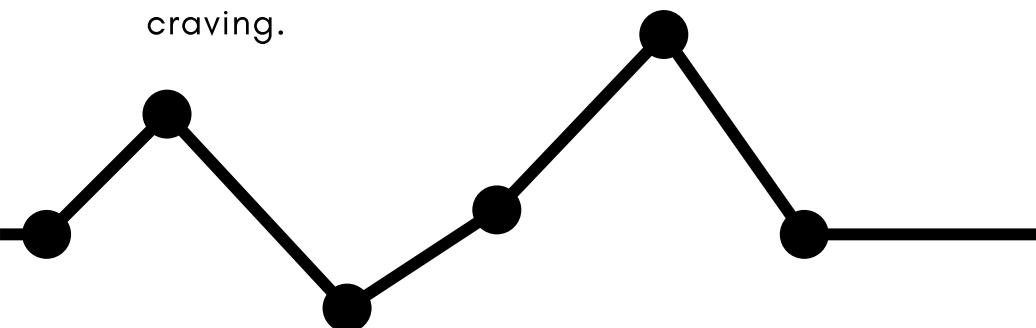
I spend about 3/4ths of my days on the computer either making code for apps or fixing apps for people who don't know how to code. Surprisingly, this makes me super hungry! I used to keep snacks near by but have moved to a more paleo-like diet. I pre-game my snacks by making meatballs. I keep it lean by using fish, sirloin, chicken breast and even some bison if I can find it. I generally make them ahead of time and have them in the mini-fridge when I get a craving.

**GHENET REZENE**  
DATA ARCHITECT AND  
CULINARY ADVENTURER

Mocktails. I've found that I like a fancy drink but being Muslim, I'm not permitted to have alcohol. I use mainly premium tonic and seltzer waters along with botanical mixes. One of my favorites is a mix of peas, hay, peppermint, rosemary, thyme, tonic water and a little bit of sugar. You can even steep a tea bag in a heated mocktail to make a little toddy. Super nice for those random cool fall nights.

**GABRYSZ ZAJĄC**  
PRODUCT MARKETING  
MANAGER

I've started to embrace the fourth meal. Not the old Taco Bell fourth meal but the fourth meal is a big, after dinner snack that usually consists of soup noodles and some leftover veggies. This meal is not really heavy but truly warms you up deep in your soul.



**DATA  
MINING  
MENUS**

# In the weeds.

SETTLE DOWN COLORADO WE ARE TALKING ABOUT EDIBLE CULINARY WEEDS

CLASSIC CULINARY  
BY JOSEPH MARINO

A (1) : A PLANT THAT IS NOT  
VALUED WHERE IT IS GROWING  
AND IS USUALLY OF VIGOROUS  
GROWTH; ESPECIALLY : ONE THAT  
TENDS TO OVERTAKE OR CHOKE  
OUT MORE DESIRABLE PLANTS



These days, I hate to say it, but I'm all about the weed. I'm not talking about marijuana, CBD oil or anything like that, I'm talking about munching on plants that are generally discarded by most people as weeds. Now I'm not a vegan or an environmental warrior but I did run across a tiny Chinese woman picking plants from the space between the sidewalk and the road and became intrigued. I approached her and asked her what she was picking and what she was going to do with it. She uttered a few Chinese words and made some hand gestures but pretty much she told me she was going to boil it and have it as a side. I took some of the plant to figure out what it was. I asked my friend, yes, she is a botanist, and she told me it was nettle, which, as I found when I was picking it, stings.

I cannot imagine eating this; if it stings my fingers what is it going to do to my delicate insides? So, I did the first thing that came to mind—have a dinner party and serve it to unsuspecting guests.

I decided to boil the plant as instructed by my friend from the sidewalk, but I wanted to serve it a few ways to get a feeling from my other friends about the taste (and the sting). I boiled it up like spinach, I blended it up with some pine nuts and parmesan into a pesto and I made some gnocchi with nettle stuffed on the inside. Everyone ate it. They ate everything. All of it. And wanted more. I told them where I had found our common ingredient, and everyone was super surprised—not to mention that I got to feel like a culinary hero for an evening.



# WEEDS WE LOVE

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- 10 DANDELION (*TARAXACUM OFFICINALE*)
- 09 HEARTSEASE (*VIOLA TRICOLOR*)
- 08 CATTAIL (*TYPHA LATIFOLIA*)
- 07 CHICORY (*CICHORIUM INTYBUS*)
- 06 KUDZU (*PUERARIA LOBATA*)
- 05 TULIP (*TULIPA SPP.*) YES THAT TULIP
- 04 STINGING NETTLE (*URTICA DIOICA*)
- 03 PRICKLY PEAR (*OPUNTIA SPP.*)
- 02 PLANTAIN (*PLANTAGO MAJOR*)
- 01 WILD GARLIC (*ALLIUM VINEALE*)



# Here are two other weeds that you can add into your culinary repertoire today:

Cattails. This plant can instantly remind you of early fall and getting in the last fishing trip by the lake. And if you're like me and had trouble catching fish you could go home with some cattail stems. The best part to eat is the stem closest to the ground, where it is whiter in color. Cattails are a good source of iron and phosphorus, and a very good source of dietary fiber, vitamin K, vitamin B6, calcium, magnesium, potassium and manganese, all with less than 25 calories per 3.5 oz. Cook them like asparagus.

