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Issue 30

MAGAZINE | OMAHA EDITION



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FOOD & Spirits

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This delicious carbonara is from Charles Schlussel's recipe, which can be found on page 15. Photo by Patrick Wright.

No. 30

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LETTER FROM THE PUBLISHER



Welcome to the 30th issue of **Food & Spirits Magazine**. A great deal of work, by some very creative people, has gone into the magazine you see before you. Of course, we hope that you love reading it as much as we enjoyed putting it together.

This issue has restaurant profiles on a few of Omaha mainstays, while also taking a look at a few new arrivals to the Omaha restaurant scene.

Kent Cisar delivers another stellar article with his look into how two of Omaha's top restaurants, **Mark's Bistro** and **Timber Wood Fire Bistro**, adjust to the onset of spring to insure locally-sourced ingredients. **The Supper Club** returns in Sheri Potter's article about their latest meal at **Chaima's African Cuisine**. As well, **Margaret Davenport** profiles newly opened **Farine + Four**. If you haven't been to any of those places yet/recently, you'll want to make a trip soon.

Leo Adam Biga makes a return in this issue with two features about a few Omaha food-related subjects that many locals might not even be aware of. First, Leo recounts the history of the restoration of the **Florence Mill** and how it combines agriculture, history and art. In his second piece, Leo interviews Nebraska author **Ted Genoways** who has written two books exploring the long and short term implications of America's food systems.

Charles Schlusell delivers another one of his delicious recipes with a springtime version of carbonara, while **Oliver Pollack** discusses a controversial diet from 1939 at the **Fontenelle Hotel Amber Room**. Additionally, the 2018 Omaha Patio Map makes a reappearance just in time to help you find our favorite spring and summer patios. As always, **Michael Campbell** rounds out the food coverage with the latest installment of **The Dumpster**.

On the spirits side of things, **Eddie Morin** delivers with another entertaining soda review for your carbonated reading pleasure, while **Jill Cockson** breaks down how a successful bar should develop their drink/cocktail menu. Finally, the always informative **Mark Gudgel** tells you about Illahe and Willamette Valley wines and where to find them in the Omaha area.

Naturally, there is a lot of work that goes behind the magazine besides just the writing of article and I would be remiss to not mention them. **Jenalyn Amigable Mallari** designs the beautiful pages you see before you and **Justyna Guziejewska**, **Mark Gudgel**, **Jacob Herrman**, **Ryan Tantillo**, **Patrick Wright**, **Sheri Potter** capture many of the dynamic photos that grace these pages. **Tom Patton** keeps our clients happy, while **Patrick Morgans** makes sure the magazine gets in front of you.

Lastly, but certainly not least, I want to thank our advertisers. The magazine doesn't exist without them. This issue's advertisers are **Soaring Wings**, **TriMark**, **Orsi's**, **B&G Tasty Foods**, **Petrow's**, **Ted & Wally's**, **Herbe Sainte**, **Cedar Lounge**, **Della Costa** and the **Metropolitan Community College's Institute for the Culinary Arts**. In recent months we've seen a few of the Omaha area's best places (and many others, too) close their doors. **Little Espana**, **Dixie Quicks** and **Lot 2** are places that almost of all of us would have agreed were great places and important in the grand scheme of the restaurant community. Still, they're gone now. I bring this up as a reminder to support those places that you love and that help our home be an outstanding city to eat out in. Patronize those places with your business – without that, they won't be around either.

Erik Totten – Publisher
Food & Spirits Magazine

EXPERTS PANEL



Edward G Berna

Leo Adam Biga

Michael Campbell

Kent Cisar

Jessica Clem



Jill Cockson

John Finocchiaro

Mark Gudgel

Eddie Morin

Charles Schlusell

Edward G. Berna Edward Berna is founder of Paradigm Gardens. He is fascinated with local food systems, intensive plant production models and plant nutrient density. His connections to year round local food production fuels most of his foodie desires. Edward enjoys experience travel and learning from others and their heritage experiences

Leo Adam Biga Leo Adam Biga is an Omaha-based author-journalist-blogger. His books include *Alexander Payne: His Journey in Film*, *Crossing Bridges: A Priest's Uplifting Life Among the Downtrodden* and *Memories of the Jewish Midwest: Mom and Pop Grocery Stores*. The University of Nebraska at Omaha graduate contributes articles to newspapers and magazines. His work has been recognized by his peers at the local, regional and national levels. Sample his eclectic writing at leoadambiga.com or www.facebook.com/LeoAdamBiga.

Michael Campbell Michael Campbell is a songwriter and humor essayist. His "Dumpster" essays close every issue of *Food & Spirits*. *Are You Going To Eat That*, a collection of sixty humor essays, was released in 2009, and *My Turn Now*, his most recent album of 13 original songs, was released in 2015. Learn more at michaelcampbellsongwriter.com.

Kent Cisar Kent Cisar searches the local and national scene for unique ingredients and flavors to bring to the table here in Omaha. He'll catch his own fish from Florida, ship farmer's market shrimp from Louisiana, stash jams from the Pacific Northwest, or find the best cut of meat from a Nebraska farmer. Kent believes that regardless of where it comes from, good food is meant to be shared.

Jessica Clem Jessica Clem is a freelance writer based in Omaha, Nebraska. A marathon runner and food writer, her favorite way to get motivated to finish a project is the promise of a craft beer. She has a B.A. in English, and an M.S. in Urban Studies, and enjoys traveling, finding typos on billboards, and the smell of a real book. When she is not eating or running, she works as a producer and account executive for Omaha Video Solutions.

Jill Cockson Jill Cockson is a veteran bartender of 20 years, and co-developer of The Other Room, Nebraska's only James Beard-nominated cocktail program. She is also the owner of Rabbit and Turtle Beverage Corp., producers of Colonel Jesse's Small Batch Tonic, and has most recently established Atomic Hummingbird, Inc., a hospitality group dedicated to developing focused hospitality concepts in Kansas City, MO. Their first venue, Swordfish Tom's, is scheduled to open in the crossroads of Kansas City in April, 2017.

John Finocchiaro John Finocchiaro is a former owner of Finocchiaro Wine Company, Inc., a Nebraska wholesale wine, spirits, and beer distributorship dating back to 1935. He also formerly co-owned Johnson Brothers Finocchiaro, LLC. John is a former Certified Public Accountant and a Certified Specialist of Wine.

Mark Gudgel Dr. Mark Gudgel is a wine writer and educator who holds credentials through the Wine & Spirit Education Trust (WSET) and is working towards becoming a Master of Wine. His interest in wine was sparked on his honeymoon to Napa and Sonoma. Gudgel and his wife, Sonja, have co-authored several articles as well as a book on the wineries of Nebraska, to be released in the spring of 2017. Gudgel is a regular contributor to Food & Spirits Magazine and American Winery Guide, as well as the blog he maintains with his wife, www.itheewine.com. Mark and Sonja live in Omaha with their children and their dog.

Eddie Morin I'm Eddie Morin. I'm from Omaha. I run B & G Tasty Foods, and I like eating food, playing video games, and dinking around with my wife and kids. I used to not be so fat. That's all I really think there is to me.

Charles Schlusell Professional head shaver, Reckless adventurer, Erstwhile Semi-Pro skydiver (amateur lander), Fanatical tomato lover, All round awesome cook extraordinaire!

Season's CHANGE

How a Dundee anchor and Countryside newcomer keep their menus dynamic and their guests coming back for more.

by Kent Cisar

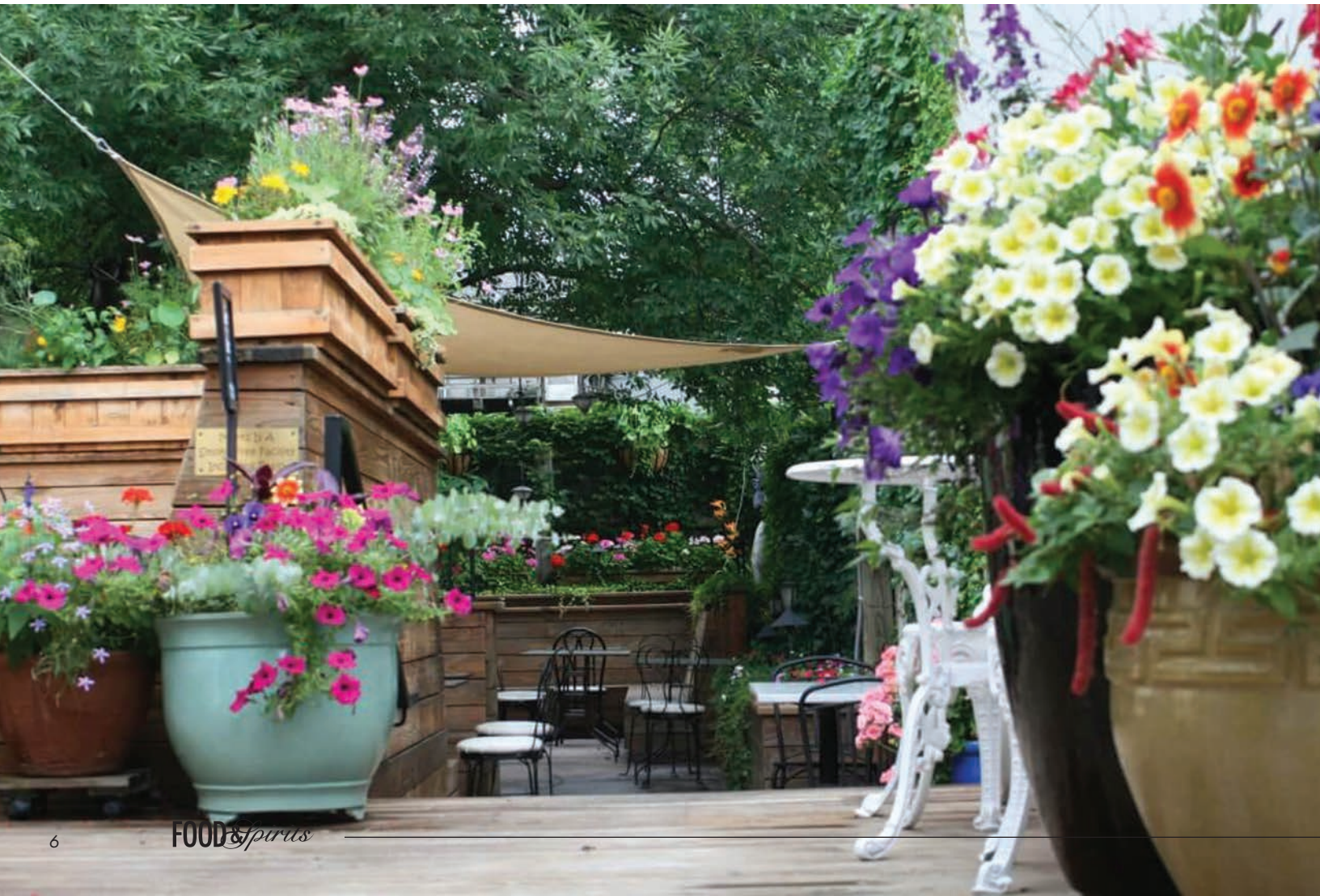
The Christmas tree is down, the New Year's ball has dropped and the Valentine's roses are no more. The big holidays are in the rear view yet the full bounty of our region's local foods aren't available to local restaurants. Spring is a challenging time in the Omaha restaurant scene for places that try to keep their menu seasonally exciting and accessible. I met with decision makers of a couple of my favorite Omaha eateries: **Chef James Davis of Mark's Bistro** in **Dundee** and **Zac Miller**, General Manager of **Timber Wood Fire Bistro** in **Countryside Village** to discuss how they turn this challenge into opportunity.

Mark's and Timber are two of my favorite restaurants for similar reasons. Their menus from start to finish are interesting. If you're a table of two or a table of ten, you can choose to go your own way with your order or create a diverse and dynamic culinary experience. I have my favorites at both places, but I walk in with an open mind to what their menu presents. My favorites always deliver, and the new dishes challenge my taste buds. Most importantly, every time I walk out of each place, the quality of

the dining experience significantly exceeds the cost I paid to get it. These two restaurants are passionate about their food and the experience they provide their guests from start to finish and it shows. What most guests don't realize or see is that experience starts in the preparation that goes into what appears on that menu.

The excellence of these two establishments begins in the research put into their creations. Chef Davis says he and his team do a lot of research and are always looking for ways to make things better. It keeps things exciting for his team. "We want to make sure a dish is feasible to execute at peak busy time. If we can't execute our best dish at the busiest time of night, then it won't be on the menu." Mark's tries to use local foods year round, and for the spring season, they look to heavier root vegetables that have a 5-6 month shelf life. As we move into Spring Chef Davis looks to **Robinette Farms**, a small scale family farm in Martell, Nebraska using their micro greens and vegetables early.

Timber also places an emphasis on local foods. "Having fresh ingredients enhances the quality and we think our clientele





appreciates that,” says Miller. Miller believes his restaurant tries to be trendsetting but responsive to the guests’ feedback. “We look to be ahead of the curve locally, and are ok with being different, offering items and presentations rarely, if at all found in Omaha.” In less than a year, Timber’s prohibition black chicken has become a staple which does not surprise Miller. Other guest feedback does however, “I would never have thought we’d be buying scallops at this time of year with their current cost, but our guests keep ordering them because of the quality we deliver.”

Superior ingredient quality is an emphasis at both places. “We want you to experience the dish as it is, limiting substitutions enhances the quality of the dining experience and helps guests understand and interpret the purpose in every bite,” says Miller. “It’s important to focus on letting the ingredient shine when you use high quality items,” says Davis. “We don’t overcook things or over work them,” he adds. On our last visit, my girlfriend and I had one of our staple starters (the bistro tots) and something new for us, their asparagus and leek flatbread. Asparagus is far from

“We look to be ahead of the curve locally, and are ok with being different, offering items and presentations rarely, if at all found in Omaha.”

my first thought on a flatbread but it works well because of the combination of ingredients. The addition of caramelized leeks, a grilled artichoke, chevre and lemon oil give it a brightness, bounce and depth of flavor. “We want to present ingredients/menu items that guests may not believe to be culinarily feasible or cost effective in a manner that makes them realize it is possible,” says Davis.

