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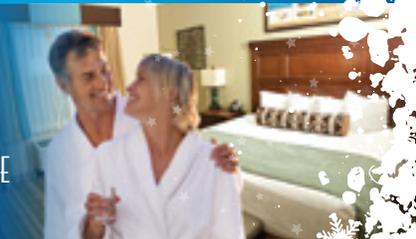


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What We Love About Humboldt:



Small Holidays

by Linda Stansberry

Some holidays never get printed onto a calendar. Sunday poker night. Your aunt's annual rendition of "Grandma Got Run Over by a Reindeer." The solemn ritual behind naming your child's latest goldfish. The first fall rain. The first fire in the fireplace. Get out the extra blankets season. Cookie season. Carol season. Stop and look at the lights season. The kids are home from college season. Holidays are as personal and as poignant as you want to make them, and in a life of many blessings they can be an everyday occurrence.

So as we tumble headlong into the heady rush of commercial holidays, it's worth pausing to consider the small celebrations that occur every day of the season. That we have full bellies and full shelves and so much abundance that we can complain about overindulging. Yes, the rain is here. Actually, let's re-punctuate that: Yes! The rain is here! But even grey skies can't dampen the wonders of living in the most beautiful place in the world. And amidst all of this beauty there is also an antidote to the occasionally stressful task of holiday shopping.

That antidote is Small Business Saturday.

Created as a response to that hectic and overhyped "holiday," Black Friday, Small Business Saturday is celebrated a comfortable day's distance of recovery from your pumpkin pie coma. It's a chance for you to appreciate one of the many things which makes Humboldt County an extraordinary place to live: our diverse ecosystem of small, locally owned businesses.

Think about it: we are truly blessed. While in some other parts of the country holiday shoppers are doomed to elbowing over one another to get in the doors of big box stores, here we have practically anything the people on your gift list might desire, made locally and available to purchase right down the street. Hand-carved cribbage boards made from reclaimed local wood? We have it. Vegan, gluten-free 'smores kits? Got it. Funky fashions made from vintage neckties? Yeah, we got it.

So whether you celebrate the traditional commercial holidays or just your own private ones, take time this November to appreciate the bounty on offer. When Black Friday rolls around you can put up your feet and snooze as the television blares about brawls on the floors of big box stores. Your friends and neighbors will be rolling out the red carpet for you tomorrow.

Happy Small Business Saturday from Humboldt Made!

from the editor

Dear Reader,

November is a month typically associated with an abundance of food and elastic waistbands. While Thanksgiving takes up the majority of our time (and tummies), we thought it would behoove us to see what else we could put on our plates. This November, we've brought you our Entrée Edition. Because there's more to stuff your face with than turkey and pumpkin pie.

Since we know everyone's palate is different, we've featured restaurants and entrées from across the board. From the good ol' deep-fried Oyster Po'Boy at Bless My Soul Cafe, to the Duck Confit at the ever-so-sophisticated Folie Douce in Arcata, we've set out to cover ground many have yet to travel.

After you've made it out to try every dish on our menu, make room for December's Cocktail Edition. We'll keep you warm throughout the winter months with a variety of sweet, fuzzy drinks that are sure to keep you goin'!

For now, sit back and let your eyes feast upon our Entrée Edition, whipped up specially for you. Bon Appetit!

Sincerely,

Christina DeGiovanni

Editor-In-Chief



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Emerald MAGAZINE

Making A Positive Impact Since 2012

ABOUT US

The Emerald is a lifestyle magazine dedicated to promoting Humboldt, Trinity and Mendocino counties in a positive light by featuring exciting events, luxurious getaways, fine dining and the latest local trends in community living.

The Emerald encourages readers to contact us and contribute their suggestions on what, and who, they would like to see featured next. If you live in the Trinity and Mendocino area and are interested in promoting your local community, we invite you to contact us.

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Emerald
Humboldt • Trinity • Mendocino

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Roasted with Romanesco hash, North African harissa, orange-cumin carrots, almond and orange-thyme reduction, this dish brings with it a wild fusion of flavor.



I'll have one ice cream cone topped with mashed potatoes, brisket and gravy please!

You may be familiar with these incredible cones being held in the hands of hungry go-getters at Arcata's Farmers' Market. What once started off as a Saturday stand has now branched out into its own restaurant,

The Lighthouse Grill, located at 355 Main Street in Trinidad and open Thursday - Tuesday from 11am-8pm.

Owners Chuck and Sherry Vanderpool traded one coast for another. Originally from the Jersey Shore, the Vanderpools found themselves moving to Trinidad after visiting their children. "We were very welcomed by the locals here," says Sherry. "This building was empty until we came along."

Nearly all of the food served at The Lighthouse is sourced locally. The bread is baked fresh every morning



by the staff, the beef used for burgers comes from Humboldt Grassfed Beef, and the fish is caught fresh right off the coast. The ice cream (both traditional and non-dairy) is churned by the

Vanderpools' son, Chuck. "I'm just learning how to make (ice cream)," says Sherry. "Think of me as the backup."

"We have six flavors: vanilla, chocolate and salted caramel, on a regular basis; we also have dairy-free options like banana, coconut or salted cashew," says Sherry. "Whatever goes well with coconut, because that's the base. Sometimes we'll get fresh strawberries at the farm to use."

If you've not had a chance to make a beach run yet this Fall, make sure to stop by The Lighthouse first and fuel up. If traveling to Trinidad is out of reach but the Arcata Farmers' Market isn't, then make your way over to visit these folks before the end of the season, which is November 22nd!



Story and Photography by Bob Doran



Larrupin' welcomes you in. The place has a cozy, down-home feel. Part of it is the ambiance of the place; warm colors everywhere, chic but funky, elegant but homey, good smells and good food emerging from the kitchen.

Officially it's The Larrupin' Cafe, but it's just Larrupin' in Humboldt. Dixie Gorrel, the grande dame, founder, owner and the soul of the place, would explain it's a southern word, learned from her southern grandmom. "It's larrupin' good food, honey!" as Dixie explained more than once. It is good, and we'll get to the menu, but first a bit of history.

Paul Fitzgerald is the chef/manager now and he's got a story to tell, but we'll start with Dixie. This is a restaurant with a long larrupin' story, over 30 years in Trinidad. But it begins sometime in the '70s — in Arcata.

Back then Joyce Hough, of the Joyce Hough Band, and her husband, Fred Neighbor, had a band called Freddy and the Starliners. They were the house band at a floundering bar just off the Arcata Plaza, and ended up buying the place and renaming it the Jambalaya. The Jam, as it was affectionately known, became a cultural mecca where you could experience music, art, theater and poetry (It was also my hangout). There was no kitchen; if you were hungry, they had a bread and cheese board, maybe a hard-boiled egg. Eventually Fred and Joyce turned it over to their friend Chloe, and around 1979 Dixie started doing dinners at the Jam.

An excellent cook, Dixie was well known in the casual party circuit in Westhaven and Moonstone Heights. For a few years, she'd bring dinner to the Jam on Friday nights. There was no menu — it wasn't a restaurant (I don't think there were



permits involved) — you'd pay a little money and get a salad, some of her famous brown bread, and a main dish, maybe half a Cornish game hen or beans and rice, whatever — you got a good meal. "It started out at \$3.50, can you believe that?" Dixie recalls.

