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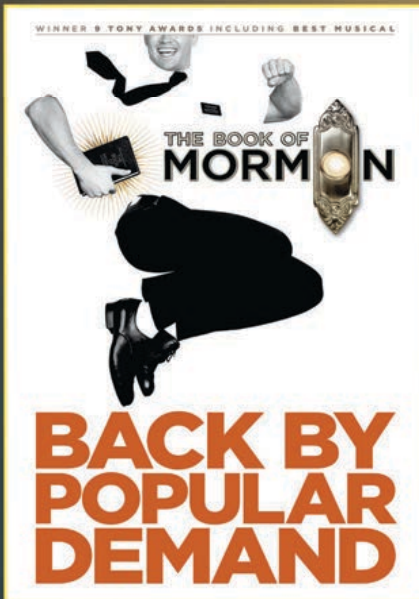
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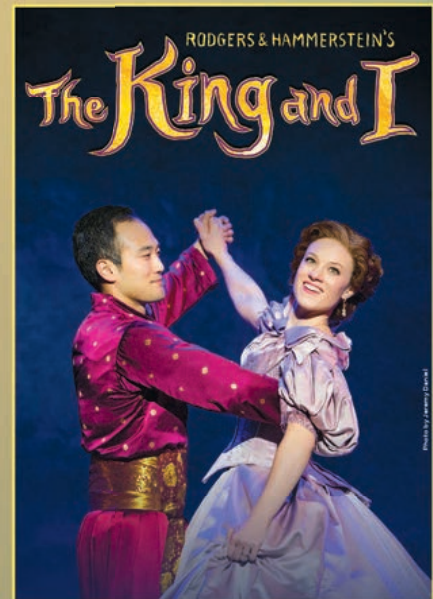
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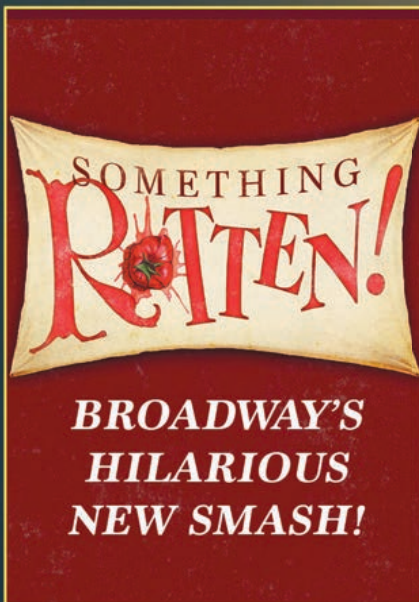
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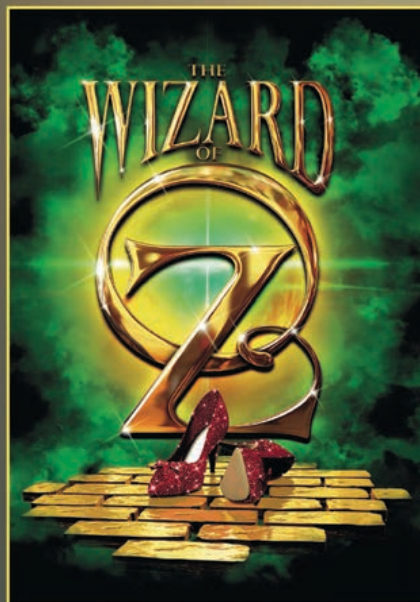
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"We are emphasizing the sacred lifestyle of the Great Basin tribes and educating others on how these tribes survived in this area for thousands of years. Also, it's not just about food; it's a big cycle of fasting and prayer, gathering the foods, and protection of the animals and plants for future use."

— Ben Rupert, member of the Washoe and Duck Valley Indian Reservation Shoshone-Paiute tribes, an 18-year member of the Reno Fire Department, and a firefighter for more than 30 years. He has a passion for ancestral skills and likes to prepare local, traditional foods.

Turmeric enhances the flavors of dishes and reportedly has many wellness properties



Photo by Michael Okimoto



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editor's letter



This issue is dedicated to my father, who passed away on March 7. He was a beautiful rebel of a man, full of rock-and-roll attitude, creativity, and spirit. He had a profound impact on everyone he met and was revered for his artwork and extraordinary experiences.

He taught me to be adventurous and imaginative. He impressed upon me the importance of cherishing nature, respecting the environment, laughing and being joyful and silly, living by my own rules, and thinking for myself (and not trusting “the man”). He also taught me to appreciate the finer aspects of life, including automobiles, music, literature, fashion, design, high art in museums we walked through, and eclectic treasures in

shops we visited on our road trips. He was an avid flea market and thrift store shopper who had a knack for unearthing one-of-a-kind deals. Shelves in his home were snugly packed with his finds.

He influenced me when it came to food, too, introducing me to delicious dishes, whether served in fine or hole-in-the-wall restaurants. He passed down his taste for hearty beef stew and chili. Additionally, I assumed his ravishing delight of summer berries and vanilla cakes. I take a lot after my dad in terms of our food preferences. Just like me, he adored Mexican fare, gratifyingly digging his fork into tamales, chile rellenos, and enchiladas. We also shared a love of well-toasted grilled cheese sandwiches paired with tomato soup.

Prior to my dad's illness, coincidentally, we had planned this COOKS! issue to have a wellness focus, and, also synchronously, the cover story became centered on Native American food traditions. My father was a huge collector of handcrafted tribal baskets, ceramics, and leather goods and was an enthusiast of Native American philosophies and spirituality. A shaman even presided over his marriage and death.

This issue is a perfect tribute to my dad, who lived life to its fullest. I hope you enjoy it.

Hold your loved ones tightly, and teach and feed them well.



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About the Cover Seventeen-year-old John Rupert, a member of the Washoe and Duck Valley Indian Reservation Shoshone-Paiute tribes, is surrounded by native dishes, including, from left, pine nuts, trout (in his lap), and marinated bison steak. He took down the 1,500-pound bison with a bow and arrow. He and his father, Ben, regularly hunt for elk, rabbits, and ducks; fish for Lahontan cutthroat trout; and forage for wild onions, pine nuts, and berries.

Photo by Jeff Ross

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EDIBLE UPDATES



The latest scoop

Keeping you informed of local food and drink news.

WRITTEN BY MICHAEL TRAGASH
ILLUSTRATION BY GREG BRADY

Month after month there's more news to share than we can possibly fit in this column. Our local food community is constantly buzzing with all sorts of exciting new openings, awards and accolades, anniversaries, and celebrations. Keeping up with it all has become quite the task, but you don't need to worry. We're serving Edible Updates on a silver platter, so when your friends ask, you've got the answers.

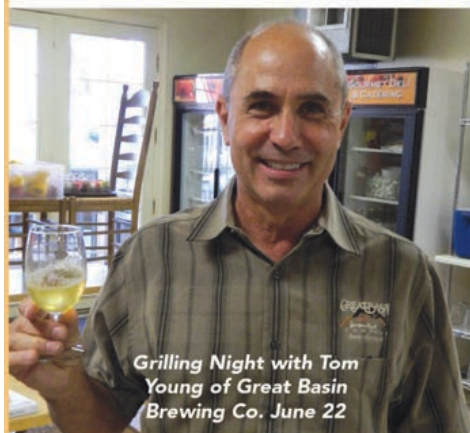


OPENINGS

After years of working in the fast-paced kitchens of Pier 39 in San Francisco, Jana and Dewey Grande decided they needed a change of pace. They packed up and left the Bay Area, bringing their family and pastry skills to Reno in pursuit of a better quality of life. The couple wanted to create a local business that married Jana's experience as a commercial baker and Dewey's in marketing and sales skills, and they quietly opened **Kaffe Crêpe** this past December in the Costco shopping center on Plumb Lane in Reno. The café is warm and welcoming with a menu of sweet and savory crêpes perfectly portioned for breakfast, lunch, or an early evening snack. The couple's culinary creativity really shines in the clever combinations that include Cookie Butter, with house special Biscoff cookie butter and crumbs, banana, and vanilla sugar; the

Mediterranean, with hummus, feta, artichoke pesto, and tomatoes; and a constantly changing menu of seasonal specials, many of which were inspired by their guests. They also offer a full range of coffee and espresso beverages, too.

Batuhan Zadeh and Sabri Arslankara aren't new to the pizza game, but they're out to change it. After five years of managing and operating Domino's Pizza locations, these cousins combined their intimate knowledge of the industry with direct customer feedback to create **Pizzava**, which opened in Midtown this January. The concept aims to provide a higher quality, food-driven, neighborhood pizza experience that sources locally whenever possible. The two worked closely with the team at **Liberty Food & Wine Exchange** in Reno to develop their crust so the dough could be delivered fresh daily. Pizzava's menu features 35 specialty pizzas and the option to



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| June 13 | Summer Slow Cooker |
| June 14 | Taste of Tuscany |
| June 15 | Couples at the Grill |
| June 16 | Biscuits, Gravy & Sausage |
| June 21 | Girls' Night Out- Barefoot in Paris |
| June 22 | Grilling with Great Basin Brewing Co. |
| June 23 | Summer Salads |
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build your own from an array of five sauces and 20 toppings. The inventive combos and breakfast pizzas, which are each topped with a beautiful farm fresh egg, are gaining Pizzava a lot of notoriety, but where it's really winning is in the service department. The efficient kitchen, streamlined menu, and app-based ordering system all are points of pride for the cousins, who spent countless hours developing this system. Their hard work is allowing them to deliver pies (in their delivery area), perfectly hot within 20 minutes, and have takeout orders ready in less than 15 minutes. Since January, the restaurant has seen a huge increase in business, and Zadeh says you can count on at least one other Pizzava location to open before the end of 2018.



ACCOLADES, ANNIVERSARIES, AND ACKNOWLEDGEMENTS

On March 11, our community lost a great friend. **Tristan Hill**, Galena High School grad, co-owner of the Stamp Social Club in **The Basement** in Reno, founder of the Northern Nevada Blue Chip Basketball Camp, and a devoted friend, supporter, and believer in Reno died in a tragic helicopter accident in New York City. Anyone who met Hill knew he was special. Michael Moberly, spirits program director at Reno's **Whispering Vine Wine Co.** and a local spirits educator, called Hill a "Disney prince," a description capturing Tristan's honest, genuine, authentic, and gracious character.



He was full of integrity, magnanimous amounts of regard for others; he always was smiling, insanely passionate, and infinitely optimistic. The comments posted about him on social media show a small fraction of the lives he touched before his life was taken too soon. Brianna Bullentini, lead designer of The Basement, said, "We have always been following your lead, buddy. Don't stop guiding us." He will be greatly missed.



Reno won big at the Best of Craft Beer Awards, held this January in Bend, Ore. Seventy-eight judges considered more than 10,000 entries in 86 categories that represented 156 different brew styles. **IMBIB Custom Brews** of Reno, **Great Basin Brewing Co.** of Sparks and Reno, and **Brasserie St. James** of Reno took home a combined total of nine of the 145 coveted medals in this competition, with five of those being gold.

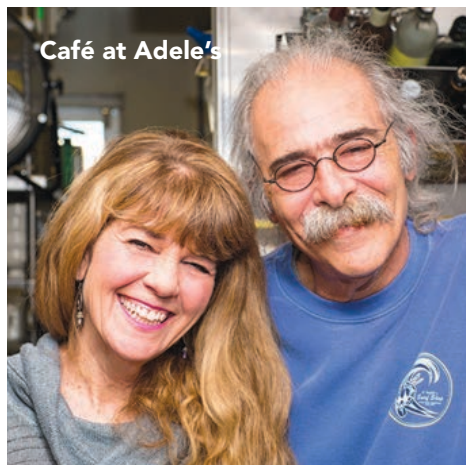
In February, John and Nyna Weatherson celebrated the fifth anniversary of their eatery, **Restaurant Trokay**. Following a storied

career with some of the most awarded chefs in the nation, the Weathersons relocated to Truckee from New York in 2011 to open the restaurant as a way to share their hospitality, craft of cooking, and culinary artistry. Trokay is a remarkable modernist restaurant, the likes of which you'd expect to find in any American metropolitan city. The food at Trokay is ingredient focused, complex, technical, and extremely beautiful, with an emphasis on seasonality and sustainability. The best way to experience the cuisine at Trokay is by indulging in one of the Chef's Tasting Menus. As the dishes arrive, you're not likely to immediately recognize anything on the plate. That's intentional, as the Weathersons don't want any preconceived notions to stop you from discovering what's possible in food. The explanations from the impeccable staff will reveal the intention behind the dish, and with your first bite you'll understand the purpose, presentation, and role each component plays in the artistic interpretation of the season they've created.

Restaurant Trokay



This year marks the 40th anniversary for Carson City's **Café at Adele's** and chef Charlie Abowd, his wife Karen Abowd, and their devoted staff have a year-long celebration planned, which includes a recreation of the menu chef Abowd prepared in 2005 for an esteemed group of culinary colleagues at the James Beard House in New York City. This momentous occasion and celebration will be bittersweet for the entire community, though. Late in February, The Abowds announced that after decades of service to the Northern Nevada community,



they're planning for a well-deserved retirement, and part of the plan is the sale of the building and restaurant. Charlie determined that since no one from the Abowd family will be involved, it wouldn't be Adele's, and thus the sale does not include the name or menu. The couple is in search of the right buyer who will honor the legacy of this business, its dedicated staff, and the contributions they've all made to the community at large. Though retiring, the Abowds intend to remain active parts of the community, continuing their involvement with **The Green House Project** and more, in between time spent with their grandchildren and travels abroad.

Have you been to **Carlillos Cocina** in Sparks or **Smiling with Hope Pizza** in Reno? If not, start planning ahead because all eyes are on them with the announcement that they're two of Yelp's Top 100 Places to Eat for 2018, a national poll. Carlillos Cocina, which is located in the old Landrum's building on Rock Boulevard, is passionately run by a



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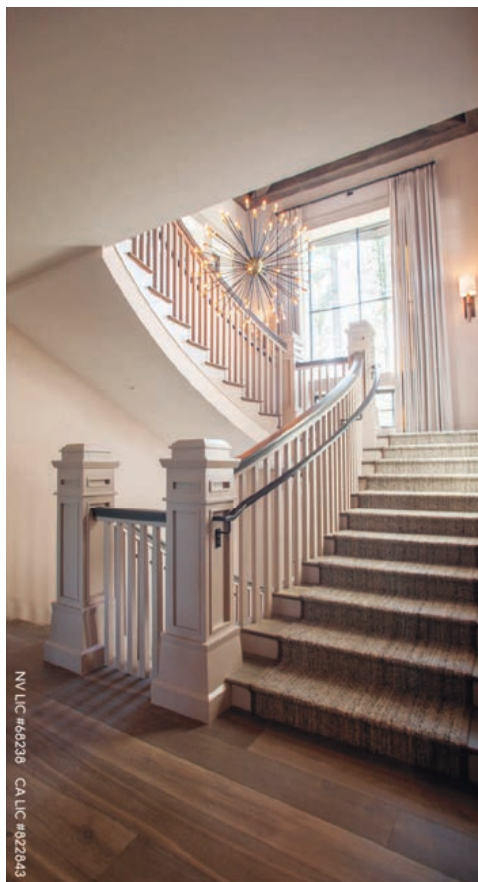
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father-and-son team who serve some of the biggest and best Mexican plates in town. This place is so popular that the owners often have a line just to get into the tiny parking lot and front door. Smiling with Hope Pizza opened in early 2016 as a way to perpetuate the worthy social mission that Walter and Judy Glosinski started in schools more than 20 years earlier. The restaurant employs people with developmental disabilities, trains them to be extremely effective employees, and serves up the best East Coast-style pie in town, and possibly on the West Coast. To create the list, Yelp's data science team compared businesses from across the country, using a ranking that considered ratings and number of reviews, while also accounting for quality and popularity, to not only reveal what's top rated but what's most popular across the country. This marks the second consecutive year for these local business owners, who have been winning customer favor for both their great food and exceptional service.

CHANGES AND OPENINGS

Businesses adapt and evolve to better suit the needs of their customers and reach new ones. In January, **Rawbry** announced it would close its retail location in order to extend beyond Reno and help our whole region start stealing back their health. The owner of the cold-pressed juice bar, which anchored The Basement in Downtown Reno, saw the chance to serve more customers by offering regional delivery and wholesale opportunities, so she has moved production to a co-packer to manage the increased production required to service the expected growth. Look for Rawbry products to start showing up in local coffee shops, retailers, and more in the coming months.

The announcement of Rawbry's closure caused rumors to circulate about The Basement, with many speculating the development would close, which is not the case. The Basement's tenants, which include **Global Coffee, Pantry Products, Escape,** and **Sugar Love Chocolates,** all are doing well thanks to the support of the community.



Substantial progress is being made on **Bently Heritage**, Bently Enterprises' estate distillery in Downtown Minden, with the hiring of maltster Matt Drew and the completion of Bently Ranch's multimillion-dollar malting facility. Drew spent four years learning the art of malting, creating small batches in Texas during the start of the craft distilling movement, before relocating to Nevada last year to pursue the craft as a career. He was hired by Bently Heritage in October 2017, and the Bently malting facility came online this March. Malting is the first step in whiskey making, where the grains begin to convert their carbohydrates into the fermentable sugars, which ultimately drive flavors found in the finished product. Bently's decision to invest so heavily in this area was motivated by several factors, including its designation as an estate distillery, which mandates that this process be done on the property, and its dedication to creating spirits that taste of the terroir of the Carson Valley. Traditionally, malt refers to barley, but any grain can be malted. Drew will be malting rye, corn, wheat, barley, oats, and other grains grown on the ranch, producing 20 to 24 tons of malt per week. These malted grains will be used to create the unique flavor profiles of the Bently Heritage spirits, and some will be developed on contract for other regional breweries and distilleries.

Bently Ranch, based in Minden, began its grass-fed beef program in 2012 under the direction of Christopher Bently, with online sales to the public and restaurants starting in 2013. The demand for Bently's products has

increased substantially over the last five years, while the processing capacity for cattle in Northern Nevada has not. In an effort to help solve the problem, in 2016, Bently Ranch donated \$150,000 to help expand the capacity of **Wolf Pack Meats**, Northern Nevada's only USDA-approved processing facility operated by the University of Nevada, Reno. The lack of capacity created gaps in the availability of Bently's products, and, recognizing that one facility just isn't enough to meet the demand, Bently Ranch opened the **Bently Ranch Butcher Shop** this February. The USDA-inspected shop allows Bently Ranch to cut and wrap its own beef for sale, a job Wolf Pack Meats did previously, and it makes the products more easily accessible to the general public as well.



Bently Ranch Butcher Shop

Along with its \$100-million new lodge (with 154 rooms, spa, salon, bistro and bar, ballroom, pool, and more), **Edgewood Tahoe** has a new executive chef following the retirement of Frank Stagnaro, who had been the resort's executive chef for more than 25 years. Executive chef Charles Wilson, a native of Austin, Texas, came on board this January and will oversee the property's three restaurants. Chef Wilson's culinary education began under the expert guidance of his mother and grandmother, who taught him about the beauty and simplicity of fresh, local ingredients and how to let them shine on the plate. From there, he studied culinary arts at Le Cordon Bleu Culinary School before going on to lead kitchens in resort destinations from the Caribbean to Chicago, Scottsdale, Hawaii, and Newport Beach.




"In coming to Tahoe, I'm stepping into a great culinary program with a bountiful local following created by chef Stagnaro," Wilson says. "In 2018, I'm looking forward to regenerating menus to give locals and our guests additional flavor profiles to choose from among the three restaurants."

Our support for long-standing local institutions and all of the new concepts and cuisines that have arrived is fueling the explosive and exciting growth we're seeing in our city. Sharing these great stories and your own experiences with friends and family will inspire others to show their support, too. We're all an active part of putting the Reno-Tahoe region on the map, and in so doing, we're helping our local food community thrive.

Until next time, remember to eat, drink, and support local! 🍷



Michael Tragash is local community director with Yelp.com. He's passionate about connecting people to all the useful, funky, and cool businesses and happenings in the Reno-Tahoe region. You usually can find him exploring the local food-and-drink scene or the natural beauty that surrounds us.


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Riverschoolfarm.org

3 **FIRST THURSDAY**
Nevadaart.org

5 **DOWNTOWN CARSON CITY WINE WALK**
Visitcarsoncity.com

TAMALES WORKSHOP
Nothingtoit.com

DERBY DAY
Renochamberorchestra.org

5, 6 BEAUTY AND THE BEAST
Avaballet.com

6 **KENTUCKY DERBY PARTY**
Thedepotreno.com

RUNWAY FOR LIFE
Momsontherun.info



10 **GNOCCHI WORKSHOP**
Nothingtoit.com

12 **BBQ FOR BULLETS**
Www.unce.unr.edu

MOTHER'S DAY TEA PARTY Nothingtoit.com

SUNGLASS EXTRAVAGANZA
Adlingtoneyecenter.com

12 - 13 RENO RIVER FESTIVAL
Renoriverfestival.com



13 **MOTHER'S DAY**

MOMS ON THE RUN
Momsontherun.info



16 **GOURMET CHOCOLATE TRUFFLES CLASS**
Truckee.augusoft.net

18, 25 FOOD TRUCK FRIDAY Facebook.com/renostreetfood

19 **RENO WINE WALK**
Renoriver.org

STRANGE BREW FESTIVAL
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GARDENING IN SMALL PLACES
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SPRING SEEDLING SALE
Greatbasinfood.coop

19 - 20 CHILI ON THE COMSTOCK
Visitvirginiacitynv.com

21 **PLAY FOR P.I.N.K.**
Montreuxcares.com

26 - 27 MADE IN TAHOE FESTIVAL
Squawalpine.com

27 **CHEETAH 500**
Animalark.org

28 **MEMORIAL DAY**



24 **SALUTE TO WOMEN OF ACHIEVEMENT**
Nevadawomensfund.org

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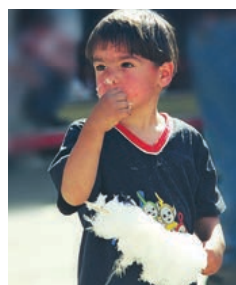


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Happenings *June*



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1 – 2 RENO TAHOE ODYSSEY
Renotahoeodyssey.com

1 – 3 RESTORATIVE ARTS AND YOGA FESTIVAL
Granlibakken.com

1, 8, 15, 22, 29 FOOD TRUCK FRIDAY
Facebook.com/renostreetfood

2 SOCIAL SCIENCE
Nvdm.org

TAHOE BREWFEST
Tahoesouth.com

BACKWASH
Renocraftbeerweek.com

5 NUTRITION FOR OPTIMAL HEALTH CLASS
Truckee.augusoft.net

6 COMMUNITY DINNER
Riverschoolfarm.org

SPRINKLER MAINTENANCE
Conservation@tmwa.com

7 FIRST THURSDAY
Nevadaart.org

SAUERKRAUT CLASS
Nothingtoit.com

7, 14, 21, 28 39 NORTH MARKETPLACE
39northdowntown.com

7 – 10 NEVADA STATE FAIR
Nevadastatefair.org

8 10 TORR ONE-YEAR ANNIVERSARY BLOCK PARTY
10torr.com

9 CROISSANT WORKSHOP
Nothingtoit.com

TASTE OF THE COMSTOCK
Visitvirginiacitynv.com

BIGGEST LITTLE INVITATIONAL
Renocraftbeerweek.com

14 – 23 RENO RODEO
Renorodeo.com



15, 16 BBQ, BREWS, & BLUES FESTIVAL
Eldoradoireno.com

16 TAHOE CITY FOOD + WINE CLASSIC
Tahoe-citywinewalk.com

VALLEY WOOD PARK WALKING TOUR
Rsvp@tmwa.com

LIMONCELLO CLASS
Truckee.augusoft.net



RENO WINE WALK
Renoriver.org

16 – 17 WATER & RAILS POND AND GARDEN TOUR
Waterandrails.org

17 FATHER'S DAY

22 GRILLING NIGHT WITH GREAT BASIN BREWERY
Nothingtoit.com

23 SUMMER SALADS CLASS
Truckee.augusoft.net

23 – 24 FRANKTOWN MEADOWS HUNTER DERBY
Fmhunterderby.com

24 LAVENDER & HONEY FESTIVAL
Lavenderandhoneyfest.com

27 YELP'S HOME AWAY FROM HOME WITH RONALD MCDONALD HOUSE CHARITIES
Rmh-c-reno.org

28 MIDTOWN ART WALK
Renomidtownartwalk.com

29 – July 31 ARTOWN
Renoisartown.com

30 – July 1 RENO ART FEST
Artechreno.org



July

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4 STAR SPANGLED SPARKS Cityofsparks.us

4 INDEPENDENCE DAY

4 COMMUNITY DINNER Riverschoolfarm.org

5 FIRST THURSDAY Nevadaart.org

5, 12, 19, 26 39 NORTH MARKETPLACE 39northdowntown.com

5 – Aug. 30 OUTDOOR SUMMER MOVIE SERIES
Squawalpine.com

6 – 7 BIGGEST LITTLE CITY WING FEST
Eldoradoireno.com

6, 13, 20, 27 18, 25 FOOD TRUCK FRIDAY
Facebook.com/renostreetfood

6 – Aug. 26 LAKE TAHOE SHAKESPEARE FESTIVAL
Laketahoesakespeare.com

8 – Aug. 12 CLASSICAL TAHOE Classictahoe.org

10 HERBAL GARDENING CLASS
Truckee.augusoft.net

13, 14 VORTEX Avaballet.com

13 – 15 CHALK ART FESTIVAL Atlantiscasino.com

14 – 15 ART, WINE & MUSIC FESTIVAL
Squawalpine.com

19 – 22 WANDERLUST Wanderlust.com

21 RENO WINE WALK Renoriver.org

21 WATER LANTERN FESTIVAL
Waterlanternfestival.com

30 – Aug. 5 BARRACUDA GOLF CHAMPIONSHIP

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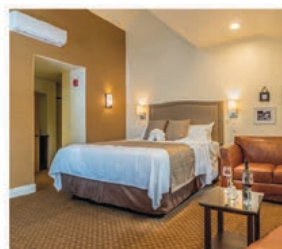
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- 10 CONVERGENCE VINEYARDS
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- 14 DISTANT CELLARS
21390 Ostrom Rd, Fiddletown
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12505 Steiner Rd, Plymouth
- 16 DRYTOWN CELLARS
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| 30 RENWOOD WINERY 12225 Steiner Rd, Plymouth | 39 TKC VINEYARDS 11001 Valley Dr, Plymouth |
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| 31a 79 Main St, Sutter Creek | 41 VINO NOCETO 11011 Shenandoah Rd, Plymouth |
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A meaty matter

Sierra Meat & Seafood family welcomes new partnership.

WRITTEN BY SANDRA MACIAS
PHOTOS BY CANDICE VIVIEN

Above: Chris Flocchini, president and chief executive officer of Sierra Meat & Seafood in Reno, and his wife, Joanne, prepare a marinade for a salmon recipe in their Reno home

In 1986, an Italian family from California took a gamble on Reno. The Flocchinis — with three generations of meat-industry acumen behind them — bought Sierra Meat Co. (the official name, when it was founded in 1948). The gamble paid off. Now Sierra Meat & Seafood, the family-owned-and-operated company, has grown to an impressive size that belies its roots.