Both Timber and Mark’s excel in creating an experience. Timber’s experience commences before you walk in the door as

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the aroma of wood burning invites you in. No matter where your seat is, the ambience distances you from the mere steps you are away from a bustling Pacific Street. “Be relaxed when you come in here, we want to you to order what you want,” says Miller. He said guests can “order a drink and a pizza, an entrée, sandwich, special or dessert, and you should expect and receive the same quality on all parts of the menu.” On our last visit my girlfriend got the scallops Miller mentioned above. The dish had more quality scallops than anything I’ve seen in the area. I had the Berkshire Cuban schnitzel which was spectacular. The braising of the bacon, garlic aioli and mojo slaw took my interpretation of a Cuban sandwich in a different direction, yet maintained the classic elements of the sandwich I enjoy. If you’ve finished your morning workout and are in for brunch, or dressed up for dinner before an evening show, you feel comfortable at Timber. The consistency of Timber is also important. Miller adds, “We need a consistent team from the chef who designs the menu to our kitchen who make it to the servers who are knowledgeable and passionate about our food.”

Mark’s is an invitation into someone’s beautiful Dundee home, which just happens to be a restaurant. Chef Davis says, “We know people want more than just food, they want an experience and we are happy to provide it.” At Mark’s, you’ll receive an all-encompassing experience from the classy yet comfortable atmosphere to the courteous reception and attention you receive







from the staff, and the visual and taste bud appeal of their food. As the days get longer and warmer, securing a spot on Mark's patio is a sterling dining destination. On some visits, we'll focus on appetizers, sandwiches, small plates and desserts. Other occasions a couple of their main courses or specials will catch our eye and appetite and we'll indulge in them.

Today the restaurant experience is about more than eating a good meal and going home. Visiting an excellent restaurant with equally good company can be the highlight of your day or of your week. To accomplish this task, the establishment needs to excel with an inviting atmosphere, welcoming and knowledgeable staff, and a menu that is intriguing, approachable, and provides value. As Chef Davis emphasizes, "We want you to slow down and enjoy

“Visiting an excellent restaurant with equally good company can be the highlight of your day or of your week.”

the experience, then tell others about it, and then come back.” At both Timber Wood Fire Bistro and Mark's Bistro, the satisfaction you feel as you leave will turn to anticipation of your next visit. That visit, with the experience these two places provide, will be sooner than you think.

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SUPPER CLUB: CHAIMA'S AFRICAN CUISINE

story and photography by Sheri Potter

The Supper Club is a part of **Metropolitan Community College's TriOmega Chapter** at the **Institute for the Culinary Arts**. Each month the students travel to visit a dining establishment in this fine city. One can look around the campuses at MCC and determine Omaha is a melting pot for diverse people groups. It was decided by the group to make finding a few restaurants

that introduced new flavors and cuisines part of the educational experience for the culinary students and others joining the group.

First stop on 2018's agenda was a tiny place, hidden off 107th and Q Streets, a place that featured authentic African Cuisine. **Chaima's** was the name of the restaurant and a lovely petite woman of the same name is the owner.



The day finally came when enough money was saved up and the doors of Chaima's opened. This small space would serve as a commercial kitchen for the restaurant and also for a food truck that her husband would operate.

“ Chaima's love of cooking for family and friends followed her to America. When she started to share her African Cuisine with friends they kept coming back for more ”

Many of the dishes on the menu at Chaima's are what one would find on the tables in Togo, West Africa. Chaima has developed the recipes to bring out the flavors of the dishes and added her own creativity to them, but they are authentic flavor profiles of “home” to Chaima. Her favorites to prepare are the rice Creole and spaghetti Creole, her own special recipes. Her tasty beef kabobs are what people knew her for when she started her small business in the rented kitchen space. These continue to be a favorite with her patrons at Chaima's and those who order from her food truck.

The dishes the group from TriOmega dined on the evening they visited stirred curiosity. The African sweet potato French

Chaima and her husband opened the restaurant in 2016. It was a long-time dream-come-true for her, she and her husband had worked long and hard and had saved every penny to be able to open Chaima's without having to take out a bank loan. Proof positive that hard work does make dreams come true. Chaima openly shared her story with the group dining with her from the TriOmega Chapter.

Togo, West Africa was home to Chaima before she moved to the United States and then Omaha over 15 years ago. Her love of cooking started for her as a young child toddling after her family's chef in her childhood home in Togo. She loved to help cook the family meals with the chef and learned early that food made people happy and also brought them together.

Chaima's love of cooking for family and friends followed her to America. When she started to share her African Cuisine with friends they kept coming back for more. These same family members and friends offered to pay her to make her dishes she then realized she should grow her passion for African cooking into a small business. She rented a commercial kitchen, which seemed fill her passion to cook, however the hours working as a Nurse CNA and the hours spent in the kitchen cooking became exhausting. She gave up her job as a CNA and began to work full time in her rented kitchen all the while dreaming of the day she could have her own place to cook her dishes.

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fries were served with several of the dishes, they looked like fries, but they had a unique flavor, and a texture not like the “sweet potato fries” that one typically expects. All in the group raved over the fried plantains, someone even ordered seconds! The beef kabobs did not disappoint those who ordered them; they were tender and moist, with a slightly spicy, sweet seasoning on the crispy outer edges. Those who ordered dishes named Riz Contonnais and Koliko devoured them. Chaimi came out to the table and explained the two dishes and how they were made to the group of diners. A tasty pineapple drink Chaima created for the restaurant was a hit with everyone who ordered it, and everyone ordered it after getting a sip from a neighbor.

The evening at Chaima’s restaurant ended with appetites satisfied and a greater knowledge of a new cuisine. Chaima herself wants to use her restaurant and its cuisine to teach people about the misconceptions they have about Africa and its food. Most people only know Africa from images they see on television; they don’t understand West Africa is a country with a wide variety of cuisines. She will use her influence in her tiny restaurant to introduce those flavors to her restaurant guests.

The TriOmega group left Chaima’s with a greater knowledge of West African flavors. They were all looking forward to experiencing the Supper Clubs next culinary adventure.



Spring IS IN THE Air

Story by Charles Schlussel | Photos by Patrick Wright

I don't know about you, but one of the things I absolutely love about living in the Midwest is the vivid and dramatic contrast of the seasons we enjoy here in the Omaha area. Now, I realize some of you are possibly shaking your heads in wonder at such a statement after enduring another round of subzero arctic blasts of old man winter here in Nebraska.

But honestly is there anything as marvelously magical as stepping out into a frigid moonlit night as we exhale and can see our first frosty breathes of winter visibly hanging in the air as we gaze in wonder at the stunning beauty of geometrically diverse

shapes of frozen water falling past our faces? I would say yes, that the wonderful dichotomy of the harsh splendor of a frozen wasteland is only so much the sweeter as we ache with deep longing for the sunlit joys of the spring to come. I believe that the age old adage "absence makes the heart grow fonder" is very applicable in this instance as well. In the middle of double digit wind chills we know that in a few short months we'll soon be walking barefoot on a warm fresh cut lawn with the intoxicating scents of tulips, crocuses and hyacinths gently wafting through the air.



At this point you may be asking yourself, “What in the heck does this have to do with food?” I would propose that the correlation between the change of seasons and food is quite apropos. Because of a renewed and maybe even an unprecedented interest in delicious food and recipes we now have easy access to a myriad of ingredients that our grandparents had never heard of, much less dreamt of.

As wonderful as all this easy access to exotic ingredients is, it all comes with a price. Because of a relatively inexpensive high speed transportation system we can now have any fruit and any vegetable any time any hour of any day. The question is, just because we can, should we? Is there really a difference between fresh locally grown food and what I get at the grocery store? If you're not sure of the answer to this question I challenge you to make a trip to the **Bellevue Berry Farm** this spring and place your hand picked berries next to the standard grocery store variety and have your own taste testing.

If you've never had a fresh picked warm from the garden strawberry I guarantee you will be astonished. The in-season fruit absolutely explodes with a vibrant intensity of flavor that will rock your taste buds into a shocked realization that you've never really tasted a strawberry before! This revelation of the incredible deliciousness of locally grown and sourced foods is the reason why the beginning of spring always has me daydreaming of a walk through the garden. I revel in seeing the first few verdant green stalks of asparagus poking their heads through the warm spring soil.

At the same time the first few weeks of warmth also herald the heartbreakingly short morel mushroom season. Foraging

for the elusive, but decadently delicious morels is an exciting adventure that is all too short, but the rewards of finding a few of the delectable umami rich fungi can make for a delightful family adventure. I'd be lying if I said I only cook in season, but the wonderful longing anticipation of the first trip to the **Old Market Farmers Market** always has me swooning.

“Carbonara is a classic Italian pasta with crispy pancetta and a sauce of grated cheese, raw egg yolks and fresh cracked black pepper”

This brings me to our spring **Food & Spirits** recipe, “Springtime Pasta Carbonara.” In all honesty I must admit that until recently I haven't had or made carbonara since my early 20s. I made it when I was in the bare infancy of any real culinary knowledge and made it only because a friend thought it sounded like an interesting recipe. Carbonara is a classic Italian pasta with crispy pancetta and a sauce of grated cheese, raw egg yolks and fresh cracked black pepper. The yolks are cooked by rapidly mixing the drained but still steaming hot pasta with the yolks and cheese to create a rich, creamy and satisfying peppery sauce.

As I stated earlier, my first attempt of this classic dish was a bit of a disaster. I had almost zero kitchen knowledge of any sort and I was a little freaked out by a dish of pasta sauced with raw eggs. My kitchen organizational skills being almost nil meant that after having overcooked the pasta to a nice sticky mush, I then



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let it drain while prepping the sauce mixture. It took another ten minutes plus before I was mixing the now cold noodles with the yolks and cheese. Suffice it to say that I was trying not to outwardly grimace as I lifted the first bite of pasta to my mouth.

Although it was basically inedible we both managed to choke down a few mouthfuls as we lied to each other about the wonderful gourmet meal we had experienced. Fast forward a few decades and I found myself pushing past my traumatic first exposure to carbonara and wanting to see what made this dish a classic. After much research and recipe development, I now understand why carbonara has stood the test of time. Properly prepared carbonara is a richly decadent bowl of pasta goodness, perfectly tender yet still al dente bites of pasta (pasta cooked just until tender, but still having a slight resistance as you bite into it) are coated in rich and cheesy egg yolk sauce. My version has the crispy crunch of salty bacon accented with bites of freshly picked baby asparagus, the rich umami flavor of morel mushrooms and then garnished with a few chopped spring onion greens.

If you don't have any asparagus growing in your backyard and are not fortunate enough to have any friends willing to divulge their super secret morel hunting grounds, you're still in luck. Head on down to the **Old Market** for the Saturday farmer's market and you can pick up all the ingredients; farm fresh eggs, locally produced bacon, fresh asparagus and spring onions. Morels are only available the first few weeks in spring and the farmers market has a very limited supply available on a first come first

serve basis and they're usually gone early in the morning (if you're too late, dried morels soaked for 1/2 an hour in hot water will still be very delicious).

After you've located all the items on your list at the farmer's market, load everyone up and make one last stop at **Midtown Crossing**. I've greatly enjoyed eating at **Ron Samuelson's Della Costa** and was very happy when he offered to supply the imported Italian bucatini pasta for the dish. I thought it would be nice but really didn't think it would be a noticeable difference. I've always prided myself on using only the best ingredients, but I was surprised with what a difference authentic Italian pasta made in my carbonara. The bucatini cooked up with a soft exterior and a slightly chewy center and had a subtly nutty flavor which married perfectly with the carbonara sauce. **Justin Halbert**, Ron's nephew and one of the owners, let me know that Della Costa is always happy to sell the bucatini as well as any other any kitchen supplies that their customers may need for a recipe.

So how about it my **Food & Spirits** friends, are you up for a springtime foraging adventure? Make a day of it, load your friends up in the car as you search for all the ingredients, stop at Della Costa to pick up the pasta and stay for a delicious lunch and maybe a well-deserved craft cocktail or two. Once you're done dining head back home for a leisurely nap and then start getting ready to celebrate spring with an Italian dinner that will feed your heart and body with delicious flavors and memories that you can savor with your family and friends for years to come.



Springtime Pasta Carbonara

4-6 servings

- 5 large eggs, room temperature
- 1 cup finely grated Pecorino Romano cheese (plus extra for garnish)
- 1/4 cup heavy cream
- 2 Tbsp fresh lemon juice
- 2 tsp finely grated lemon zest
- 1/2 pound smoked bacon cut into 1/2-inch pieces
- 1 cup diced onions
- 3 garlic cloves, thinly sliced
- 2 tsp freshly cracked black pepper
- 1 pound dried bucatini pasta
- 1/2 cup chopped fresh morel mushrooms (you may substitute with dried morels soaked for 1/2 hour in hot water, then drained)
- 1/2 cup blanched* diced asparagus (tough ends trimmed off)
- 2 Tbsp chopped spring onion greens

Instruction:

1. Bring 4 quarts of water and 2 Tbsp kosher salt to boil in a large pot and start cooking the pasta while sautéing the bacon and the asparagus and morel mixture.
2. Sauté the diced bacon in a 12 inch skillet over medium heat till the bacon is brown and crispy, drain the bacon on paper towels. Drain off all but 2 Tbsp of the bacon grease (save the rest for frying eggs for breakfast in the morning). Return heat to medium and sauté diced onions till softened, add the morel mushrooms and asparagus, sauté for a couple minutes till morels are lightly browned and asparagus is tender crisp, add garlic and black pepper*, stir for a minute, taking off the heat promptly and allow to slightly cool.
3. Lightly whisk the eggs yolks, cream, lemon juice and zest in a large warmed bowl (only warm, too hot and you will cook the eggs). Cook the pasta testing often till it is al dente*, drain the pasta saving one cup of the hot pasta water*, immediately use tongs to toss and evenly coat the hot pasta in the bowl with the egg yolks and cheese, the heat of the pasta will cook the egg yolks. Add a little of the hot pasta water as needed to slightly thin and meld the sauce and pasta together. Add the bacon and the warm mushroom and asparagus mixture to the pasta and toss lightly to mix, garnish with a sprinkle of green onions, extra Pecorino Romano and serve immediately.

