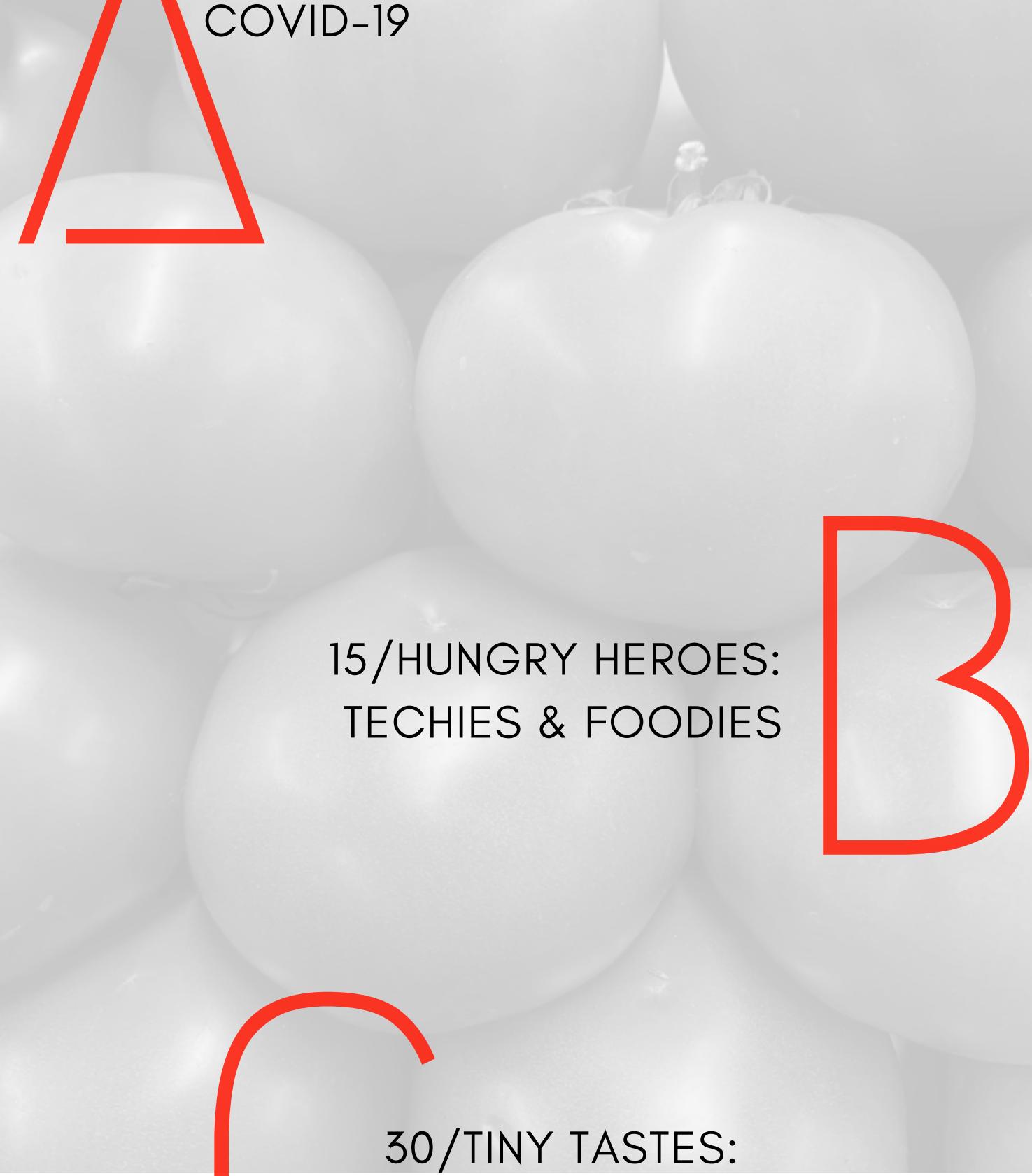


WHAT TO EAT TO SURVIVE  
COVID-19

HUNGRY HEROES:  
TECHIES & FOODIES

TINY TASTES:  
BIG FUN FOLLOW





# 8/WHAT TO EAT TO SURVIVE COVID-19



## 15/HUNGRY HEROES: TECHIES & FOODIES



## 30/TINY TASTES: BIG FUN FOLLOW



# TAKEOUT TAKEOVER



By Miguel Ángel García

# Feeding Yourself is hard!

We all know that there is a Takeout Takeover going on across the US. Yes, food delivery and pickup apps have helped us to wave some of the shame of never cooking for ourselves but at some point even I can't live on sushi or burritos. So during this time of pause I took it upon myself to learn a bit about how to cook the foods I love on the outside, inside. If I can master algorithms and coding I am sure I can master some basic culinary skills--that is with a bit of help from technology and pre-prepared foods.