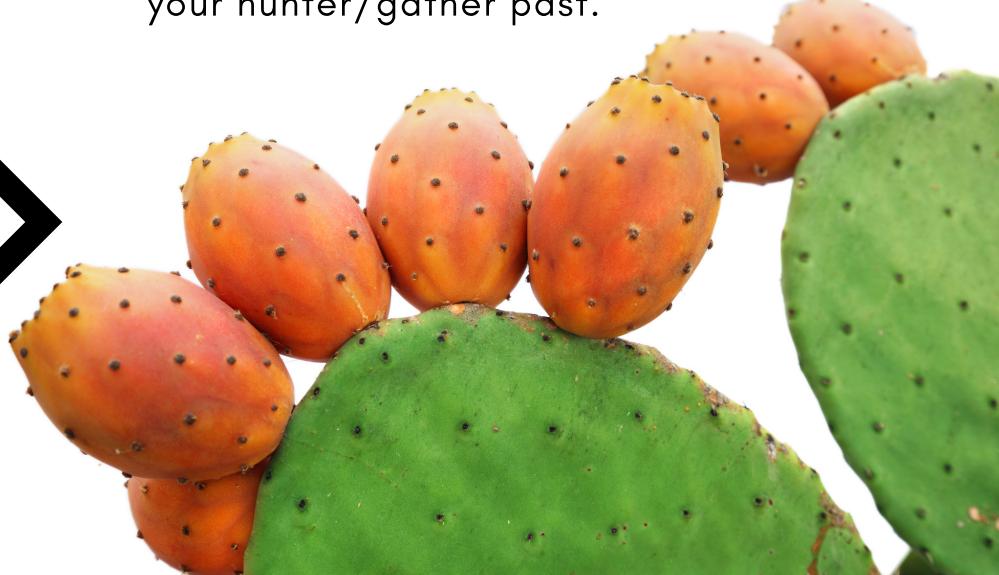
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Sorrel. This plant grows in Asia and is commonplace in the Caribbean. It's tart and really refreshing. A traditional way to enjoy sorrel is cooked into a sauce and served with fish, lending a lemony flavor without the use of lemon. Sorrel is a great source of vitamin A, vitamin C, iron, magnesium, manganese, fiber and, yes, protein!

So, get out there and get in the weeds with me. You'll find some culinary delights and you just might get in touch with your hunter/gather past.

OPUNTIA SPP.

DON'T HANDLE PODS WITH YOUR  
BARE HANDS; WASH OFF THE  
NEARLY INVISIBLE SPINES OR  
GLOCHIDS BEFORE HANDLING



# Size Matters

## SERVING SIZE.

This is by far the most important item to look at because all the data below is based on this specific amount of food.



## DELISH DETAILS.

There are some federal guidelines, but a few food companies have very small portions listed as the serving size, much smaller than you would normally eat in a setting, so be aware. For instance, I don't know about you but the last time I ate a single package of Ramen noodles, I didn't think it was a dinner for two; but if you look at the nutrition facts panel, it shows, clear as day, 2 servings per package. Therefore, if you eat the entire package you have to times all of the numbers by 2 that follow, such as calories, fat, sodium, and vitamins. Get it? Got it? Good!



## VITAMINS.

If you're eating some whole foods in your diet, you're not going to be missing a lot of those vitamins—especially if you're eating a deliciously diverse menu.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
<b>Vitamin D</b> 2mcg	10%
<b>Calcium</b> 260mg	20%
<b>Iron</b> 8mg	45%
<b>Potassium</b> 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

LEAN PORTION PICKS

# SHORE

CLICK, COOK, EAT

# TO DOOR

## FISH DELIVERY



BY CHLOE WALKERS

# DELISH GOES DIGITAL



If you're anything like me, you've started to digitize just about everything in your life. I can swipe left (and right) to find my next date amongst an amalgamation of eligible men in my area. I can pre-order my double-foam blonde latte in a large cup with one shot of sugar-free vanilla by touching two buttons on my cellphone. I can even order a used car and have it delivered to my door. And did you hear the new Google assistant schedule appointments? It knows my week better than I do!



A TUNA IS A SALTWATER FISH THAT BELONGS TO THE TRIBE THUNNINI, A SUBGROUPING OF THE MACKEREL FAMILY.

LOBSTERS COMPRIZE A FAMILY OF LARGE MARINE CRUSTACEANS. LOBSTERS HAVE LONG BODIES WITH MUSCULAR TAILS, AND LIVE IN CREVICES OR BURROWS ON THE SEA FLOOR.