The consensus was, Dixie should start a restaurant. And she did, with a little help from her friends and her Norwegian partner, Per Ingelsberg. "A lot of help," she says,

especially from Per, who she describes as "my husband, my partner and my best friend."

They took over a "rowdy" beer bar between Westhaven and Trinidad, where she says "the sheriff was called almost every night." A grill and a smoker were set up in a shed out back, and Dixie did her best to make it warm and inviting. Her exotic decorator's touch gave it a totally different sort of feel. The dishes from Cost-Plus were mounded with salad, twice baked potatoes or rice, and a choice entrées. Nothing a la carte. Many of the the dishes are still served: ribs with a southern-style barbecue sauce, brisket, grilled fish with dill sauce, chicken wrapped in phyllo dough, spanakopita for the vegetarians, and that Cornish game hen with an orange glaze. Everyone got an appetizer tray with the brown bread, lox with a Scandinavian mustard dill sauce, slices of apple or pear, and chèvre from her friend Mary at Cypress Grove (they were early adopters).

Larrupin' was a success right from the start, and after a time they looked around for a place with more space. The Colonial Inn, on the other side of Trinidad, fit the bill. Dixie figured they'd have to get rid of the colonial columns out front because they were symbols of slavery days. They ceremoniously pulled them down, and almost tore the roof off in the process.

The new location was an even bigger success. Larrupin' was on every best-of list, and became where you'd go for birthdays, anniversaries, graduation dinners (better make that reservation now); just the place to go for an unforgettable meal. A side business was established bottling Larrupin' Goods: Red Sauce for barbeque and Mustard Dill Sauce that were both sold in local stores — they still are.

The years passed, and it wasn't always easy. Chefs came and went, the place had its own well and septic system that were hard to maintain, and at some point, as Dixie puts it, "I got tired."

Meanwhile, at the other end of California, Paul Fitzgerald was learning the restaurant business. "I've always worked in restaurants," he says. That included seven years working at Ruth's

Chris Steak House in San Diego, which he calls "a corporate company", and one of "the largest fine dining steak houses in the world." From there he moved on to West Steak and Seafood in Carlsbad. "I was the general manager," he said. "We had a 160-acre ranch and sourced everything locally."

He worked hard, and didn't take a vacation for almost five years. "Eventually they told me that if I didn't take my vacation time that I was going to lose it. So my wife and I got in the car, hit Highway 1, and took it all the way to Oregon and had a great trip. On our way back to San Diego, my mother-in-law called on the phone and said 'You have to get off in Trinidad.' We had no intention of stopping because we had never heard of it, but we were like 'Okay.'" There was something about the town; he wasn't sure what it was.

A few months passed and Paul heard that Larrupin' had closed. They were looking for someone who maybe wanted to buy the place, or at least run it and get it going again. He says he wasn't exactly looking to change jobs, but, "Somewhere along the line Dixie called me and we hit it off... We found out that we had some of the same ideals: have a great environment, the best possible food you can find, always get everybody to come back. It's supposed to be a party every day. That's kind of how we ran our restaurants down there (in San Diego) — The customer's always right."

He doesn't remember exactly when he realized it was time to make a move north. "Maybe it was from sitting in traffic all the time," he says. "I had never seen the place, not even in pictures. Then I called Dixie back and said, 'Hey maybe we should get together and talk,' and the next week I flew up and sat in the dining room. Everything went well and before I knew it I was going back to give my notice." Six weeks later, he was the new proprietor of the Larrupin' Cafe.

That was three years ago. Paul wasn't about to mess with a winning formula, but he added some things to the classic Larrupin' menu. "We've added a phyllo-wrapped cod that we do with a lemon caper cream sauce. We added steelhead. We added stuffed portobello mushrooms as a vegetarian item, and lamb chops, prime rib, venison chops. The filet (mignon) has been the big seller; we can't stock enough," he says.

Paul emphasized the fact that all the produce is organic, and sourced locally. "I pick up a lot of stuff from Little River Farm and from Janet at Redwood Roots," he says. "And that produce is just insane. So good. Fresh. It really does make a difference. Everything else I pick up from the Farmers' Market."

Saturday mornings, you'll typically find Paul and one or both of his kids wheeling a red wagon around the Arcata Plaza. He's on a first name basis with many of the farmers, name checking Ed at Earthly Edibles, Ino at I & I Farms, Ben and Kelsey at Rain Frog Farm, Claudia of Claudia's Organic Herbs, and Mike from Willow Creek Farms. You can tell that in the few years he's been here, he's become part of a community. And that's important to him.

"One of the things we enjoy about having the restaurant is we can do things for the community," says Paul. He mentioned the recent Culinary AIISTARS salsa contest where he worked with kids from Trinidad Elementary, and wine and food fundraising dinners they've been doing at Larrupin' for local schools. "It's a good way to give back," he said.

When it comes down to it, there's more to a restaurant experience than the decor and the "larrupin' good" food. You gather with friends and you become part of something special. As Dixie puts it, "It's about community." And that makes all the difference.

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 - For your daredevil cousin...keep it spicy with **HUMBOLDT HOTSAUCE.**
- For your uncle with an eye for quality...a cutting board, key chain or other hand-carved gift from **Humboldt Hardware.**
- For the nephew who's never tasted real chocolate...a bar from **Dick Taylor, Humboldt Chocolate** or **Drakes Glen.**
- For your cousin with all the ink....tattoo butter from **OHANA ORGANICS.**
- For the new college student pulling all nighters...some eye-popping quality java from **Kinetic Koffee, Old Town Coffee and Chocolates** or **Muddy Waters.**
 - For someone longing for the taste of home...sauces from **SWEET MAMA JANISSE.**
- For the mother who deserves some every day organic luxury....**SIMMONS SOAP.**
- For the seasonal berry picker and backyard barbecuer....**Blackberry Bramble** Barbecue Sauce.
- For your stuffy relative who says organic deodorants "don't work"...**Hope Springs Botanicals'** body care line.
 - For your best friend with a tail...**Rover's Choice** grass-fed beef bones.
 - For anyone who didn't have time to can this year....**BOEHM'S CAFE** hot zooks.
 - For your foodie friend...a wheel of **CYPRESS GROVE CHEVRE.**
 - For your stressed out boss....**Open Lotus** aromatherapy misters.
- For anyone who already has everything....heirloom-quality glassware from **Fire and Light.**



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•Trinity River Garden Center Presents •

What's Happening on the Farm? Entrées For Your Animals

by Tim Dower



Mist veiled mountains, the sound of a dripping roofline and the wood stove packed full and blazing hot. If you have a dog or a cat you know right where to find them, curled up in front of the fire. At the Trinity River Garden Center we consider pets as part of the family. Make sure your pets are eating well during the cold season days by taking a closer look at the food you feed them. Not all pet foods are alike. By doing a little homework it can be easy to figure out what foods are right for your four-legged family member.

Consuming high quality foods is as important to humans as it is for animals. Eating high quality food is closely associated with longevity. Logic leads me to believe the same is true for our canine and feline friends. Veterinarians agree that by feeding high quality food, which is species- and life-stage appropriate, you are more likely to provide a longer, high-quality life for your pet.

