

RESPECT THE ROOT:  
AFRICAN ROOT VEGGIES

WORKING LAUNCH:  
THE INTERNET OF FOOD

OKTOBERFEST:  
DIGITAL DRINKING



TASTY  
SETA



Back to our roots



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AFRICAN ROOT VEGGIES



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THE INTERNET OF FOOD



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DRINKING

# CRACK US OPEN

WE ARE FILLED WITH WISDOM



AND WE'RE CODER CALORIE FREE!



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Don't Worry.  
You Didn't Miss Much



# WHY WE LOVE APPLE & APPLES

BY ZOEY LITTLE

The shadows have gotten longer, the temperature is cooling down—in most places—and there are way fewer kids roaming the streets. That means it's about time for two of our favorite things to meet.

Apples and Apple.

We cannot get enough of the deliciousness and always love the newest techie creation from Cupertino. Here is why:

They're the perfect low-calorie, fat-free, high fiber, flavorful, sweet, crunchy, juicy, satisfying snack for any time of day.

In terms of functionality, Apple knows how to create a product that's really easy to use.

They can be an effective 3pm pick-me-up coffee alternative.

They keep it consistent; you can expect the same customer experience when you're visiting their website as you do if you were visiting one of their stores.

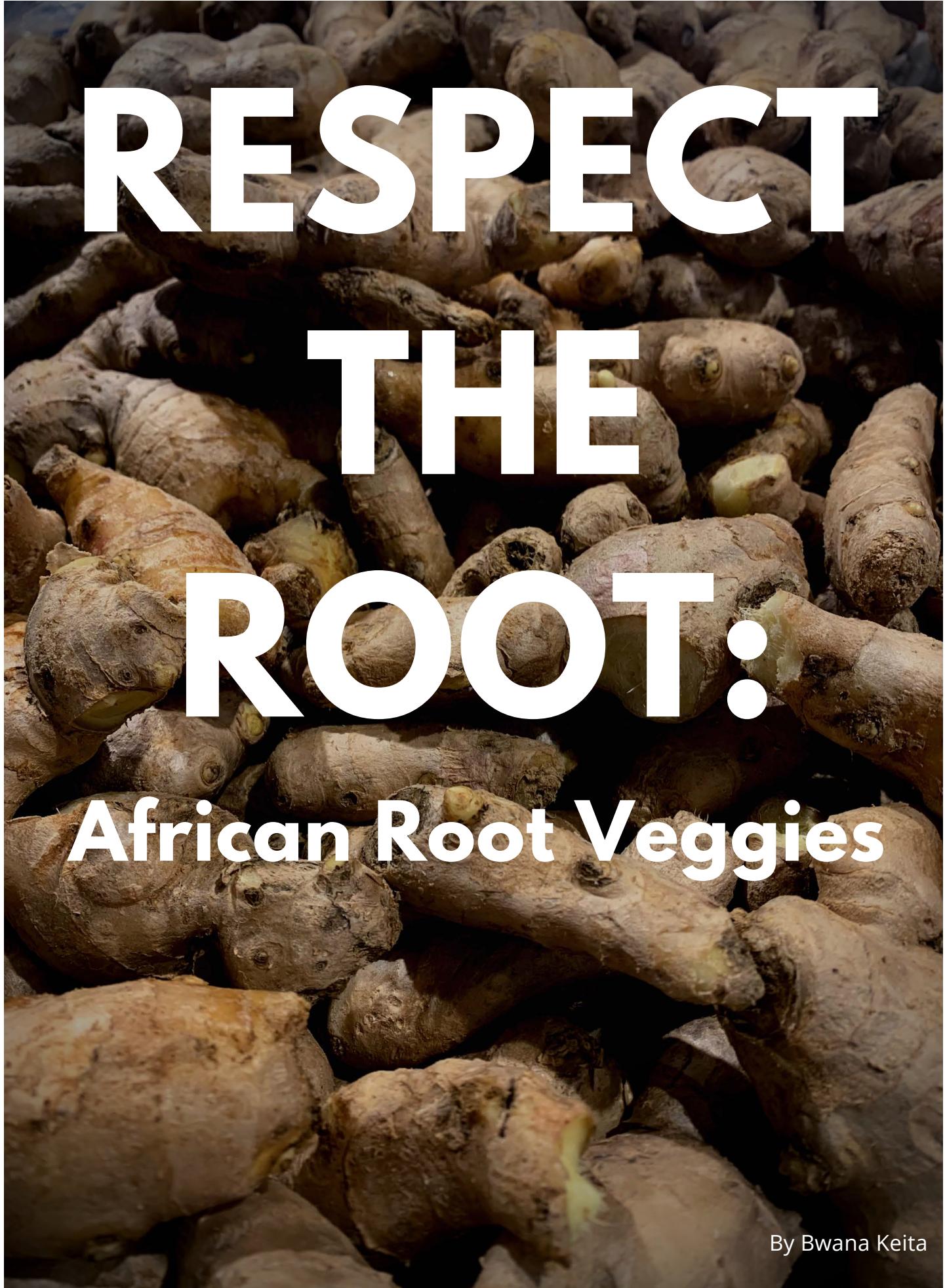
There are so many different varieties you can never get bored.