BUT WE MAKE  
IT EASY-ISH.

Along with the shame of eating to-go all the time, I have put on a few pandemic pounds. It has really rounded out my binge butt, so hopefully a little at home cooking, takeout style, will get me moving in a healthy direction. Now to replicate the to-go without the no-no.





## EQUIPMENT:

I was finding that I could never get my food as crispy as the restaurants, so my friend Rebecca tipped me off to the Philips Airfryer XXL. It got delivered in about 2 days (thanks Amazon!) It prepares restaurant quality fried foods faster than an oven, with up to 90% less fat, right at home. She said with the Philips Airfryer XXL she was able to make wings and French fries that are just as crispy as deep-fried results that you'd get from ordering take-out. What really sold me was that it cooks in half the time.



## FOODS:

Van's Kitchen Egg Rolls. I've seen these around my grocery store but since I couldn't get there this week I ordered them from the Van's Kitchen website. I didn't realize how much I was missing Asian flavored food. What I enjoyed about Van's Kitchen Egg Rolls is that I could make them as a snack or an appetizer in my Airfryer. Also, I got to use those Chinese sauce packets that have been living in my drawer for 2 years —bonus.

Callicrate Wagyu Ribeye. I needed to get a blockbuster food for a birthday and I may have gone a bit over the top. I used bytable Marketplace and bought 2.2 pounds of boneless Wagyu ribeye. This steak was as good as any restaurant I've been to in the past year, if not better. I did set off the smoke alarm twice since I was cooking on such high heat but the flavor was perfect. Best part is about 70-80% of the cost goes directly to the farmers.

Sach Foods' Original Paneer. It is made with delicious, organic grass-fed milk. Paneer is a firm, high-protein, fresh cheese that doesn't melt, making a great vegetarian protein for stews, curries, and other cooked dishes.

We will wait for you restaurants we love

# OPENING HOURS

MON : CLOSED

TUES : CLOSED

WEDS : CLOSED

THUR : CLOSED

FRI : CLOSED

SAT : CLOSED

SUN : CLOSED





/ SERVES: 2

### INGREDIENTS

- (2) tablespoons instant coffee
- (2) tablespoons granulated sugar
- (2) tablespoons boiling water
- (1) cup milk of choice (regular milk, soy, almond or oat)

# WHIPPED COFFEE

SM/SIP MADNESS



### WHIP IT GOOD!

### INSTRUCTIONS

- (1) Add the coffee, sugar and boiling water in a bowl.
- (2) Using a hand mixer, stand mixer or a fork, whip for about 2 minutes.
- (3) Add the coffee to an 8-ounce glass of milk.
- (4) Using a spoon or straw, stir vigorously to swirl it into your milk.
- (5) Sip and enjoy.

# WHAT TO EAT TO SURVIVE COVID-19

PANDEMIC PROVISIONS

BY TASTY BYTES STAFF



We at Tasty Bytes Magazine are big fans of self-quarantine and social distancing--we thought it was called being a coder. But in all seriousness, folks are scared, and we have received a lot of food related questions about how to use nourishment to avoid or mitigate damage from the virus. So, we talked to our experts, digitally of course; here is the lowdown on the slowdown of COVID-19.

# CAN YOU SPEAK ABOUT THE BENEFITS OF AMINO ACIDS AND TRACE MINERALS RELATED TO IMMUNITY?

"Amino acids are the building blocks of protein and all of our antibody responses, cell-mediated immunity, and natural killer (NK) cells are made of proteins. When we're about to undergo a treatment, surgery or are recovering we have an increased need for amino acids. If those amino acids are not supplied by our diet, then they will be taken from other places in the body, but this takes time and weakens us. We want a functional immune system to help protect against or limit infections including viruses or at the very least allow us to recover from an infection. But this immune response needs more than just protein. It needs a host of trace minerals.