If you really love your dinner guests make a little nest in the center of each plate of steaming hot pasta and nestle in a room temperature egg yolk for that extra wow factor.

Tips and Tricks

1. Blanching – asparagus cooked in boiling water for a minute then plunged into ice water will stop the cooking and set the bright green color.
2. Sautéing or blooming the black pepper or other spices in hot oil releases and intensifies the flavors.
3. Al Dente – Cooking pasta only until it has tender exterior and a slightly chewy bite at the center.
4. Hot pasta water – This is what makes the pasta at a great restaurant so much better than what we often serve at home. The pasta water has the pasta flavor and starch in the water, and it will slightly thin the sauce while the starch in the water makes the sauce creamy and melds the pasta and sauce together into a beautiful marriage of tasty deliciousness.



Harvesting Food and Friends at **FLORENCE MILL FARMERS** Market, Where Agriculture, History and Art Meet

by Leo Adam Biga

The ‘Mill Lady’ is hard to miss at the **Florence Mill Farmers Market** on summer Sundays. She’s the beaming, bespectacled woman wearing the straw hat adorned by sprays of plastic fruit and vegetables.

Market vendors include local farmers, urban ag growers, gardeners and food truck purveyors. It’s been going strong since 2009 thanks to **Linda Meigs**, aka The Mill Lady. As director of the historic mill, located at 9102 North 30th Street, she’s transformed a derelict site into a National Register of Historic Places cultural attraction “connecting agriculture, history and art.”

She “wears” many hats beyond the fun one. As market manager, she books vendors. She organizes exhibits at the Art Loft Gallery on the mill’s top floor. She curates the history museum on the main level. She schedules and hosts special events. She writes grants to fund operations. Supervising the mid-19th century structure’s maintenance and repairs is a job in itself.

Ever since her and her late husband John acquired the abandoned mill in 1997, Meigs has been its face and heart. An artist by nature and trade, she also has an abiding appreciation for history.

“Omaha would be such a beautiful city with some of the architecture we’ve torn down. This is not the most beautiful architecture in Omaha, but it is the oldest historic business site

and the only still-standing building in the state that bridges the historic eras of the overland pioneer trails of the 1840s with the territorial settlement of the 1850s. That’s a very small niche – but what a cool one. And it has this Mormon heritage and connection to Brigham Young, who supervised its construction.”

It took her awhile to arrive at the ag-history-art combo she now brands it with.

“I had very vague, artsy ideas about what to do. But that first summer (1998) I was in here just cleaning, which was the first thing that needed to be done, and I had a thousand visitors and the building wasn’t even open. A thousand people found their way here and they were all coming to see those 1846 Mormon hand-hewed timbers

“It was like those timbers told me it needed to be open as an historic site after that experience. This is my 20th summer with the mill.”

She made the guts of the mill into the **Winter Quarters Mill Museum** with intact original equipment and period tools on view. Interpretive displays present in words and images the site’s history, including the western-bound pioneers who built it. She converted the top floor into the **ArtLoft Gallery** that shows work by local-regional artists. Then she added the farmers market.



"It was not really until after it happened I realized what I had. Then I could stand back and appreciate the integrity of it. I felt like it was a natural fit for that building because it was an ag industrial site and an historic site. The pioneer trails are certainly a significant historical passage of our country.

"Then, too, I'm an artist and a foodie. I think supporting local is good for both personal health and for conservation of resources. It promotes individual health and the health of the local farm economy. It has less impact on the environment with trucking when you bring things in from close by as opposed to far away.

"I'm into fresh, locally-produced food. In the summer I pretty much live on local vegetables. I am a gardener myself and I do support my farmers market folks, too."

Farmers markets are ubiquitous today in the metro. Hers owns the distinction of being the farthest north within the city limits. It proved popular from the jump.

"That first farmers market started with six vendors.

Hundreds of people showed. It was a crush of people for those vendors. And then every week that summer the number of vendors increased. I think we ended up with about 40 vendors. I was pleased.

"Really, 30 is about the perfect number. It's the most manageable with the space I have. I'm not trying to compete with the maddening crowd market."

Finding the right mix is a challenge.

"You want to have enough variety to choose from, but you also have to have the customers that will support those vendors or they won't come back. If the community doesn't support it, it's hard to keep it going."

Other markets may have more vendors, but few can match her setting.

"This one is quite unique. It's in a field. It's inside and outside an historic ag building. And it feels like an authentic place for a market."

She cultivates an intimate, upbeat atmosphere.

"It's like a country fair. I have live music. Dale Thornton's always there with his country soft pop ballads in the morning. The afternoon varies from a group called Ring of Flutes to old-time country bluegrass circle jams. Second Sundays is kind of a surprise. One time I had harpists show up. Lutist Kenneth Be has played here several times. I've had dueling banjos. Just whatever."

A massage therapist is usually there plying her healing art. Livestock handlers variously bring in lamas, ponies and chickens for petting-feeding.

A main attraction for many vendors is Meigs.

"Oh, she's beautiful. Nice lady, yeah," said Lawrence Gatewood, who has the market cornered with barbecue with his **T.L.C. Down Home Food** stall.

Jared Uecker, owner of **O'tille Pork & Pantry**, said, "Linda's exceptional to work with and really cares about the market and



its vendors. She's passionate about local food and is a frequent customer of ours."

Jim and Sylvia Thomas of **Thomas Farms** in Decatur, Nebraska are among the produce vendors who've been there from near the start and they're not going anywhere as long as Meigs is around.

"Everybody loves Linda. She's what makes it," Jim Thomas said. "She's really doing a good job and she's pretty much doing it for free. I mean, we pay her a little stall fee but for what we get it's a deal."

"Jim and Sylvia Thomas came in the middle of that first season and they've come back every year," Meigs said.

"We kind of grew along with it," Thomas said. "It's a really nice friendly little market. We're also down at the Haymarket in Lincoln, but it's touristy, This (Florence Mill) is more of a real, live food market."

Thomas is the third-generation operator of his family farm but now that he and his wife are nearing retirement they're backing off full-scale farming "to do more of this." "I like the interchange with the people. I guess you'd say it's our social because out in the boondocks you never see anybody. The thing about Florence is that you get everybody. It's really varied."

That variation extends to fellow vendors, including Mai Thao and her husband. The immigrants from Thailand grow exquisite vegetables and herbs

"They came towards end of the first season and they've always been there since," Meigs said.

Then there's Gatewood's "down home" Mississippi-style barbecue. He learned to cook from his mother. He makes his own sausage and head-cheese. He grows and cooks some mean collard greens.

Gatewood said, "I make my own everything."

"I call him "Sir Lawrence," Meigs said. "He's come for the last three years. He smokes his meats and beans right there. He grills corn on the cob."

Gatewood gets his grill and smoker going early in the morning. By lunchtime, the sweet, smokey aroma is hard for public patrons and fellow vendors to resist.

"He's a real character and he puts out a real good product," said Thomas.

Kesa Kenny, chef-owner of **Finicky Frank's Cafe**, "does tailgate food at the market," said Meigs. "She goes around and buys vegetables from the vendors and then makes things right on the spot. She makes her own salsa and guacamole and things. You never know what she's going to make or bring. She's very creative."

Kenny's sampler market dishes have also included a fresh radish salad, a roasted vegetable stock topped, pho-style, with chopped fresh vegetables, and a creamy butter bean spread. She said she wants people "to see how simple it is" to create scrumptious, nutritious dishes from familiar, fresh ingredients on hand.

"From a farmers market you could eat all summer long for pennies," Kenny said.

More than a vendor, Kenny's a buyer.

"She's very supportive," Meigs said. "For years, she's bought her vegetables for her restaurant from the market."

"It's so wonderful to have that available," Kenny said.

Meigs said that Kenny embodies the market's sense of community.

"She comes down to the market and does this cooking without advertising her own restaurant. I told her, 'You need to tell people you're Kesa of Finicky Franks,' and she said, 'No, I'm not doing this to advertise my restaurant, I'm doing this to support the market and to be part of the fun.' That's a pretty unique attitude."

"Kesa's also an artist. She and I knew each other back at the **Artists Cooperative Gallery** in the **Old Market**. She quit to open a cafe-coffee shop and I quit to do an art project and then got the mill instead. It's funny that we have reconnected in Florence."

Jim Thomas likes that the market coincides with exhibits at the ArtLoft Gallery, which he said provides exposure to the art scene he and his wife otherwise don't get.

"I really enjoy the artsy people and the crafts people. They're so creative. I guess what I'm saying is for us it isn't about the food as much as it is about the people."

Being part of a site with such a rich past as a jumping off point to the West is neat, too.

"That's some big history," said Thomas.

He added that the variety and camaraderie keep them coming back. "It's really diverse and we've developed a lot of friendships down there."

"It's a great mingling of different nationalities and cultures," Sylvia Thomas confirmed. "All the vendors help each other out, which is very unique. At a lot of markets, they don't do that. Here, if you don't have something that someone's looking for, we'll refer you to who has it. After you've been there long enough like we have, vendors and customers become kind of a family. Our regular customers introduce us to their kids and grandkids and keep us posted on what's going on, and they ask how our family's doing."

"We kind of intertwine each other."

The couple traditionally occupies the market's northeast corner, where gregarious Jim Thomas holds court.

"Linda (Meigs) tells us, 'You're our welcoming committee.' It's very fun, we enjoy it a lot," Sylvia Thomas said.

Lawrence Gatewood echoes the family-community vibe found there.

"It's real nice there. Wonderful people."

Even though business isn't always brisk, Gatewood's found a sweet spot on the market's southeast side.

"Not every Sunday's good, but I still like being out there mingling with the people."

But food, not frivolity, is what most patrons are after.

"Our big deal in the summer is peppers and tomatoes," Jim Thomas said. "We also have onions, potatoes, cucumbers, eggplants. We do sweet corn but sweet corn is really secondary. Early this year, if we get lucky, we might have some morels down there. Morels sell like crazy. We can sell just as many as we've got."

In the fall, Thomas pumpkins rule.

The veggies and herbs that Mai Thao features at her family stall pop with color. There are variously green beans, peas, bok choy, radishes, fingerling potatoes, cucumbers, kale, cilantro and basil.

Makers of pies, cakes and other sweets are also frequent vendors at the market.

The farmers market is not the only way the mill intersects with food. Meigs has found a kindred spirit in

No More Empty Pots (NMEP) head **Nancy Williams**, whose nonprofit's **Food Hub** is mere blocks away.

"We both have an interest in food and health," Meigs said as it relates to creating sustainable food system solutions. "Nancy is also into cultivating entrepreneurs and I guess I am too in a way."

Jared Uecker found the market "a wonderful starting point" for his start-up

O'tille Pork & Pantry last year.

"It was the perfect home for us to begin selling our meat products. I really enjoyed its small-size, especially for businesses new to the market such as ourselves. It gave us a great opportunity to have a consistent spot to showcase our products and bring in revenue for the business. I particularly enjoyed the small-town family feel to it. It's filled with really great local people using it for their weekly shopping as opposed to some





other bigger markets which can feel more like people are there more to browse.”

The mill and NMEP have organized **Blues and Barbecue Harvest Party** joint fundraisers at the mill.

Meigs has welcomed other events involving food there.

“I’ve hosted a lot of different things. Every year is kind of different. In 2014 the mill was the setting for a Great Plains Theatre Conference PlayFest performance of Wood Music. The piece immersed the audience in reenactments of the mill’s early history, complete with actors in costume and atmospheric lighting. A traditional hoedown, complete with good eats and live bluegrass music, followed the play.

Kesa Kenny catered a lunch there featuring Darrell Draper in-character as Teddy Roosevelt. A group held an herb festival at the mill. Another year, crates of Colorado peaches starred.

“I occasionally do flour sack lunches for bus tour groups that come,” Meigs said. “I make flour sacks and stuff them with grain sampler sandwiches that I have made to my specifications by one of the local restaurants. It’s like an old-fashioned picnic lunch we have on the hay bales in the Faribanks Scale.”

The mill is part of the North Omaha Hills Pottery Tour the first full weekend of October each year. The Czech Notre Dame Sisters hold a homemade kolache sale there that weekend.

FARINE + FOUR OPENS ITS DOORS

by Margaret Davenport

The sun rises over Leavenworth Street every morning, streaming through **Farine + Four**, a daytime restaurant and bakery.

Arriving at 4:30 a.m. isn't always easy according to **Ellie Pegler**, the owner, who begins baking and prepping before the sun even has a chance to stream through the giant windows lining the walls of 3020 Leavenworth St. in Omaha.





Pegler is used to the dread of the early morning baking shifts, having worked as the head baker at the two Michelin-starred restaurant Aquavit in New York City by day and attending the French Culinary Institute (now the International Culinary Center) by night. But culinary school was not always in Pegler's cards.

“And the one thing I always liked doing was being in a kitchen”

Pegler graduated from the University of Nebraska – Lincoln with a degree in political science and Spanish. Having worked at the Cookie Company in Lincoln for nine years throughout high school and college, Pegler wasn't a complete stranger to being in kitchens.

“But at that time, it was never something I was taking seriously,” Pegler said. “It was totally different.”

With her future set on law school, she moved to Santiago, Chile before coming to the realization that she was not yet ready.

“I kept putting off law school for so long that I figured there was probably a reason for it,” Pegler said. “And the one thing I always liked doing was being in a kitchen.”