Read the Label

Nutrition information is listed on the packaging of human food as well as on animal feed. When considering feed products for purchase, look for a list of ingredients, the guaranteed analysis, and a quality control certification. Dog and cat food packaging will all have a list of ingredients

and a guaranteed analysis, but are not required to have a quality control certification.

Ingredients

Pet food labels list ingredients in descending order. In other words, the first four ingredients on the list are the most important because they account for the majority of the food formula. Cats and dogs are primarily carnivores. Within the first four ingredients listed, there should be a named protein (eg. chicken, lamb, bison, salmon) and/or a named protein meal (eg. chicken meal, salmon meal). Fat products on the list should also be listed by the name of the protein source. Products with ingredient lists that do not disclose the type of meat or fat in the product are often using proteins that have questionable sources. The third and fourth ingredients should be vegetables or grains. These are used as fillers and a minor source of nutrition. Neither cats nor dogs require nutrition from plant carbohydrates so these are not desirable pet food ingredients.

According to Dr. Karen Becker DVM, it is important to note that “ingredients are reported as fresh weight. In the case of dry food the meat is dehydrated by 80% and therefore the most prevalent ingredients are listed second and third.”

You might also see “EPA” and “DHA” on the ingredients list. These are forms of Omega-3 fatty acids which are crucial for healthy development. Foods with fish oil additives or specific EPA/DHA additives are considered higher quality than those without.

Preservatives are the other common ingredients to be aware of. Pet foods, especially dry formulations, include anti-oxidant preservatives to prevent spoilage. “Tocopherols” are vitamin E complexes and are considered the preferred form of preservatives. Other preservatives are BHA, BHT, ethoxyquin, and propyl gallate, all of which are not recognized as universally safe for use as food ingredients.

A guaranteed analysis on the packaging can also help when selecting a pet food by informing the consumer of the protein, fat, and moisture quantities of the product. Dogs and cats evolved eating animal protein composed of 70 percent water. Some suggest feeding a diet that includes wet and dry food to ensure adequate protein and hydration needs.

Quality Control

AAFCO stands for The Association of American Feed Officials. This organization proposes, but does not enforce, standards for “the production

and labeling of animal feeds.” AAFCO certifies that the animal feed product provides the nutritional requirements for healthy development. A quality dog or cat food will have a statement issued by AAFCO that certifies that the feed product is an adequate and balanced source of nutrition. AAFCO statements vary upon the purpose of the product.

Ingredient Sources

AAFCO ensures nutritional requirements but not source quality. The sourcing of the main ingredients in a pet food is worth considering. Feed lot raised beef has been proven to be of lower nutritional quality than its grass fed counter-part. This applies to human food just as it applies to animal food. Quality ingredients usually provide a higher quality of nutrition. Usually the question of ingredient sources can be answered on a feed company website. Avoid pet foods that do not disclose their ingredients list or sources.

Quality for Quantity

By feeding your pet high quality food you stand to have more days together. Know what to look for on the bag of feed you buy. Come see us at the Trinity River Garden Center for advice about what to feed your quadruped companions.

Emerald STYLE

Fashion Columnist

Rima Greer

When we think about style, we usually picture fashions the way we see them in magazines, on commercials, or on TV shows. But there's a disconnect in the way we view the latest fashions: We almost exclusively see them presented to us on people who don't look like the rest of us in the real world.

It's no surprise that a dress that looks great on Gwyneth Paltrow. A gunny sack would look good on Gwyneth Paltrow. The real question is, what will look good on real people? What will look good on you and me?

I actually have a long history of working with people in the film industry. I recall having dinner with a sometimes-movie-star who was deciding whether or not to accept a personal appearance she had been offered. She said to me, “Do you even know what it takes to begin to look like the ‘Me’ that people expect to see?” It turns out that in order to look like a movie star, it takes pretty much a month spent full time at the gym, the hairdressers, the manicurist, getting facials, finding clothes, and then half a day in the makeup chair. And that's not just her, that's ALL celebrities. Real people just don't actually look like that. It's a full time job.

Most of us don't have the time, luxury, or the (hellish) obligation to go through all that. We have jobs whose primary requirement isn't glamour. We have houses and husbands and kids and dogs. So how are we supposed to translate the latest fashion that looks great on Beyoncé into our own lives? The answer is, we're not. In my opinion, the very best way to find the fashions that look best on you is to consider your own shape, not the trend du jour.

Women come in five basic shapes: hourglass, triangle, inverted triangle, rectangle, and apple. Figuring out which shape you are is the first step towards finding your optimal style. Armed with that information, you can choose clothing shapes that accentuate the part of your shape you want to show, and minimize the rest.

For example, I'm a triangle. I have narrow shoulders and wider hips. What's worse, my hips have a very sharp flare right below my waist, so I choose styles with an Empire waist. It shows off my narrow rib cage, and gracefully skims over my hip flare. The result is that I look like an hourglass, even though I'm not. You can also use color to accentuate

or minimize. You'll never see me wearing anything but black or dark blue below my waist!

You can use similar techniques to smooth the lines on all the other shapes to create a more pleasing silhouette. For more details about your shape and what to put on it, visit joyofclothes.com/style-advice/shape-guides/body-shapes-overview.php. These folks have broken the body shapes down further (they have seven!), and there's some pretty solid advice about what style of clothes go with what body shape.

Whatever your shape, it's important to embrace it. Remember that the stuff we see in the media is completely manufactured. Even the people we see in magazines and ads don't really look that way on the real-world side of the looking glass. I'd rather see us all aspire to be our more creative selves, instead of following the spend-trends set for us by folks in New York who just want you to buy a new wardrobe every year. So, find your shape, love it, and dress it up YOUR way!

- Rima Greer owns Eureka Fabrics, and runs the costume department at North Coast Dance.

MCKINLEYVILLE

Photos by Bob Doran



Happy fourth birthday to Central Sandwich in McKinleyville!

Serving fresh, local bread every day from Vellutini bakery, Central Sandwich

is McKinleyville's friendly and conveniently located neighborhood sandwich shop. Open seven days a week from 10am-6pm (5pm on Sundays), Central Sandwich is a McKinleyville staple for a quick and delicious lunch.

Owner Larry Dern moved to Humboldt in 1978 from the Jersey Shore, "I worked at a couple Italian sub shops and pizzerias in New Jersey. Then I moved to California out of high school. I came to Humboldt to woodwork and went to school to be an industrial arts teacher but never did that. Instead my friend had a cabinet shop and so I ended up building custom furniture for 20 years." Central Sandwich first opened their doors on November 2, 2008 and hasn't stopped serving lunch since.



Central Sandwich offers three different sliced bread, 3 different rolls and four different wraps (including a gluten free rice wrap option). Whatever food is left over at the end of the day is donated to the



local food bank down the street. Central Sandwich makes their own chipotle sauce, tuna salad and hummus. All of this comes complete with a nice selection of bottled beer.