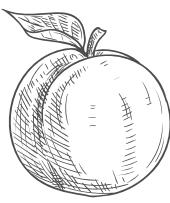
These are items that we should be getting in our diet but when we are feeling sick, we tend to eat less. Zinc, copper and selenium are some of the most important trace minerals for our immune system. But don't go running for a pill to protect yourself. Zinc and copper use the same pathways into the body; taking too much of either has been shown to depress the immune system. It's best to get these trace minerals in food form because they are less likely to have an adverse reaction than pills. Some go-to foods to increase protein, zinc, selenium and copper in your diet are liver (beef or chicken), fish/shellfish, eggs, nuts, seeds and lentils. Add some of these foods throughout your week to keep your immune system in tip top shape and be ready to fight whatever nature throws at you." said Scott Keatley, RD, of Keatley Medical Nutrition Therapy.





# **WHAT ARE SOME FOODS YOU WOULD RECOMMEND TO PREVENT A POTENTIAL VIRUS AND/OR MANAGE SYMPTOMS?**

Beth Warren, R.D., founder of Beth Warren Nutrition and author of *Secrets of a Kosher Girl* suggests chicken soup and other broths – “There’s a reason why chicken broth is always a top featured recommendation when it comes to feeling sick. It provides vitamins, minerals and proteins your body needs to fight a fever. Plus, the fluids help to keep your body hydrated which is a vital necessity during a sickness. If feeling congested, chicken broth is also shown to be an effective natural decongestant that can help clear excess nasal mucous. I also like coconut water. Aside from providing the benefit of hydration, the natural potassium in coconut water, an electrolyte, can also help to keep up your energy levels when fighting a virus. Plus, with its antioxidants, coconut water can help you fight oxidative damage. Finally, bananas are easy to chew and swallow which is helpful if feeling a lack of appetite or a sore throat. They’re especially a good choice to eat while sick because of their vitamins and minerals like potassium, magnesium, vitamin C, and vitamin B6. Plus, they help strengthen your immunity by increasing white blood cell production—your body’s natural defense system.”



/ MAKES: 1/2 GALLON

## INGREDIENTS

(3) tablespoons Dried Echinacea  
(8) cups Boiling Hot Water  
(1/4) cup Honey  
Juice of 1 Lemon  
(4) Peaches, pits removed, juiced  
Ice

# IMMUNITY ICED TEA

SM/SIP MADNESS

## PEACHY KEEN!

## INSTRUCTIONS

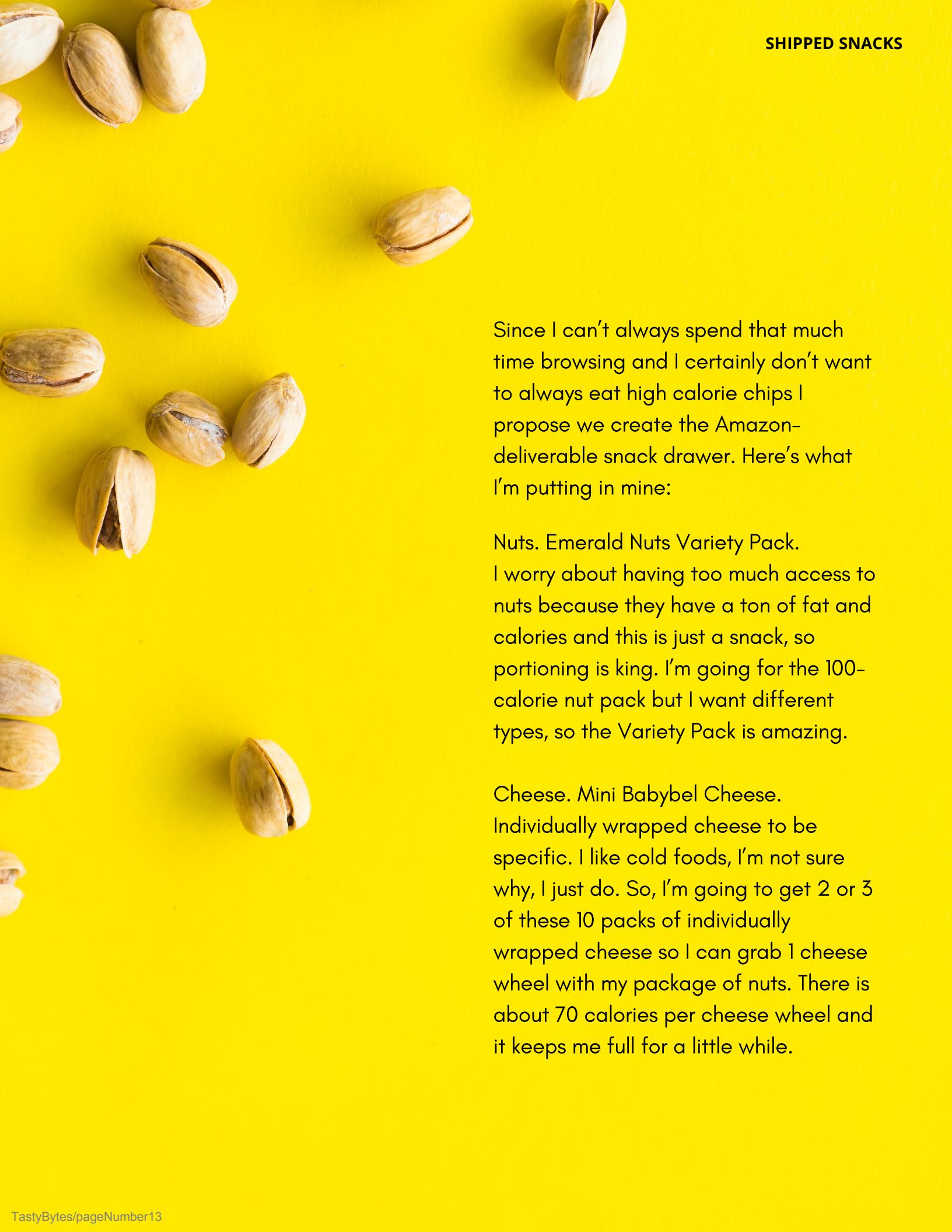
- (1) Place the tea leaves in a half gallon pitcher (glass is best).
- (2) Add the boiling water over the tea leaves.
- (3) Cover loosely and let steep for 3-7 hours or until the tea is cool.
- (4) Pour the tea through a strainer into a pitcher and toss the leaves.
- (5) Stir the honey.
- (6) Add the lemon juice and peach juice.
- (7) Serve over ice.



