

TASTY THAT SEXY



4 NERDS THAT NIBBLE

DAIRY AND VR:
FIELD TO FROMAGE

GROWING UP:
VERTICAL FARMING



7/DAIRY AND VR:
FIELD TO FROMAGE



19/DRINKING IT IN:
GLOBAL GIFTS



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21/GROWING UP:
VERTICAL FARMING

3 CITRUSES FOR CODERS



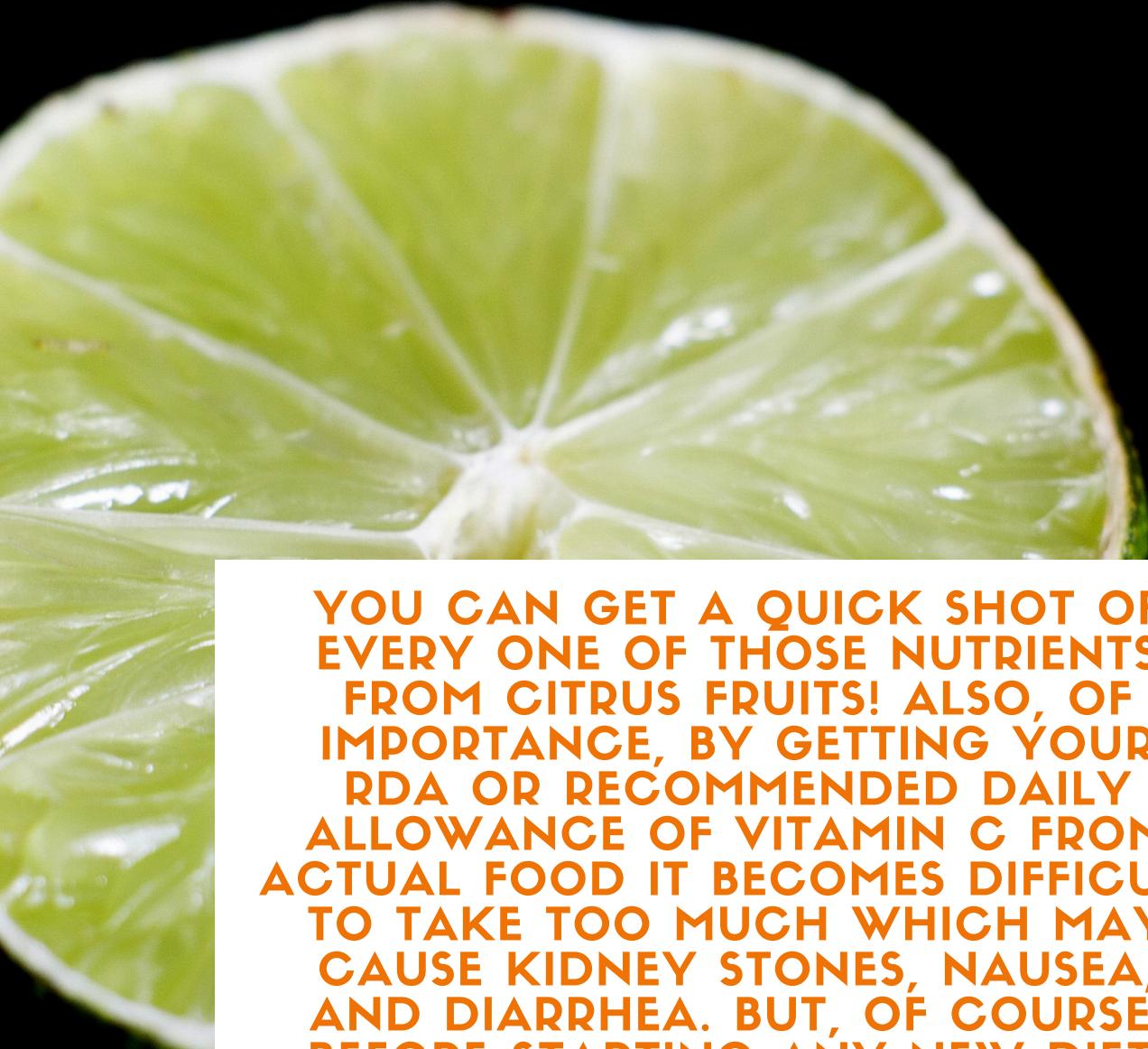
SEASONAL
FLU IS
COMING!
BEST GET
YOUR
ORANGE ON
#VITAMINC

BY JANET KELLY

CITRUS FOR CODERS



Coding can be a stressful job so keeping your immune system bug free in flu season can be challenging. One key to keeping your immune system humming is to have a full stock of micronutrients valuable for preventing the nasties from taking root in your system. Some of the key micronutrients for your immune system are zinc, selenium, iron, copper, vitamins A, C, E, and B-6, and folic acid.