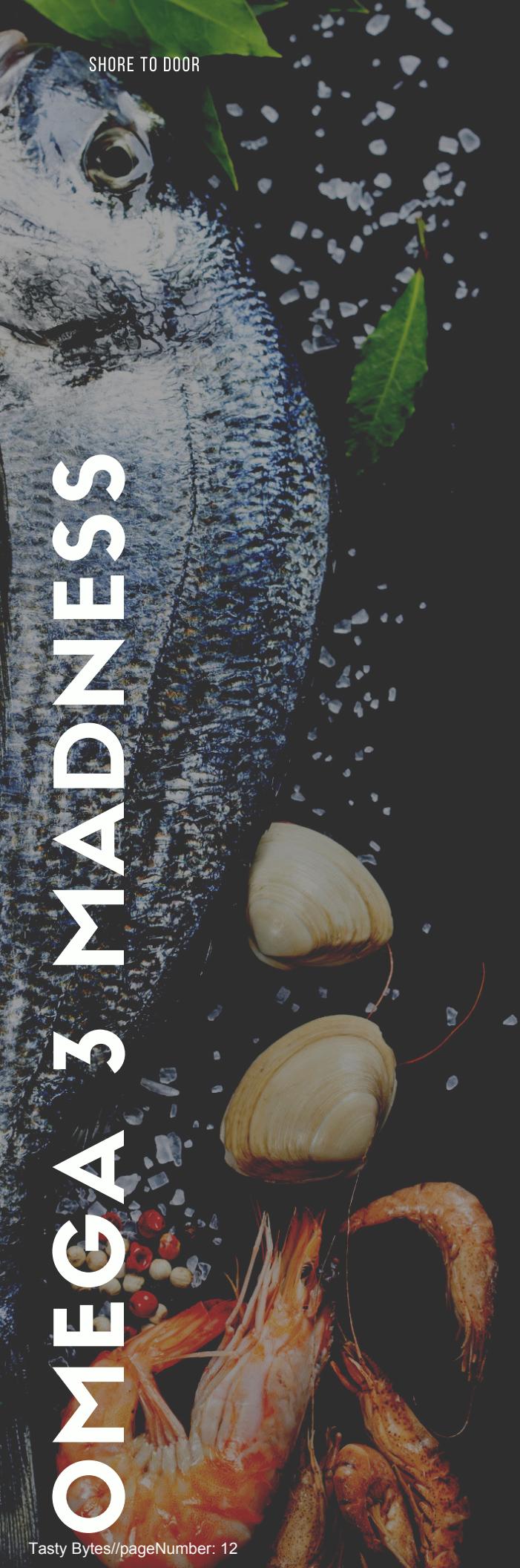


SALMON IS THE COMMON NAME FOR SEVERAL SPECIES OF RAY-FINNED FISH IN THE FAMILY SALMONIDAE. OTHER FISH IN THE SAME FAMILY INCLUDE TROUT, CHAR, GRAYLING AND WHITEFISH.

And much like everyone else, I ventured into the realm of boxed meals. You know, all these ingredients come in a box and you've got meals for three days or a week. I found these to be "okay" but they were all missing something that I love and that every health agency says we, as Americans, need more of—fish.

Think about it: how many fish dishes came in that box, or the other box or that third box company that's all about health? I don't remember any. But making a special trip to the fishmonger—that's the guy that sells fish—is too much of a hassle for me to do consistently and I always end up wasting some of the fish because I didn't cook and eat it soon enough.

# OMEGA 3 MADNESS



So, I solved this problem the only way I knew how--I googled it. I found that, much like the meal boxes, there are companies that send beautiful fish right to my door. Yes, unlimited fish (and shellfish), on demand!

I tried the fish boxes from several companies and this is what I found they all had in common. First, everything is flash frozen. This means that it is frozen so quickly the individual cells in the product stay intact, so this is very different from frozen fish in the 90s. All of the fish products made it to my freezer no problem, which can be a problem since I work long hours sometimes. Second, almost everything is caught wild and is sustainable. This is important to me because, well, I want more fish in the future. Third, the price points are all very similar and can be as low as \$5.00 per serving, which is a better price than I can get at Whole Foods on many premium items. Finally, everything tasted amazing. It was like I had my own personal boat that would bring me amazing seafood, just the way I liked it and, even frozen, I can pop the fish right into the pan. It is amazing!



Aside from the convenience of the fish boxes, they are a great way to get omega-3s, which are vital to good brain and nerve function and when you swiped right too many times on your dating app, they make a great meal and seem super fancy. Here are a couple of companies that can get you some great fish to your door.

**FishFixe** [shop.fishfixe.com](http://shop.fishfixe.com)

**Sea2Table** [sea2table.com](http://sea2table.com)

**SizzleFish** [sizzlefish.com](http://sizzlefish.com)

BY MOLLY WILKINS



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.



## A FEW BEER AND BITE PLACES WE LIKE

Randolph Beer WBURG  
Brooklyn, NY  
[randolphbeer.com](http://randolphbeer.com)  
Self-Serve Beer Brunch.

Nacho Daddy  
Las Vegas, NV  
[nachodaddy.com](http://nachodaddy.com)  
Gauc & Growlers

Zpizza Tap Room  
Los Angeles, CA  
[zpizza.com](http://zpizza.com)  
Pints & Pies.

Pour Taproom  
St. Petersburg, FL  
[stpetersburg.pourtaproom.com](http://stpetersburg.pourtaproom.com)  
85 Taps.

# OFFICE EATS: MEXICAN

BY PETER WRIGHT





Being an Austin, Texas native I was raised on Mexican food and can't imagine my life without it. That being said, working in IT brings me all across the United States. Thank goodness the Mexican food craze has traveled with me.

I had some of the best tacos of my life from a food truck in Maine but don't tell my fellow Texans about that. For me, it's less about where the food is from and more about a few simple must haves. First, you gotta have balance.

Yes, there is some heat to food south of the border but it's also about the cream. The yin and yang of burn and churn is what keeps you digging into that next enchilada or biting into that oversized burrito.

Next, it's all about good meat and when I say meat I'm usually talking about pork. Slow roasted, seasoned and falling apart. You can keep your grilled chicken, I'm all about the booty baby.

Because I am in charge of a team I often bribe them with Mexican meals to continue and/or complete the project. Hey, a little guac goes a long way!

# TO GO

MUST EAT NEAR YOU

- St. Petersburg, FL

## **Red Mesa Mercado**

Walk-up burritos & other Mexican eats quick spot.

- Los Angeles, CA

## **Calle Tacos**

Family-run joint serving street fare in a quirky, muraled setting.

- Charleston, SC

## **Taco Boy**

Tacos with innovative fillings in a funky outdoor seating.

- Santa Fe, NM

## **Bumble Bee's Baja Grill**

Colorful counter-serve spot for Baja-style Mexican eats.

- Brooklyn, NY

## **Domo Taco**

Customizable Asian-inspired tacos, burritos.

- Las Vegas, NV

## **Pepe's Tacos**

Tacos, burritos & other Mexican eats 24 hours a day.

Vegas baby!