“We went from a very small facility with old-school ways of doing things,” says Chris Flocchini, president and chief executive officer, “to a 5,000-square-foot, state-of-the-art facility with computers, millions of dollars of machines to cut steaks and other meat, and a footprint of doing business all over the country.”

The family’s business relationships even extend across the Pacific, with products shipping to Hawaii and Guam.

But late last year, the Flocchinis made a historic decision. After three decades as a family business, Sierra Meat & Seafood’s owners brought on a partner, Tricor Founders from Vancouver, British Columbia, Canada, a food-based holding company owned by three families. Flocchini is pleased with the change.

“Ours is a tough business to keep the generations going,” Flocchini says. “Our partner has experience in running food companies. They own two chocolate companies, a manufacturer of ready-to-eat meals and salads, and a seafood company as well. This partnership will help us grow our business.”

Taking a partner doesn’t diminish Sierra Meat’s stature as a family-owned business. Nor does it erase an illustrious family history that started with Flocchini’s grandfather, Armando, who, in the early 1930s, bought the Durham Meat Co. in San Francisco, where he worked as a butcher.

“My grandfather, who emigrated from Italy, borrowed the money from his mother-in-law to buy the company,” Flocchini says. “My grandmother is still alive — she’s 105.”

She got her money back, too. Armando Flocchini Sr.’s meat business flourished in the Bay Area, with his sons, Bud and Rich, working with him before the third generation joined the ranks. Today the family ties, from fathers and siblings to uncles and cousins, continue — and strengthen — with the new partnership.

COOKING WITH THE FLOCCHINIS

While business deals are important, there is another side to the Sierra Meat family. Though they work together daily, in their off time they celebrate at the family table. If you ask Flocchini who cooks in the family, he will reply enthusiastically, “We all do!” But he refers to his wife, Joanne (who also is the company’s director of corporate giving) as the “great cook, better than me.”

Joanne confirms she loves to cook, especially when she has a great source in Sierra Meat.

“I have all the meat and seafood at my fingertips,” she says.

When planning dinners, she likes to “mix it up,” serving, for example, fish today, steak tomorrow, and pasta maybe Friday.

“And the kids love Asian food,” she says, so another night will star sushi.

Joanne, a mom of two busy teenagers, likes meals that are healthy but quick to prepare. For a recent quick-and-easy weekend dinner, she prepared salmon with a miso glaze and Asian skirt steak.

By marinating the skirt steak in a tasty soy sauce the night before, the dish was ready for the barbecue. The miso sauce for the salmon, whipped up effortlessly, coated the salmon that would slip into the oven about the same time as the skirt steak hit the fire.

The rice cooker steamed away while Joanne tossed together a snap pea salad.

“This is so easy,” she says. “Throw the snap peas in a bowl, sprinkle sesame oil on them, add black sesame salt, and finish with the secret ingredient, truffle salt. You’re done.”

With prepping ahead of time, dinner was ready in less than 30 minutes — even their west highland terrier, Mochi, got his dinner on time. You can’t beat that. 🐔

Sandra Macias, who has covered Reno’s food scene for umpteen years, is embarrassed to say she didn’t know Sierra Meat & Seafood sold retail. Now that she does, she is scanning its products. Fresh fish, USDA choice steaks, and Berkshire pork (the Tesla of pork) all sound good. What’s for dinner tonight?

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The Flocchinis' Asian skirt steak and miso-glazed salmon

MISO-GLAZED SALMON

(courtesy of Joanne Flocchini, director of corporate giving, Sierra Meat & Seafood in Reno. Serves 4)

Miso, a fermented soybean paste, is a basic flavoring in Japanese cooking. It is available in Asian markets and supermarkets.

- 1½ pounds salmon filet (about 6 ounces each)
- ¼ cup mirin
- ¼ cup sake or vodka
- 3 tablespoons white or yellow miso paste
- 1 tablespoon sugar
- ½ tablespoon soy sauce
- 2 teaspoons dark sesame oil

Combine the mirin and sake (or vodka) in small saucepan, bringing to a boil over high heat. Boil 20 seconds, taking care not to boil off liquid. Turn heat to low and stir in miso and sugar. Whisk over medium heat, without mixture boiling, until sugar has dissolved. Remove from heat and whisk in soy sauce and dark sesame oil. Allow to cool. Pour glaze into wide glass or stainless-steel bowl or baking dish.

Pat fish filets dry and brush each side with glaze, then place them in bowl or dish, turning a few times in marinade. Cover with plastic wrap; marinate for 2 to 3 hours in refrigerator.

Heat oven to between 375 and 400 degrees F. Spray oil on bottom of baking dish that will accommodate the fish. Place in hot oven and roast for 10 to 12 minutes, depending on thickness of fish. If top of fish isn't browned, set under the broiler for 2 to 3 minutes to bubble glaze. Watch that it doesn't burn.

ASIAN SKIRT STEAK

(courtesy of Joanne Flocchini, director of corporate giving, Sierra Meat & Seafood in Reno. Serves 4)

- 1½ to 2 pounds skirt steak
- Juice from half an orange
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 2½ tablespoons soy sauce
- 2 garlic cloves, minced

Mix marinade ingredients in a bowl. Cut meat into 4 equal sizes and place them in zip-lock bag large enough to hold them. Pour marinade into bag and seal. Marinate steak at least 2 hours or overnight. Use hot grill: For charcoal grilling, cook 7 to 12 minutes for medium rare; for gas grilling, cook 8 to 12 minutes for medium rare.

Did you know Reno-Tahoe residents can buy in quantity directly from Sierra Meat & Seafood? It's an ideal option for those planning special gatherings or just looking to fill their freezers. For details, visit Sierrameat.com, click on the products tab, and discover everything from prime rib to wild boar. For same-day orders, allow a minimum of two hours before picking up. Order deadline for same-day pickup is 1:30 p.m., and orders must be picked up by 3:30 p.m.

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Getting *schooled*

Angie Taylor's humble beginnings taught her to love cooking.

WRITTEN BY JEANNE LAUF WALPOLE
PHOTO BY SHAUN HUNTER

Although she insists she's not a foodie, Angie Taylor admits that food plays a big part in her life. Far from being raised on haute cuisine, Taylor grew up poor in San Francisco, with a mother who made the best of it.

"My mom was a great cook and she did a lot with a little," she says. "She was very creative, and we had Spam a lot."

Taylor says her mother pulled out all the stops for special occasions such as Christmas, however, by splurging on ingredients for her own gumbo, which was fairly bursting with shrimp and crab.

"Shrimp is my favorite food," she says.

BUSY LIFE

Taylor's schedule doesn't always make cooking easy, though. Her packed docket includes serving as a Washoe County School District board trustee; the administrative pastor at Greater Light Christian Center in Reno; and the president and chief executive officer of Guardian Quest, Inc., a leadership development training organization. Despite her fast-paced lifestyle, however, she manages to add food to both the professional and social components of her day.

"I love food," she says. "It's a good accompaniment to almost anything — going to a movie, to a game, or to a meeting. People will show up for food."

With a whirlwind agenda taking up most of the week, Taylor doesn't always have the



Angie Taylor can whip up her sister Sil's Chinese Chicken Salad quickly in the kitchen of her West Reno home

"I cheat less and fall off the wagon less because I know what we put into our bodies can contribute to cancer. I have to be more vigilant." — *Angie Taylor*

luxury of spending a lot of time in the kitchen preparing food.

"I want the food to be healthy, good tasting, and quick," she says.

OVERCOMING CANCER

Taylor also has become more careful with what she eats after being diagnosed with and treated for breast cancer last year.

"My eating habits were always pretty good anyway, but now I'm very conscious about eating more vegetables, which I've always loved," she says. "I cheat less and fall off the wagon less because I know what we put into our bodies can contribute to cancer. I have to be more vigilant."

And as a single woman, she doesn't mind eating the same dish several times in a row.

"If I cook, I want to have leftovers," she says.

There also isn't much she doesn't like to eat, although she confesses she has an issue with bananas.

"I'm a banana snob," she says. "A banana can't have any blemishes at all, and it must have just a little bit of green at the top of the stem."

Her favorite cooking tool is her George Foreman grill because it's quick and produces food with a great grilled taste.

CASUAL ENTERTAINING

When Taylor has time to catch her breath and hang out with friends, she enjoys casual entertaining at her home. These get-togethers are special to her and involve more

preparation than her quick, day-to-day cooking.

"When I have my staff over, I do jambalaya, which is my go-to dish," she says. "I like to celebrate."

Another favorite is Chinese chicken salad (recipe at right), made according to her sister Sil's recipe.

"My sister is very creative and has the chef gene," she says.

A typical evening at Taylor's home in Reno begins with good conversation shared over drinks and appetizers.

"I have something out for people to nibble on and always have music on," she says.

She says her guests also eagerly look forward to playing games, including Pictionary. Occasionally, Taylor will host a potluck meal or have her sister cater the meal.

Taylor truly cherishes these times with the people in her life. As she connects with friends to catch up, food always plays an integral part in the event, however elaborate or casual it might be.

"In the black culture, food is really important," she says. 🐔

Freelance writer Jeanne Lauf Walpole always is looking for new salad recipes and is eager to try Taylor's.

SIL'S CHINESE CHICKEN SALAD

(courtesy of Angie Taylor, trustee, Washoe County School District board; administrative pastor, Greater Light Christian Center in Reno; and president and CEO, Guardian Quest Inc. in Reno. Makes 2 to 3 entrée-sized servings)

1, 12-ounce package fancy coleslaw with red cabbage and carrots
1 bunch green onions
½ cup wonton strips
½ cup caramelized French's Crispy Fried Onions
1, 15-ounce can mandarin oranges
Soy Vay Toasted Sesame Dressing
1 boneless, skinless chicken breast
Seasonings of your choice

Split the chicken breast in half to flatten it and season both sides with your preferred seasonings. Grill chicken (preferably on George Foreman grill, but not required). Cut cooked chicken into long strips and then cut strips in half. Chop green onions, then drain mandarin oranges. Mix coleslaw, chicken strips, oranges, green onions, wonton strips, and caramelized fried onions in large salad bowl. Add salad dressing to taste, and toss until glistening but not soggy. If desired, garnish with extra wonton strips and fried onions on top.

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cooks at home

Meat macramé

Local couple embraces art of preserving beef.

WRITTEN BY HEIDI BETHEL
PHOTOS BY ASA GILMORE

Just on the outskirts of the Toiyabe National Forest, in a house high on the mountainside overlooking West Reno's Caughlin Ranch, sits a spherical room with concrete walls nestled between an architectural masterpiece and the arid ground that surrounds it. In this inconspicuous room, you might expect to find a plethora of wine from around the globe or, perhaps, a dry storage area. Instead, upon entry, as you're hit with humid, cool air and Mozart playing softly in the background, a few pieces of center-cut beef steaks hang fully entwined in all their curing glory.

This is Steven Ing's happy place. His wife, Sharon, finds solace in the space, too.

"It's the only man cave with a Hobart meat slicer and collection of opera books," she says.

Steven is a therapist, speaker, trainer, and writer in Reno who specializes in human sexuality. With a background in fine arts and entrepreneurial passion, Sharon has managed Steven's counseling practice since 1998 and now serves as the president and chief executive officer of Ing Consulting and Ing Intellectual. Together, they have completely renovated their home and filled it with custom art pieces.



Sharon and Steven Ing in their Reno home

CURED CHARCUTERIE

In centuries past, mankind kipped wild game to keep on reserve to survive the harsh winters. While the invention of refrigeration has since negated the need to salt and cure meat, Steven values the care that comes with the curing process.

“Our species wouldn’t exist if our ancestors hadn’t figured out how to preserve food,” he explains. “I became fascinated with the fact that humans could keep meat for long periods of time without a method to cool it. And I particularly appreciate that these delicious gourmet meats are raw and were once kept for backup food.”

About three years ago, Steven and a group of friends from South America decided to try their hand at meat curing. They referred to *Salumi: The Craft of Italian Dry Curing* by Michael Ruhlman and Brian Polcyn — a work Steven regards with pure joy and a widely popular book among critics. Today, they have mastered the process of making *bresaola*, a center-cut beef steak steeped in salt, black pepper, bay and thyme leaves, crushed juniper berries, ground cinnamon, cloves, and dry white wine.

“It sits for three weeks in 60 percent humidity, where it’s aged to perfection,” Steven says. “Then it’s time to enjoy it. And who doesn’t love Italian dry salumi?”

PLATED ACCOUTREMENTS

Speaking of enjoying the cured meat, Susan has a few tricks up her sleeve when serving *bresaola* and other charcuterie. One of them is to use white plates or platters.

“Pretty plates look good with nothing on them. When you add the food they muffle the message,” she notes.

She suggests offering the cured meats with a drizzle of olive oil alongside an appetizing display of olives, preserved lemon (which Steven also makes), fresh lemon slices, capers, sweet white onion, and edible flowers. For



The Ings’ cured bresaola served with arugula, shaved Parmesan, olive oil, lemon juice, and black pepper. It’s accompanied by an Ing Sling

the perfect cocktail pairing, Susan touts the couple’s own Ing Sling.

“This acidic cocktail is a nice complement to the dish that guests really love,” she says. 🍷

Heidi Bethel thoroughly enjoyed visiting with the Ings and learning about their passion for food. She looks forward to shaking up an Ing Sling, or two, for herself soon.

ING SLING

(courtesy of Sharon Ing, president and CEO, Ing Consulting and Ing Intellectual in Reno. Serves 1)

2 ounces Nolet’s gin

1 ounce fresh lemon juice

½ ounce St-Germain Elderflower Liqueur

Squirt of agave nectar

Combine all ingredients in a shaker filled with ice. Shake. Strain into martini glass and garnish with a lemon twist.

Taste for *adventure*

Jen Gurecki's appetite for new experiences extends to food.

WRITTEN BY JEANNE LAUF WALPOLE

PHOTO BY TY O'NEIL

As chief executive officer and founder of both Coalition Snow in Reno and Zawadisha in Kenya, Jen Gurecki lives a fast-paced life of dual passions. An avid skier, she co-founded Coalition Snow, a manufacturer of skis, snowboards, and outdoor apparel made entirely for women. A dedicated social activist, she established Zawadisha as a nonprofit that provides small loans to rural Kenyan women to enable them to gain access to renewable energy and water. Gurecki's robust, can-do attitude enables her to frequently travel between countries as she runs both entities with a team approach and the latest technology. With one foot firmly planted in Reno and another in Kenya, she's equally at home riding her bicycle with the Maasai people in Kenya or skiing powder with friends at Tahoe.

CARVING OUT TIME TO COOK

Gurecki's love affair with food began in her undergraduate days at Northern Arizona University in Flagstaff, Ariz.

"I got into cooking with my roomies in college," Gurecki says. "We lived in an old Victorian house, and we'd cook and have dinner parties."

Sharing home-cooked foods with friends continued to be important to her through the years while she earned a master's degree in non-formal education at Prescott College in Prescott, Ariz., and then entered the world of work.

"I love to cook. I'm definitely a foodie," she says. "I don't have any problems spending hours toiling away in the kitchen."

As she juggles career responsibilities, community involvement, and travel in her busy schedule, Gurecki still finds time to chef it up in the kitchen of her Midtown Reno apartment while chatting with friends.

"I don't see cooking as a chore. It's creative," Gurecki says. "I like to have a dinner party with six or so and then we can have interesting conversation. I like people to come during the cooking, so then

everybody just sits around the kitchen table. Also, cocktails are a must."

Her go-to menu usually showcases pasta, which she delights in making with her pasta machine.

"I make the pasta up in my head," she says.

She also relies on Suzanne Goin and Teri Gelber's *Sunday Suppers at Lucques*, her favorite cookbook, where she finds recipes for dishes such as roasted pork loin, green rice, and persimmon hazelnut salad.

Gurecki always has the fixings for a meal on hand and keeps her pantry well stocked with staples such as olive oil, risotto, polenta, vegetable stock, wheat and semolina flours, quinoa, and black beans. She keeps her refrigerator supplied with a variety of hard cheeses and greens, along with garlic and red and white onions. When she heads out to buy groceries, she says, she tries to be a smart shopper by being price conscious but also particular about the quality.

"I buy healthy foods that are good for me. I try to do as much organic as I can, but I'm not a fanatic," she says.

DINING ADVENTURES

In keeping with her sense of adventure, Gurecki loves to discover new dishes, especially as she travels the world.

When traveling to Kenya, she looks forward to indulging in *chapati*, a fried flatbread that's a staple in the local diet.

"Chapati is the most delicious thing you can eat," she says. "I've tried to duplicate it, but I never have gotten it quite right. The key is to have lots of oil." 🐔

Opposite: Jen Gurecki removes her cooked pasta from boiling water with a handmade strainer from Kenya, commonly used for homemade potato chips in that country





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At the time of this writing, Gurecki was busy packing her bags for another African trip. This time, it's not all business: She'll also be joining friends for a 68-day bike ride across the continent from east to west. Undoubtedly, the route through Nairobi, Tanzania, Malawi, Zambia, Botswana, and Namibia will offer a plethora of culinary delights for Gurecki to discover. You can follow her on this latest venture on Instagram at @Yogurecki.

Freelance writer Jeanne Lauf Walpole greatly admires Gurecki's zest for life and spirit of adventure, including her appetite for any kind of food.

JEN'S HOMEMADE PASTA FOR TWO

(courtesy of Jen Gurecki, co-founder of Coalition Snow in Reno and Zawadisha in Kenya. Serves 2 to 4)

For pasta

½ cup semolina flour

½ cup all-purpose flour

1 egg

1 tablespoon water

Mix flours and egg together, and add water to make a tacky dough. Knead dough for about 5 minutes, cover, and let it rest 10 minutes. Then knead all dough into 4-inch-diameter disks and put these through pasta roller of your pasta machine, first on setting 1, then 3, then 6. Lay resulting sheets out to dry with dusting of semolina. Then run sheets through noodle attachment and toss noodles into boiling water for 2 minutes. Drain and serve with sauce.

For sauce

Olive oil

3 to 5 garlic cloves, minced

1 red onion, diced

1, 14.5-ounce can roasted tomatoes

Squeeze of tomato paste

Handful of capers

Handful of black olives, coarsely chopped

Salt and pepper, to taste

Parmesan cheese, to taste

Olive oil, to taste

Sauté garlic and onions in olive oil until translucent. Add tomatoes, tomato paste, and a good pour of olive oil, to taste. Simmer 5 minutes, then add capers and black olives. Pour sauce over freshly cooked pasta and top with Parmesan cheese.

cooks at home

Top *of the* class

The Sandes have supported the Reno community for more than 40 years.

WRITTEN BY
BARBARA TWITCHELL
PHOTOS BY ASA GILMORE



Gail Sande prepares her cream cheese pie with fruit in her Reno kitchen

It was a very good year. Which one, you ask? Well, whether you're talking about a bottle of rare vintage wine from John and Gail Sande's renowned wine cellar or any year from their amazing life together, you can pick blindly and not go wrong.

This longtime Reno couple defines the term overachievers. Cue the highlights reel.

After graduating from Reno High School, John Sande attended Stanford University, where he was the starting center for Heisman Trophy winner Jim Plunkett, on Stanford's 1971 Rose Bowl championship team. Gifted with brains as well as brawn, he went on to Harvard Law School, graduating *cum laude*. Two of his classmates, he recalls with a chuckle, were a most unlikely duo: politicians Mitt Romney and Chuck Schumer.

After returning to Reno to set up a law practice, John managed the estate of Bill Harrah, formed The Harrah Automobile Foundation, and served on its board for 15 years. He's the guy who talked city of Reno officials into selling the land on which to build the National Automobile Museum — for a dollar a year!

John was chair of the Reno-Tahoe Open Foundation for a decade and still serves on that board. The organization, he is proud to say, has donated more than \$3.5 million to local charities.

Over the years, both John and Gail Sande have been heavily involved with KNPB Public Broadcasting. John headed the capital campaign to finance the station's building on the University of Nevada, Reno, campus, and another to fund the mandated digital conversion, which happened in 2009.

Gail served on the KNPB board for 12 years, chairing it for three. Additionally, she sat on the Association of Public Television Stations national board for six years, lobbying our Nevada delegation for funds to support our local station. She also was involved in many other community and charitable projects, all the while raising the couple's two sons.

DINNER TABLE POLITICS

In addition to being a top attorney in the state, John also was a well-known and highly regarded lobbyist at the Nevada Legislature for 35 years. But while he had the title, it was definitely a team effort for this couple. Many dinner parties were involved — and that was largely Gail's domain. And, yes, she cooked all those meals!

When asked to recall the most memorable dinner party, Gail's response is not exactly what one would expect from a woman who has wined and dined many A-listers from the worlds of business, sports, and government. Rather than expounding on a particularly noteworthy guest or sumptuous meal, Gail laughs as she recounts the time her husband called her from a charity golf tournament and told her he was bringing guests home for dinner. That night. Twenty of them.

"I was really scrambling for that one," Gail says.

But this inveterate hostess, who has cooked for as many as 75 dinner guests, was undaunted by her husband's surprise dinner party.

"I don't know how I did it," she says. "I was a lot younger then!"

A DIFFERENT TIME

Deep in nostalgia, the couple reminisces about a simpler time in politics that they say seems to have vanished — a time when politicians were willing to break bread together and break down barriers in the process.

"We always hosted people from both parties," Sande says. "In the old days, they all got along together. One of the reasons I'm glad I don't do it anymore is that it's so partisan now."

Though the lobbying days are gone, these community leaders still enjoy an active social calendar. John is renowned as a connoisseur and collector of rare vintage wines, and he has an extraordinary wine cellar to prove it. When they entertain these days, much to

Gail's relief, there's more emphasis on her husband's wine collection and less on her cooking.

"I think a lot of people come over just to sample the wine because they've heard so much about it," Gail says.

And, as one might suspect, that's just fine with her. 🍷

Reno writer Barbara Twitchell learned some interesting information from the Sandes — about sports legends, prominent politicians, community leaders, and Nevada history. She also got quite an education about wines, but much to her regret, nary a taste.



Gail and John Sande enjoy a stunning view of Reno from their home's living room



CREAM CHEESE PIE WITH FRUIT

(courtesy of Gail Sande in Reno. Makes 1, 9-inch pie)

Prepared graham cracker crust (purchase ready-made version or use your favorite homemade recipe)

8 ounces cream cheese, softened

1 cup powdered sugar

1 cup whipping cream

1 teaspoon almond or vanilla extract

Pie topping (recipe below)

Mix cream cheese with powdered sugar and set aside. Whip cream until soft peaks form. Add almond or vanilla extract. Fold in cream cheese mixture. Pour into prepared graham cracker crust and chill. Top with fruit and glaze. Refrigerate 2 to 3 hours before serving.

For pie topping

1 large can mandarin oranges in light syrup, drained (reserve juice)

1½ teaspoons corn starch

Assorted fresh fruit (Sande likes to use fresh kiwi, strawberries, and blueberries.)*

Heat reserved juice from mandarin oranges. Mix cornstarch with small amount of water until dissolved, then stir into heated juice. Continue stirring until thickened. Let cool and brush over fruit topping.

*Any combination of fruits will do. Sande likes to place the mandarin oranges around the outer perimeter of the pie. She then peels and slices kiwi and arranges slices in an overlapping line down the center of the pie. After hulling and slicing strawberries lengthwise, she arranges them in an overlapping line on both sides of the kiwi, leaving a half moon on either side to fill in with blueberries.

In a hurry? You can use canned cherry pie filling as a topping — no cutting, slicing, or glazing required!

CHICKEN AND MUSHROOM CASSEROLE

(courtesy of Gail Sande in Reno. Serves 18)

During the 35 years in which John Sande served as a lobbyist at the Nevada Legislature, the Sandes were well known for the wonderful, gracious, and welcoming dinners they hosted in their home for many legislators. Gail was kind enough to share two of her favorite recipes from that era, which she says were both easy for the hostess to prepare and longtime crowd favorites.

36 chicken thighs

Salt, pepper, and paprika, to taste

¾ cup butter or margarine

¾ pound mushrooms, sliced

4 tablespoons (¼ cup) all-purpose flour

1½ cups chicken broth

6 tablespoons sherry

3 sprigs fresh rosemary, chopped, or
½ teaspoon crumbled, dried
rosemary

Sprinkle chicken pieces with salt, pepper, and paprika. Using a large frying pan, melt half the butter over medium-high heat. Add chicken, in batches so as not to crowd meat, and cook until all pieces are nicely browned. Transfer to large, shallow baking pan, arranging meat in single layer. Add remaining butter to frying pan and sauté mushrooms until softened and lightly brown, and liquid has evaporated. Sprinkle flour over mushrooms and stir in chicken broth, sherry, and rosemary. Cook, stirring, until mixture has thickened, then pour over chicken. (If preparing in advance, you can cover and chill casserole at this point until you're ready to cook it.) Preheat oven to 350 degrees F. Cover casserole and bake 1 hour. (If refrigerated, increase to 1 hour 20 minutes.)

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cover



Honoring the medicine wheel

Restoring native health and traditional foods
in the Reno-Tahoe area.

WRITTEN BY CHRISTINA NELLEMAN
PHOTOS BY JEFF ROSS

The first picture that might come to mind when you think about Native American cooking is the ubiquitous Indian fry bread. Golden, bubbly, and topped with ground beef, beans, tomatoes, and lettuce, it's a popular snack option at street fairs, rodeos, and the side of Pyramid Highway as you drive back from Burning Man. Unfortunately, this dish has nothing to do with traditional Native American food. Instead of beans, it would make more sense to have this "native" bread topped with fly larvae or chokecherries.

FROM DIVERSITY TO DIABETES

For thousands of years, the native peoples of Northern Nevada and Eastern California primarily were nomadic. The Washoe (Wa She Shu), Northern Paiute (Numu), and Western Shoshone (Newe) people followed various food sources throughout the year. In fact, the individual band names of each of the tribes reflect what they primarily hunted or foraged. The Western Shoshone band of the Carson River area, the Toidikah, translates to *cattail eaters*, and the Weyumpuhdikah band of Central Nevada were known as the *buffalo*

berry eaters. The Paiute *trout eaters*, or Agai-Dicutta, spent time around Walker Lake and the Walker River, and the Mono Lake Paiute band of Kucadikadi translates to *brine fly pupae eaters*, since they ate the larvae of flies that lived on the water's surface.

"We had specific and well-thought-out patterns of movement," says Stacey Montooth, public relations and community information officer of the Reno-Sparks Indian Colony and member of the Walker River Paiute tribe. "We moved around with the seasonal changes and the availability of food. In the spring, we went to where the chokecherries grew; in the fall, we hunted rabbits. At that time there also was no concept of property ownership. We all used the same land, water, and air."

The Great Basin tribes were able to hold on to their food cultures longer than many Eastern tribes. Contact with white explorers and settlers didn't happen until the 1850s. However, because the natives didn't use the land in the ways the white settlers were accustomed to (with houses, fences, etc.), many assumed this meant the land these tribes regularly used for foraging and hunting was unwanted by them. The U.S.

government began to discourage the tribes from hunting and fishing as freely as they once had. Consequently, this quashed the regular patterns of movement and the accompanying physical exercise. This was followed by the development of reservations and the distribution of commodities from the Food Distribution Program on Indian Reservations. The FDPIR followed a more standard European diet of flour, oil, and sugar — hence the creation of fry bread and a diet that has negatively affected indigenous people since.