Apple continues to evolve so that we can always expect something new, fresh and exciting from the latest product launch.

They have antioxidants, vitamin C and B-complex vitamins.

Their devices ooze lifestyle, innovation, passion and style- and why wouldn't you want to be part of that?

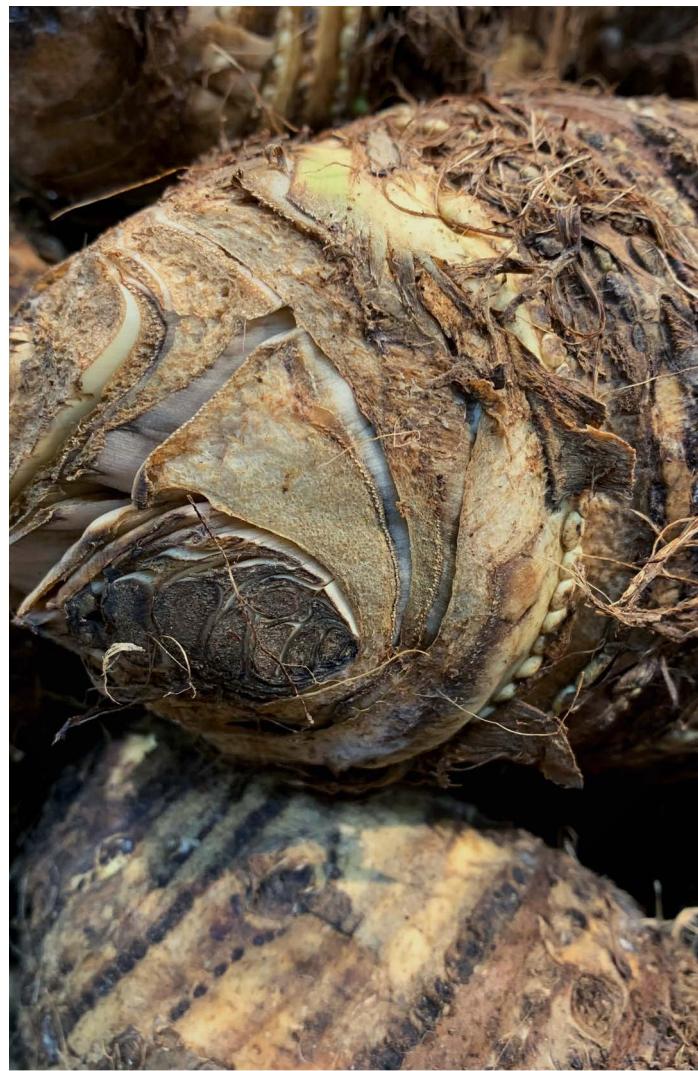




# RESPECT THE ROOT:

## African Root Veggies

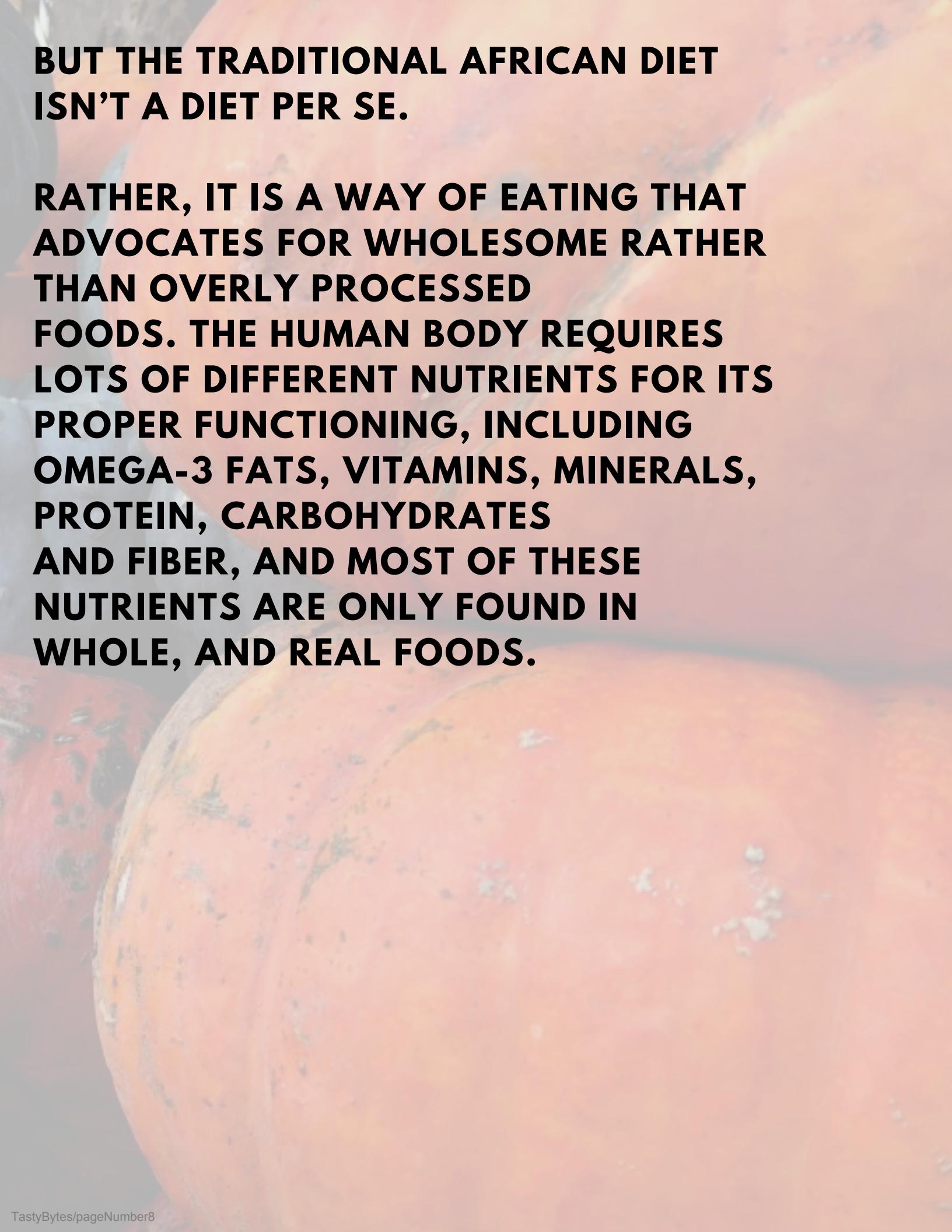
By Bwana Keita



## **IT'S ABOUT TIME WE ALL GOT BACK TO OUR ROOTS—AS A SOCIETY AND AS CHEFS IN OUR OWN KITCHEN. FOR THAT I'M TALKING ABOUT AFRICA AND AFRICAN VEGGIES.**

This may seem in contrast with the usual tech theme that abounds in large city centers all over Africa. But as tech hubs spring up on the continent and empower, support and accelerate whole across the region; it's even more important than ever to hold on to aspects of our traditional diet. The defining characteristics of the traditional African cuisine are the rich spices, and healthy ingredients used.

The traditional African diet consists largely of the foods our centuries-old ancestors in Africa ate and by returning to this traditional diet or way of life, we can feed our bodies with the food we need to thrive and experience optimal health and well-being.



**BUT THE TRADITIONAL AFRICAN DIET  
ISN'T A DIET PER SE.**

**RATHER, IT IS A WAY OF EATING THAT ADVOCATES FOR WHOLESOME RATHER THAN OVERLY PROCESSED FOODS. THE HUMAN BODY REQUIRES LOTS OF DIFFERENT NUTRIENTS FOR ITS PROPER FUNCTIONING, INCLUDING OMEGA-3 FATS, VITAMINS, MINERALS, PROTEIN, CARBOHYDRATES AND FIBER, AND MOST OF THESE NUTRIENTS ARE ONLY FOUND IN WHOLE, AND REAL FOODS.**

TO GET BACK TO YOUR ROOTS I  