YOU CAN GET A QUICK SHOT OF EVERY ONE OF THOSE NUTRIENTS FROM CITRUS FRUITS! ALSO, OF IMPORTANCE, BY GETTING YOUR RDA OR RECOMMENDED DAILY ALLOWANCE OF VITAMIN C FROM ACTUAL FOOD IT BECOMES DIFFICULT TO TAKE TOO MUCH WHICH MAY CAUSE KIDNEY STONES, NAUSEA, AND DIARRHEA. BUT, OF COURSE, BEFORE STARTING ANY NEW DIET, CONSULT YOUR DOCTOR. HERE ARE OUR PICKS FOR THE BEST CITRUS FRUIT TO EAT IN THE WINTER AND WHERE TO GET THEM SHIPPED TO YOUR DOOR, FRESH AS THEY DAY THEY WERE PICKED.

CITRUS FOR CODERS

OUR PICKS:

TANGERINES (MANDARIN ORANGES): THESE SMALL GUYS BACK A POWERFUL PUNCH CONTAINING 27% OF YOUR VITAMIN A NEEDS AND 87% OF VITAMIN C. AS AN ADDED SURPRISE YOU CAN GET ABOUT 5% OF YOUR IRON, COPPER AND PROTEIN NEEDS WHILE TAKING IN 14% OF YOUR FIBER NEEDS FOR THE DAY AND THEY ARE SMALL ENOUGH TO BE CARRIED IN A JACKET POCKET.

CARA CARA ORANGES: THE CARA CARA ORANGES ARE VERY SIMILAR IN NUTRITION TO THE TANGERINES EXCEPT THEY HAVE EVEN MORE VITAMIN C AND FOLATE. THIS SWEET CITRUS IS ACTUALLY A HYBRID THAT WAS DEVELOPED IN THE 1970S AND DO NOT CONTAIN ANY SEEDS WHILE RETAINING AN AMAZING RED-ORANGE COLOR THAT MAKES ANY PLATE LOOK GREAT. THEY ARE IN PEAK RIPENESS THE SAME TIME FLU SEASONS PEAKS—JANUARY.

HONEYBELL TANGELOS: OF THE THREE PICKS THE HONEYBELL HAS THE LEAST BENEFICIAL NUTRITION PROFILE, BUT IT MAKES UP FOR THIS IN VOLUME. HONEYBELLS MAY BE THE MOST DELICIOUS OF THE CITRUS FAMILY, YOU CAN'T STOP AT JUST ONE, SO OVERALL YOU MAY BE GETTING MORE KEY NUTRIENTS AS YOU'RE EATING SO MANY!

WHERE TO BUY ONLINE-FRUIT FROM THE INTERWEB!

HALE GROVES

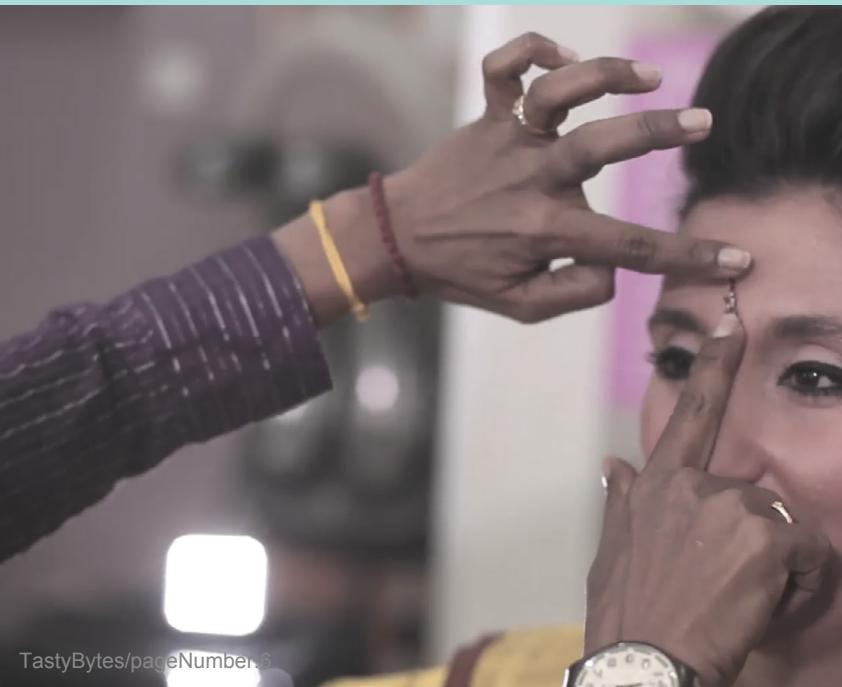
HALEGROVES.COM

PEARSON RANCH

PEARSONRANCH.COM

NOBLE CITRUS

NOBLECITRUS.COM



amazon.com
Prime

AN APPETITE FOR CULINARY EXPLORATION IN DELICIOUSLY DIVERSE MALAYSIA

Join award-winning dietitian, writer, and culinary explorer, Gina Keatley as she comes to Amazon Prime as the host of a new series, Deliciously Diverse: Malaysia.

DAIRY AND VR: FIELD TO FROMAGE

By Larson Matson

In lower Manhattan you can meet a dairy cow. In fact, you can meet fields of them. The Cheeses of Europe Marketing Council, composed of French dairy farmers and cheese firms, have gone high tech. In their pop-up location in SoHo, the French Cheese Board not only has tons of classes and a full lab but they also have a virtual reality station that takes you to the field your cheese is from. You get to meet the cows and learn facts about fromage. This tour is free and a fun way to milk a Saturday. They also usually have samples and a selection of cheese from Europe.