# HOME OFFICE EATS: SHIPPED SNACKS

BY ASHA LONG

Remember the days when you could go into the breakroom or the cafeteria, grab a snack and head back to your desk? Many companies are limiting access to avoid gatherings but even more of us are working from home. If you're like me then when you want to grab a snack you get up, go to the kitchen and stare blankly into the refrigerator waiting for inspiration to strike. What feels like an hour later I've given up on the fridge items and have a bag of Cheetos, which means I can't get back to work for like an hour because I've got orange dust all over my hands—thanks Chester (he's the cheetah on the bag).



Since I can't always spend that much time browsing and I certainly don't want to always eat high calorie chips I propose we create the Amazon-deliverable snack drawer. Here's what I'm putting in mine:

Nuts. Emerald Nuts Variety Pack.  
I worry about having too much access to nuts because they have a ton of fat and calories and this is just a snack, so portioning is king. I'm going for the 100-calorie nut pack but I want different types, so the Variety Pack is amazing.

Cheese. Mini Babybel Cheese.  
Individually wrapped cheese to be specific. I like cold foods, I'm not sure why, I just do. So, I'm going to get 2 or 3 of these 10 packs of individually wrapped cheese so I can grab 1 cheese wheel with my package of nuts. There is about 70 calories per cheese wheel and it keeps me full for a little while.



Jerky. Jack Link's Beef Jerky.

I know these are a little expensive but the act of chewing releases "feel good" chemicals in our brains and when I'm snacking I want to feel good! This jerky is packaged in small enough containers that it's only about 50 calories per bag. They're shelf stable so I know I can grab one any time I'm ready to snack.

Fish. StarKist Tuna Creations.

I'm not at the office right now but I still don't microwave a lot of fish. I love these pouches because most of the water is already gone and they are already flavored. At under 100-calories per pouch, I've got no problem opening one and gobbling it down. Sometimes, I don't even put it in a bowl, I eat right from the pouch—don't tell anyone.

**LIKE EVERYTHING ELSE ON EARTH ALL THESE ARE AVAILABLE ON AMAZON!**

Fruit. Gourmet Fruit Basket.

I want to have a grab and go basket of fruit available, but I can't always get to the grocery store to fill up. What better way to show how valuable I am to the company then to give myself a fruit basket. Yes it's more expensive than my neighborhood store but it's 20 pounds of fruit people. That's enough for the entire month!

However you build your home office snack drawer try to mix in some fresh items with shelf stable items, proteins with starches and fruit and crunchy foods with softer foods. Almost everything on this list holds well for a while (fruit excluded) so buy in bulk and portion out as needed. Stay home and snack on.