RECOMMEND TRYING THESE THREE  
TECHNIQUES:

## CELEBRATE THE VEGETABLE

There is a great deal of diversity in vegetables on the African continent. Some of these African vegetables originated on the continent and are integral to the traditional African diet and even the more modern Afro-fusion cooking.

In the northern part of Africa for example, green leafy vegetables such as spinach, and jute mallow flourish and are prevalent. Common root vegetables include potatoes, onions and garlic. Other root vegetables commonly used in North African cuisine include carrots, turnips, and beets. In addition, cucumbers, squash, tomatoes, zucchini, and eggplant are also commonly used in stews and salads.

Across the eastern part of Africa, some common vegetables include African black nightshade (*solanum nigrum*), stinging nettle, amaranth, spiderplant, pumpkin, black-eyed peas commonly known as cowpeas, and African eggplant.

In southern Africa, a greater variety of fruits and vegetables abound. Fruits and vegetables include bananas, pineapples, pawpaw (papaya), mangoes, avocados, tomatoes, carrots, onions, potatoes, and cabbage.



# REPLACE SALT/SUGAR WITH HERBS AND SPICES

African cuisine is prolific in its use of herbs and spices. Add a depth of flavor to meals with the bountiful herbs used in African cooking instead of more salt. Spices allow you to be creative and adventurous with your cooking and best of all, they prevent you from eating another bland meal.



Spices serve several purposes in African cooking and can be used to add flavor and aroma. Spices can transform a meal by adding a range of flavors, from a hint of sweetness to a kick of heat.