"These food commodities really threw a wrench into the native diet," says Stacy Briscoe, diabetes program and 3 nations wellness manager at the Reno-Sparks Tribal Health Center.

While heart disease is the leading cause of death among Native Americans and Alaska Natives, the escalation of diabetes among tribal people is alarming. According to the federal Indian Health Service agency's division of diabetes treatment and prevention, native adults are more than two times more likely to develop diabetes than non-Hispanic whites. The statistics among children are more frightening: Native

Opposite: Ben Rupert, a member of the Washoe and Duck Valley Indian Reservation Shoshone-Paiute tribes and a Reno firefighter, wears traditional Native American regalia at the shelter he and son John (right) built in Carson City

American youths ages 10 to 19 are nine times more likely to be diagnosed with type 2 diabetes than their non-native peers.

Briscoe and her team at the tribe-owned-and-operated clinic in Reno provide diabetes education, screenings, and medication management. Healthy cooking classes for adults and youths are offered, as well as gym classes such as yoga and self-defense. Even the staff members are encouraged to exercise and given extra time at lunch to visit the wellness center. The national Special Diabetes Program for Indians was created in 1997 to reduce diabetes among native peoples. As of July 2017, the SDPI reports that in adults kidney failure rates have decreased by 54 percent and diabetes rates have not increased since 2011.

“Traditionally, our culture believes in so much more than taking a pill,” Montooth says. “And with all the resources available, there is just no excuse not to be in shape and eat well.”

REDISCOVERING RITUAL

There is a light on the horizon. The concept of indigenous food sovereignty is a growing movement around the world that attempts to educate both native and non-native peoples about culturally adapted foods, with the goal of food security. The concept emphasizes the importance of observing the seasons, traditional cooking, and food being significant to the culture.

Food preservation and foraging groups such as The Sioux Chef, founded by Oglala Lakota member Sean Sherman, are reviving lost Native American cuisines while working alongside native farmers and producers. The love of endemic foods also can be seen at the award-winning Mitsitam Native Foods Café at the Smithsonian Institution’s National Museum of the American Indian in Washington, D.C. The restaurant showcases indigenous foods and cooking techniques from Mesoamerica and South America, the Great Plains, the Northwest Coast, and the Northern Woodlands.

While native styles of cooking and eating are not yet commonplace, local tribal members are working to bring back their ancestors’ ways of survival.

“I was brought up as a traditionalist,” Jason Hill says. “I’m really into my culture and I was raised to learn my language. Once you begin to lose your language and your food, you lose your identity.”

Hill is the prevention outreach coordinator at the Reno-Sparks Tribal Health Center and a local artist. He is a member of the Northern Paiute and Western Shoshone tribes as well as a member of the Rincon Band of Luiseño Indians of San Diego County. He explains that fry bread, while being delicious and popular among tribes, is more of a contemporary food.

“We have so many traditional foods here in this area that most people don’t know about,” Hill says. “You can go down to the Truckee River and within a 50-foot-square area you can feed yourself. There’s watercress, elderberry, chokecherry, and trout.”

Hill primarily grew up on commodities in Coleville, Calif., but traditional foods such as antelope, rabbit, and fish also were part of his diet. He regularly hunts rabbits and quail, fishes for trout and salmon, and makes native weapons such as bows and arrows. He recently made an atlatl, or spear thrower, for his son. Hill does see a lack of resources for tribes who want to bring native cooking and restaurants into the fore.

“There are not a lot of wealthy tribes and financial resources for these types of businesses. In tribal communities, there still are a lot of disparities that hold people back, and they don’t even have the time or ability to be visionaries,” Hill says. “However, within the last 10 years, there has been a real resurgence to learn more about traditional ways of life. The younger kids are really curious about it and want to learn. We are definitely gaining momentum, and in 10 years you are going to see our young people do some amazing things.”

A SACRED LIFESTYLE

One of these young people is John Rupert. The 17-year-old Carson City football player already has three elks and a 1,500-pound bison under his hunting belt. He regularly hunts for rabbits and ducks; fishes for Lahontan cutthroat trout; and forages for wild onions, pine nuts, and berries.

“Hunting and gathering your own food are better than buying something at the store; it gives you a sense of pride that you got your own meat,” Rupert says. “With family functions, everyone thanks me for providing the meat. You appreciate it more.”

This passion for the outdoors and ancestral skills has been passed down to John from his father, Ben Rupert. An 18-year employee of the Reno Fire Department and firefighter for more than 30 years, Ben grew up in firehouses learning to cook for himself and likes to focus on preparing local, traditional foods. He even makes his own kombucha.

“I think it’s an art that’s been lost, but you find out over the years that every native plant in the area has some sort of purpose as cordage, medicine, or food,” Ben says. “We only need to put up one big animal a year, and after a successful hunt we always share our meat with family and friends. We never buy beef anymore.”

Ben and John are members of the Washoe and Duck Valley Indian Reservation Shoshone-Paiute tribes, and their Carson City home is full of their beautiful, handmade weapons and art. Arrows with obsidian tips, willow bows with animal sinew, tule duck decoys, cradle baskets, powwow dancing regalia, and John’s bison hide have been carefully created and collected not only for hunting, but also for a future museum to be built on the family’s land.

The Ruperts are intimately aware of the change of the seasons and when to take what from the earth. When spring rolls around, Lahontan cutthroat trout are prevalent, and wild onion and Indian tea plants are fresh and green. Summer brings an abundance of roots from the cattail and wild potato as



Ben Rupert holds a marinated bison steak he's about to grill



John Rupert displays
a bowl of locally
harvested and
roasted pine nuts

well as elderberries and chokecherries. Fall is the time to prepare for the hunt, and deer, elk, and rabbit are on the menu. September is a traditional time for pine nut festivals, and while in winter the foraging slows down, duck and other waterfowl hunting is on the rise. Before going on a hunt, both father and son fast and give prayers of gratitude to the Creator and the earth for each animal and plant.

In this family, the past intersects the present, even during the holidays. For Christmas, the Ruperts enjoyed a bison prime rib with Dijon mustard, Montreal steak seasoning, fresh garlic, thyme, and rosemary.

“It’s the traditional native meat, but we are cooking it in a contemporary style,” Ben says. “Even when we have the modern meal of Thanksgiving turkey, we add pine nuts to the stuffing.”

Both Ben and John share their love of traditional foods and cooking with some influential groups. John has whipped up spaghetti and sauce at the Traditional Ecological Knowledge summit of the U.S. Fish & Wildlife Service, and each May the two head out to the California Trail Interpretive Center in Elko and provide demonstrations on archery and how to cook cattail roots in a basket with hot rocks.

“We try not to focus on just Washoe-, Shoshone-, or Paiute-centric foods,” Ben says. “We are emphasizing the sacred lifestyle of the Great Basin tribes and educating others on how these tribes survived in this area for thousands of years. Also, it’s not just about food; it’s a big cycle of fasting and prayer, gathering the foods, and protection of the animals and plants for future use.” 🐔

Christina Nellesmann is a Nevada native who grew up learning about local tribes’ hunting techniques. You can sometimes catch her foraging in the foothills for pine nuts or juniper berries.



From left, John and Ben Rupert with traditional hunting implements. They have crafted many of their own, such as bows and arrows

The Sioux Chef

Native recipe cookbook receives many accolades.

If you’re interested in learning more about Native American cuisine or even how to prepare your own, look no further than *The Sioux Chef’s Indigenous Kitchen*, by Sean Sherman, the Oglala Lakota chef and founder of The Sioux Chef, and award-winning cookbook author Beth Dooley. In the book, Sherman dispels outdated notions of Native American fare — no fry bread, dairy products, or sugar here. The book features healthy dishes that embrace venison, duck, blueberries, sage, amaranth, and wildflowers. The book was named one of the Best Cookbooks of 2017 by National Public Radio, *The Village Voice*, *Smithsonian* magazine, UPROXX, *San Francisco Chronicle*, and others, and at the time of this writing, the book was a 2018 James Beard Foundation Book Award nominee. For details, visit Upress.umn.edu/book-division/books/the-sioux-chef.

Native concept

The medicine wheel is an integral guideline.

In Native American cultures, the medicine wheel and its four sections are a metaphor for a variety of concepts. In health, the wheel represents spiritual, emotional, mental, and physical health. It also represents the four directions, the four seasons, the four elements, and the four colors of corn.

Turn the page for seasonal Native American dishes that represent the four seasons

RECIPES BY SEASON

SPRING

SALMON/STEELHEAD OR LAHONTAN CUTTHROAT TROUT FILET

(courtesy of Ben Rupert, firefighter, Reno Fire Department in Reno. Yield varies depending on filet size; one serving equals about ¾ pound)

1 fish filet
2 lemons
1 red onion, diced
Capers (pearl)
Cooked and shelled pine nuts
Fresh dill
Bunch of wild onions or green onions
Lemon pepper
Olive oil

Place fish filet skin-side down on cedar plank, or cooking sheet if you plan to cook fish in oven. Brush olive oil over entire fish. Over entire fish, brush olive oil, then sprinkle a light coating of lemon pepper, as well as diced onions, pine nuts, and capers (amount depends on personal preference). Squeeze 1 lemon over filet. Slice another lemon and place slices over top of filet. Lastly, garnish with diced wild onions or green onions.

This recipe works best when the filet can be covered, such as on a grill, smoker, or oven. For smoky flavor, add wood chips. If using oven, cook filet at 400 degrees F until fish is flaky but still moist. Use a fork to break a small opening in fish to determine doneness. Take care not to overcook.

ROASTED QUAIL WITH WILD ONIONS AND RASPBERRY CHIPOTLE SAUCE

(courtesy of Jason Hill, prevention outreach coordinator, Reno-Sparks Tribal Health Center in Reno. Serves 2)

Note: Wild onions can be foraged from early spring to early summer.

4 quail
1 handful of wild onions per serving
2 tablespoons olive or sunflower oil
1 teaspoon salt
2 tablespoons olive oil
2 large jalapeño peppers, seeded and diced
2 cloves garlic, minced
4 teaspoons adobo sauce
2 , 6-ounce containers fresh raspberries
½ cup apple cider vinegar
½ teaspoon salt
¼ cup brown sugar
½ cup white sugar

For raspberry chipotle sauce Heat olive oil in skillet over medium heat. Stir in jalapeños and cook until tender. Mix in garlic and adobo sauce, and bring to simmer. Stir raspberries into sauce and cook until soft. Stir in vinegar, salt, brown sugar, and white sugar, and mix well. Simmer until thickened and reduced by half, about 15 minutes. Transfer sauce to heat-resistant bowl and allow to cool to room temperature before serving, about 20 minutes.

For quail Preheat oven to 450 degrees F. Quail should be at room temperature and patted dry. Truss quail with kitchen string, rub with olive or sunflower oil, and sprinkle with salt. Wrap quail with wild onions. Set birds in roasting pan, and cook, on oven's middle rack, 15 minutes.

Remove quail from pan and smother with chipotle sauce. Let rest 10 minutes then serve. This dish pairs well with wild rice and watercress salad with pine nuts and strawberry vinaigrette.

SUMMER

BERRY FRYBREAD

(courtesy of Jason Hill, prevention outreach coordinator, Reno-Sparks Tribal Health Center in Reno. Serves 6 to 8)

Note: You can use fresh berries instead of dried, but you would need to add them after the dough has been divided into individual portions/dough balls.

2 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
¼ cup dehydrated milk powder
¼ cup dried blueberries (or any berries you like)
1 cup warm water
Coconut oil (a healthier frying option)

Mix flour, baking powder, salt, milk powder, and dried berries in mixing bowl. Begin to add warm water and knead mixture. The consistency should be like pizza dough, not sticky but not too dry. Once mixed, soak clean towel in warm water, wring out, and lay over mixing bowl. Let rest about 30 minutes.

In cast-iron pan (you can use any pan), add enough coconut oil (other oil or lard can be used) to fill about 1 inch of pan. Heat oil to 350 degrees F, or medium-high heat. Take small amount of dough and place in pan. If dough sinks, it's not hot enough. If dough floats, you're ready to go.

Cover your hands and work area with flour, take a pinch of dough (between a golf-ball and tennis-ball size) and work it with a rolling pin or your hands. Pat and pass dough back and forth between hands and pull edges until dough has a little more than ¼-inch thickness and is a good diameter.

Gently place dough in hot oil. The dough should float. Cook about 2 minutes or until you see it lightly brown around bottom edges. Flip and repeat. Place cooked bread on paper towel-covered plate to absorb excess grease.

WINTER

FALL

BUFFALO OR ELK ROAST OR BACKSTRAP

(courtesy of Ben Rupert, firefighter, Reno Fire Department in Reno. Serves 3 to 5, depending on meat weight, at about 1 pound per serving)

"It might seem like a lot, but these are fireman-serving sizes!" Rupert says.

1, 3- to 5-pound buffalo or elk roast or backstrap
1, ¾-ounce package mixed fresh herbs (rosemary, thyme, parsley, oregano), stems removed and chopped
1 garlic bulb, minced
Montreal steak seasoning
Dijon mustard

Cover entire piece of meat with moderate coating of Dijon mustard. Sprinkle surface with generous coating of Montreal steak seasoning. Cover meat with garlic (according to taste). Lastly, sprinkle with chopped herbs, according to taste. ("I like to go heavy on the rosemary," Rupert says.)

Preheat oven to 450 degrees F. Place meat in Dutch oven or cast-iron pot with lid. Cook meat in oven, uncovered, 25 minutes. Reduce oven temperature to 325 degrees F and cover meat. After meat has been cooking for 1½ hours total, use meat thermometer to occasionally check internal temperature until meat reaches 135 to 140 degrees F. Remove meat from oven, place on cutting board, and let stand 15 to 20 minutes before slicing.

JUNIPER TEA

(From Native Cookbook by the Center for American Indian Research & Education. Makes 1, 2-quart pot)

Juniper is a local evergreen plant of the pine family known for its bright, blue berries and can be found in Nevada and California foothills. In laboratory studies, antiviral compounds in the plant have been found to inhibit the growth of flu virus strains.

20 sprigs of tender, young juniper
2 quarts water

Bring juniper sprigs and water to boil in large saucepan. Cover, reduce heat, and simmer gently for 15 minutes. Turn off heat and steep 10 minutes. Strain and serve. Sweeten if desired.

"When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need."

— Ayurvedic Proverb



Walking the ayurvedic path

An age-old system of eating reportedly leads to good health and all-around balance.

WRITTEN BY NATASHA BOURLIN
PHOTOS BY SHAUN HUNTER

Feeling sluggish, ill, or just not quite right, but not sure why? If you've tried supplements, medications, and more, maybe it's time to explore ayurveda.

Thousands of years ago in India, this holistic, medicinal system of eating was developed — one that's still practiced globally today, essentially in its original form. Literally translated, ayurveda means the science of life. In the millennia-old philosophy, achieving physical, mental, and spiritual balance is essential to a healthy, fulfilling existence. Balance is attained largely through what we ingest and how.

Ayurvedic eating is healing and preventative by nature, based on an understanding of how certain foods affect our bodies. It's a nutritional journey that can be embarked upon at any time. When outlined dietary guidelines are followed after a thorough consultation, ayurveda practitioners regularly see life-changing results in clients. The first step is determining which of the three constitutions, or *doshas*, they have.

Doshas — *vata*, *pitta*, and *kapha* — on a surface level may be correlated with the body

types modern medicine defines as endomorph (high in body fat, pear shaped), ectomorph (lean and long), and mesomorph (muscular, with high metabolism). Each has predominant physical characteristics, though some crossover exists in everyone.

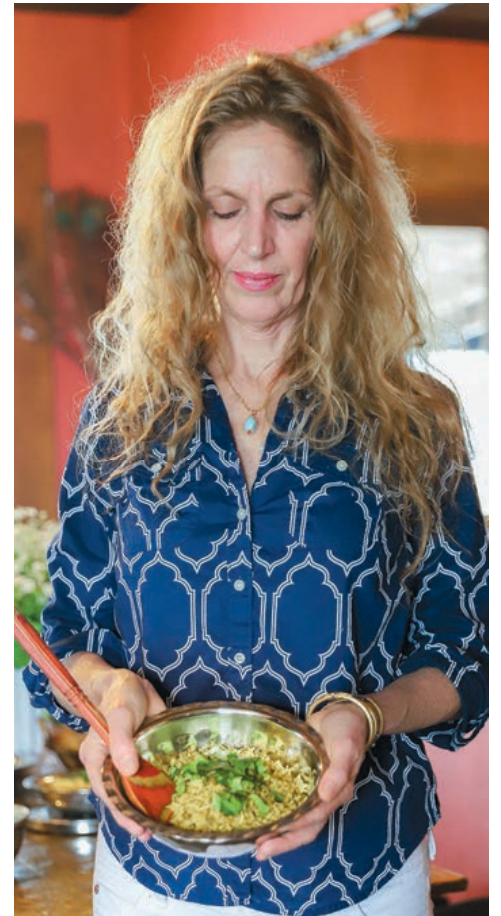
Typcasting doshas in the philosophy of ayurveda involves looking more deeply than the physical, though.

What should be ingested to attain optimal overall health can be determined after dosha identification. Professional practitioners delve more deeply into this, but a good first step is to take a dosha quiz, such as those on Doshaguru.com or Chopra.com.

"Ayurveda attempts to bring harmony in biological humors (doshas) in the body," says Rajan Zed, president of the Universal Society of Hinduism in Reno. "Eating changes with the seasons as constitutions balance or imbalance with seasons. At the heart of ayurvedic eating is proper digestion."

YOU ARE WHAT YOU DIGEST

Dr. Suhas Kshirsagar, acclaimed director of the Ayurvedic Healing and Integrative Wellness



Laura Hennings, Reno ayurvedic practitioner and chef, with a bowl of kitchari

Clinic in Santa Cruz, Calif., advises that for proper digestion and metabolism of foods, it's best to eat a plant-based diet, full of all-natural, clean foods abundant in colors and textures and filled with life energy, known as *prana*, not preservatives and additives.

In ayurveda, it's understood that every living thing is made up of five elements, which can become unbalanced: air, fire, water, earth, and ether. Six tastes and their associated foods and spices — sour, salty, sweet, bitter, pungent, and astringent — serve to right the imbalances and positively affect health on every level.

Cells in the human body are naturally tuned to use nutrition provided by fresh, seasonal, organic sustenance. Canned, frozen, processed, and even leftover foods are not recommended in ayurveda. Certain spices and pure oils such as ghee are vital.

Opposite: Spices used frequently in ayurvedic dishes include cardamom pods (center) as well as (from top, clockwise) nutmeg, cinnamon, cardamom seeds, ginger, black peppercorns, and cardamom powder

In a society set on instant gratification and quick fixes, ayurveda teaches the opposite. Americans tend to try and make remedies work around their lifestyles, rather than make their lifestyles conducive to good overall health. There's a pill for everything these days, but ayurvedic healing stems from diet, not pharmaceuticals.

"About 80 percent of all chronic diseases can be cured by diet alone," says Radheka Patel Savoy, an ayurvedic health and wellness counselor in Reno. "Ayurveda is about getting to the root of the problem; you want to find out why you're manifesting these symptoms and address the causative factors first. Temporary fixes don't work; you need to get to the root of what's causing it."

PRANA AS SUSTENANCE

Practitioners say that when a person properly follows an individualized ayurvedic eating plan, he or she experiences mental and emotional clarity, improved overall well-being and awareness, more motivation, and a stronger immune system. These individuals sleep, move, and feel better, and often can wean off medications.

"Symptoms aren't happening to you, they're happening *for* you," says ayurveda practitioner and chef Laura Hennings of Reno. "I start out by determining the person's

dosha, then what that person's balance is, and from there, it's all about diet. Balance the imbalance; it's that simple. But if you don't change diet, nothing matters."

As an example, Hennings says she's had clients come to her wondering why they had heartburn or couldn't sleep, when they had poured coffee — a caffeinated acid — into their livers and kidneys first thing in the morning, then wine — another acid — at the end of the day.

Eating fresh, organic items as close to their sources as possible is key. Savoy provides an illustrative example. You can plant a seed from a vegetable and get a new vegetable plant. These are the foods you want to eat, predominantly. The same cycle doesn't apply to meat. Unfortunately, you can't plant a steak and get another cow.

HITTING THE RESET BUTTON

In ayurveda, spring and fall are the best times to cleanse and start anew, when Mother Nature hits the reset button and our bodies are naturally inclined to follow suit. In spring, bodies release toxins known as *ama* that accumulate during colder months when richer, oil-heavy foods are consumed. Fall is time to prepare our bodies for the seasonal transition and intake of heavier foods.

Hennings suggests beginning the ayurvedic journey with a three-day cleanse eating only a traditional dish, *kitchari*, along with water or ayurvedic tea. She gets many of her ingredients locally at KJ Mini Mart, a family-owned Indian market; just make sure they're organic.

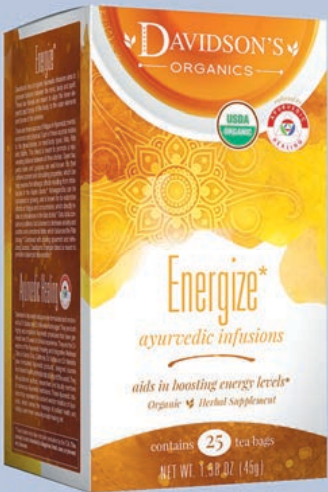
Cooking at home is preferred, though you may discover the occasional restaurant that practices ayurveda. Chef-owner Anitha Chiranjivi of Maya's South Indian Cuisine at the West Street Market in Reno serves organic, vegan dishes made with recipes passed down in her family for generations, all of which adhere to ayurvedic principles.

"All Indian cooking is medicinal by nature," Chiranjivi says.

New science can make ayurvedic beliefs practiced for millennia seem innovative. For instance, turmeric and cumin, foundational ayurvedic spices, have only recently been touted in America for their anti-inflammatory and digestive properties.

Dr. Kshirsagar calls it a case of "new sciences validating age-old wisdom."

Or, as the adage goes, everything old is new again. 🐔



Ayurvedic teas

When Kunall Patel and Promilla Mohan, co-owners of Davidson's Organics in Reno, sought an ayurveda expert to help them formulate traditional blends for their Ayurvedic Infusions tea line, they serendipitously stumbled upon Drs. Suhas Kshirsagar and Manisha Kshirsagar of the Ayurvedic Healing and Integrative Wellness Clinic in Santa Cruz, who were looking for a tea expert to create portable ayurvedic mixtures.

"It was important to all of us — [the Kshirsagars], my business partner Promilla, and myself — to introduce Western culture to ayurveda, and to provide those benefits and that knowledge in a form that could easily be incorporated into their everyday lifestyles," Patel says.

The new Davidson's line offers seven ayurvedic teas: Sleep, Slim, Digest, Laxative, Detox, and Decongest. Each features aromatically appealing, distinctive flavors and feels exotically healthy when sipped. They're available at Whole Foods Market, Scolari's, and the Great Basin Community Food Co-op in Reno, and online at Davidsonstea.com.

KITCHARI

(courtesy of Laura Hennings, ayurveda practitioner and chef in Reno. Serves 4)

¾ cup white basmati rice

¼ cup split mung dal

1¾ cups water

1 teaspoon ginger, freshly grated

Combine ingredients, then bring to boil in covered pot. Boil 5 minutes. Turn to low and simmer 20 minutes.

Combine in iron skillet over medium heat:

2 tablespoons ghee

1 teaspoon turmeric

1 teaspoon coriander powder

1 teaspoon cumin powder

1 teaspoon black mustard seed

Heat until black mustard seed pops.

Reduce heat and add rice and mung dal.

Coat all the rice and dal with ghee and

spices. Add chopped cilantro to garnish.

GHEE

(courtesy of Radheka Patel Savoy, ayurvedic health and wellness counselor in Reno. Makes 16 ounces)

Put 1 pound organic unsalted butter into pot and heat on medium for about 15 to 20 minutes. Butter will melt in the beginning, forming a thick, cloudy, liquid form. Slowly, cloudiness will lessen, and liquid will become transparent. You will also hear a hissing sound. In a few minutes, you will see the transparent ghee on the top and the golden brown sediment at the bottom. Now it is ready.

Remove pot from heat. Let cool for few minutes, then strain into thick glass jar through a stainless steel strainer or cheesecloth. Store ghee at room temperature. Never refrigerate.

GOLDEN TURMERIC MILK

(courtesy of Laura Hennings, ayurveda practitioner and chef in Reno. Serves 2)

7 almonds, soaked in water overnight

3 Medjool dates

¼ teaspoon turmeric

⅛ teaspoon cinnamon

⅛ teaspoon ginger

⅛ teaspoon cardamom

⅛ teaspoon nutmeg

2 cups boiling water

Combine ingredients in Vitamix or blender and blend until smooth.

AYURVEDIC VEGETABLE SOUP

(courtesy of Radheka Patel Savoy, ayurvedic health and wellness counselor in Reno. Serves 6 to 7)

The unique blend of herbs and vegetables makes this soup balancing to all three doshas, or mind-body types (*vata*, *pitta*, and *kapha*).

1 large onion

½ head cabbage

1 medium carrot

2 stalks celery

1 tablespoon olive oil

5 cups water

1 teaspoon ginger, minced

1½ teaspoons coriander powder

½ teaspoon cumin powder

½ teaspoon turmeric powder

½ teaspoon cayenne powder

1 teaspoon salt (or to taste)

1 tablespoon lemon juice

Wash onion, cabbage, carrot, and celery, and cut all into 1-centimeter pieces. Heat oil in big pot. Add onion, and sauté 3 minutes. Add other vegetables, and sauté 2 minutes. Add 2 cups water, ginger, turmeric, and salt, and cook 10 minutes. Add coriander, cumin, and cayenne powder, then cook 15 more minutes. Add 3 cups water and cook 5 more minutes. Before serving, add lemon juice and mix well. Serve hot.



Kitchari, prepared by Laura Hennings, is served with Golden Turmeric Milk (lower left) and roasted vegetables (upper left)



Miracle spice

Why turmeric is terrific for your health.

WRITTEN BY HEIDI BETHEL
PHOTOS BY MICHAEL OKIMOTO

**Lindy Pastor, owner of a Reno
spice and tea shop, with
turmeric tea**

With a rich, golden-yellow color and medicinal qualities that have been embraced for centuries, turmeric is regarded by some as a miracle spice. Used in cleanses, teas, international cuisine, and even dyes, this root-like member of the ginger family has a distinct taste and interesting character.

“Turmeric has a slightly warm flavor, somewhat similar to pepper or ginger but without the associated heat,” says Lindy Pastor, owner of salty-savory-sweet The Spice & Tea Shoppe in Reno. “It can be described as musty, earthy, bitter, or pungent, and somewhat acrid.”

Pastor suggests taming the powerful flavor by pairing it with other spices, including cardamom, cumin, coriander, black pepper, garlic, ginger, mustard seed, and cinnamon.

“It becomes quite magical and enhances these flavors in dishes, which is why it is most often a primary ingredient in most curry and Middle Eastern dishes,” Pastor says.