# FALLING IN LOVE WITH FALL 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.





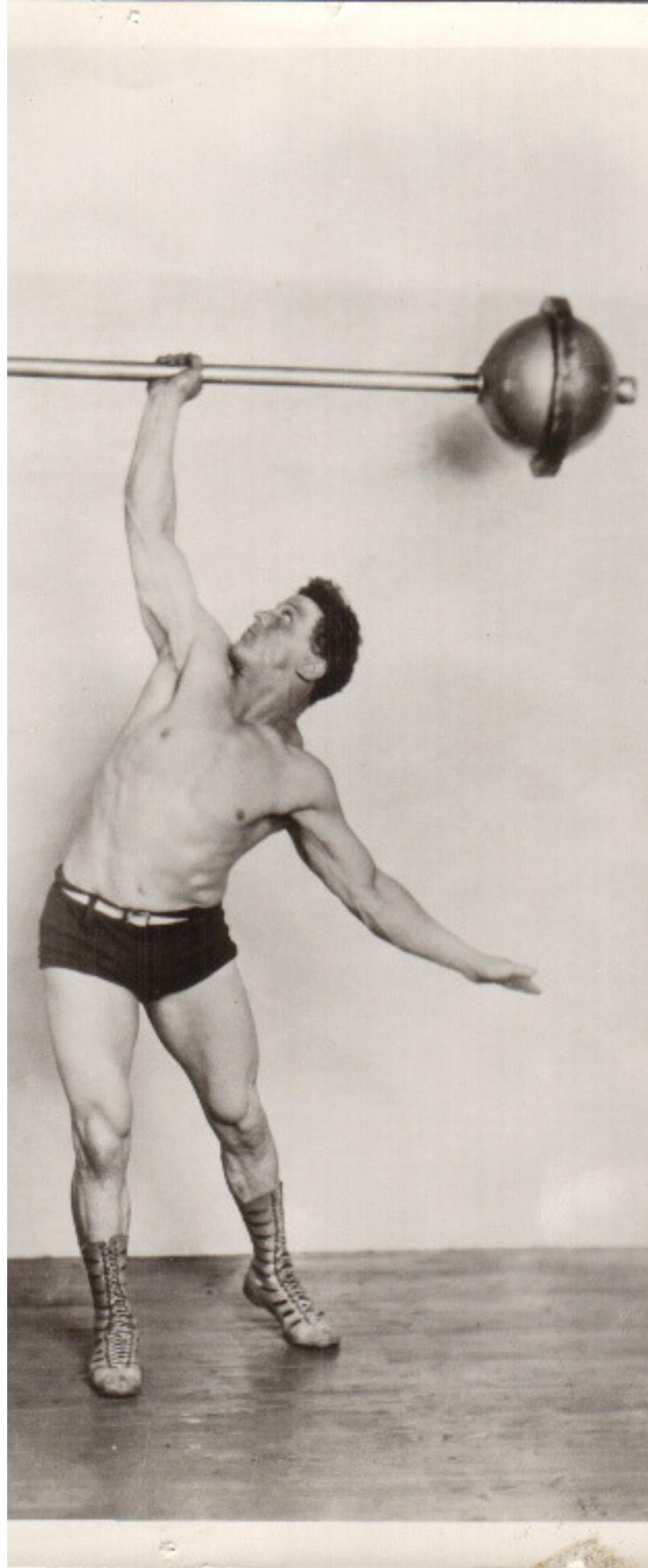
# IN THE NORTHEAST, BY THIS TIME OF THE YEAR, ALL OF YOUR FRIENDS HAVE GONE APPLE PICKING

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.





# 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.

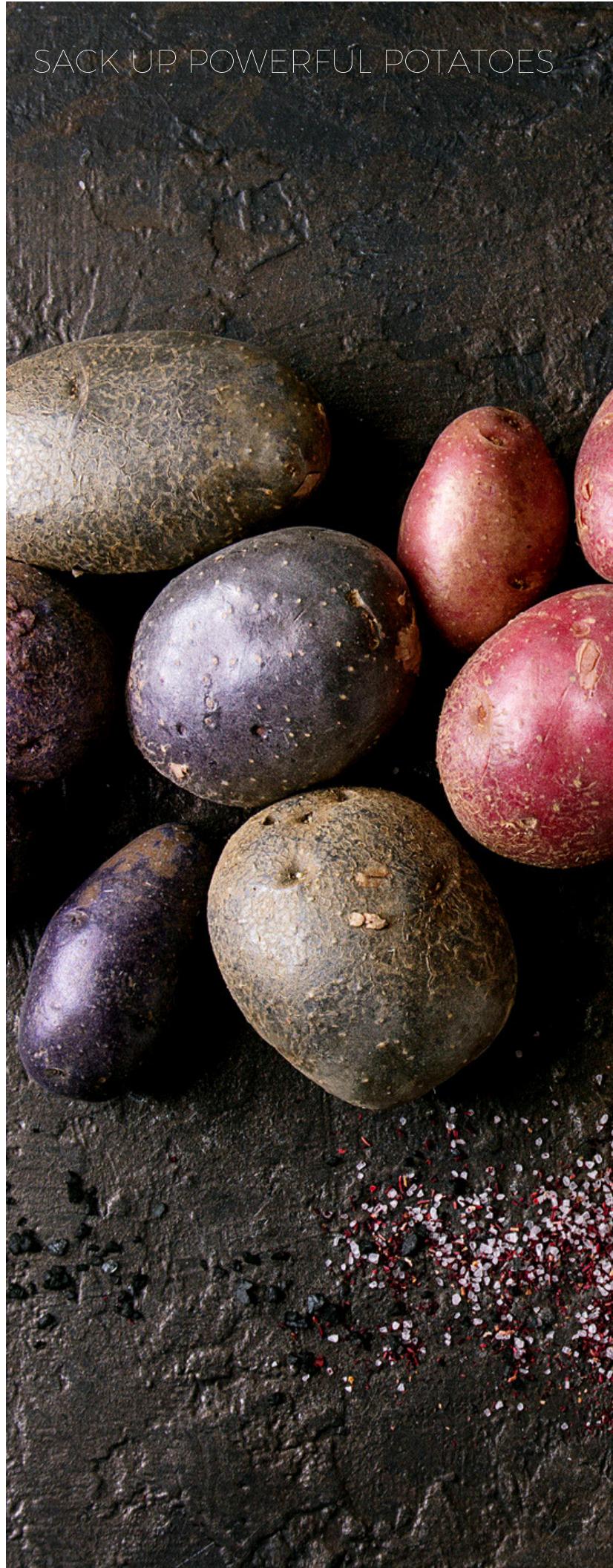
Potatoes are naturally low calorie, as long as they're not lathered in butter and oil. They also provide an excellent source of fiber and potassium—two nutrients the majority of Americans aren't getting nearly enough of. Additionally, a single potato can provide up to 45% of your daily requirement for 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!