2



# 3

## EAT WITH LOVED ONES

Enjoy meals with family and friends. There's no better way to connect with family and reinforce shared values of better living and eating healthy. Classically in Africa extended family groups would hunt, farm, cook and eat together. Meals were served family-style and stories were shared while unbreakable bonds were being made.

The traditional African diet is not about getting enough to survive but about getting enough to thrive and making sure those around you can share in the bounty through plates of expression.



# Lunch Box Note

EATING & INSPIRATION

BY JESSICA CORDING, MS, RD, CDN, INHC





JESSICACORDINGNUTRITION.COM

I've always had a hard time relaxing and enjoying the moment because I'm just waiting for whatever bad thing is waiting around the corner, and I'm also a hypochondriac, so in some ways, I felt like I'd been preparing for the coronavirus pandemic my entire adult life. Along with, well, pretty much everyone else in the world, what I never could have imagined would be the massive shifts I'd have to navigate in my personal and professional life. As a dietitian, health coach, and writer, I've been used to juggling multiple projects.

However, I began to question everything and started to think more about what I truly wanted to do long term and how I wanted to feel in my work life—not just what I wanted to accomplish.

As I began to think about where to let go and where to lean in, some of what came up surprised me, but it was also freeing to give myself permission to focus more on quality of life and sustainability in my use of time and energy. I began to pivot my business accordingly.

As I'm writing this, I still don't have the answers I wish I did, but I have a gut feeling that in a few years I'll look back and understand how this experience taught me a lot of important lessons and made me stronger and I hope you too.



# Put a Ring on it.

BY ROBERT CHANG

## Best Place to Get Onion Rings

**Love Shack**  
**110 E Exchange Ave**  
**Fort Worth, TX**

When chef Tim Love sets his mind to something, he masters it, be it barbecue, burgers, or, in this case, onion rings. These rings are given a quick dunk in a slightly spicy batter, and they're served in a pile that will be gone before you know it.



# Put a Ring on it.

## Part 2/

ALSO BY ROBERT CHANG

**Best Place to Get an Engagement Ring**

Blue Nile  
<https://www.bluenile.com/>

You're tired of being solo and ready to tie the knot? Get help. Blue Nile has a live chat, hundreds of options, free returns, and everything else the tech savvy but not jewelry savvy shopper needs to feel good about making the most important purchase of his or her life.

# HUNGRY ROBOT FAST FAB FOOD



## Q&A WITH FOOD FINDERS 8IT

BY DAVID DAVIS

/INTERVIEWING VANGUARD FOODIES DOING  
TECH RELATED PROJECTS/  
JOE SCALO & STEVE RAGGIANI/  
CO-FOUNDERS OF 8IT

### Why 8it?

We've been friends for over 10 years and food has always been something we've connected over. We started to realize that food review culture has gotten a bit out of control and that no one was looking out for the end-consumer (literally). Our app helps find the best dishes in the simplest way.

**How does the app use technology to make the world (or at least our lives) a little bit easier?**

You know that feeling when you're on Netflix looking for something to watch and you just end up scrolling and scrolling and never end up watching anything or something terrible? We've fixed the problem of analysis paralysis through a combination of human & A.I. technology. If you're planning what to eat next weekend when friends are in town, it's perfect for creating a list of "Must-Eats".

## What makes this app different from others?

It's only great food, period. We don't waste time telling people about stuff they shouldn't eat. There's also no rating scale, if it's not great it's not on 8it. 2020 has been rough enough, there's no more room for negativity.

You won't find long reviews on 8it. Only bite-sized (8-word) food reviews of the best dishes from people you trust. It's TL;DR for food reviews.

**Is there anything that we would be surprised to hear related to you or your company?**

For some reason, people think we're some big Silicon Valley tech company. We're actually just 2 former advertising guys based out of NY that know how to build brands make things look awesome and solve problems in creative ways.

Oh, and Joe likes pineapple on pepperoni pizza.