At the International Culinary Center, Pegler studied the culinary arts, bread, and wine programs. It was here where she met Brett Regot, a friend and now head of the savory program at Farine + Four.

As Pegler worked in kitchens throughout New York City, Regot worked as a food stylist for Bon Appetit and Food & Wine magazines, working on cookbooks and diving into the culinary editorial world in NYC. But they both quickly grew tired of the city's grinding culinary scene.

“I got to a point in New York where I felt like I wasn't learning that much anymore, and I was skipping all of these holidays because I was working in the kitchen,” Pegler said. “I wanted to do it on my own and have my own concept.”

So she enlisted Regot's help, suggesting that he make the move to Omaha.



“When he told me he was coming to Nebraska, I highly doubted he would actually move out here,” Pegler said. “But he did! And it’s so wonderful having him here.”

Opening this past January, Farine + Four offers breads, laminated pastries such as croissants, chocolates and savory products such as the spicy fried chicken sandwich. Come the summer, Pegler hopes to begin making and serving ice cream and acquire a liquor license so customers can relax on the patio and sip on hand-selected wines — Pegler is a certified sommelier thanks to her wine program at the French Culinary Institute.

In addition to the upcoming drink options, Pegler is adding a full-size mill from New American Stone Mills, located in New York. In addition to milling flour for the bakery, Pegler wants to offer wholesale milling, so people can come and have their flour milled to order like coffee beans.

“We’re trying to educate people that flour is not actually shelf-stable.”

Farine + Four currently uses organic flour, and all rye and wheat flour is milled in house. The grain is sourced from Bob’s Red Mill out of Oregon, but Pegler said she would love to go as local as possible. Vegetables arrive through Farmtable delivery, a company that works with small and mid-sized farms to bring organic produce to Omaha, and milk and cream from Kalona SuperNatural in Iowa.

Staying organic and simple is the root of the company, with the four main ingredients found in naturally leavened bread - flour, water, salt and leaven - entwined into every part of the space. This detail is as broad as the colors of furniture to the very name of the space, Farine + Four translates to Flour + Oven in French.

Farine + Four is open Wednesday through Sunday through the lunch hours, though Pegler says they may extend their hours once the summer approaches. With the upcoming menu items, Pegler is optimistic for the future of the space.

“People here really believe in the product because they want to see great food go out.”



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THE 1939 NAZI DIET AT THE FONTENELLE HOTEL AMBER ROOM

by Oliver B. Pollak

The **Fontenelle Hotel** opened in 1915, the **Blackstone** in 1916. The two hotels and their restaurants competed as Omaha's iconic images of gracious hospitality.

On September 1, 1938 the nazis started their blitzkrieg assault of Poland. Warsaw surrendered on September 23. A "phoney" war ensued until Germany invaded France on May 10, 1940. War preparation included food rationing. The British and German sea blockades threatened British and German food supplies. Rationing provided fairer protein distribution, and downplayed conflicts between the rich bacon, butter and sugar and working classes. The British instituted rationing on January 8, 1940.

The nazis publicized an austerity diet. In late October 1939 **Chef David Bernabo** of Fontenelle's new **Amber Room** and the *Omaha World-Herald* prepared a week's worth of meals for reporter Edwin Hadfield.

David Bernabo, born in Parma in 1890, had cooked in Paris, London, Rome, New York, and Chicago. He came to Omaha in 1924 as the Fontenelle's executive chef. His national reputation included a spaghetti with tomato sauce recipe published in the *Boston Globe*. In 1929 he was hailed as the "Mussolini of the Fontenelle Kitchens." Half of the sixty employees working under him in Fontenelle's culinary department were Italians. He served South American quail and had a reputation for preparing pheasant.

The guinea pig, Edwin Hadfield, a 27-year old 166-pound journalist, born in 1912, a North High and University of Chicago graduate, subsisted for a week on the nazi diet. He wrote a front page story every day from October 24 to 31, about his experience going down to 160 pounds.





Edwin wrote, "I began the nazi diet in the interest of pure science to show what physiological effect the nazi diet can have in one week. It's already undermining my morale." He described the first soup as "paperhanger porridge." He called it, "Bullets instead of butter!"

SEVEN-DAY MENU:

BREAKFAST

- malt coffee, soup made with flour and margarine
- malt coffee, whole wheat bread
- rolled oats, apple, butter, sandwich
- malt coffee, whole wheat bread, jam
- Frisian porridge (oatmeal with buttermilk, yolk of an egg)
- Coffee, apple cake
- Coffee, lard sandwiches

LUNCH

- vegetable soup with spaghetti, red cabbage, mashed potatoes, baked apple
- vegetables cooked with pears, potatoes, meat dumplings
- salad of warm boiled white cabbage and bacon
- boiled celery, potato with parsley
- potato and vegetable salad, sausage, apple sauce
- stuffed baked cabbage, carrots, pudding, potatoes
- carrot soup with dumpling, carrots with onions

DINNER

- colored potato dish made with potatoes, diced beets, diced pickles, horseradish
- potato salad, pickles, lard sandwiches, tea from blackberry leaves
- baked potato, baked apple
- fried potato with caraway seeds, vegetable salad
- bread pudding, fruit
- warm bread, cottage cheese with caraway seeds and grated carrots, butter spiced with herbs

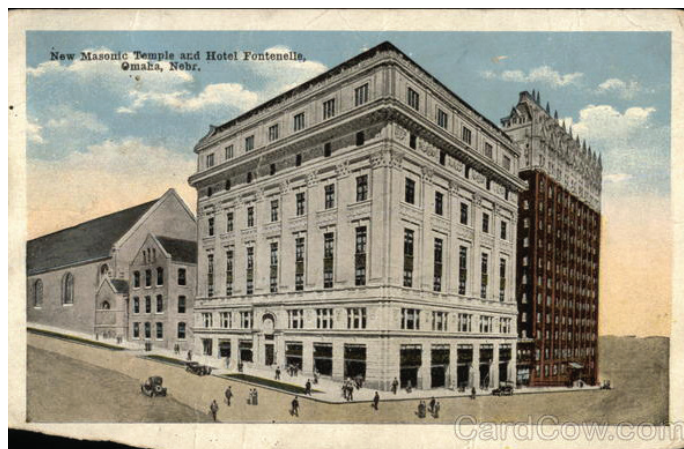
Twenty-one meals included one egg yolk and three meals with meat (bacon, sausage, meat ball). Edwin lost seven pounds. He endured caffeine withdrawal headaches, countered by aspirin, 1½ inches off the chest and waist, and potential malnutrition, anemia.

His last supper, tomato juice (for vitamin c), head lettuce salad (for vitamin A), corn fed 4-H baby beef sirloin (for iron and protein), milk (for phosphorus and calcium), French-fried potatoes (to spite the nazis), brussel sprouts, rolls with real butter, celery, olives, and blueberry pie a la mode, brought back one pound.

“The Fontenelle Hotel and the Amber Room could not compete with the downtown Hilton and closed its doors in 1971.”

David Bernabo, Eugene Eppley's personal chef retired in 1956. Eppley died in 1958 and left Bernabo \$150,000. Bernabo died in 1964 and entered the Omaha Hospitality Hall of Fame in 1997. Edwin Hadfield became an Army Second Lieutenant in 1942. First Lieutenant Hadfield returned from the war in 1945 with a Bronze Star for his service on Tinian Island in the Marianas. He worked for a Chicago newspaper and died there in 1985.

The Fontenelle Hotel and the Amber Room could not compete with the downtown Hilton and closed its doors in 1971. Although it closed almost 50 years ago many people still harbor vivid memories of good times.



Nebraska Journalist-Author **GENOWAYS** Takes Micro and Macro Look at the U.S. Food System

by Leo Adam Biga

It should come as no surprise that a writer, who chronicled a year in the life of a Nebraska farm family, exposed the dangers of a broken American food system and is now researching Mexico's tequila industry, has always marched to the beat of a different drummer.

Growing up, Ted Genoways was encouraged to read books well beyond his years by his natural museum administrator father, Hugh H. Genoways. That was okay with the youngster because he liked reading, even though it took his dad making a bargain with him to replace comic books with classics.

The great American interpreter of the common man's struggles, author John Steinbeck, became an inspiration for Genoways and remains so today. The exposes of muckrakers such as Upton Sinclair further lit a fire in him—that still burns—to stand up for the underdog.

"I just recently got fascinated by the work done by the 'Stunt Girls,' the forerunners of the muckrakers and the first undercover investigators. Their whole notion was to get into spaces hidden from public view and write about what was going on there in order to bring public pressure to bear and change conditions."

Following in the footsteps of these socially conscious writers, Genoways has documented the hardships facing small farmers, migrants and immigrants and he's explored the effects of big ag on towns and families.

Storytelling has captivated him for as long as he can remember. "Strangely fascinated" by the stories others told him, Genoways developed a habit of writing them down and illustrating them, a precursor to the student journalism he practiced in high school and college and to his career today as journalist and author.

Some of the stories he heard as a boy that most captured his imagination concerned his paternal grandfather's experiences working on Nebraska farms and in Omaha meatpacking plants. Though Genoways hails from an urban background, this city boy has repeatedly turned to rural reaches for his work. After all his travels, including a short stint in Minnesota and a decade-plus back east as editor of the Virginia Quarterly Review, Lincoln, Nebraska is where he now calls home.

His father's work meant a nomadic life for Genoways. He was born in Lubbock, Texas and grew up in the North Hills of Pittsburgh, where the family stood out both for lack of want and for the title, Dr., his Ph.D. father carried. Most of his friends and schoolmates were the sons and daughters of blue-collar working parents, some of whom were laid off by the mills and struggling to get by. By contrast, his father was curator of mammals at the Carnegie Museum of Natural History.

When the elder Genoways accepted the directorship of the Nebraska State Museum, the family moved to Lincoln in 1986. At Lincoln East High School, Genoways found in Jim Schaffer the first of two crucial mentors in his foundational years as an aspiring published writer.

"Jim was our journalism teacher and the publications advisor," said Genoways, who with some fellow students and the encouragement of Schaffer founded a school magazine, *Muse*. Only three years after its launch the Columbia School of Journalism named it the nation's best high school publication.

"That whole experience of working on that magazine was really formative. It was also a case where because we were all so new to that stuff, we didn't think a lot about genre distinctions. We were all writing fiction and poetry and descriptive pieces and to whatever extent a high school student can we were trying to report on things that seemed to be of broader significance – national issues and things relevant to the school."

Muse getting singled-out resulted in Genoways and his classmates going to New York to accept the Columbia recognition. By virtue of Schaffer working on a dissertation about baseball columnist Roger Angell, the Nebraska group got entree to visit the legend at his New Yorker magazine office during their Manhattan trip.

"It was quite an experience. We went also to *Spy Magazine*, which we were interested in because one of the editors, Kurt Andersen, was from Omaha."

Three decades later, Genoways is now the established professional emerging young writers seek out.

All in all, he said *Muse* proved "definitely an important beginning point for me."



It worked out that Genoways and Schaffer matriculated to Nebraska Wesleyan University at the same time—to study and teach, respectively. Again, with Schaffer's blessing, Genoways founded a magazine, Coyote.

"It was more ambitious and probably more openly irreverent," Genoways said. "It was something we really enjoyed. It was a great incubator for just trying out all kinds of ideas and really seeing what a magazine could be."

At Wesleyan, Genoways found another key influence in the late state poet William Kloefkorn.

"To have an interest as I did in both the literary side and the journalistic side and then getting to work with Bill Kloefkorn at Nebraska Wesleyan while also working with Jim there was really ideal. I've had a lot of great teachers over the years, but I think it would be pretty impossible to match the kind of wisdom and knowledge Bill had with that incredible generosity. He was always teaching and always glad to share his thoughts with young people who were wanting to know more. I feel really lucky to have had somebody like that at a point when I was just getting started."

Genoways soaked it all in.

"I was an English major with a creative writing-poetry emphasis and thesis but was a journalism minor. I would say over time my interests and my work have moved back and forth between those things. But I don't see them as all that different. I mean, my first book of poems, *Bullroarer*, was kind of a reimagining of the life of my grandfather, who worked in a meatpacking plant in Omaha when he was young, and that definitely was part of what got me interested in investigating the meatpacking industry and writing the book *The Chain* (Farm, Factory and the Fate of Our Food)."

A particular story oft-told by the author's father influenced Genoways eventually writing *The Chain*.

"When my dad was a kid, the family came to Fort Calhoun for Easter. And for whatever reason, his father thought it would be a good idea to show him where the Easter ham comes from. The story is that my grandfather worked in the Swift packinghouse. He took him into the kill floor there. My father said he didn't know exactly what his dad was thinking taking an 8 or 10 year old kid to see the hogs being slaughtered, but it made a real impression on him."

As an adult, Genoways sees an interconnected food system full of health hazards that span the planting, fertilizing and

harvesting of the grain that feeds livestock to the ways animals are housed, killed and processed.

"The Chain was this whole idea of wanting to see this go from seed to slaughter."

More family lore has spurred his work.

"My grandfather's upbringing during the Great Depression and landing out in western Nebraska on a farm and raising my dad out there was a big part of what was behind writing *This Blessed Earth* (A Year in the Life of an American Family Farm). That's the reason there's kind of a coda at the end, where I go back to some of those places I remember from my childhood with my dad – but now with a new understanding of all the

pressures my grandfather had been under and all the factors that had helped shape my dad's childhood.

"So to me it's all part of the same work—it's just different ways of approaching it and reaching different audiences. But also, I suppose, kind of testing out what medium and what approach works best for different kinds of material."