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.

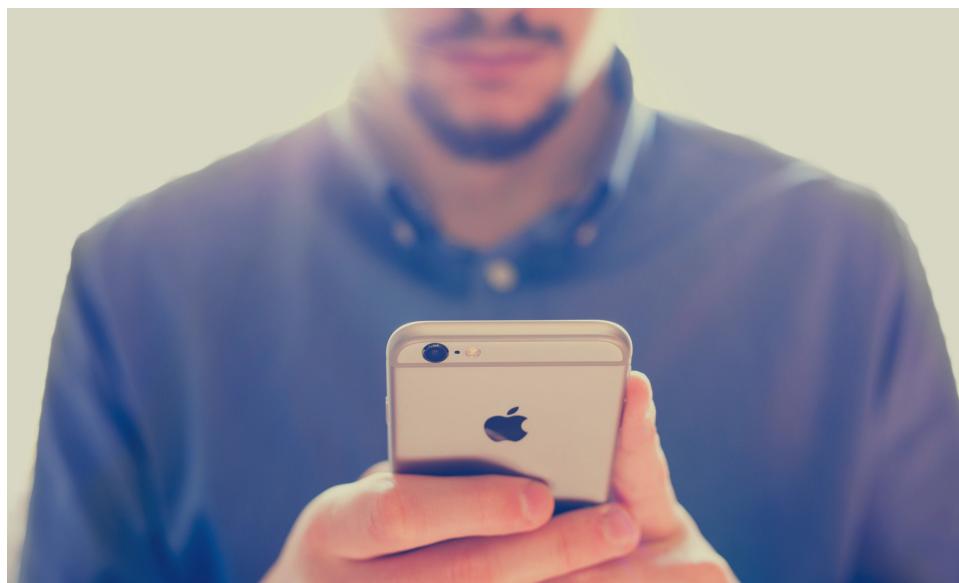
<https://www.goodpops.com/shop/>



### Lebby Dry Roasted Chickpea Snacks

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/)



## APPETIZING APPS

This fall it's all about staying engaged. With the lazy hazy days of summer behind us, it's time to get back to work but we've got to keep everything fresh. These apps will help you to do just that!



FARMSTAND  
FOR THE FRESH FOODIE



RESTAURANT ROULETTE  
FOR THE RISK TAKER



MY NEW ROOTS  
FOR THE TRANSFORMER

This app makes eating seasonally and scoring the freshest produce a whole lot easier. It uses your location to find the closest farmers' markets, plus their hours of operations. Once a market has been selected, users can scroll through photos posted by friends and other users to see what's available there.

Keeping it fresh can sometimes mean taking the thought out of what you're doing—over analysis of food options can lead to stagnation and giving up on new ideas. This app eliminates the need to think and just be adventurous.

Using this app is a visual exploration of guilt-free deliciousness for vegetarians, vegans, gluten-free and paleo diet. This is the perfect app for anyone who cares about their health and loves good food!

# A PPETIZING APPS YOU SHOULD HAVE ALREADY



BY SARAH JOHNSON

# CARBONARA

SERVES 2

INPUT:

INGREDIENTS

1/2 POUND DRY PASTA SPAGHETTI

2 TABLESPOONS OLIVE OIL

1 LARGE EGG

1 CUP FRESHLY GRATED CHEESE

PINCH-SALT

PINCH-BLACK PEPPER

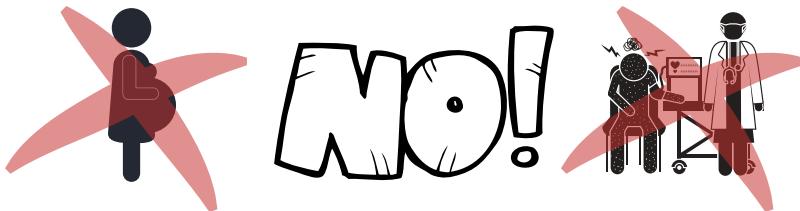
PINCH -DRIED HERBS

OUTPUT:

DIRECTIONS

- (1) BRING A POT OF SALTED WATER TO A BOIL, ADD THE PASTA AND COOK FOR 10 MINUTES.
- (2) DRAIN THE PASTA. KEEP WARM AND SET ASIDE
- (3) HEAT THE OLIVE OIL IN A SKILLET OVER MEDIUM FLAME.
- (4) ADD THE HOT, DRAINED SPAGHETTI TO THE PAN AND TOSS TO COAT THE STRANDS WITH OLIVE OIL.
- (5) BEAT THE GRATED CHEESE, EGG AND PEPPER TOGETHER.
- (6) REMOVE THE PAN FROM THE HEAT AND DRIZZLE THE EGG, PEPPER AND CHEESE MIXTURE INTO THE WARM PASTA, WHISKING RAPIDLY UNTIL THE EGGS THICKEN, BUT DO NOT SCRAMBLE: THIS IS DONE OFF THE BURNER TO ENSURE THIS DOES NOT HAPPEN. THE HEAT OF THE PASTA COOKS THE RAW EGGS IN THE SAUCE.
- (7) PLATE CARBONARA INTO WARM SERVING BOWLS AND GARNISH WITH ANY DRIED HERB YOU HAVE.

\*THIS MENU CONTAINS SEMI-RAW EGG AND SHOULD NOT BE CONSUMED BY ANYONE PREGNANT WOMEN OR IMMUNOCOMPROMISED.



# TECHIES WHO TRAVEL



## CODING AND CAPSAICAN

I love making work trips into mini-vacations. When visiting Irwindale, California I couldn't help but give the local food a try. The must eats around here are peppers; fueling the chili processing factory.

Warning: heat is not the only thing you should be careful of when dealing with peppers. Pepper followers can be as serious as the ghost pepper they worship. So, here is why they are so cray cray for peppers.