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madness

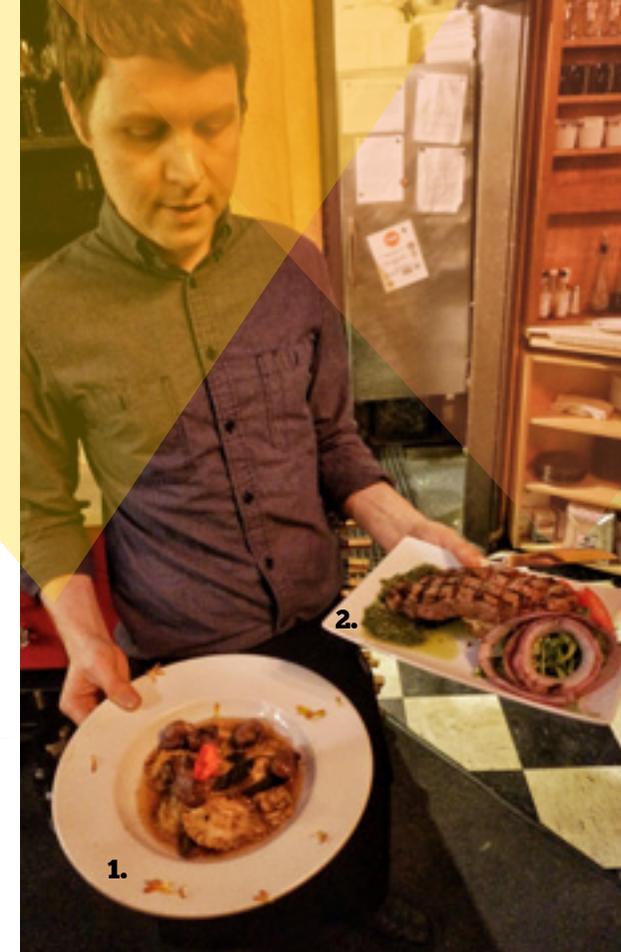
photography by
 Bob Doran

When romantic meets sophistication for dinner, they can only decide on one place; Folie Douce.

Folie literally translates to "madness," and Douce means "soft." This perfectly describes Folie Douce, which has perfected the fusion of comfort and boldness into fine dining.

Located on the north end of G Street in Arcata, Folie Douce has succeeded in providing Northern Humboldt with a euro-centric experience. The restaurant itself is romantically small, dimly lit, and furnished with Mirador glass chandeliers. The brick fire oven is an iconic staple and provides guests with top-of-the-line, freshly baked bread.

From their wasabi-infused Humboldt Bay oysters to their Foli farms produce, Folie Douce wholeheartedly believes in providing their patrons with local ingredients that come straight from the farm to the table in front of them.



1.

Every dish at Folie Douce is specially hand-crafted and cooked to perfection. While the menu is constantly changing, there are some entrées from Restaurant Week that Folie decided to keep on the menu:

1. The Ravioli is hand-made with butternut squash and is glazed with brown sugar and buttermilk. Following a dash of sage leaf, the ravioli is garnished with flower petals and served on a warm plate.
2. The grilled New York steak is of course an absolute favorite with many guests. Made to perfection, this steak is served with an Argentine chimichurri sauce and a side of grilled vegetables.
3. The Halibut wrapped in prosciutto makes for an unforgettable dish. Baked together, the flavors simply rise and become one. The sauces are those of a yellow, green and red chimichurri.
4. The Duck Confit is a mouthful of gourmet flavors starting with the caramelized leek sauce. This entrée comes with roasted beets, sprinkles of pomegranate, and a ricotta and herb filled crepe.



3.



4.



And no dinner would be complete if dessert didn't follow. With four options to choose from (and you can choose the option that serves all four) we went with the obvious choice. Four please!

All ice cream is house-made at Folie Douce. The chocolate ice cream (far left) is made with pieces of almonds and topped with a chocolate cookie. The vanilla bean ice cream has pieces of mocha fudge packed through it. The crème brûlée was deliciously astounding to say the absolute least! And the apple pie cheesecake - so creamy and sweet, it is simply out of this world!

Nature Cooked Right



ARCATA, CA

For those that have yet to experience The Other Place, know that it isn't your traditional Humboldt County restaurant. This opulent establishment provides their guests with a high-end experience by cooking food that is locally grown and raised in Humboldt County. For a night not soon to forget, call in and reserve the Chef's Table. Located in the kitchen, you will be served by the owner Luke himself. With his skills on full display, every dish was prepped, cooked, and served with style right in front of us.

Roasted Beets

Cooked to sheer perfection, these roasted beets were dished up with Cannibal Island chevre, shaved fennel, orange segments (talk about zest!), macadamia nuts, and balsamic glaze. All the ingredients in this well-crafted appetizer play off one another. The beets are prepared to a soft perfection, the macadamia nuts add a desired crunch, and the orange segments bring with them the succulent sense of citrus.



Linguine & Lamb

Let yourself go with this linguine pasta cooked with braised lamb shank, collard greens, fig demi-glace, and pistachios. The first flavor to roll over the pallet is the taste of brown sugar and honey. This delicately spiced lamb pasta is garnished with the comforting aroma of herbs from India. The pistachios add a hint of salt, which gives the eater a mixed sensation of comfort food made with upscale ingredients.



Seared Scallops

Set your eyes upon these seared scallops. Roasted with Romanesco hash, North African harissa, orange-cumin carrots, almond and orange-thyme reduction, this dish brings with it a wild fusion of flavor. The presentation is an appetizing feast for your eyes, as is the taste of the harissa, which retains the heat of Indian spice and fresh ground black pepper.



Seared Opah

Talk about nature at its finest: This seared opah with toasted farro and maple-chili glazed squash, complete with sautéed spinach and gremolata garnished with citrus-thyme vinaigrette, is out of this world! The squash is heavenly sweet and bursting with flavor from the maple-chili glaze. The opah is served soft and tender and melts almost immediately in your mouth. The combination of items makes this dish high on the list.



Steelhead Stew

If home cookin' is what you're after then consider ordering this rustic fish stew with smoked steelhead, russet potatoes, saffron aioli, pumpkin seed oil and local Beck's Bakery brioche crouton. The stew's stock is made from a seafood broth composed of halibut and white wine. This stew is full of layers of flavor, making it clear that there were no shortcuts taken in this entrée's creation.



Chinese-Style Duck

When classy meets casual on a plate, the result is a Chinese-style duck breast served with forbidden black rice that's been sautéed with chard, sesame broccoli, and cherry-soy reduction. This savory dish is one that will keep you coming back for more. Rich in flavor, one can almost taste it through the scent of its seasonings. Brace your taste buds for this elegantly seared fowl.