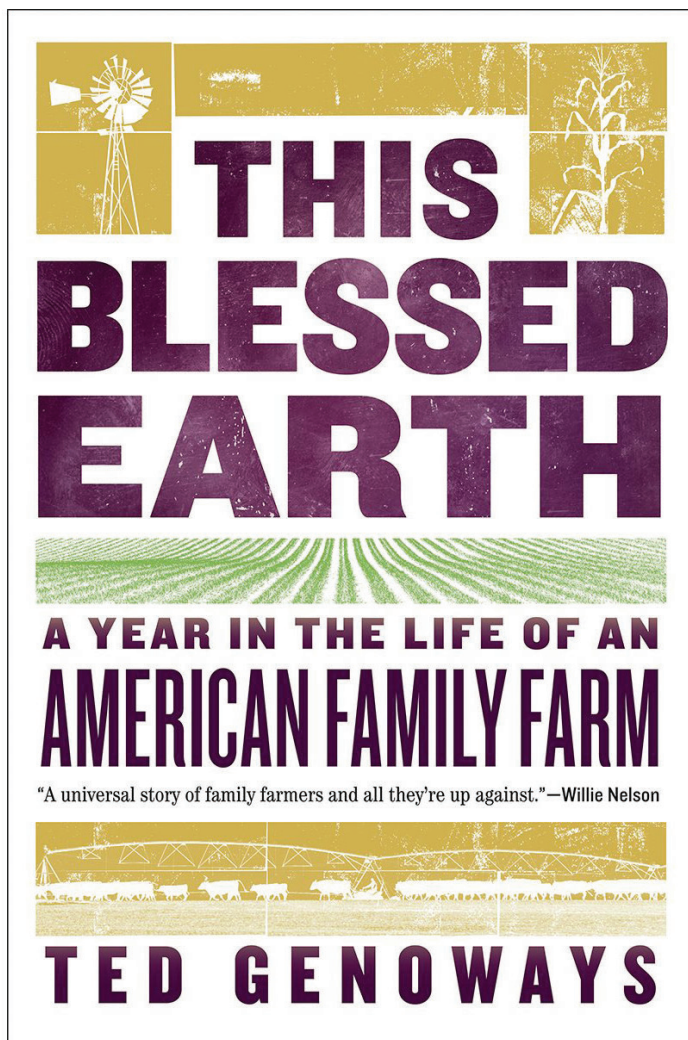
He has used literary journalistic prose and straight investigative reporting for examinations of unsafe, unsanitary conditions at Hormel hog plants in Austin, Minnesota and Fremont, Nebraska and animal abuse in Iowa and for his delineation of challenges facing small family farmers. His work has appeared in *Mother Jones*, *OnEarth*, *Harpers* and other national magazines.

"As much as I love the pure activity of the research and writing, my hope always is it does more than just entertain and inform. I would hope it's also shining a light on issues people hadn't thought about before and making them see the world in a different way and maybe moves them to want to do something about injustices

of the world. There's no question I've got a point of view. It's one of the reasons magazine journalism, which traditionally is more forgiving on those sorts of things, feels like the right place for me."

Genoways doesn't shy away from showing his sympathies for the average Joe or Jill who get the shaft from big money forces beyond their control.

"I'm always starting by seeing a complex set of issues or events I think are worth investigation. I always feel like what I can contribute to the conversation is constantly saying it's not simple—here's another complex dimension of that. I'm interested in exposing the mechanisms of systems to show how things are



stacked against the little guy. So my interest is in leveling the playing field and making sure everybody gets a fair shake. But that's really as far as my philosophy extends. I don't have a big political agenda."

His reporting in meatpacking company towns revealed sped-up production lines whose workers, many illegal, suffer more injuries and illnesses. He also shed light on predominantly white Fremont's racially-charged stands and measures to make life inhospitable for undocumented workers and their families.

Finding packers willing to talk to him can be a challenge, but he said he's hit upon a reliable strategy of reaching out to "whoever in the community is advocating on behalf of the workers," adding, "There's all these nonprofits providing interpretive services or medical help or helping navigate the immigration process." In Austin, Minnesota, where workers suffered a neurological disorder from exposure to an aerosolized mist created from liquifying hog brains, he developed enough rapport with the afflicted that he got several to sign waivers.

"That waiver allowed the state-appointed social worker for this case to turn over her records and the release of their medical records. Having these monthly reports on their progress created a timeline, a kind of verifiable trajectory for their symptoms and illness. It also then allowed me to have this record of dates to go back to the workers themselves and jog their memories. It also opened up other kinds of conversations."

Since paranoid management makes on-site journalist observations at any plant next to impossible, Genoways finds other ways to recreate what goes on there.

"The central problem of working on anything with meatpacking is you're almost certainly not going to see the workplace, and so you have to kind of reconstruct it from what the workers can describe but then also try to find whatever you can in the way of documentary evidence to go with that.

"In addition to second-hand accounts from line workers and supervisors," he said "ideally, I try to get applicable government inspection records and reports of problems documented at those places. So, it's a lot of triangulation rather than direct access. To me, the process is interesting. Anytime someone tries to drop the curtain to conceal what's going on somewhere, it feels like the place we should be going and trying to see what is behind the curtain. It's an indicator there's something going on we should be paying attention to."

He suggests instead of companies investing in mega security to keep prying eyes out "money might be better spent changing processes and policies so you don't have to worry about public scrutiny."

He and photographer wife Mary Anne Andrei have worked on magazine and book projects together.

"I love working with Mary Anne. We seem to have some kind of built-in radar that allows us to be focused on our part of the project while remaining attuned to what the other person needs. That communication means Mary Anne is asking questions in interviews and I'm sharing what I see as she's getting shots. It's a true collaboration."



In the Hammonds, they found a tight-knit, fifth-generation farm clan now growing soybeans who defied a proposed TransCanada Keystone XL pipeline route to have cut right through their property.

"Our interest really got ramped up when the neighbor to the south of them who had been renting them two quarters of ground for many years said, 'I don't agree with this stance you've taken and I'm not going to allow you to farm this ground anymore.' The Hammonds took a real financial hit from having expressed this strong opposition to the pipeline and that was the point at which we said we'd like to spend a year as your family works to deal with struggling to make ends meet when you've taken a stand like that."

Genoways saw the family as a symbol for thousands just like them.

"They embodied so many of the challenges of modern farming as well as struggles that all family farms are up against—how big to get, how much risk to assume. Things just kept stacking up, Prices bottomed out. There were all sorts of new pressures. And to

their great credit Rick Hammond and his daughter Meghan and her fiancé Kyle all said, 'We've committed to doing this, we'll stick it out. We want people to see what it's really like here—what the stresses are.' So they let us follow them around for that year. It was a tremendous commitment on their part and they really hung in there with us, even in times that were incredibly stressful for them.

"I hope that openness they exhibited translates into something that allows people to see just what that life is really like."

Genoways recently returned from a trip south of the border for research on his new book, *Tequila Wars: The Bloody Struggle for the Spirit of Mexico*.

OUR FAVORITE PATIOS AROUND OMAHA IN 2018

With the break in the cold temperatures and spring making its appearance, patio season is now in full effect. The ability to enjoy beers and cocktails on a deck is, once again, ours for the taking. With that in mind, **Food & Spirits Magazine** has compiled a list of some of our favorite patios to be found in the **Omaha Metro**. Make sure to check out the accompanying map to find the best patio near you!

1 LIV LOUNGE – 2285 S 67TH ST. 402-884-5410



An award-winning cocktail bar in the Aksarben Village area of Omaha, LIV Lounge offers an extensive cocktail menu, diverse wine & beer selections, and small plate appetizers in a warm and inviting environment,

including a large outdoor patio. Since opening in 2009, LIV Lounge has become one of the most respected cocktail bars in Omaha with a menu that includes over 100 hand-crafted classic and craft cocktails. Only steps away from Stinson Park, Baxter Arena, the Keystone Trail, restaurants, theaters, hotels, shopping and convenient free parking, LIV Lounge is the perfect place for happy hour, after-dinner drinks, or evening cocktails in a civilized setting. The LIV Lounge outdoor patio, one of the largest outdoor patio spaces of any cocktail bar in the area, is a popular spot for groups large and small. With a gas-fired fire pit, bistro table seating, and designated outdoor wait staff, the LIV patio provides a relaxing setting for socializing with friends, enjoying fresh air, day-time sun shine and evening star gazing.

2 BEACON HILLS – 6750 MERCY RD. 402-933-3115



A patio like no other. The patio at Beacon Hills in Aksarben Village is your outdoor destination. It's your gathering place for weekend brunch, a casual lunch or the best happy hour in town complete with a fireplace for the nights that get a bit too chilly and shade on the

hot days. If the experience doesn't hook you the food will.

Is weekend brunch on your check list? Brunch is offered every Saturday and Sunday, 9-2 pm. Stop by before or after your Sunday walk through the Omaha Farmers Market, but come early as the patio is on a first come, first serve basis.

Is happy hour on your check list? Beacon Hills Patio Party offers amazing cocktail, beer, wine, and food specials Monday-Friday 2-6 p.m. Our Patio Happy Hour always out ranks rush hour. Enjoy a cold beer or have Beacon Hills famous crab cakes while enjoying the warm vibes of the summer.

3 BRICKWAY BREWERY & DISTILLERY – 1116 JACKSON ST. 402-933-2613



Brickway, located in the Old Market, has one of the best patios in the area with the south facing deck insuring sun all throughout the day. Daily happy hour drink specials are available throughout the week and feature \$4 Session Series beers.

Weekend day-drinking

specials include \$5 Bloody Marys & Beermosas from open to close. Brickway offers a massive selection of local brews and spirits with over 15 Brickway beers as well as at least 6 of their own spirits, including their American Single Malt Whisky. Brickway is open 2 pm to midnight Monday - Thursday, 11 am to 2 am Friday - Saturday, and 11 am to midnight on Sunday. Free tours Thursday to Sunday. Check www.drinkbrickway.com for tour times.

4 DELLA COSTA – 220 S 31ST AVE. 402-614-5100



The patio at Della Costa may just be one of the best patios in town. With an expansive view of not only Turner Park but also downtown Omaha, the patio at Della Costa does not want for a vista. Choose between their three couch sectionals boasting

built in fire pits and comfortable patio tables made of granite. They can accommodate groups ranging from 2 up to large groups of 50 or more! Enjoy their unique Mediterranean cuisine in an unbelievable setting overlooking Midtown Crossing.

**5 DOLCE – 12317 WEST MAPLE RD.
402 964 2212**



Every night is date night at Dolce, and our intimate patio is the perfect place for it. If course style dining is your date night preference then Dolce is worth checking out. Dolce has a date night menu that can also be ordered a la carte. Dolce has a risotto of the day and a taste of the moment, a different dish created daily, allowing their chefs to achieve the highest level of culinary versatility. The second course brings a daily made soup and a couple of salads. The third courses bring steak, short rib,

chicken and pork into play. If you've paced your appetite properly you'll conclude with a dessert course. Dolce's flexibility allows diners to frequently return to the restaurant and continue to expand their palate. Dolce creates food that creates a memory. Located in West Omaha their exquisite food, notable wine list, and refined ambiance will make you want to come back again and again.

**6 GOLDBERGS IN DUNDEE – 5008 DODGE ST.
402-556-2006**



Goldbergs in Dundee offers a cozy, laid back atmosphere both indoors and out. With a full-service patio friendly to dog owners and able to

accommodate groups up to 7 people, the only thing keeping people inside the restaurant is a chilly day. The wait staff stay customer focused throughout your meal, meaning prompt and friendly service; allowing you to enjoy the experience of going out to eat. From famous Bloody Marys, a full bar, and food choices aplenty, there is something for everyone at Goldbergs. To emphasize the food choices offered, since December 2016 Goldbergs carries a Range-Free burger that is gluten-free, vegan, and contains no GMOs. Many independent restaurants come and go but with the continued support of the neighborhood and watchful eyes of the staff, Goldbergs in Dundee will continue to welcome its customers with great food and a warm and friendly atmosphere for many years to come.

**7 HERBE SAINTE – 1934 S 67TH ST.
402-913-2396**



The patio at Herbe Sainte is small and intimate like the inside space. Offering 2 couch selections with fire pits and multiple tables, they can accommodate any size group. With

an amazing view of the HDR development and the heart of Aksarben Village, the patio at Herbe Sainte is prime real estate for people watching, cocktail sipping and relaxing. Enjoy Cajun/ Creole fair in style on the patio of Herbe Sainte.

**8 HOOK & LIME – 735 N 14TH ST.
402-933-4222**



Stop by Hook & Lime in North Downtown for delicious tacos on house-made tortillas, a world-class selection of tequilas and mezcal, and a mouthwatering list of margaritas. The chefs at Hook & Lime prepare every taco, shareable

small plate and entree from scratch with the best locally sourced meats, fresh seafood, and produce available. The margaritas are always made with freshly squeezed citrus juices, and house-made syrups and infusions. Dining at Hook & Lime is an experience you won't soon forget. Grab a seat on our spacious downtown patio and relax in the sun with one of the city's best margaritas in your hand and amazing food on your plate. Reservations accepted but walk-ins are always welcome. Check out the menu at hookandlime.com or stop by on 14th street, just south of Cuming. Free parking lot on the east side of the building; entrance on 14th St.

**9 JAMS – 7814 DODGE ST. (402-399-8300)
1101 HARNEY ST. (402-614-9333)**



Jams, an Omaha restaurant legacy, is an American grill that offers a melting pot of different styles and varieties of food dishes containing high-quality ingredients paired with the optional cold drink or creative cocktail. Opened on 78th

and Dodge, twenty-five years ago, it has become a favorite local eatery. In 2015, a second location was opened on the corner of 11th and Harney in the Old Market of Omaha offering the same fine menu but with the addition of a lovely outdoor patio on the east side.

Jams offers an excellent happy hour, Monday thru Friday from 3 pm until 6 pm at both locations with drink and appetizers specials. Jams also offers a Saturday brunch from 11 am until 2 pm at the Old Market location and Sunday brunch at both locations from 10 am to 1 pm.

Seasonal food menus offer the best their chefs have to offer and pairings with their wine offerings abound. You can't go wrong with either location. Reservations available through Yelp Reservations. Delivery available thru Skip The Dishes. They can be found on Facebook, Instagram and Twitter, or at jamseats.com.