CURCUMIN COMPOUND

Western science embraces the anti-inflammatory and antioxidant properties of curcumin, a compound found in turmeric. Pastor cautions that the typical turmeric available in grocery stores tends to contain less than 2 percent curcumin by weight. She says it’s better to seek out higher levels of the good stuff.

Go ahead, add a little to your morning tea or favorite chicken dish, and reap the benefits of this wondrous spice. 🐔

Freelance writer Heidi Bethel loves to enhance the flavor of her dishes at home with the vibrant yellow hue that comes from turmeric. And she’s a fan of its healing properties, too.

ANTI-INFLAMMATORY TURMERIC GINGER TEA

(courtesy of Lindy Pastor, owner, salty-savory-sweet The Spice & Tea Shoppe in Reno. Serves 1)



½ teaspoon ground turmeric

½ teaspoon ground ginger

Honey, agave nectar, or natural sweetener of your choice, to taste

Slice of lemon

Ceylon cinnamon, to taste

1 cup boiling water

1 teaspoon coconut or flaxseed oil

Mix ingredients well and enjoy!

OVEN ROASTED CHICKEN SHAWARMA

(courtesy of Lindy Pastor, owner of salty-savory-sweet The Spice & Tea Shoppe in Reno. Serves 1)

2 lemons, juiced

¼ cup plus 1 tablespoon olive oil

4 tablespoons salty-savory-sweet Shawarma Spice mix (includes turmeric)

2 pounds boneless, skinless chicken thighs

1 extra-large red onion, peeled and quartered

2 tablespoons fresh parsley, chopped

Combine the lemon juice, ¼ cup olive oil, and Shawarma Spice mix in a large bowl and whisk to combine. Add chicken and onion and toss well to coat. Marinate in refrigerator for at least 1 hour and up to 12 hours. Preheat oven to 425 degrees F. Use remaining olive oil to grease a rimmed sheet pan. Remove chicken and the onion from marinade and spread evenly on pan. Roast 30 to 40 minutes, until edges are browned and chicken is cooked through. Remove from oven and rest 2 minutes; for more traditional shawarma, slice into bits. If crispier chicken is wanted, fry briefly in large pan over high heat in additional olive oil. Scatter parsley over finished dish and serve with tomatoes, cucumbers, pita bread, fried eggplant, feta, rice, or any other favorite sides.



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Cooking with essential oils.

WRITTEN BY SARAH PARKS
PHOTO BY CANDICE VIVIEN

Nancy Horn, owner and chef of Dish Café in Reno, uses lavender essential oil in her honey lavender vinaigrette recipe



When it comes to wellness, it seems the phrase “essential oils” is on everyone’s tongue. Derived from a plant’s natural defense system, essential oils have extraordinary and powerful flavors that are said to offer an abundance of health and wellness benefits.

Essential oils are aromatic compounds that are found in the leaves, roots, seeds, or flowers of a plant that have been extracted or distilled for a variety of health reasons. These oils can be applied topically, diffused, or incorporated into food and drinks and ingested.

Carol O’Brien and Nancy Horn, co-founders of Renō’s Essential Oil Community, are dedicated to educating people in Northern Nevada about the benefits of using essential oils in cooking.

“With essential oils, the food becomes nourishing instead of just filling, and is actually beneficial to your mind, body, and spirit,” Horn says.

ENHANCING FLAVOR

Horn, who also is owner and chef of Dish Café and Catering in Reno, cooks with oils both at home and in her restaurant to encourage a healthy lifestyle.

Flavors such as oregano, thyme, lemon, and black pepper can be used in cooking to replace or complement traditional spices.

“When you use essential oils, you add them in as you would natural herbs, citrus, or spices,” Horn says. “They then work to intensify the flavor of that food while making it more nutritious and better for your body.”

NATURAL, HEALTHY LIFESTYLE

Not only do essential oils taste good, but they also are rich in a wide variety of health benefits. Fresh herbs are natural antibiotics; they are filled with antioxidants and have anti-fungal, anti-inflammatory, and anti-viral properties. In their pure, concentrated form, essential oils enrich these benefits to support a natural and healthy lifestyle. A growing body of laboratory evidence suggests that certain essential oils

may help to kill bacteria and fungi, soothe pain, reduce coughs, and more.

According to O'Brien, the oils don't heal your body, but help it heal itself.

"The oils protect your body. They boost your body's immune system, and they also reduce the inflammatory response," O'Brien says. "They give us an opportunity to enrich the flavors in food, and then you get the health benefits from them at the same time."

With all these benefits, O'Brien and Horn are firm believers in the versatility of these aromatic compounds.

"Essential oils are good for you and help the body fight disease and inflammation," Horn says. "They enhance your mood, they help you get nutrients out of your food, and they can replace your spice rack." 🐔

Using a couple drops of lemon and wild orange in her water, freelance writer Sarah Parks feels encouraged to pursue a healthy lifestyle with oils.

TIPS FOR COOKING WITH ESSENTIAL OILS

1. Enhance recipes you already have. You can easily substitute spices you use with oils to get enriched flavors.
2. Less is more. Always start with less because once the oils are in there, you can't get them out.
3. Use oils as seasonings at the end of cooking, rather than during.
4. Use a vehicle to mix your oils into food and drink. Don't put it directly in batter or on your meat. Mix the oils with olive oil, marinade, butter, or fat.
5. Do your research and make sure you use a brand approved for ingestion, such as dōTERRA.

Visit Renō's Essential Oil Community at 3100 Mill St., Ste. 104 in Reno. For details about upcoming educational classes, find the business on Facebook.

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Summertime simmer

Innovative ways to make the slow cooker your warm-weather friend.

WRITTEN BY NATASHA BOURLIN
PHOTOS BY TY O'NEIL

Your slow cooker loves summer, too. Though it's often a cabinet-bound appliance when the weather turns warm, winter's culinary wonder also is an exceptional summertime cooking tool. Summer is for parties and play, not worrying about what to feed your friends or family. Enter the slow cooker.

It's like having a home chef in any season. Arm it with ingredients and a little prep work, then hours later a steaming meal magically appears. But when summer fun is calling, it's the ultimate kitchen time-saver, from the cooking itself to the ease of cleaning up a single pot versus a plethora of pans.

Plus, who wants to be working over a hot stove or grill when temperatures outside are blazing? Don't let your epicurean efforts compete with the air conditioning when a slow cooker keeps all its heat contained.

This dawdle-friendly device also is ideal for summer gatherings. It's easy to transport a ready-to-eat item in one pot, such as slow-cooked beef for tacos or side dishes such as legumes or vegetables. Plus, it's a cost-efficient way to feed large groups, as even sizable, less-expensive cuts of meat turn succulent when slow cooked.

Brainless cooking is sometimes best in the busy summer. Slow cookers generally have only two settings: low and high. It's pretty hard to burn anything in a slow cooker because of the liquid produced during cooking. A slow cooker also helps eliminate



Left: Chef Colin Smith's Chicken and White Bean Soup, made in a slow cooker, is topped with pesto, peppers, and homemade chips

Opposite: Chef Colin Smith adds Parmesan cheese to his soup

questions such as, "How long do I cook this?" and "What temperature is 'simmer?'"

It can be healthier, too. If it had legs, your slow cooker would skip merrily through farmers' markets, gathering a bounty of fresh produce to leisurely create everything from vegetable soups to cobblers and jams.

"In the summer, if you're trying to eat more flavorfully but healthier, you can cook in a slow cooker without fat," says Lara Ritchie, culinary director for Nothing To It! Culinary Center in Reno. "The cooker's diffused, long, slow cooking time brings out the moisture in everything."

And flavors are fostered through the process.

"For summer, the slow cooker meal I like is a chicken and white bean soup with herb pesto," says Colin Smith, chef/owner of Roundabout Grill and Roundabout Catering & Party Rentals in Reno and Sparks. "The cooker is great for getting the chicken and vegetable flavors melding. Then the pesto adds a lively summertime component that you would lose in the slow cooking process ... This is a great item to start in the morning and enjoy at lunch or early dinner. It uses the stock from the chicken thighs and lots of garlic and leeks."

Before you reach grilling fatigue, try rousing your slow cooker from its summertime sleep — you'll be glad you did. 🐔



FARMERS' MARKET SAUCE

(courtesy of Lara Ritchie, culinary director, Nothing To It! Culinary Center in Reno. Makes 5 cups)

- 2 medium onions, finely chopped
- 1 tablespoon garlic, minced
- 1 tablespoon rosemary, finely chopped
- 1 tablespoon thyme, finely chopped
- Pinch of crushed red pepper
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{2}$ cup dry white wine
- 2 small zucchinis, finely chopped
- 1 medium eggplant, finely chopped
- 1 medium carrot, finely chopped
- 1 medium celery rib, finely chopped
- Salt and freshly ground black pepper, to taste
- $\frac{1}{4}$ cup basil, chopped

In medium skillet, sauté onions, garlic, herbs, and crushed red pepper in oil over medium heat, stirring occasionally, until tender but not browned, about 10 minutes. If onions start to color, add 1 or 2 tablespoons of water and lower heat slightly. Add wine and simmer 1 minute. Scrape mixture into slow cooker.

Add remaining vegetables and salt and pepper to taste. Cook on high 3 hours, or low 6 hours, or just until vegetables are soft. If sauce looks too thin, remove cover for the last 30 minutes. Stir in basil and serve over pasta or rice.

Turn the page for more slow cooker recipes

"The beauty of the slow cooker is that it's a shortcut that doesn't sacrifice quality or taste."

— Chef, restaurateur, author, and *Top Chef* judge Hugh Acheson in his book *The Chef and the Slow Cooker*

Acheson shares so many ways to revel in the slow cooker's glory, you may wish you had two of them instead of just one. Along with its time-saving properties and the way it enables us to cook from scratch more often, its benefits include being able to produce such mouthwatering, easy-to-prepare recipes as Acheson's apple-butternut squash soup, peach butter, and poached cod with leek-vermouth broth.



CHICKEN AND WHITE BEAN SOUP WITH HERB PESTO

(courtesy of Colin Smith, chef and owner of Roundabout Grill and Roundabout Catering & Party Rentals in Reno. Makes 8 appetizer servings or 4 entrée servings)

- 1 tablespoon olive oil
- 1 tablespoon Italian seasoning
- 1 medium onion, coarsely chopped
- 1 cup leeks, diced to ½ inch
- 1 cup carrots, diced
- 1 cup celery, diced
- 4 garlic cloves, minced
- 1 tablespoon chopped fresh thyme (or 1 teaspoon dried)
- 2, 16-ounce cans cannellini beans or other white beans, rinsed and drained
- ½ cup water
- 4 cans plum tomatoes, drained
- 1, 14-ounce can fat-free, low-sodium chicken broth
- 3 packed cups baby spinach leaves, coarsely chopped
- 2, 8-ounce skinless chicken breasts, diced to ¼ inch
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1, 2-inch piece Parmesan cheese
- 3 tablespoons pickled cherry peppers, julienne cut
- 1 tablespoon fresh herbs, such as tarragon, chopped

Place all ingredients into slow cooker except spinach. Set to high, and cook 2 hours. After 2 hours, add spinach and cook 20 more minutes. Add more stock if needed. Serve soup in a bowl with a dollop of fresh pesto (recipe below). Top pesto with pickled cherry peppers and fresh herbs to garnish.

For Pesto

- ½ cup Parmesan cheese, shredded
- 1 garlic clove
- 2 cups fresh basil
- ½ cup extra-virgin olive oil
- Salt and pepper, to taste
- Juice and zest of 1 lemon

Place all ingredients in food processor and blend 90 seconds.

FRESH CORN AND ZUCCHINI SOUP*

(*adapted from *The Mexican Slow Cooker*, by Deborah Schneider. Courtesy of Lara Ritchie, culinary director, Nothing To It! Culinary Center in Reno. Serves 4 to 6)

- 4 ears fresh, yellow sweet corn
- 3 tablespoons unsalted butter
- 1 white onion, finely diced
- 1 teaspoon whole coriander seeds, crushed
- 2 small zucchinis, finely diced
- 6 cups water
- 1 teaspoon kosher salt
- 1 tablespoon fresh epazote leaves
- Heavy cream or Mexican crema for serving

Remove and discard husks and silk from corn, then cut kernels from each cob. You should have about 3 cups of kernels. Reserve cobs.

In large skillet, melt butter over medium-low heat. Add onion, corn kernels, and coriander. Cover and cook slowly, stirring occasionally, until vegetables are softened but not browned, about 5 minutes. Transfer to 5-quart slow cooker.

Add corncobs, zucchinis, water, and salt to slow cooker. Cover and cook on low 6 hours. Just before serving, remove and discard corncobs and stir in epazote. Taste and adjust seasoning. Ladle hot soup into bowls, and top each with spoonful of crema or whipped heavy cream.

LEMON-BERRY PUDDING CAKE*

(*adapted from *Better Homes and Gardens*. Courtesy of Lara Ritchie, culinary director, Nothing To It! Culinary Center in Reno. Serves 6)

- 3 eggs
- Nonstick cooking spray
- 1 cup fresh blueberries and/or fresh red raspberries
- 1 tablespoon plus ½ cup granulated sugar
- ¼ cup all-purpose flour
- 2 teaspoons lemon peel, finely shredded
- ¼ teaspoon salt
- 1 cup skim milk
- 3 tablespoons lemon juice
- 3 tablespoons shortening

Let eggs stand at room temperature for 30 minutes. Meanwhile, coat 2-quart slow cooker with cooking spray. Place berries in cooker and sprinkle with 1 tablespoon granulated sugar.

For batter, separate eggs. In medium bowl, combine ½ cup granulated sugar, flour, lemon peel, and salt. Add milk, lemon juice, shortening, and egg yolks. Beat with electric mixer on low speed until combined. Beat on medium speed for 1 minute.

Thoroughly wash beater. In another bowl, beat egg whites with electric mixer on medium speed until soft peaks form. Fold egg whites into batter. Carefully pour batter over berries in cooker, spreading evenly.

Cover pot and cook on high heat setting for 2½ to 3 hours. Turn off cooker. If possible, remove crockery liner from cooker; cool, uncovered, for 1 hour on wire rack before serving.

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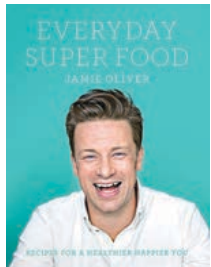
Read well, be well

Culinary guides to inspire healthy eating.

WRITTEN BY CLAIRE CUDAHY
PHOTOS COURTESY OF PUBLISHERS

W

e have good news: Eating healthy doesn't mean you have to be pro kale in the great cruciferous vegetable debate. It also doesn't require you to eat bland food. Whether you're well acquainted with tofu or you've never heard of kombucha, this roundup of wellness-focused cookbooks will provide inspiration to all home cooks looking to eat more healthful (and flavorful) meals.



EVERYDAY SUPER FOOD

Written by Jamie Oliver, \$15 – \$20

In recent years, celebrity chef Jamie Oliver has been fighting a crusade against unhealthy school lunches and sugar-filled sodas while promoting home-cooked meals over processed fast food.

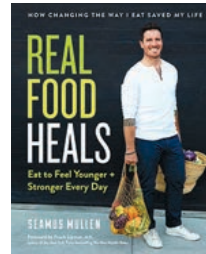
Nearing his 40th birthday, Oliver decided to take stock of his own diet — and what he found inspired him to write *Everyday Super Food*. The cookbook features 30 nutrient-packed and affordable breakfasts, lunches, and dinners, including raspberry-stuffed French toast with pistachios, yogurt, honey, and cinnamon, and the Moroccan layered salad designed to fit inside a Mason jar.



THE SPIRALIZER COOKBOOK 2.0

Published by the Williams-Sonoma Test Kitchen, \$10 – \$13

If you don't own a spiralizer, then stop what you're doing right now and get to the store. *The Spiralizer Cookbook* highlights 20 recipes made with spiralized — and sometimes unexpected — fruits and vegetables. The cookbook highlights dishes such as baked eggs with zucchini, apple cabbage salad with bacon and candied walnuts, Thai cucumber salad with flank steak, and fresh parsnip pasta primavera.



REAL FOOD HEALS

Written by Seamus Mullen and Genevieve Ko, \$22 – \$25

New York City chef and restaurateur Seamus Mullen suffers from rheumatoid arthritis, which back in 2012 led to complications and a near-death experience. After leaving the hospital, the award-winning chef decided to make a change and fight his chronic inflammation with food. Mullen began focusing on gut-friendly, paleo-inspired meals that limit sugar and carbs and are made with fresh produce, good fats, protein, and whole grains — the basis for *Real Food Heals*. The book contains 125 recipes — including kefir scrambled eggs with grated garlic and nori rolls with olive oil, tuna, avocado, and sprouts — and a 21-day meal plan to jumpstart healthy eating.



FOOD52 MIGHTY SALADS

Written by editors of Food52, \$14 – \$16

Food52 transforms salads into one-dish meals stacked with vegetables, grains, meats, seafood, pasta, and bread. Think radicchio and shrimp tossed in a warm bacon vinaigrette, grilled lamb kebabs over a tomato-cucumber salad, and roasted grapes and butternut squash atop a massaged kale salad. “You’ll find salads with parts that are roasted, toasted, frittered, fried, slivered, shaved, marinated, wilted, charred and crisped, and so on,” editor Ali Slagle writes. “It’s salad at its fullest potential.”



THE YOGA KITCHEN

Written by Kimberly Parsons, \$14 – \$17

The Yoga Kitchen is for cooks who want to balance their minds and energize their bodies through nutritious vegetarian, gluten-free meals. With seven chapters based on the ancient yoga chakra system, holistic chef and yogi Kimberly Parsons provides recipes ranging from cacao

tahini energy balls and chocolate beetroot wraps to za'atar green cabbage crisps and clementine, cucumber, and avocado ceviche with pink quinoa.



KOMBUCHA, KEFIR, AND BEYOND

Written by Alex Lewin and Raquel Guajardo, \$13 – \$17

Fermented foods are lauded for their health benefits; they improve digestion and strengthen the immune system. *Kombucha, Kefir, and Beyond* schools readers on the history and science of fermentation before providing instruction on how to make a mother starter and use it to brew kombucha, kefir, root beer, wine, and more. The cookbook explains for brewing beginners why the recipes are safe and what to do if they go wrong. 🍷

Claire Cudahy is a Zephyr Cove-based writer whose idea of a good time is sampling olive oil, touring farms, and learning how to make pasta. If she's not daydreaming about how to get a goat cheese creamery off the ground, she's probably out hiking around Lake Tahoe. You can reach her at Clairecudahy@gmail.com.

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WRITTEN BY
SHARON HONIG-BEAR



Courtesy of Special Collections Department, University of Nevada, Reno

The effect is immediate and takes your breath away. Downstairs in the W.M. Keck Museum at the University of Nevada, Reno, set in a dramatic display, is one of the most elaborate dinner sets ever created. To call these place settings doesn't begin to do them justice: They are works of art.

The set, which represents the height of Victorian-era dining in America, was designed and executed for iconic Nevadan John W. Mackay (1831 – 1902). Mackay was one of the four Silver Kings, the four Irish Americans who made their fortunes on Nevada's Comstock Lode at the Consolidated Virginia and California Mine. In 1877, Mackay shipped a half ton of silver to New York for Tiffany & Co. to design and produce a service out of it for his wife, Marie Louise. It took four boxcars to ship the bullion. The Mackays were establishing a home in Paris and wanted a dinner set that was certain to impress.

Charles Grosjean of Tiffany & Co. was the designer of the set, and silversmith Edward C. Moore supervised the project. It is reported that 200 craftsmen worked exclusively on the task for two years, logging more than one million hours total on the effort.

In 1878, when a stream of silverware began to arrive, it was clear the Mackays would bowl over their guests. The arrival of the nine walnut and mahogany chests must have looked like a parade. Ultimately, the set contained 1,250 pieces of sterling, providing dinner and dessert service for 24 people. It was described as the largest, grandest, most elegantly ornate, and most famous set of its time.

SOCIAL STATUS

As far back as the medieval era, the wealthy have dined to impress. Things heated up significantly in the early 19th century when Russian ambassador Alexander Kurakin took service *à la russe*, or in the Russian style, to France. This style of dining was marked by a succession of complicated courses, often a

dozen or more. Place settings needed to step up, especially since the Russian style demanded that the quality of presentation equal that of the food itself. Menus were standard at the table, and place cards designated one's seat. Etiquette books and a set of rigid, correct rules for cutlery, china, and table adornments soon followed. This was the world in which the Mackay family commissioned its silver service and which necessitated such arcane objects as celery vases, melon eaters, olive forks, ham holders, and more. Even empty, the silver goblets weighed just under a pound each.

FAMILY CONNECTIONS

Tiffany & Co. classifies the style of the silverware as Indian, referring to the workmanship of Persia and the Mogul Empire of India, as well as the dense overall decoration of Near Eastern metalwork. Each piece was individually decorated by hand in rich, floriated designs, which allowed the Mackays to add personal touches. The elegant interwoven monogram MLM — for Mary

Opposite: Students looking at the Mackay silver service displayed in Getchell Library at the University of Nevada, Reno, circa 1962. Below, left: W.M. Keck Museum curator Garrett Barmore with University of Nevada, Reno students. Below, right, bottom photo: Close-up of a tureen with the prominent MLM monogram and, top photo, sugar and creamer set

Photo courtesy of University of Nevada, Reno



Photo courtesy of Silverperfect.com



Louise Mackay, since tradition dictated that the silver belonged to the lady of the household — is prominent. Many of the items also feature the family crest for Mary Louise's family, the Hungerfords. Drawing from the Mackays' combined heritages, the designs also include the Irish shamrock, the Scottish thistle, and American garden and wildflowers.

It would be easy to call anything this ornate and extensive one of a kind, but in this case it is true. When the set was complete, John Mackay purchased the dies so that the set could never be duplicated. The family donated the 70 specimens on display at the Keck Museum at UNR — curator Garrett Barmore describes them as “the impractical pieces.”

The remaining items of the set are still held by the Mackay family, who live primarily in New York and Connecticut. Family lore says that as a new generation comes of age, each descendent in that generation receives part of the silver service; when the clan gets together

at holidays, they are to bring their pieces and reconstruct the set.

Occasionally, items from the set appear for sale. In 1998, Christie's auctioned a Mackay punch bowl and ladle for a total price of \$222,500. According to Barmore, UNR used the silver service until the 1980s, considering it the “state silver.” In fact, it was used in 1960 when President Truman visited the campus. Barmore says that the Keck staff has taken the advice of Tiffany archivists; it does not polish the set.

“It is no longer a service but is now an art piece,” Barmore says.

Interestingly, little is written about the set and the full story rests in the Tiffany archives, yet to be explored.

Victorian-era rules of etiquette stated that one should never make an ostentatious display of wealth. The Mackays clearly had no interest in following the rules. The

MacKay silver is an opulent and artistic monument to high Victorian taste. 🍷

Sharon Honig-Bear was the long-time restaurant writer for the *Reno Gazette-Journal*. She is a tour leader with Historic Reno Preservation Society and founder of the annual Reno Harvest of Homes Tour. She can be reached at Sharonbear@sbcglobal.net.

The Mackay silver can be viewed at the W.M. Keck Museum in the Mackay School of Mines building on the University of Nevada, Reno campus.

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BREAKING OUT OF THE KITCHEN

Unearthing the School of Home Economics.

WRITTEN BY SHARON HONIG-BEAR

Even the words sound old fashioned: home economics. At a time when buzzwords in the food world include *product development* and *engineering and safety*, it's easy to forget that their roots are in home ec. More than 100 years ago, the subject of home economics entered academia and brought women along with it. The rise and fall of the field closely parallels the roles of women in the kitchen and workplace.

In the late 1900s, the Cult of Domesticity, a value system in the U.S. and United Kingdom that emphasized the woman's role as being in the home and family, dominated the landscape. In this environment, the University of Nevada, Reno, followed the national trend to start offering college courses in home economics. Starting in 1901, the Nevada State University (as UNR was called then) established the School of Domestic Art and Science. Its classes were taught in Stewart Hall as part of the College of Agriculture. Women were attracted to the courses but, unfortunately, couldn't earn degrees for their efforts.

LEGITIMIZING THE FIELD

Home economics needed a champion, and it found one in Martha Van Rensselaer. A trailblazing suffragette, county commissioner, and author,

she co-founded the Department of Home Economics in 1912, at what is now Cornell University. Following her lead, in 1913, UNR renamed its program the School of Home Economics. Finally, students could earn Bachelor of Science degrees in the subject, with full academic credentials. The legitimization of the profession was an important step in women's journey toward gender equality. Just one year later, in 1914, women attained full suffrage in Nevada.

PROGRAM FLOURISHES

In his well-written article, *UNR School of Home Economics: From Birth to Extinction*, author Hugo Guillen continues the story. The School of Home Economics thrived during the 1920s and 1930s as people saw the relationship between a healthy household and an economically sound society.

Soon the school expanded its course offerings to include dietetics, interior design, and child development. As a final endorsement of the program, in 1957, university leaders approved construction of the Sarah H. Fleischmann School of Home Economics, so named for the wife of food industry executive Max C. Fleischmann, whose foundation provided funding for its construction. The new building

Opposite: Home Economics/Domestic Science Class, Stewart Hall, 1911. Below, left: Extension agent Rose Goss and students map out efficient ways to work around a kitchen in a home economics kitchen class, 1961. Below, right: Home Economics cooking laboratory, agriculture building (currently Frandsen Humanities), 1920



arrived just in time to meet the growing demand for home economics teachers in the K-12 school system. A new generation of boys and girls was taught to cook and sew in the classroom, and at the same time witnessed the arrival of home economics as a profession.

END OF AN ERA

This heyday was short-lived. No degree of planning could anticipate the radical cultural changes that swept across the U.S. during the 1960s and 1970s. The country suddenly found itself in the second wave of the women's rights movement, challenging long-standing perceptions of gender roles. The stigma associated with home economics — perceived as keeping women tied to domestic life — finally caught up with the school. As enrollment declined for the first time in February 1989, the Board of Regents of the university transitioned the school into the new College of Human and Community Services. The Sarah H. Fleischmann School of Home Economics was formally closed, although courses still were offered in home economics, teacher education, nutrition, and interior design. In a final move in June 2010, the Board of Regents eliminated the Bachelor of Science degree in interior design, as part of the university's budget reduction plan.

Leave it to the pioneer of the modern home economics movement to foresee the present food industry. Rensselaer famously said, "Home economics is not one department ... it is not a single specialty ... many technical and educational departments will grow out of it as time goes on."

One can almost imagine her walking into a modern product development lab with a smile on her face. 🐔

Sharon Honig-Bear was the long-time restaurant writer for the *Reno Gazette-Journal*. She is a tour leader with Historic Reno Preservation Society and founder of the annual Reno Harvest of Homes Tour. She can be reached at Sharonbear@sbcglobal.net.