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November

menu of events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>  <p>Tedeschi Trucks Band Van Duzer Theater, 8pm</p>	<p>4</p> <p>Concious Living Series with Robyn Smith Inner Freedom Yoga 7:15pm</p>	<p>5</p> <p>Pints for Nonprofits Redwood Curtain Brewing Company, 3pm-mid (Benefits friends of Eel River)</p>  <p>The Mad Monster, 7pm Arcata Theatre Lounge</p>	<p>6</p>  <p>Sustainable Future Speaker Series, HSU, 5:30pm</p>	<p>7</p> <p>An EPIC Fall Celebration Mateel Community Center 6:30pm, \$20-\$50</p> <p>Fortuna's First Friday Fortuna, 6pm</p>  <p>Trinidad Arts Night Trinidad, 6pm</p>
<p>10</p> <p>Poets on the Plaza Plaza View Room @ Plaza Grill, 8pm, \$1</p>	<p>11</p> <p>Savage Henry's Comedy Open Mic, 9pm, \$3</p> <p>Veteran's Day Celebration Clark Museum, noon</p>	<p>12</p> <p>Last Woman on Earth (1960) ATL, 7pm</p>  <p>Humboldt Hard Cider Company on Tap Mad River Tasting Room 6pm</p>	<p>13</p> <p>Joanne Rand Band Arcata Playhouse, 7pm (Benefit for EPIC, \$15)</p> <p>Pilobolus, 8pm, \$10 Van Duzer Theater</p> <p>Backstrap Weaving Wharfinger Build. 6:45pm-9pm (Learn South American Simple Loom waving)</p>  <p>Monthly Program Redwood Region Audubon Society 7:30pm (Costa Rican Birds)</p>	<p>14</p> <p>Arts! Arcata Arcata, 6pm</p>  <p>McKinleyville Arts Night, 6pm Business Center</p>
<p>17</p> <p>Michael Franti Van Duzer Theater \$36-\$41, 8pm</p> 	<p>18</p> <p>Youth Ceramics Workshop Series Arcata Community Center, 3:30</p>	<p>19</p> <p>The Crawling Hand (1963), ATL, 7pm</p>	<p>20</p> <p>The Wailin' Jennys Van Duzer Theater 8pm, \$35</p> 	<p>21</p>  <p>McKinleyville Arts Night, 6pm Business Center</p>
<p>24</p> <p>See weekly events</p> 	<p>25</p> <p>See weekly events</p> 	<p>26</p> <p>Isle of the Snake People (1968) Arcata Theater Lounge 7pm</p>  <p>Humboldt Hard Cider Company on Tap Mad River Tasting Room 6pm</p>	<p>27</p> <p>See weekly events</p> 	<p>28</p> <p>Jurassic Park (1993) ATL, 8:30pm</p>  <p>The Haunt, 9pm Siren's Song Tavern (Wrye and DAT-1)</p>

Saturday	Sunday
<p>1</p> <p>Arts Alive! Eureka, 6pm</p> <p>Jelly Bread, Liquid Kactus Jambalaya, 9pm, \$10</p> <p>Haunted Mill Tour Blue Ox Mill, 7pm, \$10</p> <p>Learn to Homebrew Day Humboldt Beer Works 9am-5pm</p>	<p>2</p> <p>The Rescuers (1977) Arcata Theatre Lounge, 6:30pm</p>
<p>8</p> <p>Kid Ink, E-40, 3pm Humboldt County Fairgrounds</p> <p>Cirque Disco-leil: "Bridging the Gap", 7:30pm \$20</p>  <p>Ziggy Marley, 8pm Van Duzer Theater, \$26-\$56</p> <p>Pastime Silent Movie Orchestra, 7:30pm, \$8-\$10 Fortuna Monday Club</p>	<p>9</p> <p>Knife Use and Care for the Kitchen Mckinleyville Home and Garden Center, 1pm</p> <p>Family Arts Day Morris Graves Museum of Art 2pm</p>
<p>15</p> <p>Frank Fairfield, 9pm The Depot (HSU) \$10</p> <p>Hailstone Exhibit Reception Clark Museum, 4pm (Through the Eyes of a Basketweaver)</p>  <p>Doug Fir and the 2x4's Bear River Casino, 9pm (Classic Rock and Roll)</p>	<p>16</p> <p>Bridgeville Volunteer Fire Company Breakfast, 8:30pm Bridgeville Elementary, \$5 (Benefits go to BVFC)</p> <p>WRECK-IT RALPH (2012) ATL, 6:30pm</p>
<p>22</p>  <p>Other Desert Cities Redwood Cutain Theater, 8pm (Brooke Wyeth returns home to Palm Springs after a six-year absence to celebrate Christmas with her wealthy, conservative family and announces that she is about to publish a memoir dredgingup the family's history. Uh oh!)</p>	<p>23</p> <p>See weekly events</p> 
<p>29</p> <p>Isbell, Torres & Adler Elk Valley Casino 7pm</p>   	<p>30</p>  <p>Shakespeare's Globe Theater of London Van Duzer Theatre 8pm (Direct from the heart of London, the Globe Theatre is the world's preeminent exponent of Shakespeare's immortal works.)</p>

Emerald
MAGAZINE

Monday's

- Aber Miller & Dre Mohr . Sushi Spot . 5pm
- Friendship Circle Dance . Moose Lodge . 7p
- Open Mic Shamus T Bones 7pm
- Swing Dance Night . .Redwood Raks . . 7pm
- Quiz Night Blondies 7pm

Tuesday's

- Ping Pong Logger Bar noon
- Wildberries Farmers' Market 3:30pm
- Game Night Crush 3:30pm
- Buddy Reed Libation 3:30pm
- S.B. Jazz Six Rivers 8pm

Wednesday's

- Eureka Fair Wage Meeting. Labor Temple. 6p
- Aber Miller Larrupin Cafe 6pm
- Open Mic Night Central Station 8pm
- Blues Jam Clam Beach Inn 8:30 pm
- Salsa Night Robert Goodman's Wine . . . 9 pm
- Whomp Whomp Wednesday . Jambalaya . 9:30pm
- Rude Lion Sound Toby & Jacks 10 pm

Thursday's

- Henderson Center Farmers' Market 10am
- McKinleyville Farmer's Market 3:30am
- Clair Bent Libation 7pm
- Open Mic Blondies 7pm
- Karaoke Blue Lake Casino 8pm
- Blues Night Redwood Raks 8pm

Friday's

- Karaoke Central Station 9pm
- Shuffle Fridays Palm Lounge 9pm
- DJ's Sidelines 10pm

Saturday's

- Karaoke with Chris Clay ... RJ Grin's .. 9pm
- DJ's Toby and Jacks 10pm
- DJ's Sidelines 10pm

Sunday's

- Potluck Logger Bar 6pm
- Open Mic Mosgo's 7pm
- Jazz Night Blondies 7pm
- Karaoke Blue Lake Casino 8pm
- Karaoke Cher-Ae-Heights 8pm

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POLENTA NIGHT

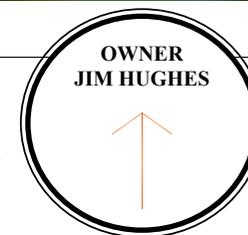
Chef Hughes makes cooking polenta look like a piece of cake.