# HUNGRY HEROES: TECHIES + FOODIES

In these unprecedented times we look away from the comic book heroes that dominated the past few years and towards the ordinary people (and their businesses) that are leveraging their skills to help us all. With social distancing looking to be around for a while, who better than techies and foodies to bring us all together. These three individuals and businesses are showing us that we can overcome any problem we encounter.

# INDIAN CANTEEN



Adda Indian Canteen, the critically acclaimed Indian restaurant in Long Island City, NY, whose name means “a place where people hang out”—was fully reliant on in-restaurant dining before the pandemic. Since social distancing started, owner Roni Mazumdar, Chef Chintan Pandya, and their team have shifted their efforts to takeout/delivery as a means to stay open and keep paying staff.

They have started a GoFundMe campaign for their team that people can support, plus working with OffTheirPlate to provide meals to frontline workers and Rethink Food to support those who are hurting and have recently lost jobs in shelters. Additionally, the public can sponsor a meal via Feed the Frontline’s venmo. Each meal is \$10 and covers the cost of logistics, food prep, and delivery. Anyone can also sponsor a hospital team meal by contacting [hello@addanyc.com](mailto:hello@addanyc.com).

[addanyc.com/support](http://addanyc.com/support)



## POCKETALK

When there is a rush to the hospitals there is also a rush to use translators, who like all medical workers have been overwhelmed. Pocketalk Relief Program saw widespread interest from all corners of the U.S. and has officially donated more than 850 Pocketalks to 41 states.

Pocketalk is a multi-sensory, two-way translation device. With a large touchscreen, noise-cancelling microphones and a text-to-translate camera, Pocketalk is able to create connections across 74 different languages. The sleek design is equipped with high-quality, noise-cancelling microphones and two powerful speakers so it's easy to have full conversations, even in noisy environments. The camera instantly recognizes and translates text, the written word, and signs.

These allow medical professionals to efficiently and accurately translate symptoms and prescribe treatments for non-English speakers - without putting translators in harm's way of the virus.

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Slice (the online and mobile ordering platform for local pizzerias) has launched Pizza vs. Pandemic: Feed care workers, support small biz. Pizza vs. Pandemic is helping support those working around the clock by arranging for hundreds of pizzas from independent pizzerias to be sent to workers at care centers, hospitals, clinics, shelters, etc.

Slice is leveraging their technology platform, raising over \$442K and has already delivered 18.2K pizza pies! Every dollar has gone to help feed those putting their lives on the line. These pizza orders also provide much-needed revenue to local restaurants serving food to its community.

You can join their cause by making a donation via Slice Out Hunger at [sliceouthunger.org](http://sliceouthunger.org). Slice takes care of the logistics between local pizzerias and care centers in the greatest areas of need. Additionally, those who know of groups of workers who need help can tweet @SliceOutHunger to let them know.



# BEACH BOOL

By Lucian Harmon

## Summer Facts

The bool type is the result type of comparison and equality operators. In layman's terms, true or false. Note: Before you send us an email about our code, we know it won't work but we love it anyways!

<summer fact 01>

boolen Watermelon;  
watermelon originated in the Kalahari Desert region in Africa = true

<!-- COMMENT -->

which is interesting because the average watermelon is 92 percent water

</summer fact 01>

<summer fact 02>

boolen Fishing;  
fishing is the number one summer pastime in the United States = false

<!-- COMMENT -->

the first person to write in English about using a fishing rod was Dame Juliana Berners in 1496

</summer fact 02>

<summer fact 03>

boolen Potato Salad;  
the US produces over 21 metric tons of potato salad every year = true

<!-- COMMENT -->

this average out to about 150 pounds of potato salad for every man, woman and child in the country

</summer fact 03>

<summer fact 04>

boolean Tomato  
tomatoes are poisonous = false

<!-- COMMENT -->

up until the mid-19th century, many cultures thought the tomato was poisonous because it's related to the nightshade family.

</summer fact 04>

# GLOBAL GRUB: NO WORRIES WAIKIKI

By Gina Keatley



Today I choose  
joy

Nothing is needed more now than "No worries". This simple universal phrase is an amazingly international concept. It's not just a two word place holder for everything from "I understand you" to "of course"; it's