Beside the VR they also have a free cheese education app available on iOS and Android. With the holidays here why not check out the app and sound super smart at your office holiday party. Their app is an easy-to-use resource for a range of European cheeses, videos of tasty recipes, and cheese secrets. Here are just a few crumbles of cheese knowledge we learned from talking to the cows and clicking on the app.





Called the King of Cheeses, Brie (Bree) is one of the best-known cheeses of France.

With a pungent scent, Bleu d'Auvergne (blue doh vairn yeh) has a salty and spicy taste.

Produced in the dry hills of Provence since Roman times, Banon is an uncooked, unpressed cheese made from goat's milk.

Today, Gorgonzola (gor-gohn-zoh-lah) is primarily produced in the regions of Piedmont and Lombardy. Gorgonzola is typically aged for 3-4 months before it's enjoyed.

Parmigiano Reggiano has a bold, umami flavor that is adored by chefs, conniseurs and laymen alike.

This bold, British blue is seriously small-batch. In fact, there are only 6 dairies in the world licensed to make Stilton.

Picodon's name comes from old French and means sour. It's better than it sounds. I swear!

The sharp, nutty, fruity taste of Mimolette (mee moh let) also includes sweet hints of butterscotch.





EXTRA TIP: ALLOW THE CHEESE TO COME TO ROOM TEMPERATURE BEFORE SERVING. POSITION YOUR CHEESE CLOCKWISE FROM MILD TO STRONG. GARNISH WITH FRUIT, NUTS AND SLICED BREAD.



Just
Chillin'