Story by Shannon Perkins | Photos by Michael Batty & Shannon Perkins

What is polenta? Polenta is the delicious result of boiling cornmeal and then typically either frying it, baking it, or punching it up with vegetables, spices, cream, milk, cheese, maple syrup, meats, or almost anything else you can find. With roots in Northern Italy, polenta is gaining spotlight attention. At 2 Doors Down in Eureka, chef Jim Hughes is punching it up in the brick oven. The "sexy little sister" of Brick and Fire Bistro, 2 Doors Down has a hot special on Monday nights: Polenta Night. Every week, Hughes makes a polenta dish with different, fresh ingredients. "A lot of regulars come back every week," says Hughes as he prepares for the night's service. "I like to have a constantly changing menu of hand-crafted, creative, high quality options." Tonight's polenta: "A lighter seasonal version of roasted chicken thigh braised with local wild fresh chantrelle mushrooms, red onions, and carrots in a savory white wine jus...served over roasted, crispy polenta topped with local fresh Italian plum and pecorino fiore sardo imported cheese." If you've ever been to 2 Doors Down, you know they have an extensive wine collection, winners of the Wine Spectator Award in 2013 and 2014. Besides the often garden-fresh food, fine wine, and lively company, what makes this deal so hot? The meal is only ten bucks. Hughes chose to highlight polenta because "it's accessible and plentiful."



PETER & SARA STARR



Polenta is a traditional Italian dish, as common as pizza and pasta, but without as much recognition. Because of its versatility, abundance, and affordability, polenta kept even the farmers fed. For ten dollars, even the starving artists and college students in Humboldt can have a high-class experience. Hughes initially started Polenta Night to attract people to the wine bar, and kept it going to provide a fun place for people to come together over great food. At 2 Doors Down, the polenta dish usually includes a protein, a sauce, and of course the polenta. Vegetables are often included and gluten-free options are always available. What you need to know is Polenta Night is popular. Lynda and Cary Christensen can be found enjoying polenta on Monday nights. Here's why they say they keep coming back: "The food, the atmosphere, it's always something new and different. Many times we'll come in here, the whole place is full, and we know everyone. Half of them are old friends, the other half are new friends we've met at Polenta Night. Plus, it's on Monday, and who wants to cook on Monday?!" It starts at 5:00 P.M. You cannot make a reservation and you cannot make a to-go order, so get there early; they may sell out. 2 Doors Down is located, yes, two doors down from Brick and Fire Bistro on F Street in Eureka, between Watson and Wabash. 707-268-8989

THE TASTE OF BOLLYWOOD

By Dana Murguia | Photography by Bob Doran

I met with Bollywood Indian Cuisine's owner, Kiranjeet, last month to learn a bit more about what inspired him to open a restaurant in Eureka. I also wanted to explore the origin of his cuisine's culture. Kiranjeet goes by the name "Saini" and his brother, Inderjeet, is the Bollywood chef. By the end of our dining experience, we had taken to calling Inderjeet "The Spice Master" for reasons that shall be revealed. The interview with Saini follows:

What is your culinary back ground and cooking experience?

We have 40 years of restaurant ownership in our family. Our family has another Indian restaurant in Glasgow, Scotland. We also have family in Fremont, CA, and they have owned a restaurant there for 25 years. We are the first of our family to open an establishment on the North Coast.



(above) Bollywood Pulao

(below) Naan Bread



What made you decide to come to Eureka?

I first came to California looking for a job. I moved to the U.S. in 2006 to follow the Bollywood industry from India. I was a choreographer for Bollywood films and ended up in Seattle then San Francisco. Bollywood is the second largest film industry in the world and I was a dance instructor in that field. That experience also inspired the name for the restaurant.



(above)

Shahi Korma



(left)

Inerjeet

AKA "The Spice Master"

preparing a

curry dish

How did you go from choreographing dance to being a restaurant owner?

My goal has always been to become a restaurant owner. I love food. Who doesn't, right? I am always experimenting with different recipes along with my brother who is an authentic Indian chef with a lot of experience. I visited Humboldt and it seemed like a great place to raise kids. I have a daughter and a family and we all want to continue the history of Indian cuisine in our household and share it with others.

What makes Bollywood different?

Our curries are a very original invention. 99% of Indian restaurants prepare curry with a lot of oil. They fry the onion, garlic, ginger... instead, we put everything together and sauté it in water, which means that the vegetables and other ingredients retain more of their minerals.

Did someone teach you how to do this or is this your own invention?

100% our own invention. We wanted to offer a healthier alternative to Humboldt County residents and this unique way of preparing the food does not compromise flavor.

Would you be willing to share a basic curry recipe with the readers?

That is a secret recipe, I would have to say no.

Saini reveals that his brother, Inerjeet, was an Indian chef for 5 years before they opened Bollywood Cuisine together. Saini shares:

We make all of our yogurt and cheese in-house, we never buy these from the outside. All of our vegetables are fresh as well. We shop locally and buy organic whenever we can.

I printed a list of all of the regions of India, would you have a look at the list here and tell me where your cuisine is from?

Everywhere honestly. Bombay (also known as "Mumbai") has people from every city and state and they have their own fusion cuisine - it's a melting pot there like New York. Right now everyone for example is making Chicken Tikka. We like to present our own version of what we encountered there by adding fresh vegetables to create a healthier dish. Many people ask me about Tandoori. What happened in old-school India would be that a collection of five houses got together to make naan, the men would drink together, and that was how Tandoori used to be made - as a collective. For us this gathering embodies peace and love. When three or four families gather to make the naan bread together it saves time and everyone enjoys themselves. It takes a lot of effort to make naan on your own and coming together as a group makes it easier, which is what the Tandoori represents for us, community.

Can you explain what Tandoori is?

Tandoori is a way of cooking in India. A lot of people know about the food dishes for example, Tandoori chicken, which we make here. Really tandoori is more than that. It is a way of cooking over a strong fire in a tandoor or on a grill. A tandoor is a clay oven that can stand a very hot fire. After meat or vegetables are marinated, they are lowered into the oven or onto a grill on long metal skewers and cooked in this smoky and extremely hot environment until done. ("Tandoor" or "Tandoori" are actually words that describe any food cooked in a Tandoor oven. It just so happens that this cooking method has become synonymous with the food prepared by the method.)

Do you make your own naan here?

We serve our own authentic homemade recipe, which the Half Dollar Holler bakery makes fresh for us. It would be too labor intensive for us to make it here. We have plain, onion, garlic and even spinach naan available. The spinach naan is totally original, no one else serves it. We can also serve gluten-free naan but it is important for people to call ahead if they would like to have gluten-free so that we make sure to have it here for them.

Who taught you how to cook?

For us it has been a team effort to create our own kind of cuisine.

We grew up in the restaurant business and cooking with family, and now are finding our own way of presenting food. Inderjeet has many years experience cooking professionally and he is always experimenting to find healthier ways to cook. I tend to look to the outside market for ideas on what customers want to eat. For example, together we decided to completely avoid the typical Indian buffet where the food stays heated throughout the day, which makes for less nutritious and flavorful food. We use our own customized spices to prepare our curries and we believe in fresh ingredients.

Saini and the Spice Master took us on a tour of the restaurant and let us get an up-close sniff of a clay plate filled with fresh spices that they typically use in preparing a curry. I have not smelled anything like it since being in the spice stores of the souq, or market, of Manama, Bahrain. The spices were obviously fresh, as verified by their pungency.