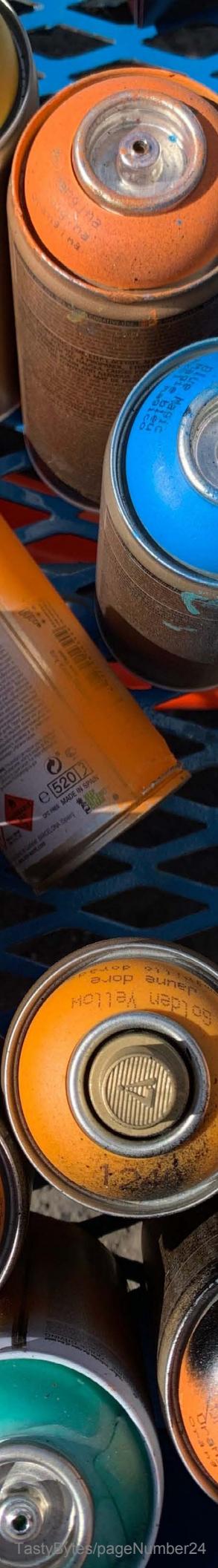
a lifestyle of support and community and no one does no worries better than Hawaii. This small group of islands that are the furthest from any landmass in the world could not be a better choice for this issue's Global Grub. We have all felt a bit isolated over the last few months but luckily for us the world is opening back up; what better time to start living again then now and where better than Waikiki.

Waikiki is a walking city and morning starts pretty early, so I got my nose all zinced up and headed for a super-hyper-local breakfast at Heavenly Island Lifestyle. This marvelous hipster breakfast spot serves everything from local eggs benedict made with homemade hollandaise sauce, lilikoi butter served with Okinawa purple potato & fresh local salad to Loco Moco the go to breakfast for Hawaiian cuisine. There's the 100% Big Island Kulana beef, a ginger soy glaze, and veggies galore.

After breakfast, I like all mainlanders head over to get my butt kicked at surfing. There are tons of board rentals and nothing makes you feel as out of shape and a million years old then as carrying a board while natives dive out of your way for their safety. After getting thrown out of the ocean like a billion times but also spotting a huge turtle I headed out to do what I do best, look at things, talk to people and eat. So, after a quick stop at Musubi Café for some Spam musubi I went back to the hotel for some balcony sitting.

I munched on this popular snack that composed of a slice of grilled Spam on top of a block of rice, bound together with nori in the traditional omusubi style. Inexpensive, portable and an interesting must try bite in Hawaii.





After some suggestions from my hotel, Shoreline, I walked to Kakaako. Cooke Street was my access to a district bursting with unique, animated murals around every corner. This up-and-coming area is filled with street art (and now Segway tours). I stopped to chat with @Dragon76art which also doubles as his IG name. This NYC based street artist has been painting since he was 11 and participates in the annual Pow! Wow! street art festival. He and hundreds of other muralists help to make this district a colorful walk-through gallery of metropolitan art. A great way to work off breakfast if you're stuck using your legs like the other non-Segwayers and it's also free. #bonus. Saving some cash on an entrance fee gives you more skratch for buying locally created works.





There are tons of great lunches. You can check out Marukame Udon a casual Japanese restaurant specializing in noodles with great broths but has the line to match. Or you can enjoy sushi madness at Kaku's Sushi & Seafood Buffet. This is run by a husband and wife team that has the need to feed. Kaku Makino is known for his "All-You-Can-Eat" Asian fusion style and has recently heard the call of Hawaii. They go through thousands of pieces of sushi a day and are just steps from the beach. They also have piping hot crab leg mounds available for dinner.

If you're in the mood for meats, you can try the all you can eat at Gyu-Kaku Japanese BBQ. They have a system in place providing a thrilling experience allowing you to enjoy barbecuing at your own table in a smokeless roaster and keeping your eyebrows intact.



I didn't have time to stay for dinner because I was heading back to my hotel for Pau Hana, Hawaiian for "the time after work". I was booked with a few other guests to make Haku Flower Crowns with Jennifer our flower guide from The Happy Haku. After getting all flowered up, arts and crafts style. I finished my evening at Yokocho. This gourmet contemporary food hall serves a range of options such as ramen, sushi & tempura. They also have vintage video games and loud locals that make this place a great finish to a super filled Hawaiian day. As you can see there is a lot to do and eat in Waikiki with a real international vibe and no car is required. So, whether you spend the day sipping coconuts at the base of Diamond Head, chill with a shaved ice at Barefoot Beach Cafe or get some creamy poi at the Eating House 1849 Waikiki it's all good and no worries. After all this is Hawaii. Aloha.

# GET ZOOMED HAPPY HOUR



"It's 5' o'clock somewhere" is a phrase usually uttered by those who are having an alcoholic beverage a little bit early in the day. However, with the advent of Zoom Happy Hours you may be having drinks with people at all hours of the day or night and between friends, family and coworkers we feel you may need some inspiration both for your drinks and your "it may be 5 o'clock in London but it's 9 a.m. on the West Coast" beverage.