10 MANTRA BAR & GRILL – 6913 MAPLE ST. 402-933-1666



Summer has arrived and Mantra Bar and Grille's patio is ready for you and your dog to enjoy. Whether it's a brisk evening cozing up next to the

gas fire pit with our famous cabbage and blue cheese soup or a warm Saturday/Sunday brunch cooling off with one of our many flavors of bottomless mimosas, Mantra has you covered. The Mantra patio also makes for a great spot to stop by after a movie, concert or play. The edgy yet elegant environment is attractive to all clientele. Happy hour is Monday - Friday from 4:30 to 6 pm and features \$4 margaritas and house wines, \$6 signature craft cocktails, as well as \$6 shareable plates. Looking for a fun brunch get together? Mantra's highly popular brunch offers a spread of delicious brunch food items with their own Mantra twist. They are open Mondays at 4:30, Tuesdays thru Friday at 11 am until 2 pm, then open back up at 4:30 for happy hour. Saturdays they open at 10 am until late night drinks and then do it all over again Sunday at 9 am. Sunday and Monday nights are half price bottles of wine. See you on the patio!

11 PETROW'S RESTAURANT – 5914 CENTER ST. 402-551-0552



Petrow's recently added one of the best outdoor spaces in Midtown Omaha. With seating for 65 and a bar capacity of

over 200, their patio lends itself to accommodating any event or casual dining experience with a contemporary feel. Stay comfortable eight months out of the year with an automatic louvered and watertight awning keeping the area cool and shaded in hot weather and dry if rainy. Heaters warm the space on cool days and nights. Big screen TVs along with water and fire features complement their patio and bar menu. The fast casual menu features salads, wraps, homemade falafels and appetizers. Enjoy a beer or a drink with drink specials and a full bar. Petrow's on the Patio is open for breakfast (self-service), lunch and dinner Monday through Saturday during the outdoor dining season.

12 Soaring Wings Vineyard – 17111 S 138th St. in Springfield 402-253-2479



Some of the world's finest wines are just a short distance away. The feel of Napa and Sonoma, just a short drive. Amazing sunsets and fantastic beers, are within your

reach. Amazing staff who can tell you about wine and beer, are just before you. Fantastic regional and local talent perform in our new amphitheater so close, you could reach out and touch them. The fruitfulness and nature of the vineyard, are within your step. Hundreds of medals these wines have won, and are now for you to have. Outdoor concerts, party room rentals, dinners, meetings, engagements, weddings, music year round, outdoor seating for all on our patio and covered deck are just a taste of the things you will find. Just a few miles south of Omaha, Soaring Wings Vineyard and Brewing is located in Springfield. Enjoy the Good Life! Come, get close to us and enjoy life!

13 SPEZIA – 3125 S 72ND ST. 402-391-2950



Spezia has a quaint hidden patio off the main dining room and bar. The architectural charm of the building is well received with brick surround and slanted windows. Two large trees shade the area and rows of string lights add a nice ambiance as the sun goes down. First come, first serve and weather permitting. Serving lunch and dinner seven days a week and a brunch buffet on Sunday morning. Expertly prepared wood fire steaks, seafood and innovative pasta

dishes offer excellent variety from their award winning menu. High backed booths provide privacy under sky lit windows or in the cozy "cave" area. Along with craft cocktails and an extensive wine list, Spezia has happy hour every day from 4-6 pm with ½ price cocktails Private party rooms available for large groups, weddings, meetings or special events. Reservations recommended.

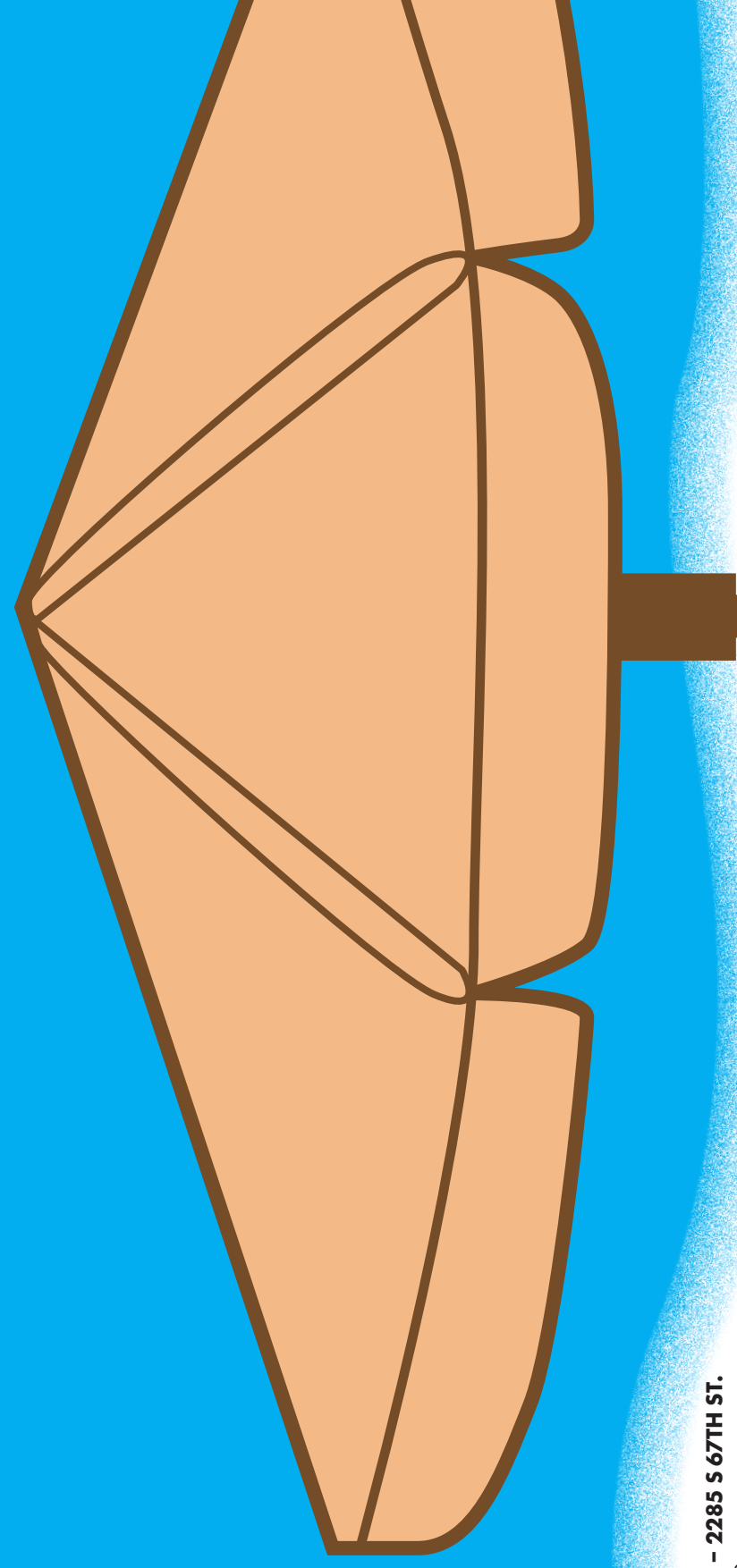
14 TIMBER – 8702 PACIFIC ST. 402-964-2227



Come experience the delicious wood-fired cuisine at Timber Wood Fire Bistro. With a roaring hearth and warm atmosphere you'll feel at home the moment you walk in. Enjoy their wood oven-baked sour dough bread service with herbed California olive oil or locally whipped butter. Try one of their pissaladière—French style pizzas—wood fired to perfection. Select from one of the fresh-from-the-fire entrees including their

house-made rigatoni with roasted vegetables, herb crusted bistro steak and cedar planked steelhead salmon. All of their meals are made-from-scratch and served with care by an experienced staff. Happy hour on the patio daily from 2-7 pm.

our favorite PATIOS around OMAHA in 2018



1 LIV LOUNGE – 2285 S 67TH ST.
402-884-5410

2 BEACON HILLS – 6750 MERCY RD.
402-933-3115

3 BRICKWAY BREWERY & DISTILLERY –
1116 JACKSON ST.
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4 DELLA COSTA – 220 S 31ST AVE.
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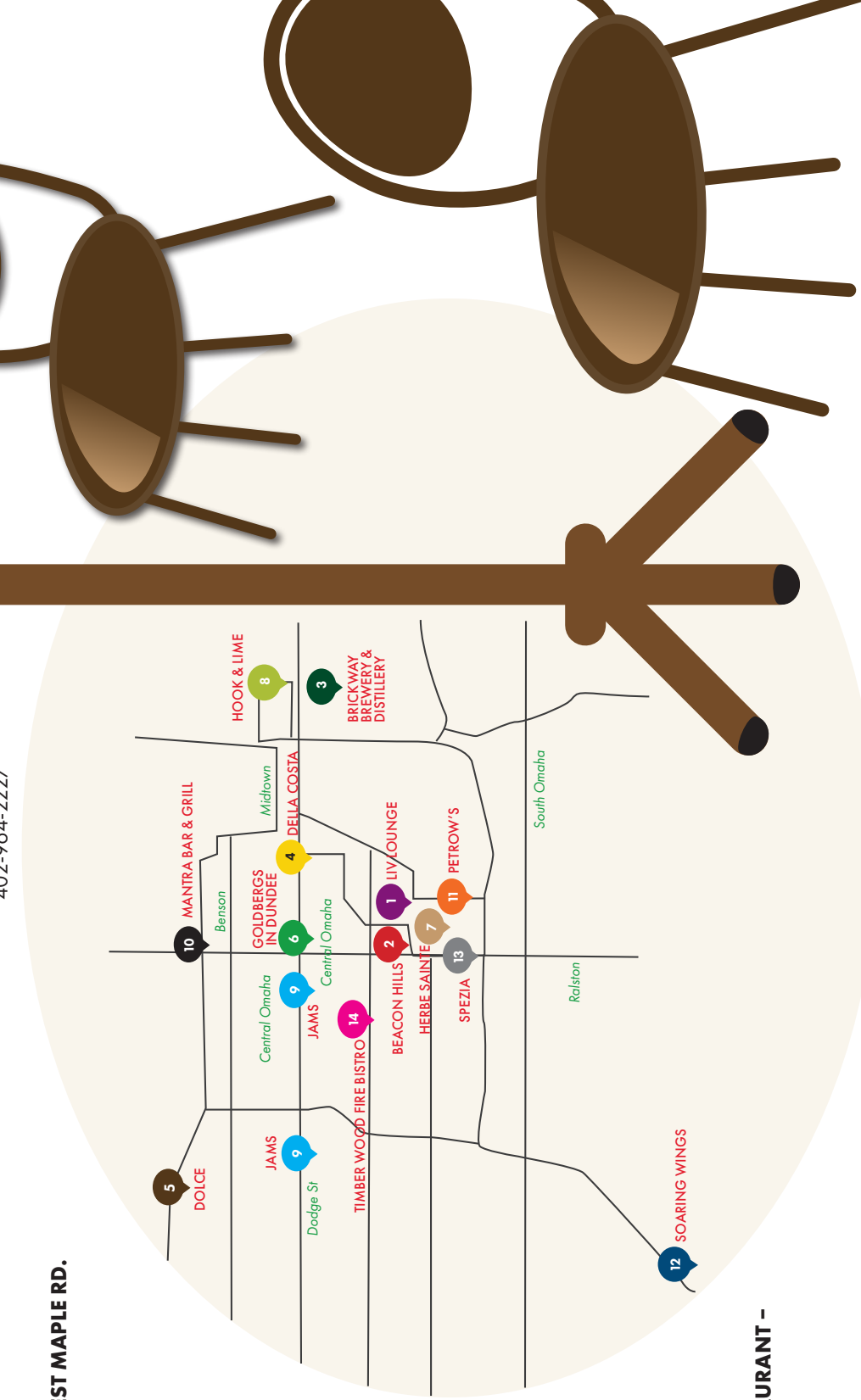
10 MANTRA BAR & GRILL –
6913 MAPLE ST.
402-933-1666

11 PETROW'S RESTAURANT –
5914 CENTER ST.
402-551-0552

12 SOARING WINGS VINEYARD –
17111 S 138TH ST. IN SPRINGFIELD
402-253-2479

13 SPEZIA – 3125 S 72ND ST.
402-391-2950

14 TIMBER – 8702 PACIFIC ST.
402-964-2227



Sodas in Which You Were Not Entirely Aware of:

NUGRAPE

by Eddie Morin

Ahh, Grape Soda. It is one of the flavors that everyone has a special memory about. Maybe you had your first grape soda while visiting your

grandpa's farm for the summer. Or maybe

you shared a grape soda with your

forbidden lover? Perhaps you

had a friend in high school

that wrote music under

the pseudonym "Grape

Soda." Either way, it

is something that

surely has a special

place in your heart.

It is unavoidable.

Because of this

important factor,

one must choose

their grape soda

carefully. You

don't want to be the

schmuck trying to

relive the past by guzzling

down Welch's Grape do

you? Surely, not. That is why

my choice is NuGrape.

NuGrape was first invented in 1906

but not bottled until 1921. What were they doing for 15 years? The rights to produce it changed hands a few times, from one soda mogul to another. The history is quite unremarkable. What this soda lacks in historical pizzazz, it makes up for in flavor. Before we get to that, I need to discuss the bottle and its vibe.

Utterly unremarkable. That is how I would describe the bottle. Clear bottle, yellow label, a star, a slogan. What I do find funny about the packaging is the slogan, "A Flavor You Can't Forget." Wow, that must have taken many nights of intense brainstorming to come up with that one. Great job, guys. I do quite like the name, however. NuGrape. Or as I like to think of it—NüGrapé. An exotic beverage that was the product of a Swedish chemist and an Italian night club dancer. Together their passion oozed forth and this grape soda was the shed skin of the snake called Rapture. Sometimes it is important to put some of your own essence into your beverages.