We then turned to the menu and saw that there were over 20 vegetarian options, which could all be made vegan. That pleased my husband. I ordered the obvious carnivore's choice: tandoori chicken, which was marinated in yogurt, garlic, ginger and some of those secret spices. The veggie order was navratan curry, which came with diced vegetables, cashews, pistachios, and tomatoes served in a curry sauce. Curry & Cue Sticks = the Perfect Date Night!

While waiting for the food, I walked around the restaurant. Bollywood Cuisine has a huge seating addition in the back that is not apparent from the street. The handicap accessibility in the rest room is top-notch! The entire path is flat and easily navigated and the restrooms themselves are very spacious - a 5 out of 5 GOG (*Going-Out-Guide*) rating. Yay. The back-end of Bollywood is attached to Rose's Billiards, a bar that calls itself "a classy, upscale pool hall with 12 diamond tournament pool tables". Can you say perfect date night, anyone?

When our food arrived, we swooned. The portions were huge and gorgeously prepared, with plenty of fresh veggies as promised. This has been our experience every time we visited, three other times in total.

Spice-Alert: I consider myself a fairly studly spice connoisseur and found the medium spice to be gnarly enough. So if you consider yourself a spice-wuss, be sure to order the lightly spiced version. It was amazing to us how reasonably priced every item was given the ginormous portions we were given. Everything was delicious and there was plenty left over to take home.

We plan to go back many times over and love the place for its neighborhood feel. There were obvious regulars and fans seated at the tables. We sat next to City Council candidate Natalie Arroyo, who confessed that she loved the place. We learned that she is also a Coast Guard Reservist. We love a girl in uniform who can also rock the funky tights in a business setting.

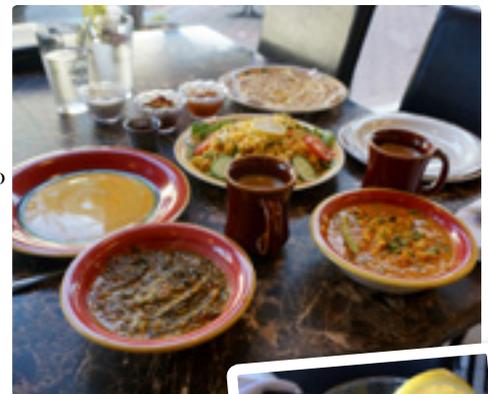
Bollywood Cuisine becomes one more wheelchair-friendly treasure in Humboldt County. Its placement next to Highway 101 emulates the pace of Mumbai for an authentic eating experience, and the décor, with a Bollywood film playing on the TV, U.S.A. flags plunked in a vase, and the mosaic Italian glass by Laurel Skye Designs, make the perfect melting-pot foil to the sound and smells of the Spice Master working his magic over the Tandoori grill.

Works Cited

Corliss, R. (1996, Sept. 16). Welcome to Bollywood.

Retrieved Oct. 19, 2014, from Time: content.time.com/time/magazine/article/0,9171,985129,00.html?internalid=atm100

(below) Saag, Bollywood Pulao, Garlic Seasoned Naan, Shahi Korma



(above) Mango lassi

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Bless My Soul Cafe

Story by Daniel Urtnowski | Photos by Katherine O' Callahan

Potion,” and comfort food in a comfortable environment. They pride themselves on using the freshest possible ingredients, with no fillers or additives. If you make a point to ask the locals about their favorite dishes, time and again you will hear about the chicken and waffles.

On behalf of readers, I acquired an Oyster Po'boy that even Alan Richman would have been happy with. It came dressed with lettuce and a light, smooth and flavorful aioli sauce. I had a side of hush puppies that were soft and moist on the inside, letting off a little bit of steam with the first bite. I didn't have to be wheeled out, but I was challenged to finish my portion.

You can appreciate Bless My Soul Cafe's desire to be just innovative enough with classic Creole dishes. We should all value independent chefs who cook in their own kitchens, especially like Sweet Mama Janisse, who still regularly participates in (and wins) competitions and strives for superior versions of classic Creole dishes.

Bless My Soul Cafe, located at 29 Fifth Street in Eureka, is open Mondays through Thursdays from 3pm to 9pm, and Fridays and Saturdays from 3pm to 10pm. For reservations, call (707) 443-1090.

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EUREKA, CA

Sweet Mama Janisse has earned a devoted following, from musicians and movie stars to locals and tourists, through a love and dedication toward her craft. With the help of her team, the art of creating Creole dishes is combined with passion and an eye towards implementing progressive and delicious new approaches, resulting in us all being kept well fed. Nicholas, whose passion for cooking is as clear as his ability to articulate what makes any plate great, says “It’s okay if you get too full. We are always happy to wheel you out.”

The Creole cooking tradition comes from the combination of a variety of cultures that melted together in New Or-

leans in the 18th century. Those traditions gradually fused and expanded as different influences made their way to the region, largely French, Spanish, and some Italian influences, making a



broader base than just “Cajun” to inherit from. Sweet Mama Janisse continues that Creole tradition of

inheritance, and is still adding to the legacy.

For the last 11 years awards have continued to be added to the walls of Bless My Soul, and it only takes one visit to understand why. You can find a comfortable, personable dining experience and delicious food that has a unique depth of presentation and flavor. One taste and you can see why Taj Mahal was inspired to write the song “Sweet Mama Janisse.”

Bless My Soul Cafe has something for everyone; gluten free and vegan options, a rotating local beer and wine list, unique cocktails like the “Love

Eureka's Ethiopian International Café Brings the Goods

Authentic • Local • Organic

By Benjamin Fordham

Photography by Bob Doran



Nolawi Temesgan is quick to smile, and quick to laugh. He is also passionate about his Rastafarian religion and his Ethiopian roots, and it's this combination of lightness and drive that he brings to his restaurant, Eureka's Ethiopian International Café. As the café approaches its one-year anniversary, Temesgan sat down with the Emerald to discuss food, life, and more food.

Temesgan was born and raised in Ethiopia, a place that he describes as lush and diverse. One of Africa's fastest-growing economies, Temesgan says it bothers him that his homeland is still associated with the starvation and malnourishment that happened in one re-

At age 10, Temesgan moved to the states, first to St. Louis and then San Francisco. "That was awesome," he says of his time in the Bay Area, where his mother still lives. "San Francisco is a great city to live in...It's great for food." Taught to cook traditional Ethiopian food by his mother, it was in San Francisco that Temesgan began to cut his teeth in the restaurant world. During his time working in Telegraph Ave.'s award-winning Café Colucci, Temesgan says he made over 10,000 injeras, the bread that is a staple of the Ethiopian diet. "I honed my skills there," he says.

Ethiopian food has similarities with Indian and

flavors, which are combined with slow-cooked beef, lamb, chicken, or veggies. Temesgan gets all his spices directly from Ethiopia. "That's what makes the food," he says. "That's what people come for."

Almost everything is served with the injeras, a delicate crepe-like bread that Temesgan makes fresh throughout the day. "That's the main bread that comes with everything," he says. The injeras are made with teff flour, an Ethiopian staple grain that is rich in protein, iron, calcium, and other beneficial nutrients. The injeras provide the perfect compliment to the savory fillings.

Temesgan is a traditionalist when it comes to his menus. "I like to keep it pretty classic," he says. "Some spicy, some mild." And with new specials every week, there is always something different to try. But the greatest satisfaction for Temesgan comes from seeing people enjoy his food. "I get a great joy out of that," he says.