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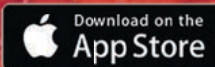


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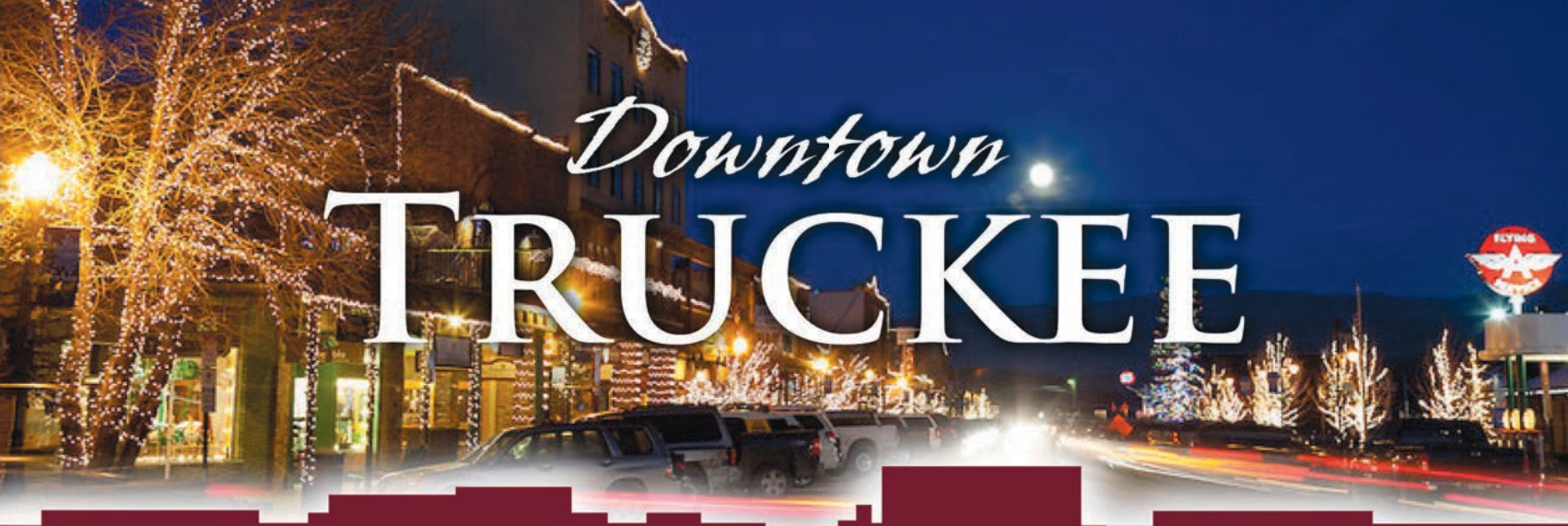


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The great cover-up

Kitchen aprons that follow form, function, and fashion.

WRITTEN BY NATASHA BOURLIN
PHOTOS COURTESY OF
MANUFACTURERS

Aprons are as diverse as any other attire these days. Manufacturers have homed in on the needs and desires of both at-home and professional chefs and have outfitted them accordingly. Looking for something durable and easy to clean? Comfortable? Environment friendly? Functional, with a plethora of pockets? Full coverage to best protect clothes, or something fashion forward? Whatever your preference, these designs each include at least one, if not more, of the options on your wish list.

MULTI-PURPOSE TASKING

Wearing this apron made by Raw Materials Design feels a bit like when you're wearing your favorite pair of jeans. Not only does it offer full coverage and functionality, with many convenient kitchen-tool-sized pockets, but it's incredibly comfortable and easy to clean. It's made in the U.S. from 100 percent domestically sourced and manufactured cotton. Made by a family-owned company, in a design inspired by the owner's grandmother, the aprons are made to be durable, with a handmade, craftsman feel. From the moment you tie it on, it's like meeting a new friend with whom you instantly click. And it's eye catching as well. \$60; Rawmaterialsdesign.com.



DENIM CHIC

An attractive apron for the eco conscious, the Now Designs Denim Renew is made from recycled plastic water bottles that have been transformed into wrinkle-resistant polyester. Combined with a touch of cotton, the fabric also is comfy and easily cleaned. A leather neck strap is adjustable and can be removed for washing. \$29.99; [Cooking Gallery in Reno and Truckee](#); Find [Cooking Gallery](#) on Facebook.



FEARLESSLY FEMININE

A California-based, woman-owned company whose cuts and prints all are copyrighted, Jessie Steele makes aprons fit for even the most finicky of fashionistas. Even if you're not much of a chef, you can distract your diners by sporting these adorable aprons; one even features a handy attached towel. Since 2002, the company's wide variety of retro-inspired styles and patterns have understandably been covered by celebrities and featured on big and small screens, including in *Sex and the City 2*. \$31.99; Jessiesteele.com.



BRIGHT COLORS

Made from 100 percent cotton with a substantial front pocket for holding handy kitchen utensils, an adjustable neck strap, and towel hook, this apron from Kay Dee Designs is available in bright, fruity colors. For more than 60 years, the Rhode Island company has specialized in kitchen textiles, and creates heavy-duty aprons in many sizes and styles to fit any chef. \$19.95; Nothing To It! Culinary Center in Reno; Nothingtoit.com.



BULLETPROOF GEAR

Named for a mythological Norse god, BlueCut's Odin is quite an advancement in apron technology. Woven from the same materials used to make bulletproof vests, Kevlar, and tough selvedge denim, the fabric looks like liquid metal. It's the sleek, armored SUV of aprons. The fit is masculine and great for guys, as it is not terribly curve friendly. It comes in several sizes, including one for tall chefs. Kevlar enables it to not only be highly heat resistant — ideal for cooking over super-hot stoves or grills — but also nearly impermeable by pointy objects. It may not be the most comfortable of aprons at first, but the initially stiff fabric will break in after some washing and wearing. This apron enables any grill master to strut around the barbecue saying, “Yeah, I carry knives around in my pockets, 'cause I can...” \$179; Bluecutaprons.com. 🐔



Brewed to perfection

A collection of trendy coffee gadgets to make a great cuppa joe at home.

WRITTEN BY HEIDI BETHEL
PHOTOS COURTESY OF MANUFACTURERS

Embrace your inner barista with some of the hottest coffee devices around. Here are our picks for gadgets that take your morning cup of coffee to the next level.

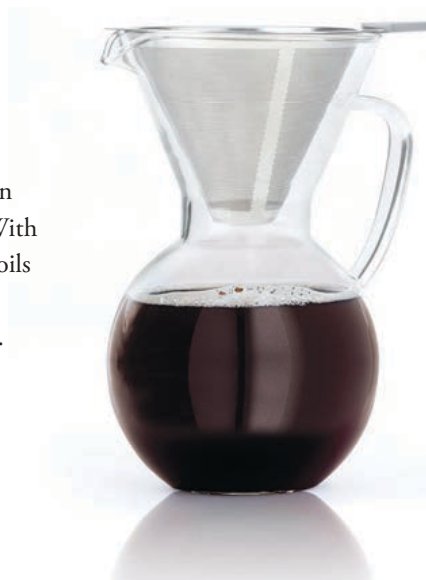
MASTER MAKER

Whether you're in the mood for a coffee, espresso, or cappuccino, the **Krups Espresseria Espresso Maker** delivers a quality drink in a flash. Affordably priced and designed for the ultimate ease of use, it has an intuitive LCD screen and ergonomic knob that guarantee effortless navigation through every step of the fully automated brewing process. \$799.95; Nothing to It! Culinary Center in Reno; Nothingtoit.com.



DRIP DELIGHT

Known for its Moka Express that revolutionized the coffee game in Italy, Bialetti recently introduced its **Pourover Carafe – Glass**. With a reusable, double-mesh filter, this crafty setup allows the natural oils from the coffee grounds to pass through for a more robust cup of coffee. \$39.99; Macy's in Meadowood Mall in Reno; Bialetti.com.



GRIND AWAY

Turn those coffee beans into delicious, ready-to-be-brewed grinds with the **Kyocera Ceramic Coffee Mill**. The grinding mechanism is made from an advanced ceramic that will never rust. With an adjustable grinder, this mill also works great with salt, pepper, spices, nuts, and seeds. \$49.95; Nothing to It! Culinary Center in Reno; Nothingtoit.com.





COOL CONTRAPTION

Quickly becoming a coffee lover's favorite, cold brew can be found on the shelves in grocery stores, coffee shops, and, now, even your kitchen. Experts tout the health benefits of cold brew, which has about 65 percent less acidity than its toasty counterpart. With a removable basket and all-in-one glass pitcher, the **Bialetti Cold Brew Coffee Maker** fits snugly on most refrigerator doors for cool coffee on demand. \$29.99; Macy's in Meadowood Mall in Reno; Bialletti.com.



ARTISTIC TOUCH

Top that hot, delicious cup with a delicate piece of foam art, made with the **Kuissential Slickfroth 2.0**. This handheld electric milk frother makes fluffy foam in seconds. With its comfortable design and rubber grip, you don't have to worry about it slipping out of your hand, and you can't beat the price. Check out a few videos on YouTube and you'll soon be accenting your coffee with leaves, hearts, and doodles in no time. \$7.99; Amazon.com. 🐔

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To good health

Wellness tonics for a healthier gut, relaxation, and more.

WRITTEN BY CLAIRE CUDAHY
PHOTOS BY JEN SCHMIDT

Above: Tamsin Edwards preps ingredients for wellness elixirs at the Elevate Wellness Center in South Lake Tahoe

Open up a cooler at your local convenience store and you'll see the usual suspects: Coke, Mountain Dew, and Red Bull, to name a few. But wait, what's that? Coconut water? A green smoothie? Kombucha?

For decades, sugary sodas and overcaffeinated energy drinks have dominated the beverage market, but that's changing (albeit slowly, in the case of certain roadside establishments).

"With the cultural messaging that we've had, it's all about five-hour energy shots and Monster Energy drinks. We're always pushed to hyper-stimulate, but now people are becoming more aware and putting more emphasis on wellness and self-care to have longevity in life," says Melinda Choy, owner of The Elevate Wellness Center, which offers holistic family medicine in South Lake Tahoe, including massages and acupuncture, alongside its apothecary and tea bar.

"People are making different choices for certain reasons," Choy adds, "and one of them is really looking at food as being medicine rather than taking pills every day."

DRINK AND BE HEALTHY

Wellness tonics are the latest health trend to make its way into the mainstream market. The beverages are mixed using natural ingredients — such as herbs, spices, roots, probiotics, and mushrooms — and designed to help the body by improving digestion, alleviating stress, reducing inflammation, or fighting fatigue.

Despite the recent rise in popularity, healers and herbalists in Asia, South America, and beyond have used wellness tonics for thousands of years to treat ailments and promote good health.

At Elevate Wellness Center, Choy sells a range of prepackaged wellness tonics. Her best seller is Golden Milk by Raw Revelations, which contains a mix of turmeric root powder, whole saffron, black pepper, coconut milk powder, and a slew of other herbs and spices. Mixed with hot water and blended, the brew is designed to assist the body with maintaining healthy inflammation levels.

Powdered forms of reishi, known in traditional Chinese medicine as the mushroom of mortality, is another popular ingredient in tonics, Choy says. Though research is limited, components of the mushroom are believed by many to stimulate the immune system and lower cholesterol.

In Reno, Kristen Jaskulski runs Sol Kava Bar, an alternative to the many alcohol-serving establishments in the Riverwalk District. Sol serves up drinks made by steeping ground kava root — a plant found in the South Pacific — in water. Kava is consumed throughout the region for its relaxing effects and recently has found footing in the U.S.

“I have always been interested in functional foods. I had serious brain surgery as a teenager, so I’ve always sought out things that would help with my own personal healing,” Jaskulski says. “I had severe anxiety issues, and when I found kava, it was actually on the big island in Hawaii, and I’ve loved it ever since.”

Patrons of Sol may sample other tonics and elixirs made with popular wellness ingredients, including apple cider vinegar, used to pack a punch of gut-friendly probiotics; maca, a root for boosting stamina; cacao, to promote happiness and circulation; and other adaptogenic herbs.

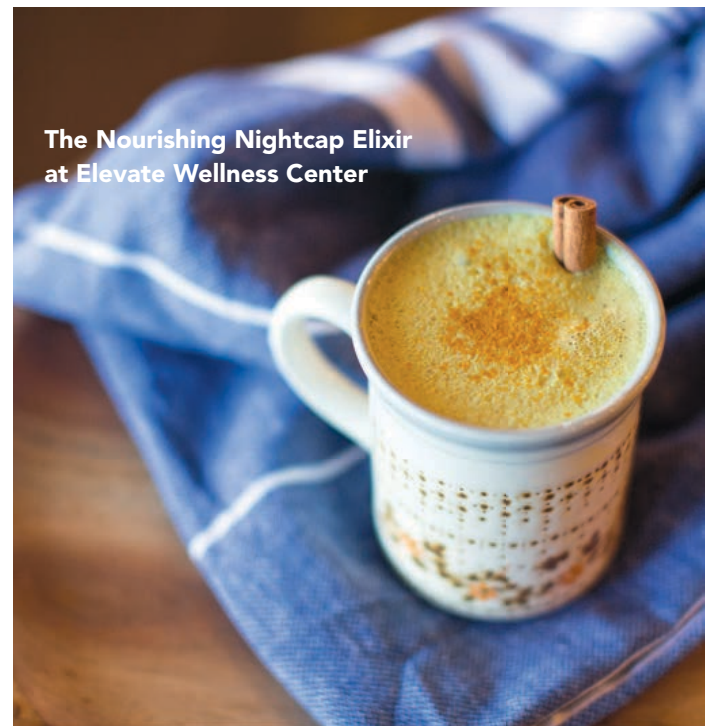
“It’s my way of teaching people about what’s good to put in their bodies as alternatives to the mainstream products that we have on the market,” Jaskulski says.

Jaskulski and Choy agree: People are paying more attention to what they’re consuming, and the potential of functional beverages is huge.

“There is no way of doing it wrong,” Choy adds. “It’s about finding the right taste for what you like and being able to keep that up as a part of your daily routine.”

*Wellness tonics include active ingredients that could interact with or affect medications. Please consult a doctor before consuming. 🐔

Claire Cudahy is a Zephyr Cove-based writer whose idea of a good time is sampling olive oil, touring farms, and learning how to make pasta. If she’s not daydreaming about how to get a goat cheese creamery off the ground, she’s probably out hiking around Lake Tahoe. You can reach her at Clairecudahy@gmail.com.



WAKE UP IT'S MORNING TONIC

(courtesy of Tamsin Edwards, office manager, Elevate Wellness Center in South Lake Tahoe. Serves 1)

8 ounces warm water
1 teaspoon turmeric powder
1 to 3 teaspoons lemon juice
1 teaspoon apple cider vinegar
Pinch of cinnamon
Raw organic honey, to taste
Add ingredients to cup, mix, and enjoy.

NOURISHING NIGHTCAP ELIXIR

(courtesy of Tamsin Edwards, office manager, Elevate Wellness Center in South Lake Tahoe. Serves 1)

1 cup unsweetened nut milk
1 cup hot water
1 to 2 teaspoons cordyceps mushroom powder
1 teaspoon ground ginger
2 to 4 teaspoons golden milk powder
1 teaspoon ghee
Pinch of cardamom or cinnamon
Raw organic honey, to taste
Add ingredients to cup, mix, and enjoy.

what's in season

Ripe and ready produce growing
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May – June

ILLUSTRATION BY ASA KENNEDY



May Asparagus, beets, broccoli rabe, cabbage, carrots, chard, chives, collard greens, Daikon radishes, dandelions, fava beans, green onions, kale, leeks, lettuce mixes, parsley, peas, radishes, rhubarb, spinach, strawberries (early), and turnips

Note: At the end of May or early June, sow and transplant warm-season crop seedlings outdoors.

June Beets, broccoli, cabbage, carrots, chard, chives, collard greens, Daikon radishes, fennel, green onions, kale, leeks, mint, oregano, parsley, peas, radishes, rhubarb, rosemary, rutabagas, spinach, strawberries, tarragon, thyme, and turnips

Featured artist Asa Kennedy was born in a trailer on the outskirts of Santa Fe, N.M. He briefly studied fine arts at a private liberal arts college in Portland, Ore., and remained in Portland for nine years after leaving school to continue to hone his painting craft. He had his first solo exhibition in 2005, with more shows following. His experience includes mural painting and involvement with Portland Mural Defense, a group dedicated to rewriting zoning laws in partnership with the City of Portland to allow more possible walls available for mural painters to use.

In late 2009, Kennedy returned to Albuquerque, then relocated to Reno in 2015. Since then, he has exhibited a solo show at the Potentialist Workshop, competed in the Circus Circus Mural Marathon, participated in the Reno Mural Expo, built a large body of studio work, and completed several murals around Reno.

"There is a strange harmony to the desert where I grew up — an excess of empty space filled with brilliant colors and sporadic geological formations that distract from the larger vacancy. These qualities influence my work not only in landscape painting, but in conceptual and geometric work as well. The common thread in my work is illusion. I've always had an affinity for keeping people wondering, and I always want a part of my work to elicit a double take."

Contact Kennedy at Mrbrownstone05@hotmail.com or 971-678-4172.

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eat (drink) local

Your guide to Reno-Tahoe's best dining and imbibing

AUBURN

Auburn Alehouse Craft Brewery & Restaurant Brian and Lisa Ford opened this spot in 2007 in the iconic Shanghai Restaurant, embracing the building's character and colorful history in the heart of historic Auburn. While enjoying their full gastro menu, patrons often can see Brian and his brewers making world-class beer in small batches, using only the finest malted barley and American-grown hops. With a collection of prestigious awards hanging on the wall, it's easy to see why the *Sac Bee* says Auburn Alehouse is one of the region's premier craft breweries. When possible, it sources fresh ingredients from local, organic farms. Its signature dishes include smoked pulled pork and ribs, fried pickles, and the famous cheese loaf. The great outdoor patio — where bands play in the summer — also is dog friendly. Open 11 a.m. – 10 p.m. Mon. – Thurs., 11 a.m. – 11 p.m. Fri., 10 a.m. – 11 p.m. Sat., 10 a.m. – 10 p.m. Sun. 289 Washington St.; 530-885-2537; Auburnalehouse.com; Find Auburn Alehouse Craft Brewery & Restaurant on Facebook.

Lone Buffalo Vineyards This family-owned micro-winery is the culmination of owner and winemaker Phil Maddux's 35-year passion for winemaking. Visitors will enjoy on-site tastings in a relaxed, down-to-earth environment, and it's ideal for picnics, with its gorgeous patio and spectacular view of the vineyard. Tasting room open noon – 5 p.m. Fri. – Sun. 7505 Wise Road; 530-823-1159; Lonebuffalovineyards.com; Find Lone Buffalo Vineyards on Facebook.

Mt. Vernon Winery This large and award-winning winery in Placer County features a wide variety of handcrafted wines, which guests can sample in a tasting room occupying a beautifully restored 1950s milk house. As you sip and savor a large assortment of wines or even enjoy a picnic, take in spectacular views of tranquil gardens filled with hummingbird feeders and fragrant roses as well as lush vineyards. Make a date for one of Mt. Vernon's lavish Wine Cave Dinners, featuring a candlelit, multi-course dinner prepared by the winery's premier chef. Open 11 a.m. – 5 p.m. Thurs. – Sun. 10850 Mt. Vernon Road; 530-823-1111; Mtversonwinery.com; Find Mt. Vernon Winery on Facebook.

Viña Castellano Vineyards On eight acres of pristine Sierra Foothills vineyards, surrounded by pastoral views of rolling hills and horse ranches, Viña Castellano uses Old World tradition and cutting-edge technology to produce a wide variety of Mediterranean wines, including award-winning Spanish varietals, all made 100 percent with its own grapes. Guests are welcome to sample wines in the Stone Barrel Cave and Tasting Room, bring food to enjoy in the vineyards' picnic area, or reserve the cave in advance for a tasting and tapas pairing. Open noon – 5 p.m. Thurs. – Sun. 4590 Bell Road; 530-889-2855; Vinacastellano.com; Find Viña Castellano on Facebook.

CARSON CITY

Battle Born Social This cocktail bar and tasting room offers small plates emphasizing ingredients from local ranchers, farmers, distillers, brewers, and vintners. Chef David Stern prepares such distinctive dishes as sliders with local lamb or venison, Basque deviled eggs, Thai beef tacos, and crawfish mac + cheese. Open 11 a.m. – 11 p.m. Tues. – Thurs.; 11 a.m. – 2 a.m. Fri. – Sat. (DJs 11 p.m. – 2 a.m.). Gastropub-style menu until 9 p.m.; Small plates 9 – 11 p.m. Happy Hour 3 – 6 p.m. daily; service industry Happy Hour 9 – 11 p.m. 318 N. Carson St.; 775-301-9106; Battlebornsocial.com; Find Battle Born Social on Facebook.

Bleu Café Sister team Roberta Davies and Karey Domen, longtime residents of Carson City, run this charming café serving breakfasts and lunches made by hand from fresh, wholesome ingredients that are sourced locally whenever possible. Enjoy sausage gravy, hollandaise, and alfredo sauces as well as ciabatta bread, all made in house and from scratch. Open 8 a.m. – 3 p.m. daily. 240 E. Winnie Lane; 775-297-3301; Bleucafecarson.com; Find Bleu Café on Facebook.

Café at Adele's When you step inside the beautiful, historic home in which Adele's resides, you are enveloped in a charming space. Open since 1977, the restaurant features talented fourth-generation chef Charlie Abowd. You'll find waffles, crêpes, and more for breakfast; meat from animals that were sustainably

raised and humanely treated, and free range is on the lunch and dinner menus. Other choices include seafood, steak, pastas, duck, lamb, and more with a focus on organic, sustainable, and local ingredients. Breakfast 8 – 11:30 a.m. Tues. – Fri., 8 a.m. – 2:30 p.m. weekends. Lunch 11 a.m. – 2:30 p.m. Tues. – Sun. Dinner 5 – 9 p.m. Tues. – Sat., 4 – 8 p.m. Sun. Lounge menu until 10 p.m. Tues. – Sat., until 8 p.m. Sun. Closed Mon. 1112 N. Carson St.; 775-882-3353; Adelesrestaurantandlounge.com; Find Adele's Restaurant and Lounge on Facebook.

L.A. Bakery Café The restaurant's philosophy is nothing but the best. L.A. Bakery has established itself as one of the most distinctive, chic bakeries in Northern Nevada. European and Mediterranean pastries (such as amazing baklava), cakes, cupcakes, and other artistically baked creations are freshly made daily from natural and organic ingredients. You'll find breakfast and lunch menus as well. Many varieties of gluten-free, vegan, and sugar-free products are available. Locally roasted, low-acid coffee and espresso; locally raised, grass-fed beef patties; all-natural and gluten-free breads; and vegan and gluten-free soups all are served here. Catering is offered as well. Open 7 a.m. – 5 p.m. Mon. – Fri., 8 a.m. – 3 p.m. Sat. Closed Sun. 1280 N. Curry St., 775-885-2253; Labakerycafe.com; Find LA Bakery on Facebook and Instagram.

Sassafras This independent "chalkboard-style" restaurant has the luxury of offering an ever-changing menu that reflects locally available products and a variety of different cuisines. It's best described as eclectic — you will not be able to find its signature creations elsewhere. Sassafras commits wholeheartedly to freshness by using whole foods; local farms, breweries, wineries, bakeries, and coffee roasters; and organic products whenever possible. Open 11 a.m. – 9 p.m. daily. 1500 Old Hot Springs Road; 775-884-4471; Sassafrascarsoncity.com; Find Sassafras Eclectic Food Joint on Facebook and see details on Sassafras' live music schedule.

The Fox Brewpub This English-style pub and brewery features tasty appetizers, fresh salads, huge burgers, piled-high sandwiches, specialty pizzas, and decadent desserts. Enjoy lunch or dinner out on the beautiful patio. Located at the back of the pub is the Fox's Den where you'll find a full bar with 17 draft beers, including local and seasonal beers and some brewed in house! Open 11 a.m. – 10 p.m. Sun. – Thurs., 11 a.m. – midnight Fri. – Sat. 310 S. Carson St.; 775-883-1369; Foxbrewpub.com; Find The Fox Brewpub on Facebook.

CARSON VALLEY

JT Basque Bar & Dining Room This Nevada institution embodies Old World Basque culture in the American West. Feast on savory steak, lamb, chicken, or seafood entrées. Pace yourself. The multi-course, family-style meals are plentiful. Voted Best Basque Restaurant in the Carson Valley for more than a decade running, this historic locals' favorite is festive, family oriented, and fun. Locally sourced specials include Carson Valley grass-fed beef, locally raised lamb, and rabbit dishes. JT Basque also serves Winnemucca potatoes and Yerington onions. It's local food by local people! Lunch 11:30 a.m. – 2 p.m. Mon. – Sat. Dinner 5 – 9 p.m. Mon. – Fri., 4:30 – 9 p.m. Sat. 1426 Hwy. 395, Gardnerville; 775-782-2074; Jtbasquenv.com; Find JT Basque on Facebook.

FALLON

Churchill Vineyards Located on the historic Frey Ranch with roots dating back to the 1850s, Churchill Vineyards is Nevada's only estate winery and produces the most wine from Nevada-grown grapes. At 4,000 feet above sea level, the high desert region provides cool nights and warm days, helping produce intricate flavors and delicate aromas for flavorful, well-balanced wines. Red and white wine varieties are available for tasting and to purchase. Tasting room open noon – 4 p.m. Sat. 1045 Dodge Lane; 775-423-4000; Churchillvineyards.com; Find Churchill Vineyards on Facebook.

Frey Ranch Estate Distillery As Nevada's first estate distillery, Frey Ranch Estate Distillery produces gin, vodka, bourbon, whiskey, absinthe, and other spirits using grains grown, distilled, malted, and bottled on the historic 1,200-



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acre Frey Ranch. The Frey family has been farming grains including wheat, corn, barley, rye, and alfalfa in Nevada for more than a century. Tasting room open noon – 4 p.m. Sat. 1045 Dodge Lane; 775-423-4000; Freyranch.com; Find Frey Ranch Estate Distillery on Facebook.

HOPE VALLEY

Sorensen's Country Café Tucked away on the eastern edge of the spectacular Hope Valley is this adorable resort and its full-service restaurant. Enjoy specialties such as Mary's natural chicken with a gremolata topping, fresh and wild fish, New York steak, garden-fresh salads, and homemade desserts such as house-made bread pudding and a wonderful berry cobbler. Accompany your meal with a fine wine or beer. Breakfast 7:30 – 11 a.m. Mon. – Fri. (until noon on weekends). Lunch 11 a.m. – 4 p.m. Mon. – Fri. (starts at noon on weekends). Dinner 5 – 8:30 p.m. daily. 14255 Hwy. 88; 800-423-9949; 530-694-2203; Sorensensresort.com; Find Sorensen's Resort on Facebook.

INCLINE VILLAGE

Alibi Ale Works Taproom Just a half-mile from Lake Tahoe, Alibi Ale Works is a brewery, taproom, and beer garden with 18 taps, featuring Alibi's own local brews. The taproom also carries a selection of wines, ciders, kombuchas, and house-made sodas. Check the online event calendar for food trucks, live music, and other events. Open 3 – 10 p.m. Mon. – Wed., 3 – 11 p.m. Thurs., noon – 11 p.m. Fri. – Sat., noon – 8 p.m. Sun. 204 E. Enterprise St.; 775-298-7001; Alibialeworks.com; Find Alibi Ale Works on Facebook.