Onto the flavor! The flavor is crisp and full. It is not a waning taste that leaves before it rushes past your tongue. It first tingles the lips, embraces the inner cheeks, and dazzles the esophagus. With every sip, I am transported back to the swimming pool in the 1950's, heavily laden with Americana and The Sandlot. I wasn't even there! This isn't my past! Who am I? Where am I? Oh ho ho, NuGrape. You jezebel! Tricked once again, and with every sip the grip on my own sanity weakens. Away!





MENU

DEVELOPMENT 101

by Jill Cockson

I often write about the importance of understanding the gears of business. Of knowing, fundamentally, how the gears of profitability work together. It is easy to know that a business works (you are either in the red, or in the black). It is something altogether different to know why a business works. In the food and beverage industry, there are countless pulleys and levers behind the scenes. There is no such thing as an insignificant detail. One of the most critically functional (and most overlooked) gears in the machine is undeniably the menu. This seems like an obvious statement, but it is astounding how many F&B entrepreneurs miss the mark, and miss out on significant revenue due to mistakes pertaining to their menu.

What, in actuality, is a menu? Your menu is the vehicle to get you to your sales goals. A menu, essentially, is a proxy salesperson. A menu, like a salesperson, can be awesome at selling, or terrible at doing its job. Menu development is about much more than showcasing the creativity of your chef or bartender. Items on your menu must be enticing to your target clientele. Their descriptions must be communicated in an approachable way. It must be organized in a way to sell things quickly, efficiently, and profitably. There is an impressive amount of menu psychology that goes into effectively (but covertly) convincing a patron to choose a high-profit option in a minimal amount of time.

Let's begin with the first 'must': 'Items on your menu must be enticing to your target clientele.' The bottom line is that your menu is not about you; your menu is about creating a successful sales pitch to your guests. In order to do that, you must intimately understand your target clientele. Who are they? What eating/drinking trends do they respond to? What is their disposable income? How much can they be (reasonably) maximally expected to spend in your establishment? How do they perceive value in relation to price point? Once you understand who, exactly, you are there to serve, it is easier to develop a menu specifically for them.

Menu approachability is about everything from offerings that do not alienate your guests, to the font those offerings are printed in. Intimidating menus can be one of the biggest obstacles for brand success. No one goes out to be made to feel stupid, and few have the attention span or patience to cross-reference your menu with an attached glossary. Menus need to be easy to read, and adequately explanatory in plain language. Menu items need to be easy to pronounce; people are less likely to order something that they cannot order with confidence. The number of options should be limited to the minimum possible number of items that can adequately represent your brand. For those of us who have worked at length in F&B, it can be easy to take for granted that members of the general public understand kitchen-speak, or that they share



Your menu is more than just a list of things you want to sell; your menu is, in some ways, your most valuable employee. It is a means of communicating your brand, and effectively selling to a target consumer to reach sales goals. I have made mistakes on nearly every menu I have created; it's a constant learning process. Everything from readable font, to gender affiliation (menu items that seem more masculine or feminine) will impact the salability of an item. The complexity of menu development is astounding, and your

our affinity for obscure spirits. Again, knowing your guest makes all the difference.

As soon as your guests are welcomed, the meter is running. There is an art to maximizing table turns/sales, without making the guest feel rushed. Your menu is a secret weapon to expediting their experience, unbeknown to them. It is critical to know how many guests need to be accommodated per night to reach your sales goals. Every extra minute it takes a guest to make a menu selection costs you. Anywhere you can add efficiency (without compromising quality) increases your profitability. Items at the top of your menu, or the most visually stimulating, have a better chance of selling - attention span is a real thing. So, it makes sense to organize your menu accordingly. Not only do you want your most profitable menu items listed first, you want their preparation to be the most streamlined. This is where the conversation between the menu and the kitchen/bar begins. Strategic menu development leads to strategic kitchen and bar organization.

menu is only one of many gears in the profitability machine. It is well worth taking the time to consider exactly how that gear fully functions. Cheers!



From the *Willamette Valley* to Omaha: **ILLAHE VINEYARDS**

by Mark Gudgel

In 1983, Lowell Ford got his hands dirty planting grapes in the dirt of what would ultimately become Illahe Vineyards in Oregon's Willamette Valley. Taking advantage of the Missoula Floods, which some twelve thousand years earlier had rushed between the Coast Range and the Cascades, leaving in its wake deposits of rich soil that was as diverse as it was crop-friendly. Back when Lowell Ford planted his grapes, Oregon's Willamette Valley was far from the internationally renowned wine region that it is today. That same year, 1983, the Willamette Valley was formally approved as an AVA, adding to already building excitement about the potential of the fertility and terroir of the region. The following year, Robert Parker would visit the valley, thrusting the region and its growing population of wineries and grape farmers further into the spotlight of international viticulture.

Lowell and his wife Pauline's son, Brad, took the long way to becoming a winemaker, getting a degree in classics and working in a myriad of careers before participating in the 2004 vintage harvest, and subsequently becoming the winemaker at his parents' winery. Along with Nathan Litke, his assistant winemaker, Brad crafts wines with a distinct sense of place, and in a way that perhaps nods toward his previous career in carpentry, or maybe even his love of literature, suggestive of intense attention to detail, uncommon patience, and reminiscence of simpler, quieter times.

Along with Doc and Bea, the vineyard horses, and Logan and Powpow, the winery dogs, Brad and Nathan craft the wines that Brad's wife, Bethany, is then responsible for selling. I met Bethany at a trade show for Anchor Beverage, their distributor here in Omaha, and was excited when I first tried their wines. Since that



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10 Years In a Row

time, I've become a huge fan, and have tasted through much of their portfolio. What follows are my own brief tasting notes, as well a list of places where you can purchase Illahe wines in Omaha. Illahe also participated in this year's VinNEBRASKA event, helping to raise \$280,000 dollars for Partnership for Kids, and furthering their investment in the Omaha community.

GRUNER-VELTLINER:

This wine is terrific, and an uncommon domestic take on the classic Austrian varietal. It boasts subtle lime and mineral notes that start popping in the presence of salty food. Light lemon hue that pales emerald in the light, it's aromatic and slightly grassy on the nose, crisp and refreshing upon the palate. This wine is available in Omaha at the following places:

- Spirit World
- Wohlner's
- Corkscrew Blackstone
- Twisted Cork Bistro
- Wine Cellar 510

PINOT GRIS:

An aromatic floral bouquet leads into a palate of crisp green apple, tart citrus, tropical fruit, and mild spices. Soft in the mouth, exposure to oak is evident and adds complexity. A terrific patio wine, you can find it in Omaha at the following locations:

- Wohlner's
- Beacon Hills
- Spirit World
- Dolce
- Hy-Vee (Linden Market)
- Monarch Prime (Hotel Deco)
- Wine Cellar 510

VIOGNIER:

This wine boasts a beautiful floral nose and the palest of coloration. Crisp and acidic on the assault with hints of stone fruits, pear, subtle citrus and delicate saline, it's both refreshing and expressive. You can find this wine at the following Omaha locations:

- Beacon Hills
- Vino Mas
- Hy-Vee (Linden Market)
- Wohlner's
- Wine Styles
- Spirit World
- La Buvette



PINOT NOIR ESTATE:

Simply gorgeous. Black cherry, blackberry, and hints of vanilla, it is velvety-smooth and easy drinking. Less complex than the 1899 and balanced in favor of acid, it's got a classic Pinot Noir profile and drinks well above its modest price point. You can find it at the following locations in Omaha:

- Pacific Cellars
- Hy-Vee (156 & Maple)
- Inkwell
- Wine Styles
- Hy-Vee #8 (Linden Market)
- La Buvette
- Corkscrew Rockbrook
- Wohlner's
- Hy-Vee (Cass St.)
- 801 Chophouse
- Wine Cellar 510
- Spirit World
- Jake's Cigars & Spirits
- Howard St. Wine Merchant
- Spencers Steaks & Chops
- Hy-Vee (Stony Brook)
- Cedar

PINOT NOIR 1899:

This is maybe the coolest wine I've ever had simply because of how it is produced. The short story: no electricity, and only techniques and materials that were available in 1899. Let your imagination run wild with that, or get online and watch the video



13TH ANNUAL BLUES FESTIVAL

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Featuring our award-winning wines, live blues, beer and hot air balloons. Fun for all ages!

\$25 for adults, \$15 for children 12 & up

TIM BUDIG BAND @ 4:00-5:00 FRANK ACE BAND @ 5:30-6:30
AMANDA FISH BAND @ 7:00-8:00 MISSISSIPPI HEAT @ 8:30-9:30
JAM SESSION @ 9:30-10:00

3:30 - 10:00 PM, \$25 COST • FOOD TRUCK ON SITE FROM 3:30 - 9:00 PM

TICKETS FOR THIS EVENT WILL BE AVAILABLE AT THE GATE OR AT WWW.ETIX.COM

on their web page. This wine ultimately leaves the winery via canoe. It's an extremely cool concept and, just as important, it's an extremely good wine.

Clear with medium plus to deep intensity in a ruby hue, the nose was light at first but developed over time into a more expressive and intense experience. As you would expect, this wine is full of character. On the palate, a balance of mouth-watering acidity, coarse tannins rare to the varietal, and dark cherries ultimately expand into notes of rye and subtle dill, oak-imparted hints of vanilla, and that classic Pinot funk. A rich, easy-drinker, this is totally its own wine, and an experience unto itself. I highly recommend it. You can find it in Omaha at the following locations:

- Wine Cellar 510
- Hy-Vee (Linden Market)

PINOT NOIR PERCHERON:

Bing cherry and mild raspberry give way to spicy notes of black pepper and subtle vanilla, with a touch of cedar toward the back of the palate. This is the wine that first got me excited about Illahe, and for that I'm grateful. You can find it at the following Omaha locations:

- Wine Cellar 510
- 801 Chophouse

ROSE'OF TEMPRANILLO

I've always appreciated the spirit of ingenuity and creativity that I find in Illahe wines. I wouldn't expect to see this varietal,

which favors warm desert climes, in the Willamette Valley to begin with, much less to see it turned into a rose', but here you have it. A beautiful nose that was reminiscent of a watermelon jolly rancher and a gorgeous salmon-pink hue follow up with a wine that is everything I want from a rose'. Delicate strawberry and rose petal abound upon the palate, and a faint mineral-saline quality — perhaps indicative of coastal terroir, gives it a distinctly Provence-like nature. At 12.5% ABV, it is the picture of delicacy. Presently, you can find this rose' at the following Omaha shops:

- Hy-Vee (Linden Market)
- Spirit World
- Corkscrew Wine & Cheese (Rockbrook)
- La Buvette
- Corkscrew Wine & Cheese (Blackstone)

Illahe is a Chinook word that means "earth" or "place" — appropriate for wines that offer such a tremendous sense of place. What Lowell Ford began by working the earth in 1983 has today grown into one of the finest wine producing estates in all of the Willamette Valley. The Ford family are making a wide variety of extraordinary wines, and Rob at Anchor Distribution is making sure that these wines get from their place out in Oregon to ours right here in Nebraska. Known for terrific value and quality, Illahe has fast become one of my favorite producers in the Pacific Northwest for their creativity and consistency. As summer nears, I hope the list above helps you locate some of these terrific wines for yourself, bringing a little bit of Oregon to all of us here in Omaha.



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The Myth of FUME' BLANC

by Mark Gudel

Pouilly-Fume': Noun: An AOC established in France in 1937, composed of around 1,200 hectares, and best known for producing Sauvignon Blanc.

Sauvignon Blanc: Noun: A grape varietal originating in the Bordeaux region of France from which white wine is commonly produced.

Fume' Blanc: Noun: A nonsensical, French-i-fied term invented by Napa Valley Renaissance man, Robert Mondavi, in 1968, in order to sell more wine. See also: Sauvignon Blanc.

Herein lies a simple truth: So much of what sells wine is marketing. It was Peter Mondavi who was making the wine, but it was Robert who was selling it, and when Robert famously launched his own winery after leaving Charles Krug, his family's operation, he tested the limits of marketing in every manner he could dream up, including inventing new words for wine. Others followed suit, the regrettable reality being that today, on occasion, someone will specify that the Zinfandel they are serving is "red", causing no small amount of ire in anyone who knows enough to be annoyed.

We have always urged people not to judge a book by its cover, but then we turn around and purchase wine because of its label. This is an avoidable err. Tools like Vivino and similar apps do a great job of helping you parse through entire shelves of wine rapidly to find something that you'd like. In 2018, there's really no need ever to purchase bad wine because of its pretty package... or silly name.