**If people want to use the app where does it work currently and are you looking to expand?**

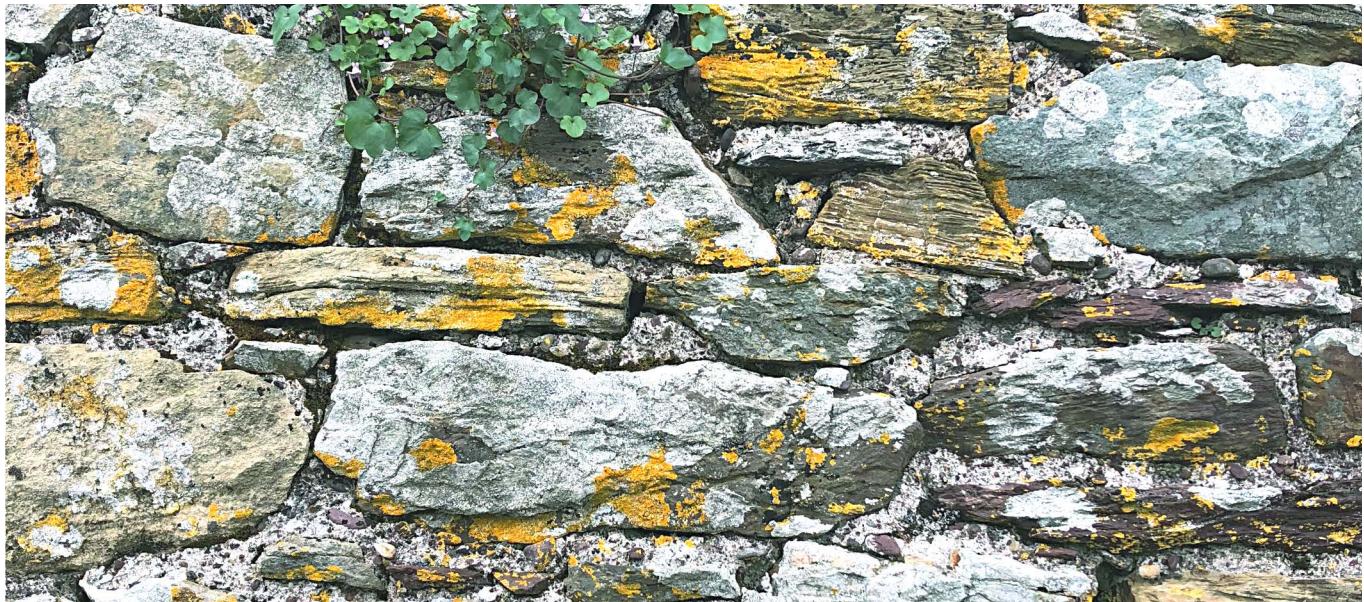
8it (Beta) is currently available on the iOS store and it's specific to NYC for now. Android is coming this Fall. That being said, we do have a battle plan for expansion. We've received an overwhelming demand for 8it to branch out into other cities, which we plan on doing by early 2021.



# **WORKING LAUNCH: THE INTERNET OF FOOD**

BY FRANCISCA HECTOR





ARGUABLY FOOD IS THE MOST IMPORTANT ITEM ON THE PLANET. THE CURRENT FOOD SYSTEM HOWEVER HAS MANY INEFFICIENCIES AND FOOD SECURITY CONTINUES TO BE A GLOBAL CHALLENGE.

In addition to this, conscious consumption has reached new heights as consumers demand that their food is not only safe, nutritious, and affordable, they also want to ensure that their food is ethically sourced and the harvesting and production processes reduce waste.

For many, there is the belief that the food system needs to be fundamentally disrupted. While there have been some attempts to use technology to make better decisions around food, these technologies are not widely available. Without widespread availability and adoption, the impact of any technology is hard to ascertain.

This and other concerns are what spurred the creation of The Internet Society Special Interest Group for the Internet of Food (SIG-IOF), which is a discussion room for next-gen Internet backbone standards for digital aspects of food. In short, that means that when food goes data, this group would like to facilitate the Internet standards for how that data is handled.

With 110 chapters located all over the planet, it is a truly global movement.

I met up with the Chairperson of the Internet of Food SIG, Johan Jorgensen to get some more insight into the group.

## **When and How was the Special Interest Group founded?**

The SIG-IOF was conceived back in 2014 after a discussion between myself and Patrik Fältström, one of the co-board members of the group regarding the availability of relevant Internet standards that could facilitate digital aspects of food. Coming from the business side of things, I argued that data is the future of food, and Patrik, being one of the global masters of Internet infrastructure (seriously, look him up!) totally agreed. However, we couldn't find any current Internet standards that did what needed to be done, so together with Michael Daun, a philosopher cum businessman, we set out to see how we could set up the process that would create such standards. The Internet Society, where the Internet itself is developed, agreed with us and allowed us to set up shop under their umbrella. The rest is, as they say, history. Or at least, hopefully, history in the making.



## **Why is this group important and what are your core objectives?**

We need more data around food so that we can make better decisions on how to produce, process, store, and distribute food. We also need to make sure that food data can be paired with our personal data so that we can make personalized decisions about what we eat and how it impacts our health and well-being.

Currently, it is very expensive - if at all possible - for small players, say a small farmer, a consumer, or a new food interested tech-entrepreneur to participate in the current digital systems of the food sector. Even such a basic thing as getting a bar-code or database access is prohibitively expensive. It is our hope that in the future will be able to have food data powered by the Internet in the same way it powers the web, email, and access to social media.

## **What are some of the challenges the group hopes to address?**

Fighting mental images of food being products produced by farmers, cooked at home according to age-old family recipes, eaten together, and being healthy for us. Food is akin to religion. People believe in so many things around food. We need to replace those beliefs with science and data. The truth is that we increasingly eat what algorithms guide us to eat. In the future, a large part of the value of a food item will lie in its data. Without data, no food. And we will become what the algorithms want us to become - we are, after all, what we eat and that means that the food algorithms will govern our physical existence. That can be good for us or horribly bad. We desperately need to have that discussion.