Brewforia Beer Market + Kitchen From the craft brewery started originally in Boise, Idaho, comes this innovative bottle shop and restaurant at Lake Tahoe! Not only will you find one of the largest selections of bottled and canned craft beer in our area, but you'll also find a delicious selection of beers on 12 rotating taps, as well as an eclectic menu of appetizers, salads, sandwiches, flatbreads, desserts, beer cocktails, craft cocktails, wines, and hot cocktails for cold winter nights. Open 11:30 a.m. – 10:30 p.m. daily. 800 Lake Tahoe Blvd.; 775-298-7660; Brewforia.com; Find Brewforia on Facebook.

LINCOLN

Ciotti Cellars This family-owned boutique winery is located on the Placer County Wine Trail. Owners Giuseppe and Archangelo Ciotti grew up hearing stories about how their grandfather handcrafted wines. Today, Ciotti Cellars keeps that same time-honored tradition, producing 100 percent of its wines from hand-selected Placer County grapes. The area's Mediterranean-like climate results in grapes deep in color that are rich in character. Tasting room open noon – 5 p.m. Fri. – Sun. 3285 Crosby Herold Road; 916-534-8780; Ciotticellars.com; Find Ciotti Cellars on Facebook.

LOOMIS

Secret Ravine Vineyards & Winery Tucked away in the relaxing countryside, this Placer County winery employs sustainable viticulture practices to maximize the full character and flavor of the grapes from this region. The results have earned Secret Ravine four awards in the 2018 *San Francisco Chronicle* Wine Competition. Sample a wide variety of reds, whites, and a rosé, and feel free to bring a lunch to enjoy in the shaded picnic area. Open noon – 5 p.m. Sat. – Sun. 4390 Gold Trail Way; 916-652-6015; Secret Ravine Vineyard & Winery on Facebook.

NEWCASTLE

Hillenbrand Farmhaus Brewery Patric Hillenbrand turned his beautiful 13-acre farm where livestock still roam into a brewery and tasting room in 2016, and the results are delicious. You'll find handcrafted brews flavored with fruits and honey harvested on site. Stop by for a pint or enjoy a flight, along with bites from one of the food trucks that frequently roll up. Open 1 – 8 p.m. Fri. – Sat., 1 – 6 p.m. Sun. 5100 Virginiatown Road; Hillenbrandbrewery.com; Find Hillenbrand Farmhaus Brewery on Facebook.

PLYMOUTH

Andis Wines Bringing a modern, fresh approach to Amador County's winemaking region, Andis Wines combines traditional and innovative winemaking techniques to create wines with balance, character, complexity, and varietal correctness. This *Wine Spectator* and *Wine Enthusiast* award-winning winery is housed in a state-of-the-art, green-designed facility surrounded by panoramic views, expansive picnic areas, a bocce ball court, and more. Stop in for daily winery tours and wine on tap! Open 11 a.m. – 4:30 p.m. daily. 11000

Shenandoah Road; 209-245-6177; Andiswines.com; Find Andis Wines on Facebook.

Bella Grace Vineyards This winery owned and operated by Michael and Charlie Havill grows 20 acres of grapes using sustainable vineyard practices. Responsible wine-growing along with Amador County's granite soils and ideal climate combine to produce award-winning French varietals. At the Vineyard & Wine Cave in Plymouth, guests will enjoy a panoramic view of this estate vineyard with the High Sierra as a backdrop — the perfect setting for tasting wines, olive oils, and vinegars. Open 11 a.m. – 4:30 p.m. Fri. – Sun. 22715 Upton Road; 209-418-5040; Bellagrcevinyards.com; Find BellaGrace Vineyard & Wine Cave on Facebook.

Cooper Vineyards Nestled in Shenandoah Valley in the Sierra Foothills of Amador County, this family-owned vineyard grows 17 varietals and produces more than 20 wines spanning traditional whites and reds with a few select blends, as well as dessert wines, seasonal offerings, and other unique vintages a bit off the beaten path. The tasting room offers guests stunning vineyard views, gracious hospitality, and generous tastes of award-winning wines. Open 11 a.m. – 4:45 p.m. Thurs. – Mon. 21365 Shenandoah School Road; 209-245-6181; Cooperwines.com; Find Cooper Wines on Facebook.

Jeff Runquist Wines Winemaker Jeff Runquist brings his 40 years' experience making wines for some of the most recognizable labels in Northern California to his own Shenandoah Valley winery. He strives to create balanced wines without loads of tannins from the finest grapes grown in the Sierra Foothills, Napa Valley, and Paso Robles — 22 different red varietals from nine appellations alone — and honors his commitment to growers by recognizing them on every label. This unique, untraditional approach allows this winery to remain nimble and pursue the flavors wine drinkers most desire. Open 11 a.m. – 5 p.m. Thurs. – Mon. 10776 Shenandoah Road; 209-245-6282; Jeffrunquistwines.com; Find Jeff Runquist Wines on Facebook.

Taste Restaurant and Wine Bar Enjoy healthy, flavorful, seasonal meals right on Main Street, the gateway to Amador County's wine country. Selections change according to what's available and in season. Find creative salads, sustainable meat and seafood entrées, housemade pasta, and more available for lunch and dinner. Or just stop in for a glass of wine and order off the wine bar menu. Taste is happy to accommodate dietary restrictions with vegan, vegetarian, and gluten-free options. Check out the special prix fixe menu every Monday and Tuesday night. Lunch: 11:30 a.m. – 2 p.m. Fri. – Sun.; Dinner: 5 p.m. – close Thurs., Fri., Mon., and Tues.; 4:30 p.m. – close Sat. – Sun. Closed Wed. 9402 Main St.; 209-245-3463; Restauranttaste.com; Find Taste Restaurant and Wine Bar on Facebook.

RENO

4th St. Bistro For dining at its finest, visit this charming restaurant that features seasonal, local, organic, and sustainably farmed, raised, and ranched ingredients. Diners will find Niman Ranch meats (beef, lamb, and pork), organic Sonoma County Poultry "O'Liberty" Duck in a delectable duck confit, wild and in-season seafood, vegetarian selections, and many gluten-free dishes. Acclaimed 4th St. Bistro chef Natalie Sellers — a member of the Chef's Collaborative, Women Chefs and Restaurateurs, and Slow Food — sources organically whenever possible from small producers, and believes in humane animal husbandry. She serves fish from sustainable and wild populations that are not endangered. Prepare to settle into a comfortable space reminiscent of a French country house and be treated to impeccable service and a *Wine Spectator* award-winning wine list. Dinner 5 p.m. Tues. – Sat. 3065 W. Fourth St.; 775-323-3200; 4thstbistro.com; Find 4th Street Bistro on Facebook.

10 TORR Distilling and Brewing Co. One of Northern Nevada's newest distillery/breweries, 10 Torr brings precision engineering to its Mill Street location. The handmade equipment guarantees finely crafted beers and, utilizing the only vacuum-distilling in Northern Nevada, the spirits showcase the purest, finest flavors and aromas without any additives or heat reactions. Taproom open 1 – 10 p.m. Wed. – Sat., 1 – 7 p.m. Sun. – Tues. 490 Mill St.; 775-499-5276; 10torr.com; Find 10 Torr Distilling and Brewing on Facebook.

Arario This Korean-fusion restaurant in Midtown offers bite-sized delights such as pot stickers, kimchee fries, and shrimp tempura, as well as entrées that fuse Korean dishes with international cuisine in interesting ways — take, for example, the bulgogi pasta, poke bowl, kimchee gratin, whole squid salad, and Seoul cheesesteak sandwich. Stop in for lunch, dinner, or drinks. Open 11 a.m. – 9 p.m. Mon. – Thurs., 11 a.m. – 10 p.m. Fri. – Sat., 1 – 9 p.m. Sun. 777 S. Center St., Ste. 200; 775-870-8202; Find Arario MidTown on Facebook.

Atlantis Steakhouse Rated the No. 1 restaurant in Reno by TripAdvisor, the Atlantis Steakhouse proudly serves Allen Brothers' dry-aged USDA Prime cuts

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Basin and Range Cellars Northern Nevada's first fully Nevada-grown and produced winery opens this June. Basin and Range produces French-American grape varietals grown in the rocky, arid, sun-drenched, high-altitude soil located on the tectonic boundary between the Basin and Range province and the Sierra Nevada. Its distinctive, unfiltered wines are only available in its Wineries on 4th tasting room, which is shared between two other local wineries, on East Fourth Street in Reno's Brewery District. See website for hours. 415 E. Fourth St., Ste. B; 775-750-2427; Basinandrangecellars.com; Find Basin and Range Cellars on Facebook.

Batch Cupcakery The world is changing and people are becoming more health conscious. Batch provides the perfect baked goods for your dietary needs. You'll find organic, gluten-free, vegan, and paleo cupcakes, brownies, cookies, and scones. Open 10 a.m. – 8 p.m. Mon. – Sat., noon – 6 p.m. Sun. 555 S. Virginia St., Ste. 104; 775-336-1622; Batchcupcakery.com; Find Batch Cupcakery on Facebook.

Beaujolais Bistro Settle in for satisfying country French cuisine in a welcoming neighborhood bistro. You'll enjoy a cozy environment, knowledgeable wait staff, and an excellent wine selection of American and French wines (the restaurant is a *Wine Spectator* award winner). Open for dinner 5 – 9 p.m. Tues. – Sun. 753 Riverside Drive; 775-323-2227; Beaujolaisbistro.com; Find Beaujolais Bistro on Facebook.

Beefy's Reno This industry-favorite restaurant serves up great hot dogs, shakes, and the best little burger in Reno, made with local beef from Ponderosa Meat Co. in Reno. Beefy's offers a selection of 40 craft beers as well! Open 11 a.m. – 9 p.m. Mon. – Sat. 1300 S. Virginia St.; 775-870-1333; Beefysreno.com; Find Beefy's Reno on Facebook.

Beer NV Dedicated to craft beer and spirits, Beer NV offers 60 draft beers, specialty cocktails, and wine on tap in South Reno. Beers are available in 4-ounce, 8-ounce, and 16-ounce pours in house, as well as 32-ounce crowlers and 2-liter growlers if you're on the move. Whiskey, tequila, and rum tasting flights also are available, as are the sparkling cocktail flight and bloody mary flight. Add in a back patio and frequent special events and there are plenty of reasons to stop in. Open noon – 11 p.m. Mon. – Thurs., noon – midnight Fri., 11 a.m. – midnight Sat., 11 a.m. – 10 p.m. Sun. Happy Hour 4 – 6 p.m. Mon. – Fri., 11 a.m. – 1 p.m. Sat. – Sun. 15 Foothill Road, Ste. 1; 775-448-6199; Beernv.com; Find Beer NV on Facebook.

Bistro Napa Experience innovative small plates and entrées, a raw seafood bar, and playful desserts complemented by a 4,000-bottle wine cellar. The restaurant is rated the No. 2 restaurant in Reno by TripAdvisor and is a recipient of *Wine Spectator's* Award of Excellence. Social Hour 4 – 6 p.m. Dinner served from 5 p.m. nightly. Reservations welcome. Atlantis Casino Resort Spa, 3800 S. Virginia St.; 775-335-4539; Atlantiscasino.com/dining; Find Atlantis Casino Resort Spa on Facebook.

Buenos Grill This colorful, family-friendly, Baja-themed restaurant is Reno's best place for fish tacos, patio dining, quick service, and a salsa bar. Enjoy a fresh and unique take on classic Mexican dishes such as fish tacos with mango salsa, steak ranchero taquitos, and coconut-fried shrimp. There's a great margarita, wine, beer, and tequila selection as well. Open 11 a.m. – 9 p.m. daily. 3892 Mayberry Drive, Ste. A (at South McCarran Boulevard); 775-787-8226; Buenosgrill.com; Find Buenos Grill on Facebook.

Burger Me Indulge in real, fresh food. This tasty burger joint serves up old-fashioned big burgers, with local, natural ingredients. Diners won't find any gluten, hormones, or antibiotics in the variety of protein the restaurant offers, including beef, bison, chicken, turkey, lamb, and ahi tuna. Other choices include house-made veggie burgers, delicious shakes, malts, hand-dipped onion rings, sweet potato fries, and savory garlic fries. A craving for a burger and fries can be both delicious and a little healthy, made from fresh, local ingredients. Rent the Burger Me truck for catering, business lunches, and private parties. Open 11 a.m. – 9 p.m. daily. West Reno: 6280 Sharlands Ave., Ste. 101; 775-737-9404; South Reno: The Summit, 13963 S. Virginia St., Ste. 901; 775-851-2002; Realfreshburger.com; Find Burger Me on Facebook.

Butcher's Kitchen Char-B-Que Don't miss out on the tasty food at the newest barbecue joint in town. The experienced chefs feature wood-fired, slow-roasted barbecue, as well as meats cooked on the rotisserie and grill. Butcher's Kitchen Char-B-Que is family owned and operated, and the food is inspired by

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Café de Thai Café de Thai has set the standard for excellence in fine Thai cuisine for more than 20 years. The chef creates a complete dining experience, rich in the complex flavors of Thai culture and complemented by fine wines and cocktails, coffees, and desserts. Also enjoy a one-of-a-kind, authentic pho served with a kettle tableside. Using fresh, organic, and local produce, each dish is made to order. You may specify the level of spice, and most dishes may be made vegetarian. Catering and takeout as well as a private party room are available. Lunch and dinner 11:30 a.m. – 9 p.m. Mon. – Sat., dinner 5 – 9 p.m. Sun. 7499 Longley Lane; 775-829-THAI; Cafedethaireno.net; Find Café de Thai on Facebook.

Calafuria When you need a taste of Italy, Calafuria is the answer. This bistro serves a traditional Tuscan menu, featuring house-made pastas, charcuterie, breads, and desserts. À la carte options and a four-course tasting menu, as well as an amazing selection of Italian and French wines, all are available. Serving dinner 4:30 – 9 p.m. Tues. – Sat. Reservations recommended. 725 S. Center St.; 775-360-5175; Calafuriareno.com; Find Calafuria Reno on Facebook.

Creazian New age Vietnamese cuisine has come to Midtown Reno! Creazian is an upscale dining experience featuring traditional Vietnamese dishes that push the boundaries with a variety of international ingredients. Consider Creazian for your next meeting or event. Happy Hour 3 – 5 p.m. Mon. – Sat. Stop by for jazz and cocktails on Friday nights. Open 11 a.m. – 10 p.m. Mon. – Sat. Happy Hour 3 – 6 p.m., includes half-price appetizers and \$2 draft beers. Closed Sun. 425 S. Virginia St.; 775-657-8135; Creazian.life; Find Creazian on Facebook.

Crème Café Visit this family-owned café for a dose of friendly hospitality along with a pot of French press coffee served at your table. Add an order of freshly made beignets to enjoy while you check out Crème's menu, which includes a number of breakfast and lunch items along with savory or sweet crêpes. Beer, wine, and mimosas also are available. To-go items are accepted and deliveries can be made for parties of 10 or more. Open 8 a.m. – 2 p.m. Tues. – Sun. 18 St. Lawrence Ave.; 775-348-0571; Cremecafereno.com; Find Crème Café on Facebook.

FinBomb Sushi Burrito & Poke Bar When you're looking for something fast, unique, fresh, and that is da bomb, FinBomb is your go-to option. This new sushi joint in Midtown is providing a new way to enjoy one of your favorite meals ... in a burrito or in a bowl. Come try out your favorite new addiction. For hours, visit website. 681 S. Virginia St.; 775-391-0621; Finbombsushi.com; Find FinBomb Sushi on Facebook.

Full Belly Deli Enjoy gourmet sandwiches, homemade soups and breads, and catering services for your office meetings and more. You can also enjoy a tasty, homemade breakfast with a cup of joe. Open 7 a.m. – 3 p.m. Mon. – Fri., 10 a.m. – 3 p.m. Sat. 3064 Mill St.; 775-657-8448; Eatfullbellydeli.com; Find Full Belly Deli on Facebook.

Great Full Gardens Café & Eatery Enjoy menu items from mostly organic and local sources as well as all-natural meats at this café. Indulge in the greatest-tasting vegan and gluten-free selections as well. Gino the Soup Man soups available on site. Breakfast, lunch, and dinner served. Hours for Midtown and South Reno: Open 8 a.m. – 9 p.m. Mon. – Sat., 8 a.m. – 2 p.m. Sun. Midtown: 555 S. Virginia St.; 775-324-2013; Find Great Full Gardens Midtown on Facebook. South Reno: 748 S. Meadows Pkwy., Ste. A-14; 775-324-2016; Find Great Full Gardens South Meadows Reno on Facebook. Also, Great Full Gardens Express is open 7 a.m. – 7 p.m. Mon. – Thurs., 7 a.m. – 5 p.m. Fri., 10 a.m. – 2 p.m. Sat. Joe Crowley Student Union, University of Nevada, Reno; 775-682-9590; Greatfullgardens.com; Find Great Full Gardens on Facebook.

Hard Water House Brought to you by the owner of Napa Sonoma, Hard Water House is South Reno's newest 21-and-older bar/restaurant serving fine food for any size of appetite as well as wines, beers, liquors (including more than 75 whiskeys), and with a cigar bar, all in a modern saloon atmosphere. Open 10 a.m. – 10 p.m. daily. 7689 S. Virginia St.; 775-800-1737; Hardwaterhouse.com; Find Hard Water House on Facebook.

Homegrown Gastropub From food truck to brick and mortar, locally owned Homegrown Gastropub serves up food and drinks made with the finest locally sourced ingredients. With espresso, brick-oven eats, comfort food, 18 beers on tap, organic sodas, milkshakes, and a craft cocktail selection, Homegrown will have something to fit your fancy! Gluten-free, vegetarian, vegan, nut-free, paleo, and earth-friendly dishes available. Located right in the heart of Midtown Reno. Open 7 a.m. – 2 a.m. Mon. – Fri., 7 a.m. – 5 a.m. Sat. – Sun. 719 S. Virginia St.;

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IMBIB Custom Brews Imbibe in our relaxing taproom, where you can view the brewing process while enjoying a variety of craft beers, including barrel-aged, malty, hoppy, and sour. Taproom open 1 – 10 p.m. Mon. – Tues. and Thurs. – Sat., 1 – 7 p.m. Sun. 785 E. Second St.; 775-470-5996; Imbibreno.com; Find IMBIB Custom Brews on Facebook.

La Famiglia Enjoy Old World and contemporary Italian dishes that are expertly prepared by skilled kitchen staff and served by a courteous and attentive wait staff. House-made pasta and fresh, fine ingredients rule the menu. A wonderful wine list and full bar add to the experience. Lunch 11 a.m. – 2 p.m. Mon. – Fri. Dinner 5 p.m. – closing Mon. – Sat. and Sun. evenings during Pioneer shows. 170 S. Virginia St.; 775-324-1414; Lafamigliarenoreno.com; Find La Famiglia Ristorante Italian on Facebook.

Louis' Basque Corner Enjoy a fun, engaging communal dining experience you won't forget at this historic eatery (open since 1967). Authentic, large-portioned, well-prepared Basque dishes include top sirloin steak, roasted leg of lamb, salmon, sweetbreads, tongue, and oxtail stew. Louis' also is home to the famously powerful Basque cocktail picon punch. This is a great spot for all your holiday parties, whether with the company, family, or friends. Lunch 11:30 a.m. – 2:30 p.m. Tues. – Sat. Dinner 5 – 9:30 p.m. Tues. – Sat., 5 – 9 p.m. Sun. – Mon. Bar opens 11 a.m. Tues – Sat., 4 p.m. Sun. – Mon. 301 E. Fourth St.; 775-323-7203; Louisbasquecorner.com; Find Louis Basque Corner on Facebook.

Manhattan Deli A great deli has a New York accent. It features authentic deli favorites, including piled-high pastrami sandwiches, bagels and lox, traditional matzo ball soup, Manhattan Cobb salad, famous New York cheesecake, and much more. Serving lunch and dinner from 11 a.m. daily. Atlantis Casino Resort Spa, 3800 S. Virginia St., 775-335-3114; Atlantiscasino.com/dining; Find Atlantis Casino Resort Spa on Facebook.

Mix Bakeshop For a sweet treat, enjoy cupcakes, handcrafted pies, and beautiful cookies, made from scratch with the finest ingredients on site daily. Mix's menu features a broad selection of delicious flavors, including Triple Chocolate and Classic Red Velvet cupcakes, Salted Caramel Apple and Banana Cream pies, and fresh-baked cookies like Chocolate Chip and Frosted Pumpkin, as well as decorated sugar cookies — perfect for any occasion. Mix's staff members are happy to work with you on custom orders. Gluten-free and vegan options available. Open 10 a.m. – 5:30 p.m. Mon., 8:30 a.m. – 5:30 p.m. Tues. – Fri., 10 a.m. – 4 p.m. Sat. 1117 California Ave.; 775-329-1748; Mixreno.com; Find Mix Bakeshop Reno on Facebook.

Moo Dang Nestled in the heart of Midtown Reno, Moo Dang serves a wide selection of Thai fare and a selection of more than 20 craft beers. Every dish is made to order, so you will find it easy to request vegan and gluten-free options as well as the level of spice. Come down and see for yourself today why Moo Dang was voted one of the best Thai restaurants in Reno in 2017! Open 11 a.m. – 9 p.m. Tues. – Sat., 3 – 9 p.m. Sun. Closed Mon. 1565 S. Virginia St.; 775-420-4267; Thaimoodang.com; Find Moo Dang on Facebook.

Morgan's Lobster Shack Treat yourself to some of the freshest seafood around, flown in almost every day and never frozen. Grab a lobster mac and cheese at the restaurant or pick up fish at Morgan's market to cook at home. You also can visit Morgan's Lobster Shack in Truckee. Open daily 11 a.m. – 9 p.m. 1401 S. Virginia St.; 775-683-9300; Morganslobstershack.com; Find Morgan's Lobster Shack & Fish Market – Midtown on Facebook.

Napa-Sonoma Grocery Co. Enjoy delicious food and a full bar at this popular Reno spot that's now in two locations. The restaurant offers a great selection of wines by the glass, as well as locally made gourmet foods, gifts to go, and exceptional prices on bottles of wine. Gift baskets can be created for every occasion. And book Napa-Sonoma for your special event. Open 7 a.m. – 10 p.m. daily for breakfast, lunch, dinner, and appetizers. Visit the website for happy hour specials. Enjoy live music on Friday nights! Don't miss the bloody mary bar, South Reno: 8:30 a.m. – 2:30 p.m. Sat. – Sun. 7671 S. Virginia St.; 775-440-1214; Plumgate: Open 11 a.m. – 9 p.m. Tues. – Sat. 550 W. Plumb Lane; 775-826-0595; Napa-sonoma.com; Find Napa Sonoma Grocery Co. on Facebook.

Nevada Sunset Winery The first winery in Washoe County is open for business! Located in Reno's Brewery District on East Fourth Street and sharing a building with Lead Dog Brewery, (and soon, Basin and Range Cellars), Nevada Sunset Winery currently offers tastings, glasses, and bottles of wines it has made, blended, or aged with grapes from Nevada and California. It has more wine varieties aging from this year's harvest, including a port, so watch for those to become available over the coming months! Tasting room open 4 – 9 p.m. Thurs. – Sat. 415 E. Fourth St., Ste. B; Nevadasunsetwinery.com; Find Nevada Sunset Winery on Facebook.

Noble Pie Parlor This friendly gourmet pizzeria offers great pie utilizing fresh local ingredients, craft beers, and a handpicked wine selection. Try The Resa Special (sun-dried tomato, roasted garlic, jalapeño, red onion, pine nuts, spinach, and goat cheese) or the Backyard Chicken (house-recipe-barbecue-sauce rotisserie chicken, pepperoni, red onion, scallions, and red peppers). Also enjoy award-winning hot wings, unique strombolis, its innovative brunch menu with a build-your-own bloody mary bar on Sat. and Sun., as well as gluten-free, vegetarian, and vegan options. Delivery is available downtown and to nearby residential areas. Open 11 a.m. – midnight Mon. – Tues., 11 a.m. – 2 a.m. Wed., 11 a.m. – 3 a.m. Thurs., 11 a.m. – 5 a.m. Fri., 10 a.m. – 5 a.m. Sat., 10 a.m. – 9 p.m. Sun. Downtown: 239 W. Second St.; 775-622-9222; Midtown: 777 S. Center St., Ste. 100; 775-323-1494; Noblepieparlor.com; Find Noble Pie Parlor on Facebook.

Nothing Bundt Cakes Step inside this sweet bakery and order from four different sizes and 10 different flavors of bundt cake. Perfect for every occasion, Nothing Bundt Cakes make great gifts or treats for anniversaries, birthdays, baby showers, office parties, and more. Ten flavors (including luscious chocolate-chocolate chip, red velvet, white chocolate raspberry, carrot, lemon, marble, and pecan praline, white-white chocolate, and cinnamon swirl) with 40 unique decorations perfect the experience. Open 9 a.m. – 6 p.m. Mon. – Sat. 5051 S. McCarran Blvd.; 775-827-5151; Nothingbundtcakes.com; Find Nothing Bundt Cakes (Reno, NV) on Facebook.

Nothing To It! Culinary Center This outstanding facility features hands-on and demonstration classes taught by master chefs. You'll also find a gourmet Napa Valley-inspired deli, as well as a fabulous kitchen store for all your cooking needs. Owners/operators Jay Bushman and Lara Ritchie have a passion for giving people the tools to be great chefs in their own homes. Deli is open 11 a.m. – 2 p.m. Mon. – Fri., 11:30 a.m. – 1:30 p.m. Sat. Catering is available. Check the website for class information. 225 Crummer Lane; 775-826-2628; Nothingtoit.com; Find Nothing To It! Cooking School & Kitchen Store on Facebook.

Old Granite Street Eatery Settle in for comforting food, quality ingredients, craft beers, a focused wine selection, and intriguing cocktails at this hip and fun gathering spot — lunch, dinner, and Sunday brunch. Open 11 a.m. – 9 p.m. Mon. – Thurs., 11 a.m. – 10 p.m. Fri., 10 a.m. – 10 p.m. Sat., 10 a.m. – 3 p.m. Sun. 243 S. Sierra St.; 775-622-3222; Oldgranitestreteatery.com; Find Old Granite Street Eatery on Facebook.

Perk Up Coffee Shop This locally owned coffee shop previously located in the Outlets at Legends has a new home in Reno's Riverwalk District. Enjoy breakfast complete with eggs, French toast, and pancakes; or sandwiches, wraps, and pizzas for lunch. And, of course, you'll find organic coffees, loose-leaf teas, frappes, and Italian sodas. Come warm up by the fire. Delivery, catering, and event rooms are available. Open 7 a.m. – 2 p.m. Mon. – Fri., 8 a.m. – noon Sat. – Sun. 310 S. Arlington St.; 775-359-3423; Find Perk Up Coffee Shop on Facebook.

Pianissimo Coffee and More This locally owned and operated coffee bar specializes in slow bar coffee and tea service. Offerings include low-acid coffees and espresso drinks, loose-leaf teas, smoothies, and shakes made just the way you want them, as well as delicious sandwiches, soups, and pastries, and even a Carnevale Confections handmade chocolate with every order. Specialty chocolates even include CBD products. Enjoy the relaxing, comfortable, hometown atmosphere and superior customer service. Open 7 a.m. – 6 p.m. Mon. – Sat. 7689 S. Virginia St., Ste. E; 775-470-5636; Pianissimocoffee.com; Find Pianissimo Coffee and More on Facebook.