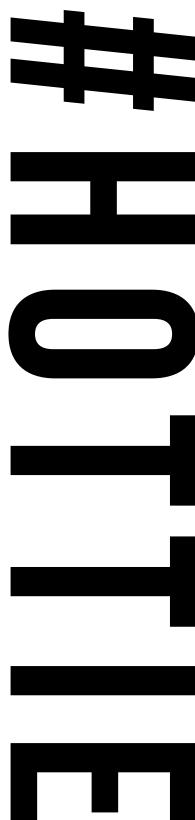
**Capsaicin.** This is the dietary compound that is responsible for the "hot and spicy" tastes of peppers and their extracts. Your body's response to this heat actually leads to a negative energy balance and the burning of fat. There has even been some studies that have shown capsaicin helps to regulate blood sugar after meals. In the July 2006 issue of The American Journal of Clinical Nutrition scientists found that the habitual consumption of meals containing capsaicin may be useful in preventing meal-induced hyperinsulinemia, or increased insulin levels, which can lead to insulin resistance and Type 2 diabetes.

# PEPPER POWER

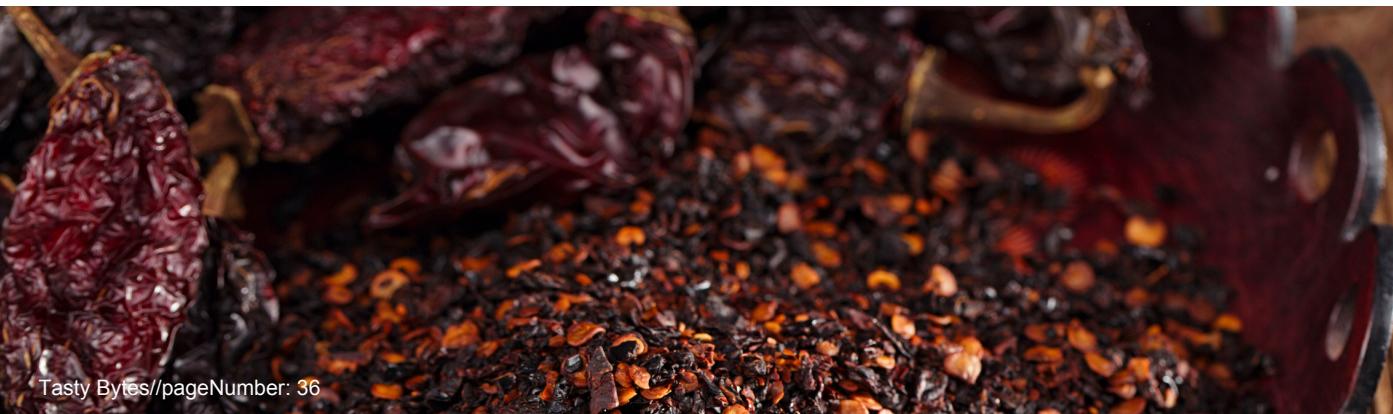
**Caloric Reduction.** Many hot sauces have close to zero calories per serving and can be used to replace high-calorie condiments such as salad dressings and mayonnaise. In addition, eating spicy foods decrease hunger hormones and increase appetite suppressing hormones leading to less overeating. Couple this with an increase in metabolism, which can even be seen in the thermal image below, and hot sauce can become a part of your weight-loss regime



**Vitamins.** The peppers used to make hot sauce are packed with vitamins A and C, which may prevent some types of cellular damage and are necessary for the production of collagen, a protein used to help improve skin, nails and help wounds heal. Furthermore, there is good evidence that eating a diet rich in antioxidants, such as peppers, is healthy and lowers risks of lots of diseases.



Now that you are well aware of the health benefits of hot sauce, go bravely into the heat!



# TECHNOLOGY FREE MEALS



FORK UP. PHONE DOWN.

FREE

This mindful eating tool will help you achieve your wellness goals by allowing you to appreciate your meals without the constant interruption of work and personal emails, tweets, text messages, and alerts.

Fork Up Phone Down helps to build wellness boundaries by establishing time just for nutrition, not multitasking. Breakfast is set for 15 minutes. Lunch is set for 20 minutes. Dinner is set for 30 minutes.

This app provides you with designated time to enjoy essential nourishment and may help with stress and emotional eating.



# POT INSTANT

## What is it?

Most of us remember having meals coming right out of a giant crock pot. It may have been at grandma's house or maybe at a community pot-luck where meats and veggies with sauce would cook for hours and hours and hours, but they would come out super tender. Fast-forward to today and we have instant pots—these are programmable pressure cookers. These devices speed up cooking between 2-10 times and use 70% less energy than conventional cookers. Some of them are Wifi enabled so the cooking process can be monitored from just about anywhere.

## Is it safe?

If used properly it is perfectly safe but there are some precautions you should take. You should not fill the instant pot with too much liquid or foods that expand, like beans, because it may put too much pressure on the pot. Also, make sure the lid is locked properly and you let it cook until complete—no peeking.

## Do I need it?

The programmable part works for me so I can have things ready right after I get home, but this product isn't really a must have unless you love cooking lots of a meal to have leftovers.



# MAKING IT IN AMERICA



MAKING IT IN AMERICA

BY JENNIFER KORDLY

By way of the New York City subway, off the Jamaica train station at the end of the line, lies a small college campus and within that small campus is a tiny room with a very big idea. An idea to introduce halal food to the masses in a tech friendly and tasty way.

This idea was created by a group of five undergraduates, four from the food and nutrition department and one from the computer science department. This group has been quietly meeting during the hot summer months coding, tasting and making in preparation to launch their first app.