We believe that the SIG-IOF is the best place to start discussing on the digitization of our food system and how to get that right.

## **What impact would you have liked the group to make in the next 3 years?**

We are very modest. I hope there will be a revolution and that some of the big players out there, like the European Union, start to think in modern ways around how they see food and the necessary policy development that comes with digital realizations. I fear, however, that it will take longer.



**Outside of being Chair of the SIG-IOF, you are also one of the creators of Sweden Foodtech, a venture that seeks to accelerate transformative entrepreneurs in the foodtech. Based on your work with these companies and entrepreneurs, what do you think about the direction foodtech is headed globally?**

Well, the tech sector has seen the light. When food goes digital it is nothing less than the disruption of the planet's largest economic system that lies on the plate (pun intended).

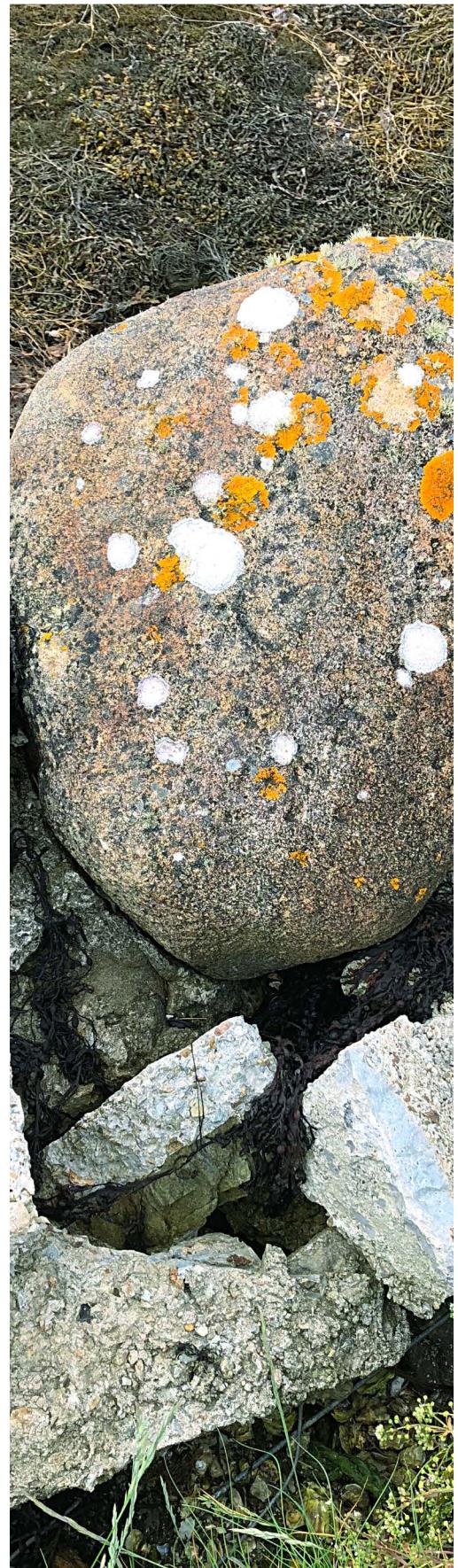
Tech wants to get in on the action and as usual, change seldom comes from the incumbents. I see amazing new technology emerging everywhere and across the entire value chain. The energy and dynamic are palpable and I personally love the innovation that comes from matching the dynamic, forward-leaning parts of the food sector, the great chefs and good farmers with real ace entrepreneurs and their deep technical skills. There will be a sea of change and I hope that we can contribute to connecting the dots healthily and sustainably.

## About Johan Jorgensen

Johan Jorgensen is the Chairperson for the Internet Society Special Interest Group for Internet of Food. His day-job is as partner of Sweden Foodtech, one of the thought leaders in the next gen food system where they coach big and small players alike, that want to take the leap into the next gen food system. He is also one of the producers of the Smaka Good Food Festival, one of the planet's largest food festivals that each year draw close to 400,000 people to downtown Stockholm in order to experience the future of food.

Connect with the Internet of Food:

Website: <http://internet-of-food.org/>





# OLD SCHOOL AGUA

BY JENN ROSARIO

With little less than a bottle and a smile he's diving into the world of business. Young and thirsty food tech entrepreneurs seem to be swimming upstream during this period of shut down. The Tasty Bytes team found this salesman hyping hydration at the East River Waterfront Esplanade.

If you want to support this water warrior you can find him most days at Pier 35 in Manhattan or check out his Instagram (see above) or his website nobev-nyc.square.site. That's right; now even water venders have a digital domain.

# TRADING WI-FI FOR WAVES: GLAMPING

By Jacob Haddan

When the hustle and bustle of it all become too much to handle there is quick relief less than 2-hours from the largest metropolis in the United States. It's time to trade in your Wi-Fi for the waves and enjoy nature at its best—the slightly chilly but way less buggy fall.