LULU'S NITROGEN ICE CREAM

MIAMI, FL

THOUGHTFULLY
SOURCED, LIQUID
NITROGEN-BLASTED ICE
CREAM DISHED UP IN A
CONTEMPORARY SPACE

PAC MAN

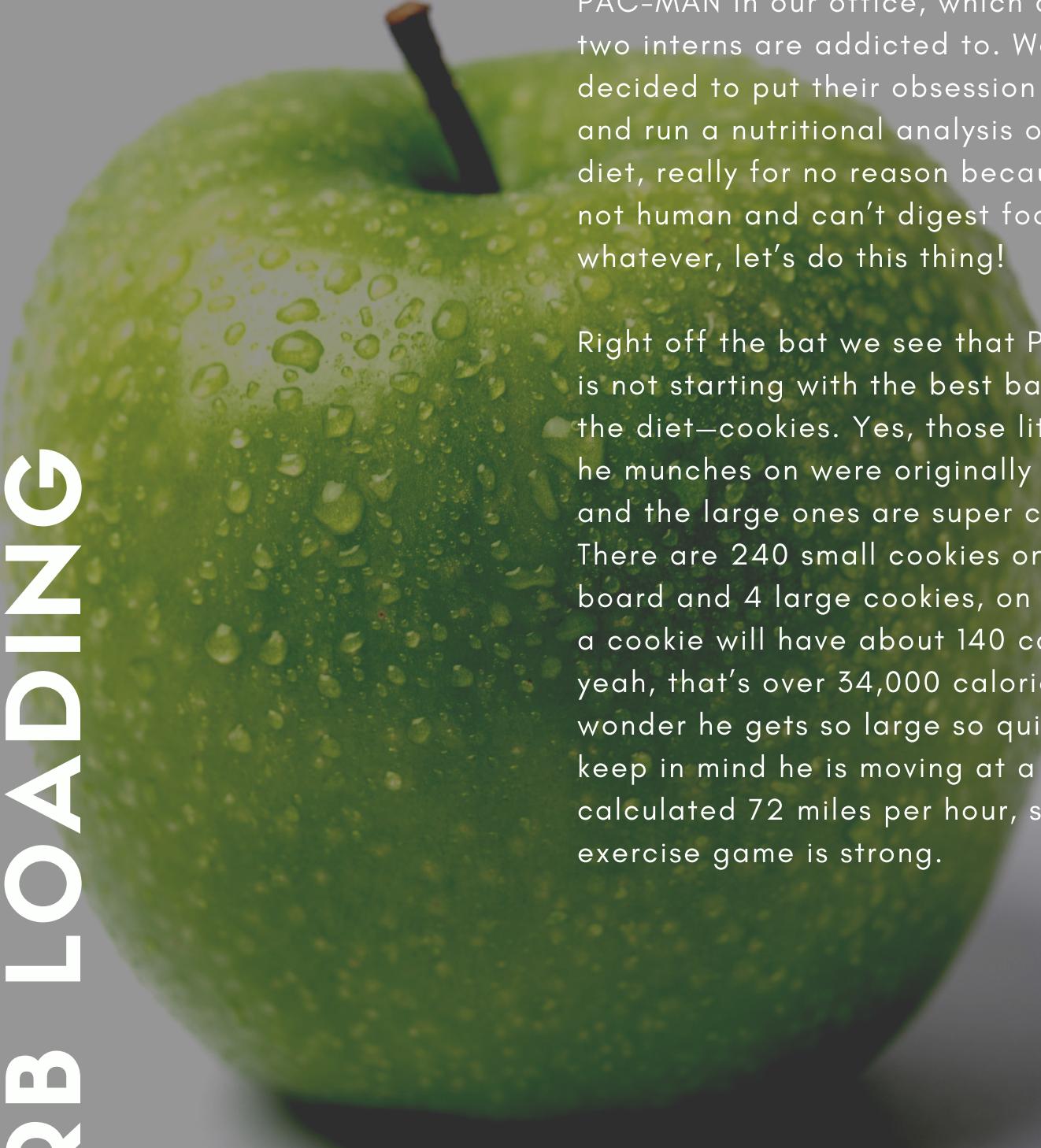
DIET

TOTALLY UNNECESSARY NUTRITIONAL INFO



BY MAX WILSON

CARB LOADING



PAC-MAN is an arcade game developed by Namco and first released in Japan as "Puck Man" in May 1980. There just so happens to be a vintage edition of PAC-MAN in our office, which at least two interns are addicted to. We decided to put their obsession to work and run a nutritional analysis on his diet, really for no reason because he's not human and can't digest food. But, whatever, let's do this thing!

Right off the bat we see that Pac-man is not starting with the best base for the diet—cookies. Yes, those little dots he munches on were originally cookies and the large ones are super cookies. There are 240 small cookies on the board and 4 large cookies, on average a cookie will have about 140 calories, yeah, that's over 34,000 calories, no wonder he gets so large so quickly! But keep in mind he is moving at a calculated 72 miles per hour, so his exercise game is strong.

DIGITAL DIET

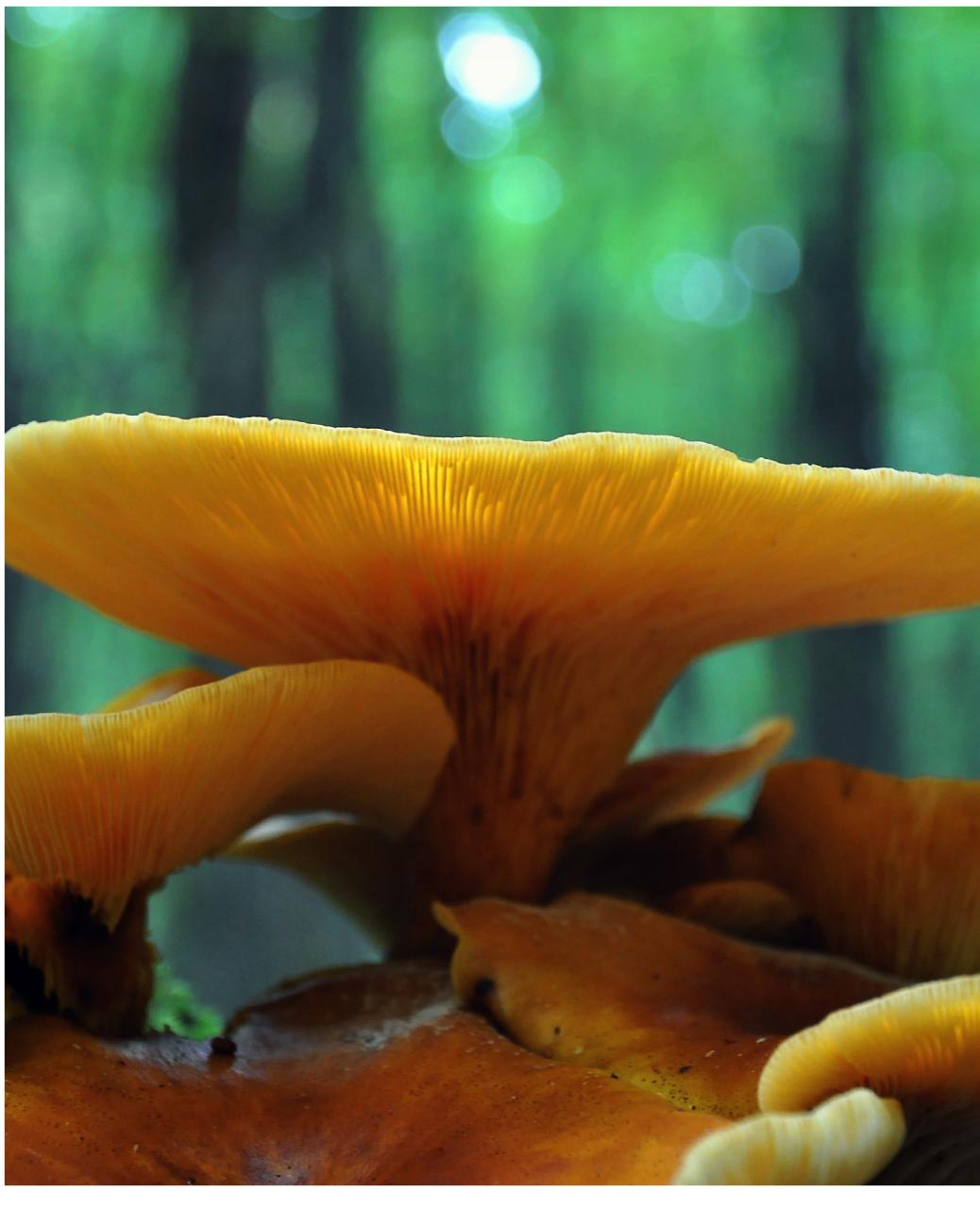


It got a little confusing when adding in the ghosts to the diet, but originally, they were monsters and the red one's name was urchin, like sea urchin. We figured Pac-man is just taking a cookie break and grabbing some seafood. With a max of sixteen ghosts/monsters/sea urchins to eat (if you're crazy fast) Pac-man is getting all of his essential fats, protein, zinc, Vitamin C and about 15 other vitamins and minerals.