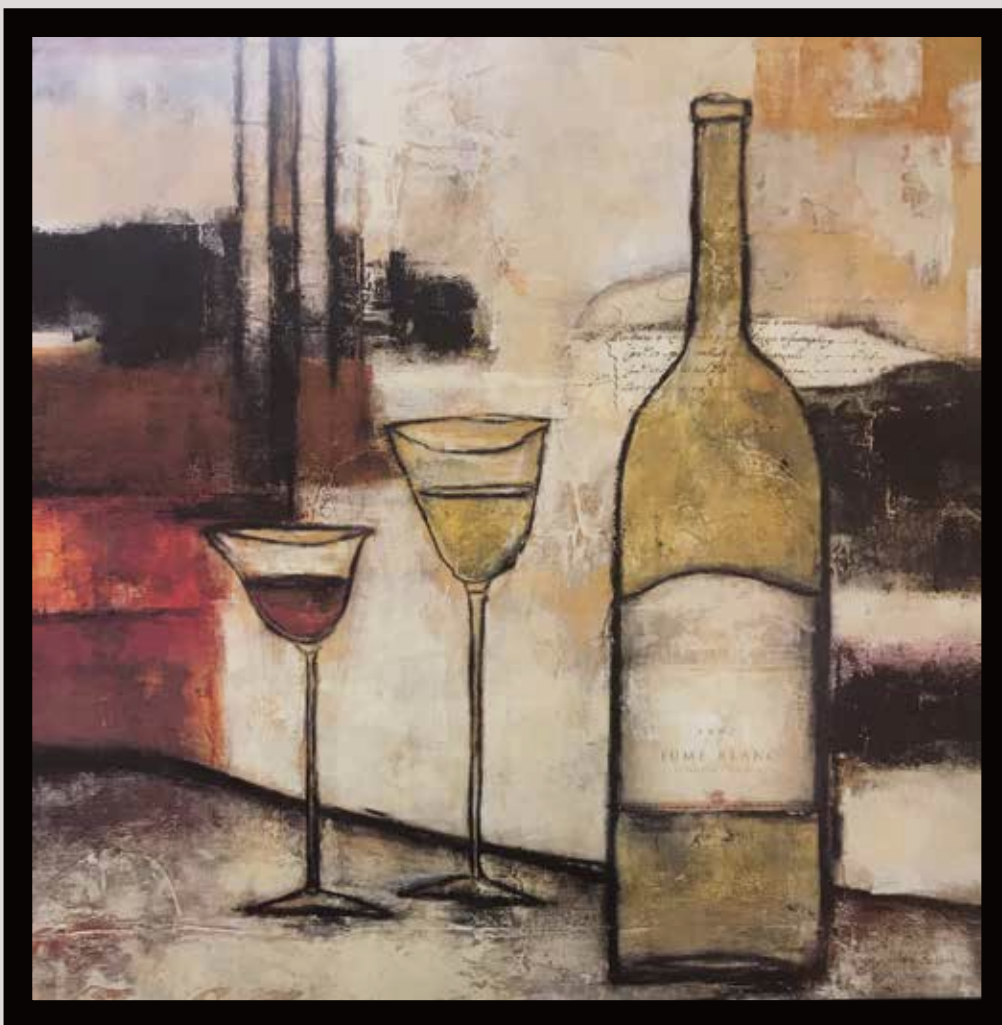
Fume' Blanc is, as some today might put it, not a thing. It's Sauvignon Blanc. "That which we call a rose," Juliet frequently reminds me. So Sauvignon Blanc would, were it not Sauvignon Blanc called, at least according to Robert Mondavi. A misnomer that served its purpose and helped people get over their prejudice towards sweet or grassy takes on the varietal, Fume' Blanc is typically quite dry, and sometimes comes in contact with oak, though neither of these things does much to distinguish it from bottles of crisp white wine that are called more accurately by their varietal.

Some wineries do attempt to distinguish, or as in the case of Mondavi, use the f-word to label their drier Sauv Blanc, but the short version is that there's really no difference, aside from whatever differences are crafted in the varietal by various winemakers. You can find wine labeled Fume' Blanc made all over California wine country, from such reputable producers as GrgichHills to the Robert Mondavi

Winery, whose mighty corporate overlords apparently still condone the continuation of the name on their labels today. All of this to say, if you like Fume' Blanc, there's a whole cannon of wine out there, Sauvignon Blanc, that you are also likely to enjoy, and the reverse is equally true. Tune in next week and we'll talk about "White Zinfandel," which is also not a thing.

If you walk into **WineStyles**, just west of 72nd and Pacific, you're almost certain to be greeted by Bob. One of the friendliest guys in the industry, he'll enthusiastically help you find a great bottle of wine, and he'll chat your ear off if you let him. I suggest you let him—he's a terrific guy, and fun to talk to over a glass of wine. If you're there long enough and you use the bathroom, Bob will point you to towards the back and on the right. Once inside, you'll find a clean place to do your business... and a fascinating piece of artwork on the wall.

Remember when I said that Robert Mondavi first coined the term? 1968. Whether this poster is intended to be an ironic nod to the simple truth that there really is no such thing as Fume' Blanc, or is instead perhaps just a silly mistake, I will never know. But whenever I see it, I can't help but smile. Then I wash my hands, step back out into WineStyles, and ask Bob to pour me another glass of Sauvignon Blanc.



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402-964-2212
12317 W Maple Street



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Hardy Coffee

402-557-6738
11036 Elm Street



Our mission is to create physical space for our community to interact. We love the Omaha neighborhoods we serve and being able to offer space to work, catch-up, or grab a coffee to go. We carefully source all of our ingredients from the coffee beans we roast in house to the eggs in our best-selling cinnamon rolls. Stop by our Benson, downtown or Highlander locations to see what we're all about!

Hello Sugar

402-339-4949
8949 J Street



Hello Sugar is an artisan doughnut concept founded in Omaha, Nebraska. At Hello Sugar, our goal is to elevate the humble donut beyond its roots, creating vibrant and unique flavors. We take enormous pride in tediously crafting each doughnut from scratch. Hand-crafted, artfully designed, pure, simple flavors. Food truck coming Spring 2018.

Herbe Sainte

402-913-2396
1934 S 67th Street



A New Orleans inspired cocktail bar and restaurant located right in the heart of Aksarben Village. Herbe Sainte brings a New Orleans flair to the Omaha market. Open Monday-Thursday; 11am-2pm and 4pm-10pm, Friday-Saturday; 11am-12am and Sunday; Noon-8pm.

Hurts

402-827-4376
1218 South 119th Street



The rebel of all donut shops! Each unique flavored donut, a love letter to our customers. Our donuts break all the rules with their uniform-free toppings and amped up flavors!

Orsi's Italian Bakery

402-345-3438
621 Pacific Street



Located in the heart of Omaha's Little Italy, Orsi's has been family run since 1919 and in the same location since 1934. Famous for our pizza and bread products, Orsi's now features an Italian deli including Italian cheeses, meats, homemade Italian sausage and imported olives.

Petrow's

402-551-0552
5914 Center Street



A family owned Omaha tradition since 1957. The whole family will love this original diner's look and taste. The menu features all the classic staples, from hot beef and pork tenderloin to made-from-scratch pies and homemade ice cream. Open 7am - 9:30pm Mon-Thurs and 7am - 10pm Fri & Sat.

Ted & Wally's

402-341-5827
1120 Jackson Street



Taste the difference of REAL homemade ice cream! Since 1984, we have been producing high-quality, homemade ice cream using only the highest quality ingredients, made the old-fashioned way. New flavors are continually being made in addition to several diabetic-friendly selections.

Sunrize Donuts

402-614-2228
17676 Welch Plaza



SunRize Donuts is a family owned donut shop serving the Omaha area for over 20 years. Enjoy over 50 different varieties. Our donuts and rolls are guaranteed fresh every day. Open 7 days a week from 6 a.m. until noon. Come in at 11:30 and enjoy half off!

Pettit's Pastry

402-345-1111
502 N 16th Street



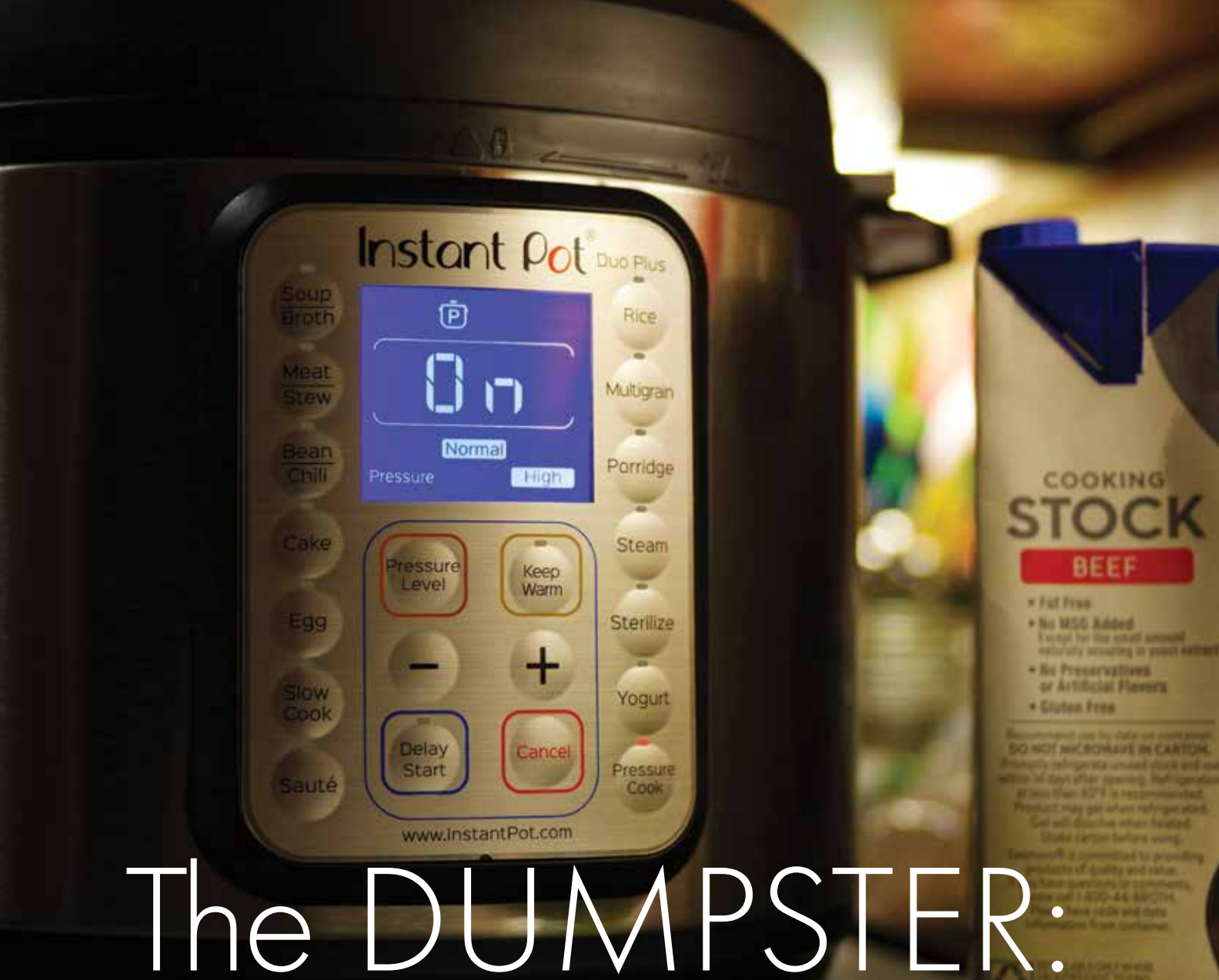
Pettit's Pastry is family owned bakery that has been around since 1954. Pettit's might be famous for glazed donuts, cake donuts and apple fritters, but we also offer cakes, cookies, muffins, pies, and specialty desserts. Pettit's has 3 locations. North 16th St., 12039 Blondo St. and 15615 Pacific St. Open 7 days a week!



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The DUMPSTER: The Slow Cooker

by Michael Campbell

Millions rushed out to buy an Instant Pot, this year's hot kitchen gadget. Many were disappointed to discover the Instant Pot didn't deliver that kind of pot. It didn't even deliver instant. But it is a pot.

You can bake a potato in 10 minutes! That is, if you don't include the 20 minutes it takes the Instant Pot to heat up, and another 20 to depressurize, which means anything you cook takes at least 50 minutes. That is glacial compared to McDonald's, where they mine your Facebook data to predict what you're going to order, then throw it into your car window before you've come to a full stop. McDonald's knows instant.

Baking a potato in my oven, which was the hot kitchen gadget of 1920, only takes 40 minutes.

They don't call it by its actual name, the Pressure Cooker, because that fad came and went sometime around 1940. They also could have called it a Crock Pot, because calling it instant is a crock. But the bowl is thin metal, not thick ceramic, and besides, everybody already has a crock pot they don't use.

They call it instant because it reduces cooking time from crock pot speeds of 8 hours down to pressure cooker speeds of 2 hours. This means if you get home at 5pm, you can prepare your dinner and have it on the table by 8pm. Boom! That's better than a crock pot, where you'd eat at midnight, so there's that. Lunch hour fast, it is not.

But, you say, you can prep your dinner in the morning, and it'll be ready by — no wait, being ready by 11 a.m. doesn't

help. If you want it to cook gently all day long while you're at work, you need to set your Instant Pot to crock.

Too late? You already bought one? Don't despair: the Instant Pot also has a timer you can set for up to 12 hours, so you can program it to go off when your crock pot is done.

The Instant Pot is called a small appliance, which it is if by small you mean smaller than a suitcase but bigger than the toaster oven you had to move to make room for it. (The Instant Pot does not make toast.) It is too big to leave on your counter, unless you're rich and have a huge kitchen, and in that case it'll look great sitting next to your electric can opener, lettuce spinner, George Foreman Grill, and your three crock pots.

The Instant Pot claims it is "Seven Gadgets in One!" Including:

1. A slow cooker: we all agree the Instant Pot is slow.
2. A pressure cooker: true, but it doesn't replace your old pressure cooker because you've never owned one nor had any inkling why you might.
3. A rice cooker: which makes rice in only five times the time it takes your rice cooker to do it.
4. A steamer: a crock pot is a steamer too, if you have eight hours to kill.

5. A yogurt maker: you never made yogurt. With an Instant Pot, you still won't.
6. A "sauté pan/oven:" First, why are sauté pan and oven paired up like they're interchangeable? Do any of you bake cookies in your sauté pan, or brown onions in your oven? If you buy an Instant Pot, you're not likely to throw away your pans or your oven.
7. A warming pot: This it is, only because we never use a pot to cool anything.

By these measures you can also use your Instant Pot as a hat box, a beach pail, or a sink. It's an Infinity-in-One appliance!

To use the Instant Pot, you throw all your ingredients into it, lock it up tight, and leave. If this is your idea of cooking, what you really need is a restaurant. You won't be stirring while drinking wine. You won't flirt in the kitchen while sharing a tiny taste and adding a little spice as you go. Your house won't fill with the smell of sautéed garlic and onions.

Yet you still have to clean it. What nobody mentions is that while it cooks faster than a crock pot, an Instant Pot takes 10 times longer to clean. For all the gadgets it replaces, it does not replace your scrubby sponge.

If you're still disappointed about the whole pot thing, I learned you can make cannibutter in 2 hours. Still not instant, but hey.



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