At the Watch Hill Campground on Fire Island—yes, that Fire Island—you can have Safari style camping next to the beach. Nestled behind the primary dune, camp in comfort and bring only your bathing suit.



**GLAMPING IS A PORTMANTEAU OF "GLAMOROUS" AND "CAMPING", AND DESCRIBES A STYLE OF CAMPING WITH AMENITIES AND, IN SOME CASES, RESORT-STYLE SERVICES NOT USUALLY ASSOCIATED WITH "TRADITIONAL" CAMPING.**

You can still have comfort when you're roughing it with queen memory foam mattress beds. And no fear if it rains a bit because rain flies cover the tents to keep them dry and extend to create covered porches so you can sip a White Claw in a comfy chair while the world slowly spins. Each campsite has a charcoal grill and picnic table but luxury packages are available where you'll find ice, food and beverages awaiting your arrival.

# OKTOBERFEST CANCELLED. OR IS IT?



## DIGITAL DRINKING

We're all sad to hear that the big Oktoberfest in Munich is cancelled this year but fear not—technology is coming to your rescue. Enter Zümfest. This is not a Tapper video game marathon while you hang in the living room—this is Polka, beer, brats and so much lederhosen that you can stream on your giant TV. You bought a giant TV during the pandemic right? Beginning on September 17th—the traditional start date—Blue Point Brewing is creating a limited window website populated with Oktoberfest and fall festival-inspired content spanning a variety of interests. Virtual tents include culinary, art, business, culture and entertainment. But this is not a passive Zoom meeting. There are interactive cooking classes wienerschnitzel, spaetzle, mustard, potato salad, and more, a beer + cheese pairing, and a Polka performance with Brooklyn's Polka Brothers.

# SOME OF THE HIGHLIGHTS INCLUDE:



OKTOBERFEST AT HOME FOOD KITS ARE AVAILABLE TO ALLOW PEOPLE TO JOIN IN ON THE FUN FROM HOME.

Baker and Chopped champion Mini Melanie demonstrates how to make chocolate cake truffles with Blue Point Mother Pumpkin Ale.

The Polka Brothers will give a traditional Oktoberfest polka performance, with a bonus "Boatoberfest" performance from the roof of a giant pontoon boat.

For those who are not super keen on beer, mixologist Leanne Favre crafts cocktails with our favorite Fall brews.

Acclaimed street artist Steven Harrington illustrates the creative process behind our Zümfest beer can artwork.



FESTIVAL FACT

**NORMALLY,  
OKTOBERFEST IS  
THE WORLD'S  
LARGEST  
VOLKSFEST. HELD  
ANNUALLY IN  
MUNICH,  
BAVARIA,  
GERMANY, IT IS A  
16- TO 18-DAY  
FOLK FESTIVAL  
RUNNING FROM  
MID- OR LATE  
SEPTEMBER TO  
THE FIRST  
SUNDAY IN  
OCTOBER!**

***The basic ingredients of beer are water; a starch source, such as malted barley, able to be saccharified (converted to sugars) then fermented (converted into ethanol and carbon dioxide); a brewer's yeast to produce the fermentation; and a flavouring such as hops.***





IF YOU CANNOT  
GET THE LIMITED TICKETS  
TO ZÜMFEST THERE ARE A  
COUPLE OTHER VIRTUAL  
OKTOBERFEST  
CELEBRATIONS  
HAPPENING.

Drotoberfest –  
The First Ever Live Virtual  
Oktoberfest Celebration Online.



The Sierra  
Nevada Oktoberfest Haus Party



Wish You Were  
Beer: Virtual Oktoberfest



Edmonds Virtual  
Oktoberfest



# UNPLUGGED GLOBAL CUP: SAN JUAN



By Gina Keatley



I know during the time of COVID most of us are doing "staycations" but after 6 months in a 2 bedroom apartment in NYC with a hubby and a couple of dogs I had to flee to the seventh borough, Puerto Rico!

Located in the heart of the Caribbean, Puerto Rico is an island and unincorporated U.S. territory with a landscape of food, fun and forests. San Juan, the capital and largest city, features flamboyant Spanish colonial buildings and El Morro and La Fortaleza, open and awesome, centuries-old fortresses. But, a warning, the gateway of PR is guarded by several piragüeros. These passionate, self-assertive sales women and their small colorful push carts will have you holding a piragua in no time. This dessert, is usually shaped like a pyramid and consists of shaved ice and is covered with fruit-flavored syrup. They have a variety of flavors but I went with piña (pineapple) and limón (lemon) to get my morning started. Finally, chillin in PR.



After a little breakfast/dessert I headed to interact with the locals, the winged kind. Besides feeding myself on these culinary adventures, I love feeding animals and right in the downtown you can feed and hold hundreds of wild pigeons for pennies. This feast for the birds costs just a few crumbs, a buck or two to Hector the welcomer and bird whisperer at Parque Las Palomas. The place was pigeon-packed and I got some much need "nature".