He finishes up with cherries, strawberries, oranges, apples, and melons meeting his fiber needs for the day. And on dates, he's grabbing a pretzel and sharing it with his boo.

OFFICE EATS: VEGETARIAN

BY LISA DAVIS





Being a vegetarian from one of the largest beef mecas in America can be a bit challenging. Luckily for me times are changing and new awesome meatless menu options have been sweeping across the country. From farm to table, to the heirloom ingredient movement, chefs are responding with innovative, thoughtful and environmentally friendly foods. I wanted to share with you some of my favorite eateries with a vegetarian vibe. Just remember to compost anything you discard, not that there will be any.

HOT TREND ALERT!



ZERO WASTE FOOD RECIPES

TO GO

MUST EAT NEAR YOU

- Boca Raton, Florida

Farmer's Table

Locally-sourced New American fare is offered in a rustic-chic setting with a tropical patio.

- Portland, Oregon

Departure Restaurant and Lounge

Upscale, Asian-fusion go-to serves creative fare & global cocktails in a chic space with city views.

- Los Angeles, California

Au Lac Plant-Based Food & Drink

Strip-mall eatery serving creative vegan fare with Asian influence in a serene dining room.

- San Diego, California

Cafe Gratitude

A branch of the LA chain offering creative plant-based fare, juices, beer & wine in hip, clean digs.

- Nashville, Tennessee

Chauhan Ale & Masala House

Set in an refurbished brick garage, this vibrant eatery serves creative Indian cuisine & cocktails.

INTERN PICK

YES, THIS IS REAL!

Macaroni and Cheese Candy Canes are a particular favorite of picky eaters. These candy canes taste like your childhood favorite — mac and cheese. It's like comfort food-flavored comfort food!





DRINKING IT IN: GLOBAL GIFT GUIDE

BY SCOTT KEATLEY, RD



I'VE FOUND
THAT FOOD AND
DRINK IS THE
EASIEST WAY TO
BECOME
IMMersed

As a dietitian I'm constantly talking about food. I write as an expert on the benefits of food and lead a production team on the set of a travel and food show. So, naturally, people expect food and drink gifts from me. Most holiday seasons, I try to give something unique and global. I've found that food and drink is the easiest way to become immersed and appreciative of a culture while having a good time.

Having recently traveled to Japan for work, as well as living among the 50,000 or so individuals of Japanese descent in New York City, I've gained an affinity towards all things Nippon. I firmly believe that the best way to experience a culture is to travel there, but for many members of my circle of friends, co-workers, and family, they cannot get away from work and life for that long. So, I want to offer them the next best thing—in order to do that I had to attend the JFC Expo and Eat Up Tokyo.



JFC is THE food and drink importer from Japan to the United States. They have hundreds of food and drink products curated by craftsmen and women from all over Japan and Eat Up Tokyo is a fusion between the style and culture of Tokyo balanced with delectable treats and perfectly paired sake. It's a hard job, but someone has to do it.

With the holidays fast approaching, here is a way to drink them in and fill your gift bag with treats people will find delicious.

FOR THE OFFICE INTERN:

Hakushika Tanuki Sake. It comes in 7-ounce containers, so they won't get too sloppy in the office (FYI: they must be over 21, check with HR) and pairs well with ramen, vegetable stir-fry, pizza, and BBQ—classic intern eats. Also, the creature on the label is mischievous and jolly.



FOR THE CODERS:

It's hard to pry my coder friends from their laptops, so to them I offer Ikezo Peach. This is a super-sized sake jello shot, which is perfect because they can get back to keeping up with their 18-hours of screen time per day.

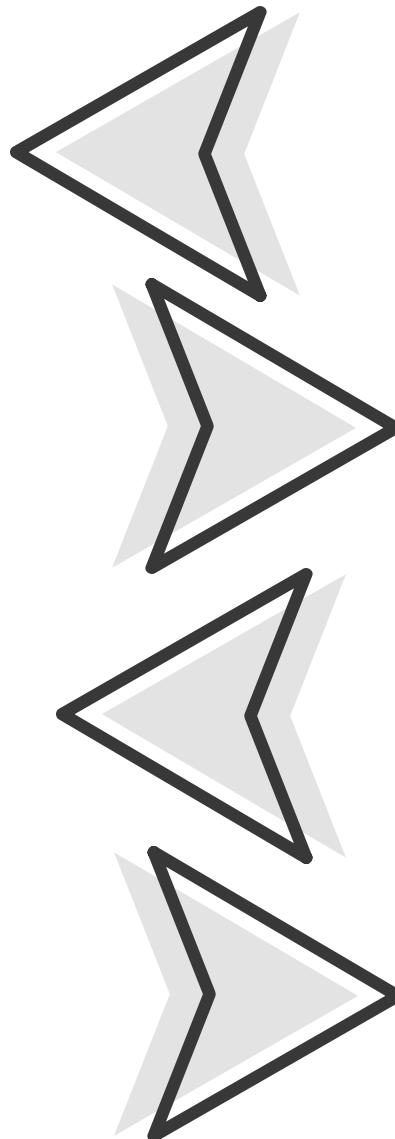


FOR THE CREATIVES:

