



The Berry Man, Inc.

CAFÉ STELLA

"We are open...and ready for happy hour"!Merci! ... Thank you!... To our new neighbors, supporters, friends...to the local community And many thanks to our staff for making our new project happen!

Go Team Café Stella!! Special thanks to: Aaron Nawai (Café Stella Manager and previous Stella Mare's Manager), Jason Banks (Café Stella and Stella Mare's Executive Chef) as well as Jesus, Carlos, Justine, Francisco and Tawny...for their hard work and dedication Café Stella is officially open! The last 3 days have been great and the feedback is amazing.

News flash! We are starting Happy Hour this week: Monday thru Friday 4pm to 7pm: \$2.50 beer (Corona, Budweiser, Bud light, Coors light), \$3.50 house wine by the glass, \$4 margaritas and madras, \$4 appetizers (to change weekly). This week: Merguez hot dog, Shrimp, avocado, tomato bruschetta

ADAMA, a vegan comfort cuisine, opened softly, not completely ready but just taking the plunge, on Thursday. Its an enormous learning curve as we learn the POS system and the challenges of serving and seating in this very unique edifice. Marsha and I have been so blessed by all of the encouragement and well-wishes that have come our way in these months, and are loving finally meeting the many of you that have been cheering us on as we hauled, painted, scrubbed, replaced, laughed and cried through the makeover. Our new motto: give us a dolly, a staple gun, and a few pipes for leverage, and there is nothing we can't do!

The still evolving menu is completely vegan with an emphasis on organic ingredients. We have several gluten-free items in the bakery and are working on adding a few more to the menu as well. Also coming soon are more dishes that are soy-free. But our main focus is on animal-free. Come break bread with us and join us in the adventure! With the tiniest bit of prompting, the whole story of the way our lives and paths have been woven together comes pouring out! Breakfast, lunch, baked goods, espresso/coffee/juice bar Tuesday through Sunday, starting at 6:30 AM. - Deeahna



John Dickson's Food News Blog

The Restaurant Guy

WEEKLY PRODUCE SCOOP

LEEEKS....Short supplies and prices are very high.

AVOCADOS..... California crop, Good quality but prices are high.

BELL PEPPERS.... Red and Yellow are high in prices. Calif. Crop coming soon!

TOMATOES.... Still coming from Mexico, Prices coming down.

LIMES..... Coming from Mexico. Good Quality. Prices are down.

CANTALOUPE..... Coming from Costa Rica. Quality is fair and prices are down. Calif. Crop coming in 2-3 weeks.

CELERY.....California grown, short supplies and VERY EXPENSIVE.

ORANGES....California Crop available, Good Quality. Prices down.

ASPARAGUS.... New California crop, good quality. Prices are fair.

STRAWBERRIES.....Oxnard crop is done. Moving to Santa Maria and Watsonville crop. Better quality and cheaper prices.

GRAPES....Still Mexican crop. Last shot of the crop, so quality is not that great. Prices are very high. **Calif. Crop coming soon!**

CARROTS...Still short supplies on Jumbo size, Prices still high.

Market High: Avocados, Grapes, Green Beans, Red and Yellow Bells, Rappini, Brussels Sprouts, Carrots Jumbo, Celery, Leeks, Baby Artichokes.

Seasonal Items: California Peaches, Nectarines, Apricots and Cherries. Purple Asparagus, Golden Raspberries, Tuscan Melons (Mexico)

Newsletter

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Hydroponics - what it is and what it is not

Hydroponic growers have completely eliminated the need for soil and its micro-organisms. This has resulted in better crop quality, higher growth rates and much healthier produce, all without soil erosion or water supply contamination. The fertilizers used in hydroponics are much more pure than those utilized in organic growing, and they also leave no residue in cultivated produce. The result is that more people can be fed, less precious natural resources are used, and the produce is much healthier and flavorful.

Hydroponic crops are generally grown in a far more sterile environment than organic crops. Precise controls are utilized to ensure optimum growth, extended growing seasons, and maximum nutrition. This sterile environment also dramatically reduces the need for pesticides. When a form of pest control is needed, only natural, non-toxic materials are ever used.

Hydroponic growers use highly refined minerals in their nutrient solutions, simply because mined minerals dissolve poorly and, as mentioned earlier, can be extremely toxic to humans and even harmful to plant life. In fact, when hydroponic crops are analyzed for any trace of chemicals listed on the EPA's priority pollutant list, usually none are found.

Another obvious benefit of hydroponically-grown produce is enhanced nutrition. Compared to their soil-bound counterparts, fruits, vegetables and herbs grown hydroponically typically offer a significantly increased amount of the vitamins and minerals that we all need to maintain good health. It has been said that hydroponic produce has superior flavor and appearance. Some suggest that produce grown hydroponically stays fresh longer.

Local grower, Hollandia produce of Carpinteria, Ca, is a business success story for the hydroponic industry. Their most recognized product is the "Live Gourmet" living butter lettuce that is sold with the roots attached.



*Summer Truffle ...\$240/lb
Morels.... \$29.50/lb

**PLEASE ALLOW LEAD TIME AND
CALL CORY@805.722.5212**

Trivia...call Cory at 805.722.5212

I'm often called a homely tuber, and being thin-skinned doesn't help. Some people consider me a cross between a potato and an apple. My roots can be traced back to the days of the Aztecs and Incas, and I have always been very popular throughout Central and South America. Today I am also grown in Asia. Although I am a legume, I am grown mainly for my tuberous roots. I have a nubby, pointed end, white juicy flesh, and a thin fibrous dusty brown skin. When full grown I can be as large as one foot in diameter, and weigh as much as 22 pounds, but I am usually dug up when I am about 5 inches in diameter and about 3 -5 pounds. Cold kills, so you won't find us in regions that have frost. Don't even think about growing us anywhere north of the Texas Oklahoma border. I have two varieties: *pachyrhizus tuberosus* & *pachyrhizus erosus* (the second is the one you usually see). I have a sweet nutty flavor. While I'm watery when young my older, dried up relatives are usually ground into flour. I maintain my crispness when cooked. I get a beautiful tan and taste very sweet when deep fried. I can also be simmered in soup or sliced raw into salads, baked, steamed, boiled, or mashed. Use me like water chestnuts or grate as a passable (milder) daikon radish substitute. Loaded with starch, I am also high in vitamin C, and I have some iron.