## 'BARBECUE' CAME FROM THE TAINO INDIAN LANGUAGE

Christopher Columbus arrived in 1493 and you can see that Spanish influence everywhere. The food is no exception. La Marqueta is San Juan's Seaside Hideaway, located in the heart of Condado, combining music and entertainment with island cordiality. This indoor/outdoor food hall has a hipster vibe with their refurbished scheme. The food is artisan based and a fresh, upscale take on traditional PR food. Yes, they have rice and beans but they also featured international twists. You can find Mediterranean, Asian and Mexican.

I nibbled on some fresh made sushi with Isla Fresca (lime vodka, grapefruit and lime juice, rosemary). This island also was home to several tribes before Columbus arrived. The Ortoiroid people between 3,000 and 2,000 BC. Other tribes, such as the Saladoid and Arawak--Native Puerto Ricans, populated the island between 430 BC and 1000 AD. And if you love BBQ you can thank them. "The grill" was first invented and used in Puerto Rico by the Taino Indians. It's not sushi but I guess you can live on it.

The food may have come to the island but the forest and fish came with the place. You can head over to the El Yunque, the lone tropical rainforest in the U.S. National Forest Service, and one of Puerto Rico's most cherished biological gems. El Yunque has a very varied ecosystem, hosting thousands of unique plant and animal types, including Puerto Rico's well-known coquí frog.

If you know any Puerto Rican grandmothers you may be well aware of this frog but if you don't, you will by the time you leave. Tiny as it is, only one to two inches, it's loud and the call the males make at night is not to be missed. These little guys aren't on the menu so they are for research, not recipes.

All frogged out but still in a reptile mood I met up with a group for night kayaking. City Lights / GLOW adventure started with glow in the dark face paint and safety instructions before we popped into our clear bottoms kayaks. The Condado Lagoon is normally filled with turtles, giant orange starfish, lobsters and stingrays. You get a peak at them and they at you as you wiz by in your paint and glow necklaces. "Look how extoic," we must say to each other.

For dinner I had to go mofongo, of course. This is a hearty, must-have traditional dish made with fried plantains as its main ingredient. Plantains are picked green and fried, then squashed with salt, garlic, broth, and olive oil in a wood mortar + pestle. It is as delicious as it sounds and after my night kayaking I needed the energy, to dance. Yes, they have salsa-style dancing right on the street. So after no needed coaxing and a few glasses of vino later I was up and tapping my toes. It may seem crazy to go from one small island filled with Puerto Ricans to another small island filled with Puerto Ricans but what can I say, they know how to have a great time even in the worst of times.





We're continuing the staycation here at Tasty Bytes HQ but for a group who is used to traveling to cover the latest in tech and food we do miss a bit of the exotic.

So, we reached out to M and Lou over at [mandlou.com](http://mandlou.com) to help us enhance one of the most classic fall recipes—apple pie. M and Lou are childhood friends living in New York City by way of Morocco and are small business owners.

MandLou.com is a site to order amlu, a product that most of us had not heard of until we were told what was in it. Argan oil. We've all heard of that, it's in soaps, shampoos and cosmetics. But M and Lou let us know we should not try to make pie with commercial argan oil used for hair and skin because it hasn't been roasted and will not taste great.

The argan oil M and Lou use is made by a co-op located near Agadir in South Morocco. They use all local ingredients and are even certified organic.

We made the pie using their recipe and loved it. We may not be able to get to Morocco right now, but this will hold us over for a little bit.

1

**INGREDIENTS  
(4-6 SERVINGS)**

- Puff pastry
- 8 apples  
(Golden or Pink lady)
- 1 teaspoon cinnamon
- 1/2 cup amlu

2

**INSTRUCTIONS**

1. Preheat the oven to 400°F
2. Line a tart pan with the puff pastry
3. Spread amlu on the puff pastry
4. Peel and slice the apples about 1/2-inch thick, then arrange them over the amlu layer.
5. Sprinkle with cinnamon
6. Bake for 15 minutes at 400°F, then 30 minutes at 350°F, until apples are soft.
7. Once baked, you can drizzle some amlu on the pie, and serve with a big scoop of ice cream!

3

**ENJOY**

**7,500 varieties of apples are grown throughout the world.**



# STAFF

Editor-in-chief **Scott Keatley**

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Art Director     **Jennifer Westin**  
Creative Director     **Gina Keatley**  
Design Director     **Richard Rodriguez**

Writers     **Miguel Angel Garcia**  
**Francisca Hector**  
**Bwana Keita**  
**David Davis**  
**Robert Chang**  
**Jessica Cording**  
**Zoey Little**  
**Jacob Haddan**

Photographers     **Mila Parsons**  
**Cody Evans**  
**Rahul Farmer**

Copy Editors/  
Proofreaders     **Nikki Baldwin**  
                     **Pauline Hill**  
                     **Khamisi Chisomo**

## EDITORIAL OFFICE

New York, NY 10012  
[www.tastybytesmag.com](http://www.tastybytesmag.com)

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