We sought inspiration from some of the best bartenders in the world and here is what they recommend.

I'm kinda drunk already



# INSPIRATION

Glass: Margarita

Ingredients:

1.5 ounces of blanco Tequila (made with 100% agave)  
3/4 ounce premium triple sec (Cointreau or Merlet)  
1 ounce of freshly squeezed lime juice  
1/4 ounce agave syrup  
salt  
fresh lime wheel

A PERFECT MARGARITA  
By MICHELIN'S BIB GOURMAND  
RESTAURANT - GRAN ELÉCTRICA

Directions:

- (1) Combine all ingredients in a shaker tin filled with ice.
- (2) Shake tin for 15-20 seconds to chill and dilute the cocktail, then strain over salt-rimmed, ice-filled rocks glass.
- (3) Garnish your margarita with a fresh lime wheel.



# SIMPLY MOCKTAILS

Beet It' zero-proof cocktail  
by Katie Tobin bar manager at  
The Aquifer at New Riff  
Distilling

Glass: Highball

Ingredients:

- 10 drops beet juice (available in most groceries or Knudsen's via Instacart)
- 1.5 oz lime juice
- 1 oz vanilla simple syrup
- 1 oz ginger beer

Directions:

- (1) Add lime juice, vanilla simple syrup and ice in a cocktail shaker and shake.
- (2) In a highball glass, add beet juice and fill w/ ice.
- (3) Strain juice mixture into glass and float ginger beer on top.

# TINY TASTES: BIG FUN FOLLOW

*MY NAME IS TOMOKO MISUMI.  
I AM A MINIATURE FOOD ARTIST.*



**How long does it take you to make these unique creations?**

One to three days for some items, but it takes several weeks to make osechi and bento because of the many processes for all the items. "Osechi" are traditional foods which are eaten by a lot of Japanese on New Year's Day.

**You seem really passionate about your miniatures. Why did you pick food as a focus?**

I love eating but the design of food is also important. I am very interested in the package design as well. And I think if I make those things smaller, they will appeal to others as well.



**People can obtain joy from your videos/posts, but they can also purchase some of your creations. How do they do this? Can they be shipped worldwide?**

I can't make too many of them, so I sell them only in Japan. I sometimes sell them on the handmade site minne or even list them on Yahoo Japan auctions.

**You live with your husband and dog in Fukuoka (near Kumamoto), Japan are they allowed in your workshop? Do they ever help?**

When I complete a miniature item, this first thing I do is show it to my husband. When I have a few design ideas and I don't know which one to choose, my husband's first impression helps guide my decision. My husband has a very different profession from miniatures and design, so his opinions are very helpful.

My dog, Tchaiko, always makes me feel relaxed. When I work, she sits on my lap and is quiet. It helps me focus.





**Has anyone ever tried to eat them since they look so much like real food?**

Nobody has yet. The miniature foods I made look like real in the photos, but actually seeing them, they are so small that you can't mistake them for food.

**You use technology to show the world your creations, do you use any interesting technology when making your miniatures?**

I am self-taught to make miniatures, so I am always looking for ways to make them. I have created a few tools for this.

**Can I learn how to do this from you (classes)?**

Yes you can. The method of making is published on the online lesson sites MIROOM, YouTube and IGTV.



**Is there anything else you would like to share?**

It's difficult to go out these days. That's why I want to make foods and cute things from around the world into miniatures. I want to make many people just a little bit happy.

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/interviewing vanguard foodies doing tech related projects/  
**Zachary Witman, Founder/CEO, GrowSquares**