Pignic Pub & Patio The concept came from the owners' fondest memories and how they like to spend their free time. Their memories include relaxing on a deck or porch, eating barbecue with their closest friends and family members while enjoying a frosty beer or a delicious cocktail. At Pignic, guests bring their own meat or veggies to grill and sides to eat, or purchase locally sourced meat, poultry, or veggies from Pignic, as well as Southern-style sides, then grill them in the outdoor community grill-yard patio and deck. All the while, sip on one of Pignic's 20 draft beers or a specialty cocktail. Or enjoy a drink inside while lounging in the turn-of-the-century sports parlor with multiple TVs. Open 3 p.m. – midnight Mon. – Wed., 3 p.m. – 1 a.m. Thurs. – Fri., noon – 1 a.m. Sat., 11 a.m. – 11 p.m. Sun. 235 Flint St.; 775-376-1948; Find Pignic Pub & Patio on Facebook.

Piñon Bottle Co. For the premier authority on beer in Reno, you've got to check out Piñon Bottle Co. Its offerings include a beer bar with 36 taps and hundreds of bottles and cans. So what are you waiting for? Bring your growler to fill up and stay for community gatherings such as beer classes, brewing discussions, and more. Open noon – 10 p.m. Sun. – Thurs., noon – midnight Fri. – Sat. 777 S. Center St., Ste. 101; 775-376-1211; Find Piñon Bottle on Facebook.

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PJ & Co. A friendly staff, a full bar, and homemade freshness keep locals loving PJ's for breakfast, lunch, and dinner. Famous for classics such as eggs benedict, huevos rancheros, juicy burgers, giant salads, and ribs so tender the meat falls off the bone, PJ's also offers special palate pleasers such as vegetarian sausage and black-bean burgers with tasty, gluten-free buns! Enjoy complimentary homemade chips and salsa after 4:30 p.m. daily with the additional TexMex dinner menu. When possible, PJ's sources from organic, natural, and local farms and serves flavor that will keep you coming back for more to hang with your old and new best friends. Open 7 a.m. – 9 p.m. Mon. – Thurs., 7 a.m. – 10 p.m. Fri., 8 a.m. – 9 p.m. Sat., 8 a.m. – 4 p.m. Sun. 1590 S. Wells Ave.; 775-323-6366; Pjandco.net; Find PJ & Co. on Facebook.

Roundabout Grill Chef Colin Smith brings edgy comfort food to one of the most beautiful restaurant spaces in the region, located at the downtown Reno arch inside the Whitney Peak Hotel. The family-owned business of Roundabout Catering & Party Rentals lends its longstanding reputation in the community to Roundabout Grill, offering creative, innovative cuisine and friendly service in an inviting atmosphere. The space is perfect for private parties or corporate events. Open 6 – 11 a.m. and 4 – 9 p.m. Mon. – Thurs., 6 a.m. – 10 p.m. Fri. – Sat., 6 a.m. – 9 p.m. Sun. Happy Hour 4 – 6 p.m. Mon. – Fri. Weekend brunch features family-style servings, 10 a.m. – 1 p.m. Sat. – Sun. Complimentary valet parking for Roundabout Grill guests. 255 N. Virginia St.; 775-398-5454; Roundaboutgrill.com; Find Roundabout Grill on Facebook.

Rum Sugar Lime At this new tropics-inspired, contemporary, rum cocktail bar, you'll find a little bit of paradise in each rum-infused, shaken or stirred concoction, from island standbys like shaken daiquiris to such imaginative libations as Montezuma's Promise or Parisian Red-Headed Devil. Or bring some friends and share a punch bowl for two or four. Open 4 p.m. – 1 a.m. Tues. – Sun. Closed Mon. 1039 S. Virginia St.; 775-384-1024; Rumsugarlime.com; Find Rum Sugar Lime on Facebook.

SouthCreek Pizza Co. Experience this welcoming family-owned neighborhood restaurant that serves handcrafted, wood-fired, brick-oven pizza cooked in an imported Italian oven. Also enjoy chef Ian Madan's fresh salads, house-made meatballs, garlic shrimp, wood-roasted string beans, and baby back ribs. The charcuterie and cheese plates are terrific additions to the menu and change periodically. Another treat is the mozzarella, which is made daily in house. Choose from a carefully selected wine and beer list that includes four beers and two wines on tap. Be sure to check out the daily lunch and dinner specials. Enjoy the patio (open during spring and summer). Lunch 11:30 a.m. – 2:30 p.m. Tues. – Fri. Happy Hour 2:30 – 5 p.m. Tues. – Fri. Dinner 4:30 – 9 p.m. Tues. – Fri., lunch and dinner 1 – 9 p.m. Sat., dinner 4:30 – 9 p.m. Sun. South Creek Shopping Center, 45 Foothill Road; 775-622-1620; Southcreekpizza.com; Find Southcreek Pizza Co. on Facebook.

The Cheese Board Under new ownership by longtime staffers Krista Phillips and Caitlin Fletcher, The Cheese Board still offers all the artisanal and locally sourced yumminess you've loved for more than 35 years! The relaxed dining room always is packed full of foodies enjoying fresh-with-a-twist soups by chef Kaimi, sensational seasonal salads, and the most delicious quiche in town, along with mouth-watering grilled sandwiches, pastas, and more. Vegan and gluten-free menu items always are available. Sit outside and watch the world go by while enjoying one of the tasty desserts baked by Andrea, local Blind Dog coffee, or a glass of wine personally selected by Caitlin. Extraordinary catering services for all occasions, too. Need food to go? Check out the online menus, from sandwiches to corporate lunches to hors d'oeuvres. Open 11 a.m. – 4-ish p.m. Mon. – Sat. 247 California Ave.; 775-323-3115; Cheeseboardcatering.com; Find The Cheese Board Catering Co. on Facebook.

The Daily Bagel This cozy bagel shop nestled in the old fire station off Morrill Avenue downtown serves up satisfying food made with fresh — never microwaved — ingredients. Enjoy made-to-order hearty breakfast and lunch sandwiches featuring fresh eggs, meats, cheeses, and vegetables, as well as 15 different varieties of bagels and nine cream cheese flavors. Espresso drinks, teas, Italian sodas, smoothies, and frappes also are available at this cute little shop. Catering also is available. Open 6 a.m. – 4 p.m. Mon. – Sat., 7 a.m. – 2 p.m. Sun. 495 Morrill Ave.; 775-786-1611; Thedailybagelreno.com; Find The Daily Bagel on Facebook.

The DeLuxe At this counter-service restaurant, you'll enjoy an eclectic range of organic and locally sourced cuisine. The staff works directly with local food producers to craft seasonal menus that highlight delicious products coming from the local foodshed. Delivering these amazing products to customers is where the fun starts. Look for Café DeLuxe favorites such as the Hand Salad and new staples such as *bánh mì* sandwiches and organic pho. Along with the quality meats served, all items on the menu are designed for those who enjoy vegan, gluten-free, and flavor-filled foods. Don't miss Café DeLuxe-style brunch every Sunday. The Electric Blue Elephant food truck is available for events and

catering. Open 11 a.m. – 9 p.m. Wed. – Sat., 9 a.m. – 9 p.m. Sun. West Street Market, 148 West St., Ste. A-8; 775-686-6773; Deluxereno.com; Find The DeLuxe on Facebook.

The Depot Nestled inside a beautifully restored historic property (the former Nevada-California-Oregon railroad depot built in 1910 by Frederic DeLongchamps), the state's first brewery-distillery also offers a great restaurant and bar. The owners have paid special attention to local sourcing, quality, and the creation of traditional and innovative products in all four entities (the brewery, distillery, restaurant, and bar). Menu items range from rotisserie chicken, scallops with cauliflower purée, and flat iron steak to burgers, fish and chips, and hearty appetizers. Come in to taste the beers, grab some snacks or dinner, and take in Reno's history, which surrounds you. Open 11 a.m. – 10 p.m. Mon. – Thurs., 11 a.m. – 2 a.m. Fri. – Sat. (kitchen closes at 10 p.m.), and 11 a.m. – 9 p.m. Sun. 325 E. Fourth St.; 775-737-4330; Thedepotreno.com; Find The Depot Craft Brewery Distillery on Facebook.

The Mustard Seed Restaurant For down-home Southern cuisine, The Mustard Seed is the place to go in Reno. Family recipes made from scratch make this a delicious choice for lunch or dinner. Nestled in the Sticks Center in the heart of Midtown, the restaurant's convenient location makes it easy to try favorite Southern delights such as to-die-for fried chicken, fried green tomato BLT, ribs, catfish, and crispy, breaded green beans, as well as salads and sides that match these and other fabulous choices. You won't leave hungry and you'll want to come back for more! Open 11 a.m. – 9 p.m. Wed. – Sat., 11 a.m. – 8 p.m. Sun. Closed Mon. 760 S. Virginia St.; 775-323-SEED (7333); Themustardseedreno.com; Find The Mustard Seed Restaurant on Facebook.

The Shore Find seasonally fresh and approachable food with flavors and ingredients inspired by the Mediterranean area, including North Africa, Southern Europe, and Greece. Enjoy breakfast, lunch, dinner, and drinks riverside, as you take in one of the finest views of the Truckee River in all of Downtown Reno. Open for lunch 7 a.m. – 2 p.m. daily; open for dinner 5 – 9 p.m. daily. Renaissance Reno Downtown Hotel, 1 Lake St.; 775-682-3900; Marriott.com; Find Renaissance Reno Downtown Hotel on Facebook.

The Urban Market Your new neighborhood market is open! Located in the Third Street Flats area in the heart of Downtown Reno, The Urban Market is your convenient stop for all things local and yUMmy. Make UM your destination for fresh produce, bakery items, locally sourced coffees and teas, meat and seafood, packaged snacks, craft beer, wine, and much more. Stop in and grab a prepared item for lunch or dinner, or visit the juice and coffee bar. Open 6 a.m. – 9 p.m. Mon. – Thurs., 6 a.m. – 10 p.m. Fri. – Sat., 7 a.m. – 7 p.m. Sun. 303 W. Third St., Ste. 120; 775-502-3555; Umreno.com; Find The Urban Market on Facebook.

Too Soul Tea Co. Café You'll find a comfortable, friendly environment in this Midtown teahouse café. Choose from more than 100 fine teas and herbal blends, as well as Too Soul blend coffees. Too Soul also offers popular chai drinks, hot chocolates, smoothies, and bottled drinks, as well as monthly and holiday specials. Locally made baked goods, prepared sandwiches, wraps, and other snack choices are available with vegan and gluten-free options. Grab them to go or stay and relax (sit indoors and out, and Wi-Fi is available). Come in for tea tastings any day or create your own blend. Choose from black, green, herbal, hibiscus, rooibos, chai, white, and oolong teas. Discover extraordinary blends, such as Four Horsemen Black Tea, Blackberry Sage, 7 Seas, and Pomegranate Mojito Green. Pots, presses, and accessories also are available. Open 7 a.m. – 7 p.m. Mon. – Fri., 8 a.m. – 7 p.m. Sat., 9 a.m. – 6 p.m. Sun. 542½ Plumas St. (near California Avenue); 775-322-2001; Toosoultea.com; Find Too Soul Tea Co. on Facebook and Instagram.

Yosh's Unique Deli This third-generation unique deli has catered to Reno since 1973. You'll find fresh-baked rolls, house-smoked and roasted meats, soups and salads made from scratch, and catering for all occasions. Gluten-free and vegan options available, and local and organic ingredients used whenever possible. Sit out on the patio (weather permitting) or book the private room for events and meetings. Open 10 a.m. – 6 p.m. Mon. – Fri., 10 a.m. – 3 p.m. Sat. 85 Foothill Road, No. 4; 775-853-YOSH (9674); Yoshsdeli.com; Find Yosh's Unique Deli on Facebook.

ROCKLIN

Cante Ao Vinho With the name that means "sing to the wine" in Portuguese, this winery on the Placer County Wine Trail in Rocklin is run by the Farinha family, who has been making wine in the Old World style for more than 40 years. You'll find Portuguese, Spanish, French, and Italian varietals in the Tasting Room and Wine Bar. After tasting hours conclude, stick around for a bottle or glass to enjoy with local food and live music. Wine tasting hours 11 a.m. – 5 p.m. Fri. – Sun. Wine bar hours 4 – 8 p.m. Wed. – Thurs., 5 – 9 p.m. Fri. – Sat. 5250 Front St.; 530-632-8058; Canteaovinho.com; Find Cante Ao Vinho on Facebook.

Fact #18: Half of us are odd...

...and the rest of us are even. At least our addresses are; which helps you know your watering days. Odd addresses water on Wednesdays, Fridays and Sundays. Even addresses water on Tuesdays, Thursdays and Saturdays. The water system rests on Monday. Need a reminder? Cut out the box below.

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Pottery World Café With a nod to the Mediterranean lifestyle epitomized by the decorative items found in the adjoining Pottery World store, the café combines classical French, Italian, and Mediterranean-style dishes with regional American cooking, in a setting that resembles a European neighborhood café. Breakfast and lunch items are prepared with fresh, seasonal ingredients. Open 8 a.m. – 3:30 p.m. daily. Breakfast served until 11 a.m. weekdays and select breakfast items until 2 p.m. on weekends. 4419 Granite Drive; 916-624-8080; Potteryworldcafe.com; Find Pottery World Café on Facebook.

SPARKS

BJ's Barbecue Family owned and operated since 1986, BJ's has been dishing up its unique style of barbecue with true Nevada flair. Enjoy custom meats, slowly smoked over a variety of hardwoods, including award-winning ribs. Also experience rustic, country-inspired breakfast. Catering is available as well. Breakfast, lunch, and dinner 6:30 a.m. – 8:30 p.m. Mon. – Thurs., 7 a.m. – 9 p.m. Fri. – Sat. Brunch 7 a.m. – 2 p.m. Sun. 80 E. Victorian Ave.; 775-355-1010; Bjsbbq.com; Find BJ's Nevada Barbecue Company on Facebook.

O'Skis Pub & Grille This traditional Irish pub located in a historic 1906 building in Victorian Square is a longtime locals' favorite. On the menu, you'll find pub favorites, including fish and chips, shepherd's pie, and the largest selection of corned beef dishes in town, as well as an ever-changing list of draft beers and a premium assortment of single malt scotches and Irish whiskeys. The dog-friendly patio is available year round. Open 3 – 11 p.m. Mon. – Tues., 11:30 a.m. – 11 p.m. Wed. – Thurs., 11:30 a.m. – 2 a.m. Fri., 9 a.m. – 2 a.m. Sat., 10 a.m. – 11 p.m. Sun. 840 Victorian Ave.; 775-359-7547; Oskispub.net; Find O'Skis Pub & Grille on Facebook.

SUTTER CREEK

Bella Grace Vineyards This winery owned and operated by Michael and Charlie Havill grows 20 acres of grapes using sustainable vineyard practices. Responsible wine-growing along with Amador County's granite soils and ideal climate combine to produce award-winning French varietals. Bella Grace's 1860s-era tasting room offers guests multiple regular and reserve tasting experiences. Open 11 a.m. – 5 p.m. Thurs., Sun., and Mon., 11 a.m. – 6 p.m. Fri. – Sat. 73 Main St.; 209-267-8053; Bellagracevineyards.com; Find BellaGrace Vineyard & Wine Cave on Facebook.

Le Mulet Rouge Vineyard & Winery This boutique winery located in the Fiddletown AVA in Amador County is owned by Jody Yehle and Randy and Tracy Hart, who pride themselves on making wines by hand — from harvest to crush, barrel, and bottle — to ensure quality at every step. The results can be tasted in Le Mulet Rouge's award-winning wines, which include reds, whites, rosés, and blends. Stop by Le Mulet Rouge's tasting room, situated in a beautifully restored historic building. Open 11 a.m. – 6 p.m. Thurs. – Mon. 59 Main St.; 209-267-5838; Lemuletrouge.com; Find Le Mulet Rouge Vineyard and Winery on Facebook.

TAHOE CITY

Coffee Connexion For almost three decades, Tahoe City's original coffeehouse has been serving up high-quality coffee, using beans roasted at its own roasting facility in Tahoe City and one of the lake's first espresso machines. Today, customers can enjoy a full range of specialty coffee and espresso drinks, as well as teas, sandwiches, bagels, crêpes, pastries, packaged coffee beans, and more. Open 6 a.m. – 3 p.m. daily. 950 N. Lake Blvd.; 530-583-6023; Coffeeconnexion.com; Find Coffee Connexion on Facebook.

TRUCKEE

Alibi Ale Works Truckee Public House In this brewer's new location, you'll find 22 beers on tap, a seasonal food menu, and great live music. Open noon – 10 p.m. Sun. – Wed.; noon – midnight Thurs. – Sat. 10069 Bridge St.; 530-536-5029; Alibialeworks.com; Find Alibi Ale Works on Facebook.

Burger Me Indulge in real, fresh food. This tasty burger joint serves up old-fashioned big burgers, with local, natural ingredients. You won't find any gluten, hormones, or antibiotics in the variety of protein the restaurant offers, including beef, bison, chicken, turkey, lamb, and ahi tuna. Other choices include house-made veggie burgers, delicious shakes, malts, hand-dipped onion rings, sweet potato fries, and savory garlic fries. A craving for a burger and fries can be both delicious and a little healthy, made from fresh, local ingredients. Rent the Burger Me truck for catering, business lunches, and private parties. Open 11 a.m. – 9 p.m. daily. 10418 Donner Pass Road; 530-587-8852; Realfreshburger.com; Find Burger Me on Facebook.

Drunken Monkey Enjoy Asian-style tapas, sushi, sake, beer, and wine in a unique lounge setting. Whether you choose to sit at the sushi bar, the sake bar, or the main dining area, the restaurant provides a menu to peruse but also encourages you to order *omakase* (aka chef's choice). Partake in a robust selection of sake, Japanese beer (on draft and in bottles), varietal wines, and Asian-inspired cocktails to be paired with your meal, sampled alone, or taken home. Open 11:30 a.m. – 9 p.m. Sun. – Thurs., 11:30 a.m. – 9:30 p.m. Fri. – Sat. Happy Hour 3 – 5 p.m. Mon. – Fri. 11253 Brockway Road, Ste. 105; 530-582-9755; Drunkenmonkeysushi.com; Find Drunken Monkey Sushi on Facebook.

FiftyFifty Brewing Co. Great beer and food by people who love beer and food. FiftyFifty has won numerous international awards for its beers, which all are brewed on site at the pub. It proudly serves these up alongside all-natural meats, organic produce, and fresh pub-style innovations. FiftyFifty serves lunch and dinner and also features a full bar, seasonal outdoor seating on the patio (weather permitting), and live music and entertainment. Open 11 a.m. – 9 p.m. Sun. – Thurs., 11 a.m. – 9:30 p.m. Fri. – Sat. 11197 Brockway Road; 530-587-BEER; Fiftyfiftybrewing.com; Find FiftyFifty Brewing Co. on Facebook.

Full Belly Deli Enjoy gourmet sandwiches, homemade soups and breads, catering services, and patio dining (weather permitting). Open 7 a.m. – 4 p.m. Mon. – Fri., 10 a.m. – 3 p.m. Sat. 10825 Pioneer Trail Road, Ste. 103; 530-550-9516; Eatfullbellydeli.com; Find Full Belly Deli on Facebook.

Morgan's Lobster Shack Treat yourself to some of the freshest seafood around, flown in almost every day and never frozen. Grab a lobster mac and cheese at the restaurant or pick up fish at Morgan's market to cook at home. You can also visit Morgan's Lobster Shack in Reno. Open daily 11 a.m. – 8 p.m. 10089 W. River St.; 530-582-5000; Morganslobstershack.com; Find Morgan's Lobster Shack & Fish Market on Facebook.

The Pour House With an impressive selection of more than 350 wines, this wine and cheese shop in the heart of Downtown Truckee has a vintage for every occasion, taste, and budget! Stop in for a taste and stay for a snack, including nuts, olives, crackers, salami, spreads, olive oils, honey, chocolates, and, of course, a wide assortment of cheese on display in the cheese case. Open noon – 7 p.m. Mon. – Thurs., noon – 8 p.m. Fri. – Sat. 10075 Jibboom St.; 530-550-9664; Thepourhousetruckee.com; Find The Pour House on Facebook.

Zuri Coffee Co. This new coffeehouse in Truckee serves breakfast and lunch, including crêpes, pastries, paninis, soups, and salads, not to mention the delicious, hand-crafted Demmel coffee from Liechtenstein (a country between Switzerland and Austria). You'll love the cozy, European setting that invites you to linger and order another cup. Or stop by the retail area for clothing items, snacks, coffee beans, and more. Open 6 a.m. – 5 p.m. daily. 11357 Donner Pass Road, Ste. G; 530-536-5151; Find Zuri Coffee Co. on Facebook.

VOLCANO

Union Inn Pub With California cuisine rooted in the farm-to-fork ethos, the Union Inn Pub is casual in both its food and its vibe, set against Amador County's charming rural backdrop. Owners Mark and Tracey Berkner, who also own fine-dining restaurant Taste in Plymouth, have created a menu for the Union Inn Pub that's approachable, simple, and seasonal. Offerings include beef and lamb burgers, duck wings (a delicious take on classic buffalo wings), sandwiches, salads, fried chicken, steaks, pastas, and more, as well as locally produced wines and craft beers. Open 5 – 8 p.m. Mon. and Thurs., 5 – 9 p.m. Fri., noon – 9 p.m. Sat., noon – 8 p.m. Sun. Closed Tues. – Wed. 21375 Consolation St.; 209-296-7711; Volcanounion.com; Find Volcano Union Inn on Facebook.

WASHOE VALLEY

Toiyabe Golf Club Enjoy fresh, all-American cuisine while you soak in the stunning views of Slide Mountain and Washoe Valley. This is the perfect meeting place between Reno and Carson City. The venue welcomes small groups or large corporate meetings, with event space for up to 200. Toiyabe Golf Club is available for weddings, banquets, special occasions, corporate meetings and retreats, and holiday events as well. Restaurant open to the public. Open for lunch, 10:30 a.m. – 5 p.m. Wed. – Sun. Brunch is served from 10:30 a.m. – 2 p.m. Sat. – Sun. 19 Lightning W Ranch Road; 775-882-0882; Toiyabegolfclub.com/dining; Find Toiyabe Golf Club on Facebook.

For details on listing your restaurant in edible Reno-Tahoe's Eat Local Guide in print and online, e-mail Jaci@ediblerenotahoe.com.



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advertiser directory

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AGRICULTURAL/FOOD ORGANIZATIONS/DISTRIBUTION

Buy Nevada/Nevada Department of Agriculture 405 S. 21st St., Sparks; 775-353-3627; Buynevada.org; Find Buy Nevada on Facebook.

ARTS/CULTURAL ORGANIZATIONS /EXHIBITS/PERFORMANCES

Pioneer Center for the Performing Arts 100 S. Virginia St., Reno; 775-686-6610; Pioneercenter.com; Find Pioneer Center for the Performing Arts on Facebook.

AUTOMOBILES/RVS

Dolan Lexus 7175 S. Virginia St., Reno; 775-826-5050; Dolanrenolexus.com; Find Dolan Lexus on Facebook.

Sierra RV 9125 S. Virginia St., Reno; 775-324-0522; Sierrarv.com; Find Sierra RV Super Center on Facebook.

BAKERIES

Batch Cupcakery 555 S. Virginia St., Ste. 104, Reno; 775-336-1622; Batchcupcakery.com; Find Batch Cupcakery on Facebook.

L.A. Bakery Café 1280 N. Curry St., Carson City; 775-885-2253; Labakerycafe.com; Find LA Bakery on Facebook.

Mix Bakeshop 1117 California Ave., Reno; 775-329-1748; Mixreno.com; Find Mix Bakeshop on Facebook.

Nothing Bundt Cakes 5051 S. McCarran Blvd., Reno; 775-827-5151; Nothingbundtcakes.com; Find Nothing Bundt Cakes (Reno, NV) on Facebook.

BARS/BREWERIES/BOTTLE SHOPS

10 TORR Distilling and Brewing Co. 490 Mill St., Reno; 775-499-5276; 10torr.com; Find 10 Torr Distilling and Brewing on Facebook.

Alibi Ale Works Incline Village: 204 E. Enterprise St.; 775-298-7001; Truckee: 10069 Bridge St.; 530-536-5029; Alibialeworks.com; Find Alibi Ale Works on Facebook.

Auburn Alehouse Craft Brewery & Restaurant 289 Washington St., Auburn; 530-885-2537; Auburnalehouse.com; Find The Auburn Alehouse Craft Brewery & Restaurant on Facebook.

Beer NV 15 Foothill Road, Ste. 1, Reno; 775-448-6199; Beernv.com; Find Beer NV on Facebook.

Brewforia Beer Market + Kitchen 800 Lake Tahoe Blvd., Incline Village; 775-298-7660; Brewforia.com; Find Brewforia on Facebook.

FiftyFifty Brewing Co. 11197 Brockway Road, Truckee; 530-587-BEER; Fiftyfiftybrewing.com; Find FiftyFifty Brewing Co. on Facebook.

Hillenbrand Farmhaus Brewery 5100 Virginiatown Road, Newcastle, Calif.; Hillenbrandbrewery.com; Find Hillenbrand Farmhaus Brewery on Facebook.

IMBIB Custom Brews 785 E. Second St., Reno; 775-470-5996; Imbibreno.com; Find IMBIB Custom Brews on Facebook.

O'Skis Pub & Grille 840 Victorian Ave., Sparks; 775-359-7547; Oskispub.net; Find O'Skis Pub & Grille on Facebook.

Piñon Bottle Co. 777 S. Center St., Reno; 775-376-1211; Find Piñon Bottle on Facebook.

Rum Sugar Lime 1039 S. Virginia St., Reno; 775-384-1024; Rumsugarlime.com; Find Rum Sugar Lime on Facebook.

The Depot 325 E. Fourth St., Reno; 775-737-4330; Thedepotreno.com; Find The Depot Craft Brewery Distillery on Facebook.

The Pour House 10075 Jibboom St., Truckee; 530-550-9664; Thepourhousetruckee.com; Find The Pour House on Facebook.

BUTCHERS/MEAT PROCESSING

Bently Meats Butcher Shop 1350 Buckeye Road, Minden; 775-782-MEAT (6328); Orders@bentlyranchmeats.com; Bentlyranch.com; Find Bently Ranch Butcher Shop on Facebook.

Butcher Boy Meat Market 530 W. Plumb Lane, Reno; 775-825-6328; Butcherboyreno.com; Find Butcher Boy Meats on Facebook.

CATERERS/PERSONAL CHEFS

Batch Cupcakery 555 S. Virginia St., Ste. 104, Reno; 775-336-1622; Batchcupcakery.com; Find Batch Cupcakery on Facebook.

Full Belly Deli Truckee: 10825 Pioneer Trail; 530-550-9516; Reno: 3064 Mill St.; 775-657-8448; Eatfullbellydeli.com; Find Full Belly Deli on Facebook.