When I say Japan, who thinks craft beer? I thought so. KAWABA is an award-winning micro-brew that combines top-shelf ingredients into bottled beers that have an interesting and well-balanced flavor profile. This crew will definitely appreciate the innovation of this product.

FOR LINDA IN HR:

Even if you don't have someone named Linda in your HR, this is for someone like Linda in HR –Sawa Sawa Sparking sake. Again, it comes in a small size, which is perfect for work. This is sake, but it has a clear sweetness that refreshes like champagne and goes well with desserts like angel food cake, a fav of the Linda in my office.



FOR THE FITNESS FREAK:

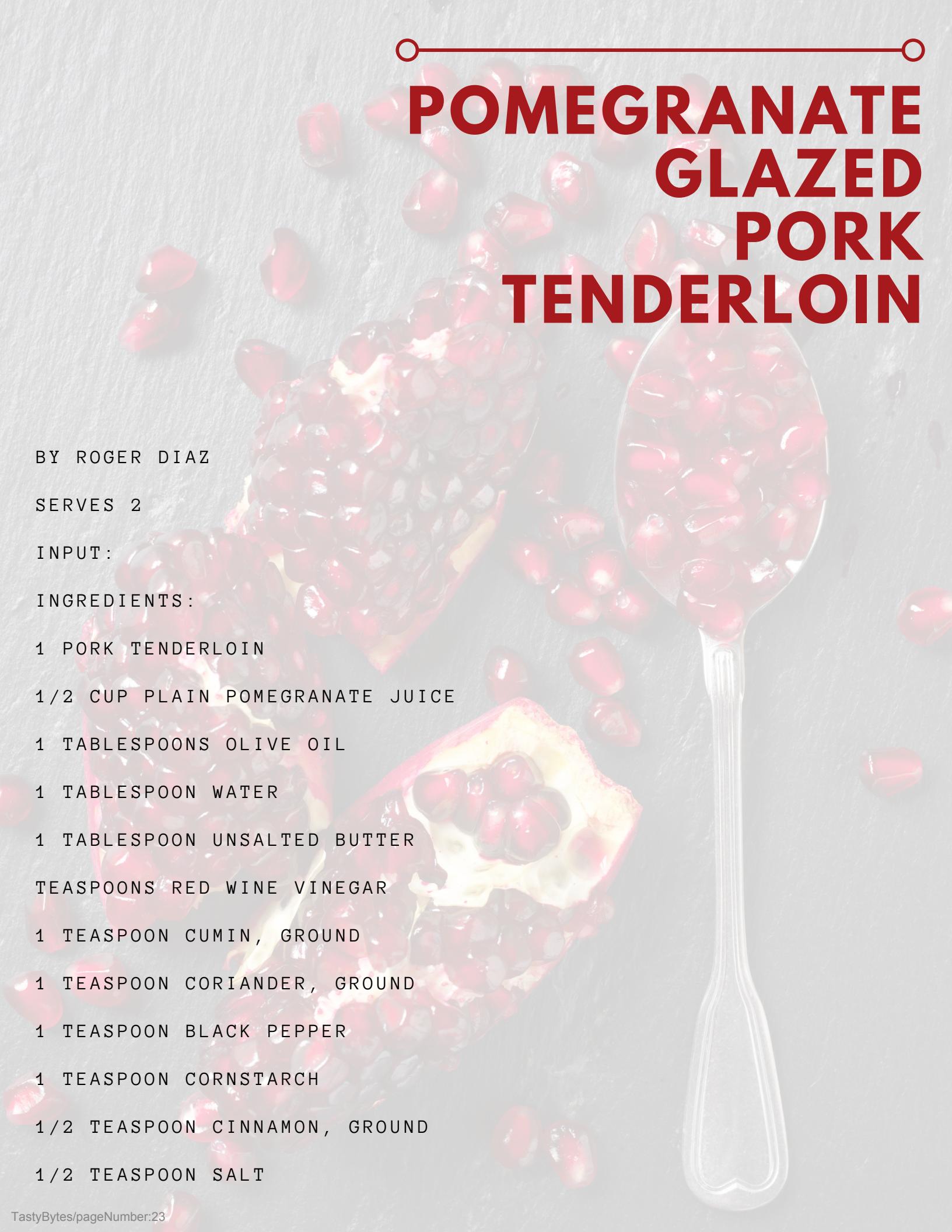
This is an easy one; Japan is one of the leaders in low-alcohol beer. A favorite is Hoppy Happy Black. With 0.80% alcohol (which is where most of the calories in a drink come from) this is a low-carb, low-cal option that will keep your friends at the party without blowing up their macros.