## Can you tell us a bit about your overall foodie philosophy?

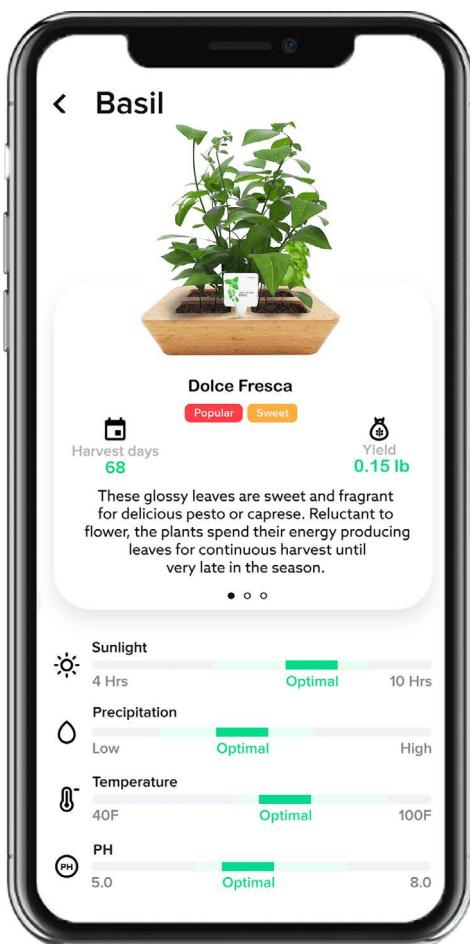
While it's widely understood switching to a veggie-based diet can greatly reduce one's environmental footprint (even the odd-meatless meal helps!), what's often overlooked is the enormous impact transporting household vegetables has on our environment. For example, delivering just one pound of asparagus to your local grocery store can often emit over 20lbs of carbon! The problem is so great that in New York - where GrowSquares is based - it's estimated that if someone were to switch to a local-only diet, they would be able to reduce their total greenhouse gas emissions by more than 25%. That's why solutions like GrowSquares will be so important moving forward.

## Why gardens? What makes this important to you?

I've been gardening since I was a kid. Whether it was digging up a patch of my parent's otherwise perfectly manicured lawn to plant tomatoes (sorry mom), growing chili peppers in my 100 square foot dorm room or even planting brussels sprouts on my apartment's fire escape to spruce up a less than scenic view, gardening has always been a part of my life. From the delicious food it yields to the excitement of working with nature to create something beautiful from scratch, gardening has and will always continue to fascinate me.

## What is GrowSquares?

GrowSquares engineers personalized gardens with the aid of advanced microbiology and data science. Our team has developed an app that identifies the best herbs and vegetables for any particular environment along with the nutrients, minerals, and bacteria missing from its native soil. We aggregate and package those components (seeds included) into modular square-foot blocks, wrap them in a biodegradable casing and deliver them directly to users.



Once our gardens are up and running the app begins making tailored watering, harvesting, and troubleshooting recommendations based on a user's live environmental conditions and the underlying performance of each of their plants.





**Your team just won the Tech Incubator  
at Queens College (TIQC) PitchFest  
2020, how will this help you?**

Honestly, we were just thrilled to have been a part of the event and want to thank the whole team at TIQC for organizing such a fun and rewarding evening. The audience seemed to really understand the value of our product and I'm still responding to notes from attendees about the gardening systems they bought from us after hearing our pitch! In terms of what it may lead to, your guess is as good as mine, but I think it helps cement the idea that if our product can gain adopters in Queens – not quite the first place one thinks about gardening – it can be understood and adopted anywhere.

**GROWSQUARES IS  
ACCEPTING ORDERS  
DIRECTLY FROM OUR  
WEBSITE  
([WWW.GROWSQUARES.COM](http://WWW.GROWSQUARES.COM))  
WITH IN-APP  
PURCHASES EXPECTED  
TO LAUNCH  
SHORTLY!**



the average desktop has 400 times more bacteria than the average toilet seat.

# FOOD PRODUCTS TO CLEAN UR HOME OFFICE

Whether you want to avoid some of the chemicals in standard cleaning products or if you're having difficulty getting your hands on some, there are some common foods (yes, foods) that can help you keep your place super clean.



**Walnuts.** The shell has been used in face scrubbing products for years but the walnut itself contains oils that can help lessen the appearance of scratches in your wood furniture. But it actually has to be wood, not particle board—sorry Ikea furniture.

**Mayonnaise.** If you're like our staff and feverishly working, while in a Zoom Happy Hour, you may have put your beverage directly on your wooden desk. You can cover the water ring in mayonnaise—the real stuff—overnight and in the AM it's gone and your desk looks shinny. Win, win.

Stealing office cleaner from yourself just doesn't feel as good.

**Salt.** Have you been cooking at home recently? Try adding some salt to your sponge when cleaning your pans. It can help to cut grease and scrub those little spots that are hard to reach, but don't push too hard or you might damage the coating on the pan.

**Banana Peel.** This is the best one yet. You can use the peel to shine up the waxy leaves on your house plants and even shine your shoes. I know, mind blown. Also, if you don't have any shoes that need cleaning cut off the hard parts of the banana peel stem and toss it in to your smoothies, the peel has potassium, dietary fiber, polyunsaturated fats, and essential amino acids.

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