Nothing To It! Culinary Center and Deli 225 Crummer Lane, Reno; 775-826-2628; Nothingtoit.com; Find Nothing To It! Cooking School & Kitchen Store on Facebook.

Roundabout Catering 631 Dunn Circle, Sparks; 775-747-2090; Roundaboutcatering.com; Find Roundabout Catering on Facebook.

The Cheese Board 247 California Ave., Reno; 775-323-3115; Cheeseboardcatering.com; Find The Cheese Board Catering Co. on Facebook.

Yosh's Unique Deli 85 Foothill Road, No. 4, Reno; 775-853-YOSH (9674); Yoshsdeli.com; Find Yosh's Unique Deli on Facebook.

TEA AND COFFEEHOUSES

Coffee Connexion 950 N. Lake Blvd., Tahoe City; 530-583-6023; Coffeeconnexion.com; Find Coffee Connexion on Facebook.

Davidson's Organics 700 E. Glendale Ave., Sparks; 800-882-5888; Davidsonstea.com; Find Davidson's Organic Teas on Facebook.

Perk Up Coffee Shop 310 S. Arlington St., Reno; 775-359-3423; Find Perk Up Coffee Shop on Facebook.

Pianissimo Coffee and More 7689 S. Virginia St., Ste. E, Reno; 775-204-4788; Renocoffeeshop.com; Find Pianissimo Coffee and More on Facebook.

The Daily Bagel 495 Morrill Ave., Reno; 775-786-1611; Thedailybagelreno.com; Find The Daily Bagel on Facebook.

Too Soul Tea Co. Café 542½ Plumas St., Reno; 775-322-2001; Toosoultea.com; Find Too Soul Tea Co. on Facebook.

Zuri Coffee Co. 11357 Donner Pass Road, Ste. G, Truckee; 530-536-5151; Find Zuri Coffee Co. on Facebook.

COOKING SCHOOLS

Nothing To It! Culinary Center and Deli 225 Crummer Lane, Reno; 775-826-2628; Nothingtoit.com; Find Nothing To It! Cooking School & Kitchen Store on Facebook.

EVENTS/EVENT VENUES/EQUIPMENT

39 North Marketplace This farmers' market takes place 4 – 9 p.m. every Thursday night in summer, June – August. 900 Victorian Ave., Sparks; 775-690-2581; 39northdowntown.com; Find 39 North on Facebook.

Camelot Party Rentals 152 Coney Island Drive, Sparks; 775-355-9004; Camelotpartyrentals.com; Find Camelot Party Rentals on Facebook.

Race178 Local company that organizes the Leprechaun Race, Reno-Tahoe Odyssey Relay Run Adventure, Capital Odyssey Relay, Comstock Odyssey Relay, and Reno Running Fest (Reno Mile, Reno 10 Miler & Relay, and Journal Jog). 775-825-3399; Race178.com; Find Race178 on Facebook.

Shirley's Farmers' Markets PO Box 34859, Reno; 775-746-5024; Shirleysfarmersmarkets.com; Find Shirley's Farmers' Markets on Facebook.

Sierra Nevada Lavender & Honey Festival This scent-sational event for all ages features all things lavender and honey, as well as arts and crafts, food, demonstrations, music, and entertainment. 10 a.m. – 8 p.m., June 24, 2018, in Victorian Square in Sparks. For details, visit Lavenderandhoneyfest.com; Find Sierra NV Lavender & Honey Festival on Facebook.

Tahoe City Food & Wine Classic Sip, shop, and explore Tahoe City while tasting wines and sampling bites from acclaimed Tahoe restaurants and caterers from 1 – 5 p.m. June 16. For details, visit Tahoecitywinewalk.com.

Toiyabe Golf Club (Event Venue) 19 Lightning W Ranch Road, Washoe Valley; 775-882-0882; Toiyabegolfclub.com; Find Toiyabe Golf Club on Facebook.

FARMERS/RANCHERS

Bently Ranch 1089 Stockyard Road, Minden; 775-782-4513; Bentlyranch.com; Find Bently Ranch on Facebook.

Durham Ranch Durhamranch.com; Find Durham Ranch Meats on Facebook.

Hole-In-One Ranch Janesville; 530-253-7804; Holeinoneranch.com; Find Hole-In-One Ranch on Facebook.

Peri & Sons Farms 430 State Route 339, Yerington; 775-463-4444; Periandsons.com; Find Peri & Sons Farms on Facebook.

Wix Farms 15050 Frontier Road, Reno; 775-969-3022; Wixfarms.com; Find Wix Farms on Facebook.

FOOD DISTRIBUTORS

Produce Plus 648 Agate Road, Carnelian Bay; 530-546-4357; Produceplus.net; Find Produce Plus on Facebook.

FOOD PRODUCERS

Flocchini Sausage (formerly The Sausage Factory) 259 Sage St., Carson City; 775-882-8110; Flocchinisausage.com; Find Flocchini Sausage on Facebook.

Gym Rat Foods and Caveman Cuisine (Healthy Packaged Meals) 631 Dunn Circle, Sparks; 775-747-2090; Roundaboutcatering.com; Find Gym Rat Foods on Facebook.

Italian Hearts Gourmet Foods Italian-hearts-gourmet-foods.myshopify.com; Find Italian Hearts Gourmet Foods on Facebook.



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GARDEN/HOME POTTERY/FOUNTAINS

Grateful Gardens 10204 Shore Pine Road, Truckee; 530-550-9372; Tim@gratefulgardens.biz; Gratefulgardens.biz; Find Grateful Gardens Landscape and Snow Services Contractor on Facebook.

Pottery World Rocklin: 4419 Granite Drive; 916-624-8080; El Dorado Hills: 1006 White Rock Road; 916-358-8788; Potteryworld.com; Find Pottery World on Facebook.

GROCCERS

The Urban Market 303 W. Third St., Ste. 120, Reno; 775-502-3555; Umreno.com; Find The Urban Market on Facebook.

HEALTH CARE

Adlington Eye Center and Eyeglass Gallery 500 W. Plumb Lane, Ste. A, Reno; 775-CU4-EYES (284-3937); Adlingtoneyecenter.com; Find Adlington Eye Center and Eyeglass Gallery on Facebook.

Brunelli Silveroli (Dentists) 550 Hammill Lane, Reno; 1205 Baring Blvd., Sparks; 775-852-1770; Bestrenodontists.com; Find Dr. Anthony Brunelli and Dr. Patrick Silveroli, DDS on Facebook.

Evoke Fitness (Personal, Corporate and Competitive Training, and Crossfit) 895 E. Patriot Blvd., Ste. 108, Reno; 775-827-1995; Evokefit.com; Find Evoke Fitness on Facebook.

GI Consultants Four Northern Nevada locations; 800-442-0041; Giconsultants.com; Find Gastroenterology Consultants on Facebook.

Hometown Health 10315 Professional Circle, Reno; 775-982-3242; Hometownhealth.com; Find Hometown Health on Facebook.

Northern Nevada Medical Center 2375 E Prater Way, Sparks; 775-331-7000; Nnmc.com; Find Northern Nevada Medical Center on Facebook.

Sierra Smiles, Dentistry by John Bocchi, DDS Reno: 5465 Kietzke Lane; 775-786-1911; Zephyr Cove: 308 Dorla Court, Ste. 202; Sierrasmls.com; Find Sierra Smiles on Facebook.

Silver Sage Center for Family Medicine (Dr. Andrew Pasternak and Dr. Teresa Angermann) 10467 Double R Blvd., Reno; 775-853-9394; Silversagecenter.com; Find Silver Sage Center for Family Medicine on Facebook.

HOME FURNITURE/DESIGN/ KITCHEN APPLIANCES/CABINETS

Consign & Design Unlimited 7685 S. Virginia St., Reno; 775-825-1003; Consigndesignreno.com; Find Consign and Design Unlimited/Designing Women Interiors on Facebook.

Czyz's Appliance (Appliances, Cabinets, and Design Services) Reno: 9738 S. Virginia St.; 775-322-3451; Truckee: 10960 W. River St., 530-582-4400; Incline Village: 774 Mays Blvd., No. 11; 775-831-1300; Czyzsbrandsources.com; Find Czyz's Appliance on Facebook.

Forever Yours Fine Furniture 701 E. Fourth St., Reno; 775-786-0168; 4ever-yours.com; Find Forever Yours Fine Furniture on Facebook.

Kelly Brothers Painting 11020 Trails End Court, Truckee; 530-550-0806; Kellybrotherspainting.com; Find Kelly Brothers Painting Inc. on Facebook.

National Kitchen and Bath Association, Sierra Nevada Chapter 800-THE-NKBA; Nkba.org/info/chapters/sierra-nevada.

INSURANCE SERVICES

Eric Olivas (Farmers Insurance Group Agent) 592 California Ave., Reno; 775-348-4700; Northernnevadainsurance.com; Find Farmers Insurance Eric Olivas' Northern Nevada Insurance Agency on Facebook.

PET/LIVESTOCK PRODUCTS/SERVICES

Fetch Pet Care 775-787-9090; Fetchpetcare.com/reno; Find Fetch! Pet Care of Reno on Facebook.

Healthy Tails 3892 Mayberry Drive, Ste. B, Reno; 775-787-3647; Healthytails.com; Find Healthy Tails LLC on Facebook.

REAL ESTATE

Amy Newman (Realtor with Ferrari-Lund Real Estate) 775-420-0044; Amynewman@ferrari-lund.com.

Engel & Völkers, Carmen Carr 10091 Donner Pass Road, Truckee; 530-448-1643; Carmen@carmencarr.com.

Karen Walker Hill (Realtor with Ferrari-Lund Real Estate) 3770 Lakeside Drive, Reno; 775-688-4000 (work); 775-830-1770 (cell); Walkerhill@saturnnet.com.

Placer Title Co. 11429 Donner Pass Road, Ste. 1, Truckee; 530-587-7457; Placertitle.com; Find Placer Title Company – Truckee on Facebook.

RESORTS (LODGING)/SPAS/BEAUTY SALONS

Atlantis Casino Resort Spa 3800 S. Virginia St., Reno; 775-825-4700; Atlantiscasino.com; Find Atlantis Casino Resort Spa on Facebook.

Jeff Runquist Wines 10776 Shenandoah Road, Plymouth; 209-245-6282; Jeffrunquistwines.com; Find Jeff Runquist Wines on Facebook.

Renaissance Reno Downtown Hotel 1 S. Lake St., Reno; 775-682-3900; Marriott.com; Find Renaissance Reno Downtown Hotel on Facebook.

Rest, a Boutique Hotel 9372 Main St., Plymouth; 209-245-6315; Hotelrest.net; Find Rest, a boutique hotel on Facebook.

SbK Beauty & Extension Parlour Winners Crossing, 7689 S. Virginia St., Ste. D, Reno; 775-348-9606; Skinkym@yahoo.com; Skinbykym.com; Find Skin by Kym Beauty & Lash Parlour on Facebook.

Sierra Streamside Cabins 21792 State Route 49, Downieville; 530-289-3379; Sierrastreamsidecabins.com.

Sorensen's Resort 14255 Hwy. 88, Hope Valley; 800-423-9949; Sorensen'sresort.com; Find Sorensen's Resort on Facebook.

RESTAURANTS

4th St. Bistro 3065 W. Fourth St., Reno; 775-323-3200; 4thstbistro.com; Find 4th Street Bistro on Facebook.

Alibi Ale Works Truckee Public House 10069 Bridge St., Truckee; 530-536-5029; Alibialeworks.com; Find Alibi Ale Works on Facebook.

Arario 777 S. Center St., Ste. 200, Reno; 775-870-8202; Find Arario MidTown on Facebook.

Atlantis Steakhouse Atlantis Casino Resort Spa, 3800 S. Virginia St., Reno; 775-824-4430; Atlantiscasino.com/dining; Find Atlantis Casino Resort Spa on Facebook.

Auburn Alehouse Craft Brewery & Restaurant 289 Washington St., Auburn, Calif.; 530-885-2537; Auburnalehouse.com; Find Auburn Alehouse Craft Brewery & Restaurant on Facebook.

Battle Born Social 318 N. Carson St., Carson City; 775-301-9106; Battlebornsocial.com; Find Battle Born Social on Facebook.

Beaujolais Bistro 753 Riverside Drive, Reno; 775-323-2227; Beaujolaisbistro.com; Find Beaujolais Bistro on Facebook.

Beefy's Reno 1300 S. Virginia St., Reno; 775-870-1333; Beefysreno.com; Find Beefy's Reno on Facebook.

Bistro Napa Atlantis Casino Resort Spa, 3800 S. Virginia St., Reno; 775-335-4539; Atlantiscasino.com/dining; Find Atlantis Casino Resort Spa on Facebook.

BJ's Barbecue 80 E. Victorian Ave., Sparks; 775-355-1010; Bjsbbq.com; Find BJ's Nevada Barbecue Company on Facebook.

Bleu Café 240 E. Winnie Lane, Carson City; 775-297-3301; Bleucafecarson.com; Find Bleu Café on Facebook.

Brewforia Beer Market + Kitchen 800 Lake Tahoe Blvd., Incline Village; 775-298-7660; Brewforia.com; Find Brewforia on Facebook.

Buenos Grill 3892 Mayberry Drive, Ste. A, Reno; 775-787-8226; Buenosgrill.com; Find Buenos Grill on Facebook.

Burger Me Reno: 6280 Sharlands Ave., Ste. 101; 775-737-9404; Reno: Now in The Summit, 13963 S. Virginia St., Ste. 901; 775-851-2002; Truckee: 10418 Donner Pass Road; 530-587-8852; Burger Me truck 844-373-7374; Realfreshburger.com; Find Burger Me on Facebook.

Butcher's Kitchen Char-B-Que Winners Crossing, 7689 S. Virginia St., Reno; 775-499-5855; Bkcharbque.com; Find Butcher's Kitchen Char-B-Que on Facebook.

Café at Adele's 1112 N. Carson St., Carson City; 775-882-3353; Adelesrestaurantandlounge.com; Find Adele's Restaurant and Lounge on Facebook.

Café de Thai 7499 Longley Lane, Reno; 775-829-THAI; Cafedethaireno.net; Find Café de Thai on Facebook.

Calafuria 725 Center St., Reno; 775-360-5175; Calafuriareno.com; Find Calafuria Reno on Facebook.

Creazian 425 S. Virginia St., Reno; 775-657-8135; Creazian.life; Find Creazian on Facebook.

Crème Café 18 St. Lawrence Ave., Reno; 775-348-0571; Cremecafereno.com; Find Crème Café on Facebook.

Drunken Monkey 11253 Brockway Road, Ste. 105, Truckee; 530-582-9755; Drunkenmonkeysushi.com; Find Drunken Monkey Sushi on Facebook.

FiftyFifty Brewing Co. 11197 Brockway Road, Truckee; 530-587-BEER; Fiftyfiftybrewing.com; Find FiftyFifty Brewing Co. on Facebook.

FinBomb Sushi Burrito & Poke Bar 681 S. Virginia St., Reno; 775-391-0621; Finbombsushi.com; Find FinBomb Sushi on Facebook.

Full Belly Deli Truckee: 10825 Pioneer Trail; 530-550-9516; Reno: 3064 Mill St.; 775-657-8448; Eatfullbellydeli.com; Find Full Belly Deli on Facebook.

Great Full Gardens Café & Eatery Midtown Reno: 555 S. Virginia St.; 775-324-2013; South Reno: 748 S. Meadows Blvd., Ste. A-14; 775-324-2016; Greatfullgardens.com; Find Great Full Gardens South Meadows Reno on Facebook. Great Full Gardens Express Joe Crowley Student Union, University of Nevada, Reno; 775-682-9590; Find Great Full Gardens Express on Facebook.

Hard Water House 7689 S. Virginia St., Reno; 775-800-1990; Hardwaterhouse.com; Find Hard Water House on Facebook.

Homegrown Gastropub 719 S. Virginia St., Reno; 775-683-9989; Homegrowngastropub.com; Find Homegrown Gastropub Page on Facebook.

JT Basque Bar & Dining Room 1426 Hwy. 395, Gardnerville; 775-782-2074; Jtbasquenv.com; Find JT Basque Bar & Dining Room on Facebook.


La Famiglia 170 S. Virginia St., Reno; 775-324-1414; Lafamigliareno.com; Find La Famiglia Ristorante Italian on Facebook.

Louis' Basque Corner 301 E. Fourth St., Reno; 775-323-7203; Louisbasquecorner.com; Find Louis Basque Corner on Facebook.

Manhattan Deli Atlantis Casino Resort Spa, 3800 S. Virginia St., Reno; 775-335-3114; Atlantiscasino.com/dining; Find Atlantis Casino Resort Spa on Facebook.

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Noble Pie Parlor Downtown: 239 W. Second St., Reno; 775-622-9222; Midtown: 777 S. Center St., Ste. 100, Reno; 775-323-1494; Noblepieparlor.com; Find Noble Pie Parlor on Facebook.

Nothing To It! Culinary Center and Deli 225 Crummer Lane, Reno; 775-826-2628; Nothingtoit.com; Find Nothing To It! Cooking School & Kitchen Store on Facebook.

Old Granite Street Eatery 243 S. Sierra St., Reno; 775-622-3222; Oldgranitestreeteatery.com; Find Old-Granite Street-Eatery on Facebook.

O'Skis Pub & Grille 840 Victorian Ave., Sparks; 775-359-7547; Oskispub.net; Find O'Skis Pub & Grille on Facebook.

Perk Up Coffee Shop 310 S. Arlington St., Reno; 775-359-3423; Find Perk Up Coffee Shop on Facebook.

Pignic Pub & Patio 235 Flint St., Reno; 775-376-1948; Find Pignic Pub & Patio on Facebook.

PJ & Co. 1590 S. Wells Ave., Reno; 775-323-6366; Pjandco.net; Find PJ & Co. Restaurant on Facebook.

Pottery World Café 4419 Granite Drive, Rocklin; 916-624-8080; Potteryworldcafe.com; Find Pottery World Café on Facebook.

Roundabout Grill 255 N. Virginia St., Reno; 775-398-5400; Roundaboutgrill.com; Find Roundabout Grill on Facebook.

Sassafras 1500 Old Hot Springs Road, Carson City; 775-884-4471; Sassafrascarsoncity.com; Find Sassafras Eclectic Food Joint on Facebook.

Sorensen's Country Café 14255 Hwy. 88, Hope Valley; 800-423-9949; Sorensensresort.com; Find Sorensen's Resort on Facebook.

SouthCreek Pizza Co. South Creek Shopping Center, 45 Foothill Road, Reno; 775-622-1620; Southcreekpizza.com; Find Southcreek Pizza Co. on Facebook.

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Toiyabe Golf Club Restaurant 19 Lightning W Ranch Road, Washoe Valley; 775-882-0882; Toiyabegolfclub.com; Find Toiyabe Golf Club on Facebook.

Too Soul Tea Co. Café 542½ Plumas St., Reno; 775-322-2001; Toosoultea.com; Find Too Soul Tea Co. on Facebook.

Union Inn Pub 21375 Consolation St., Volcano; 209-296-7711; Volcanounion.com; Find Volcano Union Inn on Facebook.

Yosh's Unique Deli 85 Foothill Road, Ste. 4, Reno; 775-853-9674; Yoshsdeli.com; Find Yosh's Unique Deli on Facebook.

RETAILERS

Adlington Eye Center and Eyeglass Gallery 500 W. Plumb Lane, Ste. A, Reno; 775-CU4-EYES (284-3937); Adlingtoneyecenter.com; Find Adlington Eye Center and Eyeglass Gallery on Facebook.

Atelier 10128 Donner Pass Road, Truckee; 530-386-2700; Ateliertruckee.com; Find Atelier Truckee on Facebook.

Bespoke 10130 Donner Pass Road, Truckee; 530-582-5500; Bespoketruckee.com; Find Bespoke Truckee on Facebook.

Briggs & Riley briggs-riley.com.

Cooking Gallery Reno: 606 W. Plumb Lane, Ste. 2; 775-470-8008. Truckee: 10084 Donner Pass Road; 530-587-8303; Find Cooking Gallery on Facebook.

Forever Yours Fine Furniture 701 E. Fourth St., Reno; 775-786-6361; 4ever-yours.com; Find Forever Yours Fine Furniture on Facebook.

Junkee Clothing Exchange 960 S. Virginia St., Reno; 775-322-5865; Junkeeclothingexchange.com; Find Junkee on Facebook.

La Galleria Reno: 35 Foothill Road, Ste. 2; 775-470-8514; Truckee: 10112 Donner Pass Road; 530-587-5444; Lagalleriashops.com; Find La Galleria on Facebook.

Pottery World Rocklin: 4419 Granite Drive; 916-624-8080; El Dorado Hills: 1006 White Rock Road; 916-358-8788; Potteryworld.com; Find Pottery World Café on Facebook.

Riverside Studios 10076 Donner Pass Road, Truckee; 530-587-3789; Riversideartstudios.com; Find Riverside Studios Truckee on Facebook.

Riverwalk Merchants Association (Shopping, Restaurants, Bars, Entertainment, Lodging) 775-825-9255; Renoriver.org; Find Riverwalk Merchants Association on Facebook.

Savvy Rest Natural Bedroom 3001 Telegraph Ave., Berkeley; 510-244-4155; Savvyrest.com/berkeley; Find Savvy Rest Natural Bedroom, Berkeley – Organic Mattresses on Facebook.

Sweets Handmade Candies 4991 S. Virginia St., Ste. C, Reno; 775-827-8270; Sweetshandmadecandies.com; Find Sweets Handmade Candies on Facebook.

Tahoe Oil & Spice 10091 Donner Pass Road, Ste. B, Truckee; 530-550-8857; Tahoeoilandspice.com; Find Tahoe Oil and Spice on Facebook.

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Frey Ranch Estate Distillery 1045 Dodge Lane, Fallon; 775-423-4000; Freyranch.com; Find Frey Ranch Estate Distillery on Facebook.

The Depot 325 E. Fourth St., Reno; 775-737-4330; Thedepotreno.com; Find The Depot Craft Brewery Distillery on Facebook.

TELEVISION BROADCASTING

KNPB 1670 N. Virginia St., Reno; 775-784-4555; Knpb.org/home/; Find KNPB Public Broadcasting on Facebook.

TOURS

Amador Uncorked Locally operated transportation service for wine enthusiasts visiting Amador County, Fair Play, and Somerset. 209-625-5511; Amadoruncorked.com; Find Amador Uncorked on Facebook.

Blue Mountain Transit Local transportation services for Amador County wine tasting excursions. 209-223-5300; Bluemountaintransit.com; Find Blue Mountain Transit on Facebook.

Reno Food Tours 775-501-9293; Renofoodwalks.com; Find Reno Food Tours on Facebook.

UTILITIES

Truckee Meadows Water Authority 1355 Capital Blvd., Reno; 775-834-8080; Tmwa.com; Find Truckee Meadows Water Authority on Facebook.

WINERIES

Amador Vintners Association 9310 Pacific St., Plymouth; 209-245-6992; Amadorwine.com; Find Amador Vintners on Facebook.

Andis Wines 11000 Shenandoah Road, Plymouth; 209-245-6177; Andiswines.com; Find Andis Wines on Facebook.

Basin and Range Cellars 415 E. Fourth St., Ste. B, Reno; 775-750-2427; Basinandrangecellars.com; Find Basin and Range Cellars on Facebook.

Bella Grace Vineyards Vineyard & Wine Cave: 22715 Upton Road, Plymouth; 209-418-5040; Tasting Room: 73 Main St., Plymouth; 209-267-8053; Bellagracevineyards.com; Find BellaGrace Vineyard & Wine Cave on Facebook.

Bray Vineyards 10590 Shenandoah Road, Plymouth; 209-245-6023; Find Bray Vineyards on Facebook.

Cante Ao Vinho 5250 Front St., Rocklin; 530-632-8058; Canteaovinho.com; Find Cante Ao Vinho on Facebook.

Churchill Vineyards 1045 Dodge Lane, Fallon; 775-423-4000; Churchillvineyards.com; Find Churchill Vineyards on Facebook.

Ciotti Cellars 3285 Crosby Herold Road, Lincoln; 916-534-8780; Ciotticellars.com; Find Ciotti Cellars on Facebook.

Cooper Vineyards 21365 Shenandoah School Road, Plymouth; 209-245-6181; Cooperwines.com; Find Cooper Wines on Facebook.

Jeff Runquist Wines 10776 Shenandoah Road, Plymouth; 209-245-6282; Jeffrunquistwines.com; Find Jeff Runquist Wines on Facebook.

Le Mulet Rouge Vineyard & Winery 59 Main St., Sutter Creek; 209-267-5838; Lemuletrouge.com; Find Le Mulet Rouge Vineyard and Winery on Facebook.

Lone Buffalo Vineyards 7505 Wise Road, Auburn; 530-823-1159; Lonebuffalovineyards.com; Find Lone Buffalo Vineyards on Facebook.

Mt. Vernon Winery 10850 Mt. Vernon Road, Auburn; 530-823-1111; Mtversonwinery.com; Find Mt. Vernon Winery on Facebook.

Nevada Sunset Winery 415 E. Fourth St., Ste. B, Reno; Nevadasunsetwinery.com; Find Nevada Sunset Winery on Facebook.

Placer County Vintners Association 4390 Gold Trail Way, Loomis; Placervintners@gmail.com; Placerwine.com.

Secret Ravine Vineyards & Winery 4390 Gold Trail Way, Loomis; 916-652-6015; Secretravine.com; Find Secret Ravine Vineyard & Winery on Facebook.

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Onions: Four Ways



Marinade

Add a large white onion (chopped coarsely) to a blender with about 2 cups of fresh green herbs — parsley, mint, and cilantro are good choices. Add a teaspoon of salt and 2 tablespoons neutral oil. Blend until smooth. Use as a marinade for chicken, beef, pork, or fish. Chicken thighs, marinated overnight and then grilled, are especially good.



Caramelized

Slice several large onions. In a large skillet set over medium-low heat, warm a few tablespoons olive oil (enough to lightly coat your onions). Add the onions to the skillet with a heavy pinch of salt and cook, stirring occasionally, until the onions have softened and turned a rich, dark brown — about 45 minutes. Store in the refrigerator for up to 1 week. Add the onions to sandwiches, soups, salad dressings, or anything that needs a flavor boost.



Stuffed

Bring a pot of water to a boil, and boil onions for 5 minutes. When cool enough to handle, remove center layers, leaving a ½-inch shell. Chop up onion's inner layers. In a skillet, warm 2 tablespoons olive oil and add chopped onions, mushrooms, herbs, and fresh breadcrumbs. Spoon filling into onion cavities, and arrange in a baking dish. Pour a little beef or chicken broth into the dish (about 1 inch), cover with foil, and bake at 375 degrees F for 45 minutes. Sprinkle with fresh herbs and serve.



Quick Pickles

Slice three large onions and place in a glass bowl. Combine 1 cup vinegar with 1 cup water, 2 teaspoons salt, and 1 tablespoon sugar. Bring to a boil and stir until sugar is completely dissolved. Pour mixture over onions, cover with plastic wrap, and refrigerate overnight. After 24 hours, the pickles are ready to use on sandwiches, as part of a cheese plate, in a salad, or any way you like your pickles. They'll keep in a jar in the refrigerator for up to 2 months.

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