FOR THE BOSS:

We've got to pull out the stops here. Whether it's the boss at work or in your life, I recommend Sawanoi Kiokejikomi Iroha Kimoto Junmai. This is a traditional sake and is fermented in cedar tanks. This is fancy stuff.



ARIGATO AND HAPPY HOLIDAYS!



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.



SIDECHEF FOR THE CONNECTED

This is an all-in-one virtual sous chef that guides home cooks in the kitchen with real time recipe navigation, including hands-free voice commands, detailed photos, how-to videos, and built-in automatic timers. It is available for FREE on iTunes and GooglePlay, as well as accessible through their easy-to-use website.



SIDEWALK FOR THE EXPLORER

Is an app guided, curated food walks. The app guides you point-to-point to taste the best bites from culinary icons. It's seamless, the app provides the chef's stories, tasting insights, and cultural context, you just show your server the app to receive your Taste - no need to reach for your wallet!

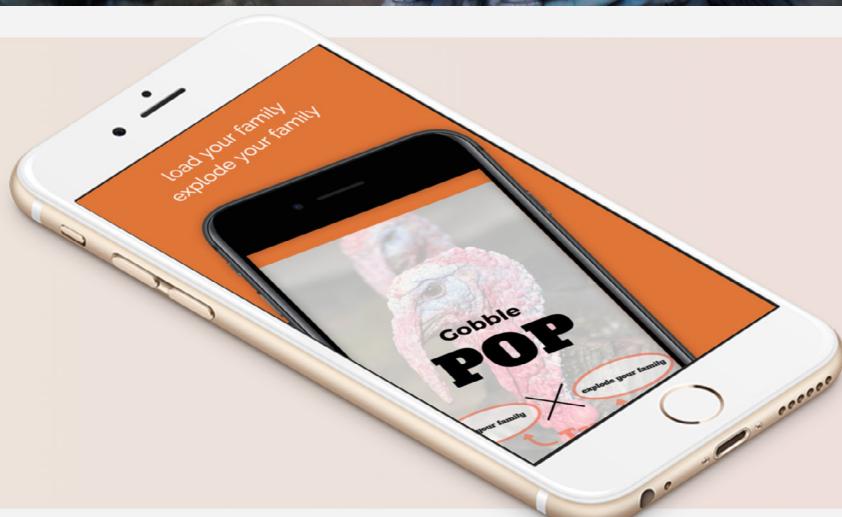


GOODGRIEF APP FOR THE LOVING

This is a far more serious app than some we review. But the holidays can be hard when a loved one has passed recently. The app works by putting you in touch with others who lost their loved one due to a variety of causes. You can connect to other people through one-on-one in-app texting and photo sharing - sharing loved ones recipes. Your private information is never seen publicly and chats are private and secure.

A ppetizing apps you should have already

Gobble Pop, Thanksgiving gaming for good where you get to load and explode your family in challenging levels. Want to keep the game going? Extra lives help provide turkey for families in-need.



TECHIES WHO TRAVEL



GIVING YOUR FAMILY THE BIRD

It's time to get off your laptop, squeeze yourself into a fully packed 6 am Spirit flight and learn to be grateful. The good news is that comfort food is not far behind and there are few foods that signify holidays more than the Thanksgiving meal. From the fluffy mash potatoes to the rich cranberry sauce, nothing is more American.

Except for the star of the plate, the turkey. The turkey is a dynamo of health and a great addition to your dinner table to fuel your pre-Black Friday sales celebration. Below are three reasons your family can be grateful you're serving them the bird this fall:

#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.



VACUUM SEALER

Do I Need It?

We waste 70 million tons of food in the United States every year. Some of this waste is unavoidable but about \$1000 worth of food waste per house hold is preventable. The cost of the device ranges from \$40-\$400 and the cost increases with bags—the most expensive being the compostable “plastic”. Even with the top end cost, there may be a cost savings. These guys can replace some of your plastic wear when taking picnics and lunches as well as preserving your leftovers food longer.

It is Safe?

Generally, yes. Sometimes, no. Removing the air from packaging is going to prevent bacteria that needs oxygen from multiplying but the number one baddie when it comes to food poisoning is *C. perfringens* and it doesn't need oxygen to multiply. So, good storage practices have to be implemented as well, such as storing products below 40 degrees in the fridge, washing hands before touching food and not cross-contaminating the product by accidentally touching something like chicken then your asparagus. If you use the vacuum sealer and proper cold storage food can last 3-5 times longer.

DOES IT SUCK THE FUN OUT OF COOKING?

GROWING UP: Q & A WITH A VERTICAL FARMER



BUILDING HEALTHY HEIGHT

BUILDING HEALTHY HEIGHT

What is the inspiration behind Edenworks? Who spearheaded this venture?

I'm the CEO and one of three co-founders at Edenworks. We're now a team of 12. We're a fairly flat organization — we refer to our structure as a mesh. Innovation and leadership is expected from all of our colleagues. Edenworks today is the result of that collaborative approach where we give smart, passionate, hardworking people the authority and autonomy to solve meaningful challenges.