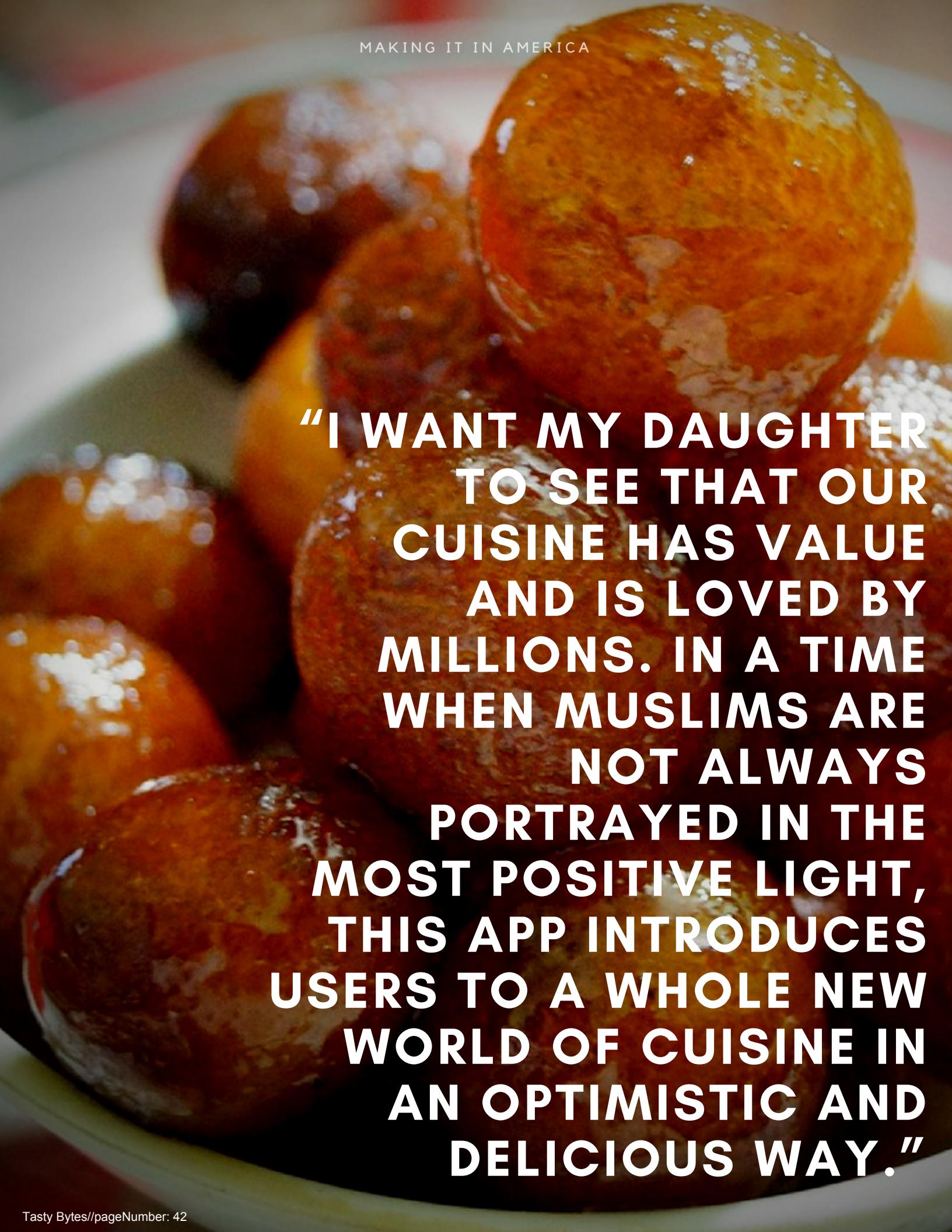
In response to the desire to build, in summer 2018, The Tech Incubator at Queens College (TIQC) launched SIMMER, a tech and food collaboration uniting students from multidisciplinary fields to create food and health related technologies. SIMMER began app development of its first food and tech app titled, Hungry4Halal. This mobile application connects users with halal cuisine through recipes, restaurant mapping and engaging video content.





These enterprising students from The City University of New York are: Afroja Mustofa, a new mother, wife and senior in the Department of Family, Nutrition and Exercise Sciences program, balancing her time creating the app with her job, family and studies. Christopher Almodovar, a Navy veteran with a desire to reinvent himself and an uncanny ability to peacefully keep the team on track during the chaotic development process. Sharmin Joya, another woman on the team, is fashion forward and has been scouring the five boroughs adding halal friendly restaurants to the mapping section of the app. Kashfi Fahim, the lone Computer Science major with a background in project management who has a desire to connect food and technology. Rumana Rumman, the center for the group. She has been curating and creating hundreds of halal recipes, testing and sorting with a passionate precision.

This diverse group is led by two vanguard professors: one from Information Technology Department with Chinese ethnicity and the other from the Nutrition Sciences with a family tree stemming from Italy. This unlikely group may have bitten off more than they could chew by learning to build a functional app, familiarizing themselves with code development, gather and create all app content, market and launch the application—all in one entrepreneurial filled summer! However, somehow, they did it. Now in the post-launch stage without missing a beat they joyfully plan the 2.0 version for 2019.



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AN OPTIMISTIC AND  
DELICIOUS WAY."**

For the non-halal readers, including myself, here is a quick low down on what is halal food. Halal is an Arabic word meaning lawful or permitted. In reference to food, it is the Muslim dietary standard. A few major points are you are only allowed to eat meat that has been prepared in a specific humane way. Additionally, a few foods are off the table like pork, alcohol, lard and blood not that this is a big one these days. Overall, halal food is about understanding community, culture and culinary.

"I am really proud to be a part of this project and think it's needed in the halal community. I want my daughter to see that our cuisine has value and is loved by millions. In a time when Muslims are not always portrayed in the most positive light, this app introduces users to a whole new world of cuisine in an optimistic and delicious way." Afroja.

The app is free and available for download on iOS and Android.