We have a mantra that we use internally, that by harnessing nature's complexity, we can share its abundance. Over millions of years, nature has evolved incredibly efficient systems to capture energy and recycle materials. And the result is delicious and nourishing. We're inspired to use the ecological building blocks that nature provided to build a better food system.



Photo: Paul Brissman





What makes the vertical farm an improvement over traditional farming in metro areas like NYC or San Francisco? Can this be replicated in other cities such as Abu Dhabi, Delhi or Shanghai?

Indoor farming (both vertical farming of produce and recirculating aquaculture to farm fish) has a massive benefit in terms of freshness. 95% of leafy greens in the US are grown in California and Arizona. 90% of American seafood is imported. As a result, these products need to be shipped for a week before they make it into your grocery store, so they just aren't fresh for most American grocery shoppers. This problem repeats itself all over the world where you have large populations living far from the climates where highly perishable food — like vegetables and fish — is grown.

Freshness is the big consumer problem, but there's a real existential challenge of building a resilient food system that Edenworks is responding to. The price of salmon, for example, has doubled in the past 5 years because of widespread disease in open pen fish farms in places like Norway and Chile. Many of these open pens have basically become the ocean version of animal feedlots or CAFOs. It's gnarly stuff. In leafy greens, the price of iceberg lettuce was up 4-5x during April 2017 because of a weather-driven disease outbreak.

Edenworks is pioneering an approach to indoor farming of produce and protein that can compete with traditional sources on cost, while being higher quality, safer, and more reliable.



Can you give us the run down behind how everything works-- circle of life type stuff?

Think of ecosystems as having three major tenants: fed species, the microbiome, and extractors. Fed species eat things you can see – plants (herbivores), animals (carnivores), both (omnivores), or whatever's left to rot (detritivores). The microbiome sits between the fed species and extractors, breaking down waste from the fed species into basic molecular building blocks (there are other aspects of the microbiome, but we'll gloss over that for now). Extractors consume those molecular building blocks, cleaning up their environments. Plants are extractors that consume mostly inorganic (in the chemistry sense of not being carbon-based) nutrients. Filter feeders, like bivalves, extract organic (again, chemistry definition of carbon-based) nutrients. Bringing it full circle, fed species will then eat the extractors – the manatee eats the sea grass and the otter eats the clam. And around it goes.

What we do at Edenworks is build food production systems on top of this ecological toolkit. We farm fish (in the most responsible way – we have a Best Choice rating from Monterey Bay Seafood Watch). We break down the fish waste in big tanks, using different bacterial cultures, kind of like brewing beer or making yogurt, and turn it into organic fertilizer. We then use that fertilized water to for our leafy greens. In this way, we farm fish with zero discharge and have the highest quality, natural fertilizer for our vegetables.

The other benefit about the microbiome is the probiotic effect that it has on the fed species and extractors. The microbiome actually improves our fertilizer efficiency by 25x compared to the industry average in indoor agriculture, which mostly relies on synthetic fertilizer instead.



The basis for this project may have ancient roots, but how do you use technology to provide an excellent product?

The basic biological toolkit that we rely on has evolved over millions of years. Edenworks creates ecosystems in controlled environments to ensure the right conditions for each piece of the process. We finely tune the diet of our fish and grow them in a precise environment (temperature, oxygen, pH, etc.). We process their waste under specific conditions, breaking it down into the nutrients we want for our plants. We grow our plants under specific conditions, controlling the rate at which they receive water and nutrients, the ambient climate, the light cycle. The whole system is covered in environmental sensors, and the farm automatically maintains those conditions. Every crop cycle for us feeds our data analysis engine, where we're continuously improving how we grow to improve quality and efficiency. We're also focused on increasing access to our incredible products, so automating the process from seed to package helps us to bring the costs down.

The quality of our greens and our fish speak for themselves. Just taste them.



edenworksgrows

THE FUTURE
IS NOW AND
WE HAVE THE
SUMMIT TO
PROVE IT



techtablesummit.com

T

TechTable



MINDFUL MERGER

The National Eating Disorders Association (NEDA) and the Binge Eating Disorder Association (BEDA), the nation's two leading eating disorder support organizations, have merged to unify the eating disorders community and improve access to services and support across the entire spectrum of these illnesses.

These illnesses are estimated to impact 30 million Americans and are most concentrated among young tech-connected professionals—both men and women. “This merger is an exciting step towards realizing NEDA’s strategic vision of reaching all people affected by eating disorders,” says Claire Mysko, NEDA’s CEO.

While eating disorders impact 10% of Americans the resources provided by the National Institute of Health for research are less than 5% of other illness impacting far less people. Eating disorders affect people of all sizes, races, genders, sexual identities, socioeconomic status, abilities, and diagnoses. By joining together NEDA can focus its research and treatment across all areas of eating disorders.



NEDA, the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders, is a support system and resource for the 20 million women and 10 million men who suffer from eating disorders at some point in their life. NEDA is dedicated to raising awareness, building communities of support and recovery, funding research and putting life-saving resources into the hands of those in need.

If you need help
Call NEDA toll-free, confidential helpline, Monday - Thursday from
9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST)
1-800-931-2237



Doing our Nails

Cuisine and Culture By Lin Ying

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.

Editors Pick!



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