# THE NIGHTMARE OF CANDY SEASON



Being prepared can help relieve your worries and get you feeling boo-tiful. So, here are three ways to get you through all-hallows-eve without going batty:



**1** Freeze it. Many of my patients have trouble with impulse control around food. A super easy trick is to pop your goodies in the freezer. First, we avoid the bag of candy being in eye shot every time we enter the kitchen and, second, we have to wait just a bit to get the treat back to room temperature before gobbling it up. I know it seems like a very small difference but building small obstacles can delay you or even stop your constant grazing. Small steps can help you become mindful when you eat. Being aware of the choices you make helps you claim ownership and create personal food responsibility. This can help keep the pounds off.

Go Fancy. Instead of just ripping into countless mini-chocolate bars throughout the day, go for the big score at night. Make dessert after dinner your chocolate time. Keep your bars but add some cheese and maybe even some grapes. Setting a time for sweets can create positive wellness boundaries and when our cheese, fruit and sweet tray is gone we know we are done.

**2**

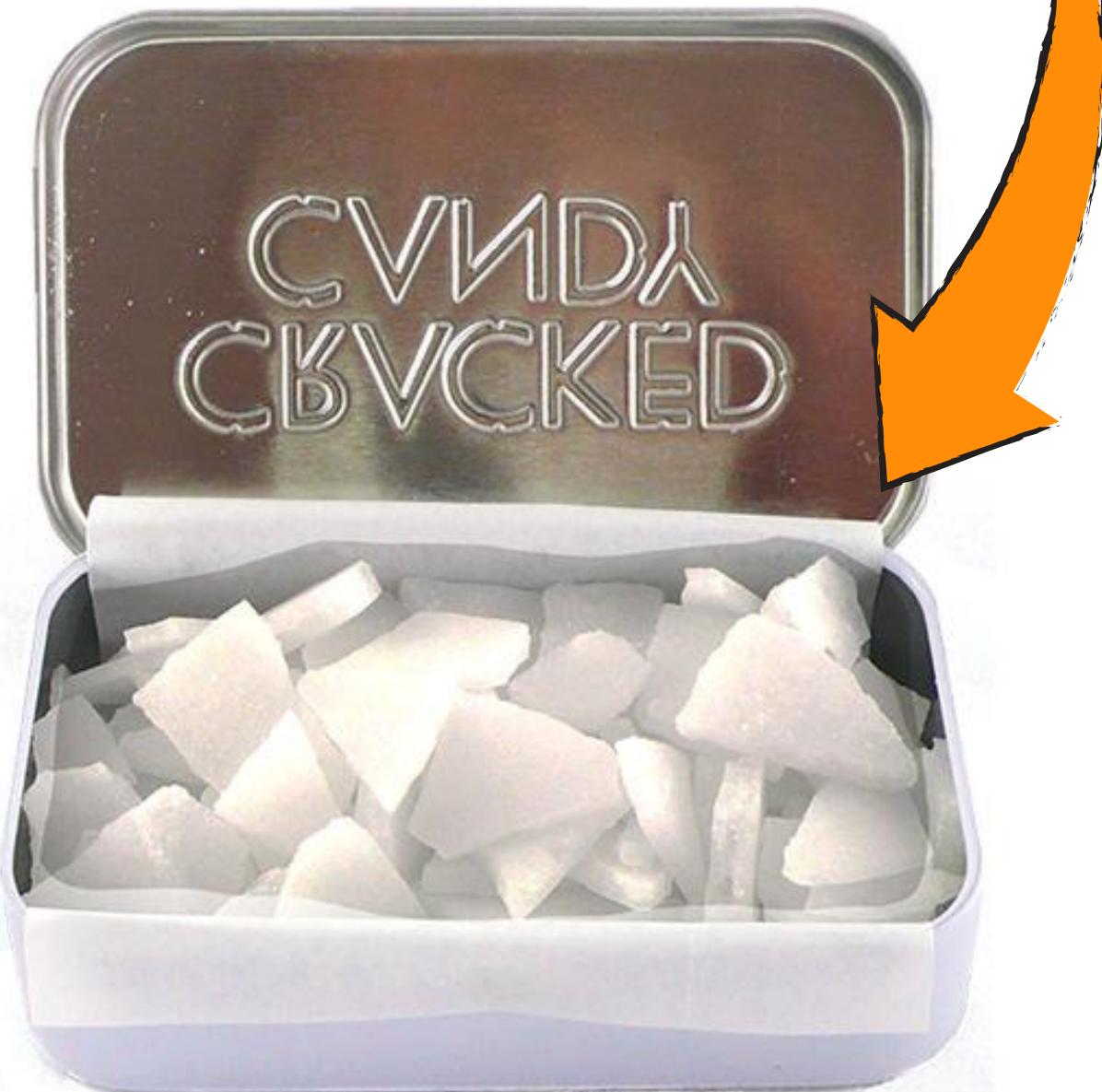
**3**

Be Tempting. Pick a sexy costume. Well, most of you have that down pat already (I'm looking at you sexy Harry Potter in your 40's.) But choosing a costume that makes you feel attractive may play a positive role in giving you a goal for the big day. Dressing as a peep or dice gives you very little motivation to walk past that bright orange over-filled treat bowl at work. However you choose to celebrate this year try embracing being scared. It can be thrilling if you learn to accept the high and lows and remember it's not the end of the world....or is it!??!

# OUR PICK FOR NOT SCARY CANDY



NATURALLY SWEETENED WITH NON GMO XYLITOL. WHAT'S XYLITOL? IT'S A NATURAL SUGAR SUBSTITUTE THAT STRENGTHENS TEETH, REDUCES NEW TOOTH DECAY AND CAVITY-CAUSING BACTERIA.



CRACKEDCANDY





# NO FREE LUNCH!??

We usually stay out of politics but when they start messing with our freebie foods we have no choice but to make you guys aware. They are after your snacks! San Francisco Supervisors Aaron Peskin and Ahsha Safai are proposing to prohibit companies from offering on-site cafeterias in an effort to inspire workers to buy their meals from local eateries.

We encourage you to give them a mouthful about their idea.

@AaronPeskin



@ahsha\_safai

OMG. We are ONE! Happy Bday to US!



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