Tierra to Table with Shakefork Community Farm

An interview with Shakefork Community Farm Founders, Kevin & Melanie Cunningham

—by Dave Feral—

Photo contribution from Shakefork Community Farm

When Kevin and Melanie aren't living the dream on their farm, you can find them at farmer's market, providing nourishing produce straight from the earth to your table that's both organic and sustainable, with love to you!

Q. What inspired you to farm organically?

A. "Both Kevin and I were called to farming from an urban background. For us, to farm always meant to farm organically. We can't imagine doing it any other way. In farming we found a long sought deeper connection to the sacred in the everyday and a more meaningful relationship to our food."

Q. How many different crops do you grow in a given year?

A. "We grow four acres of grain - currently barley, which we sell whole and as stone-ground flour, oats for our livestock, and a hullless oat for us humans to eat, 6 acres of vegetables - pretty much every variety you can imagine for our CSA and markets; and 2 acres of clover hay. We have an additional 30-plus acres of pasture where we intensively manage our pastured broilers - up to 2,000 a year, layers, and a handful of steers, sheep, and sometimes pigs."

Q. Of those crops what are the main ones bringing income to your farm?

A. Our strength as a farm is in our diversity, and everything we produce contributes to the farm as a whole. Vegetables are the big cash flow generators, though, and we specialize in storage crops like potatoes, onions, and winter squash. We also sell a good amount of roots and greens.

Q. Please share with our readers your daily routine at the peak of the season?

A. "June through October follow a very prescribed schedule. Monday and Tuesday morning are harvest days; Tuesday afternoon is Fortuna Market and CSA distributions; Wednesday is a free project day for things like planting, weeding, or chicken processing; Thursday we harvest again; Friday is Garberville Market and CSA distribution; Saturday Arcata market; Sunday we 'rest'."

We have a 7:30 am "coffee meeting" with the crew every morning where we check in and talk about the day's work. The milker is usually finishing up by then. Two people go out to move chicken tractors, as many as 4 to 6, and move the steers and sheep on to fresh pasture. Bella, our milk cow, gets moved daily as well. We start harvesting greens at 7:30 am. Lunch is at 12:30 pm. We take turns cooking feasts every work day and eat communally, mostly from food we grow for ourselves. Then it's back to work by 2pm till the harvest is all in, washed, and packed. Melanie puts together CSA boxes sometime in the late afternoon. And we end the day with more chores - feeding the chickens (no move), collecting eggs and tending to the layers (involves a weekly move, at minimum), and milking again at 7 pm. In the early spring the days are a little less frantic but still full and busy. We start running broilers in February, so there are chicken tractors to move daily, milking to be done, and layers to tend to. We start a little later when the crew is gone - 8 or 9a and end by 5p usually. A typical day could entail a good long greenhouse session - sowing onions or early brassicas. Or if it's been dry we'll tend to the winter crops. We grow year round and have attended Arcata market every Saturday for 2 years running, including every winter Saturday."

Q. What makes this life on the farm sustainable and livable?

A. Good food is the heart of our operation. We eat the best food on the planet and appreciate every meal. We love the work too - the physicality of it, the daily and seasonal rhythms, working outside. Farming is incredibly challenging, but the challenges are creatively and intellectually stimulating. We get tired, but we never get bored.

Q. This farm, like many other has a bit of a love story in it, please share with the readers how you two came together to live your dream.

A. "We first noticed each other at the Arcata Plaza Farmer's Market, where Kevin sold for Warren Creek Farm and Melanie sold for Redwood Roots Farm. We cultivated a friendship for several years before becoming a couple. We shared a lot of good times at "Farmers' Feasts" - potlucks some of us coastal farmhands organized for new farmers to share their successes and trials over shared food and drink. Our first kiss happened after a day spent slaughtering chickens with our friends at Wild Chick Farm."

Q. What is your vision for your young farm in 20 years?

A. "Deepening our relationship with this 85 acres and perfecting the balance of livestock and plant life, cultivated ground and pasture, work and play to create a truly sustainable, fertility-independent farmstead. It is our goal to someday provide for other Humboldt County families the same nutrient-dense farm-based diet we enjoy ourselves. We are also exploring the use of draft animal power and see oxen as an essential part of our garden in the years to come."

Kevin and Melanie Cunningham can be reached via their website at shakeforkcommunityfarm.com. The food they produce is available year-round at the Arcata Saturday Market, as well as through their CSA (Community Supported Agriculture) program. Please contact the farmers for more details.



(below) Harnesses used for the yolk progression.



gion of the country decades ago. "My whole purpose is showing Ethiopia and Africa in a good light," he says of his work with the café.

North African food, rich with complex spice combinations, but it definitely has a flavor all its own. Onions, garlic, ginger, and turmeric provide the staple

HUMBOLDT BAR & GRILL



GARBERVILLE, CA

Welcome to Humboldt Bar & Grill, Garberville's perfectly posh sports bar and restaurant. Once inside, you're immediately engulfed by brightly colored walls and seductive black leather seating, an alluring choice made by owners Alden Akselsen & Julia Foote.

On the south side of the restaurant is the sports bar, stocked with a wide variety of beer and wine from both in and outside the country. The walls are painted an inviting orange color with a hint of red accented throughout. The bar-top, which was the only item kept behind when renovating, is of a burl slab that has been polished to the point of reflection. Several flat screens hang on the walls so you can experience the full effect of the game.

On the north side of Humboldt Bar & Grill is the dining area. The decor throughout is impressive to say the least. The walls are black, the seating is plenty, and the food...to die for. With Julia largely in control of the grill and Alden on the other side of the spectrum, these two have only begun to set the bar.

Every delectable item at the Humboldt Bar & Grill has been made by hand from scratch. Organic produce and other items are well-infused throughout the menu. The donut holes, pictured above, are served with warm Ghirardelli chocolate, strawberry and caramel dipping sauce. On special occasions such as New Year's, HB&G serves up a popular prepared dinner of crab and prime rib. In the spring, the restaurant plays host to a variety of live music and performers. The next time you're in Garberville, let your curiosity get the better of you, and stop in.



Spring Rolls

(left)

The spring rolls begin with rice paper that's been dipped in water. Purple cabbage starts the first layer, followed by avocado, mango, bell pepper, cucumber, herbs, and peanut or gluten-free almond sauce.

Chicken Nuggets

(below)

The chicken nuggets are said to be a popular choice at HB&G. They consist of organic chicken breast that's been hand cut, battered, fried, and tossed into different sauces for your taste bud pleasure. Your choice of dipping sauces are hot, extra hot, BBQ, Ranch, or Bleu Cheese.



HUMBOLDT BAR & GRILL

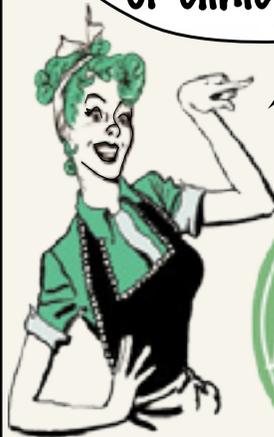
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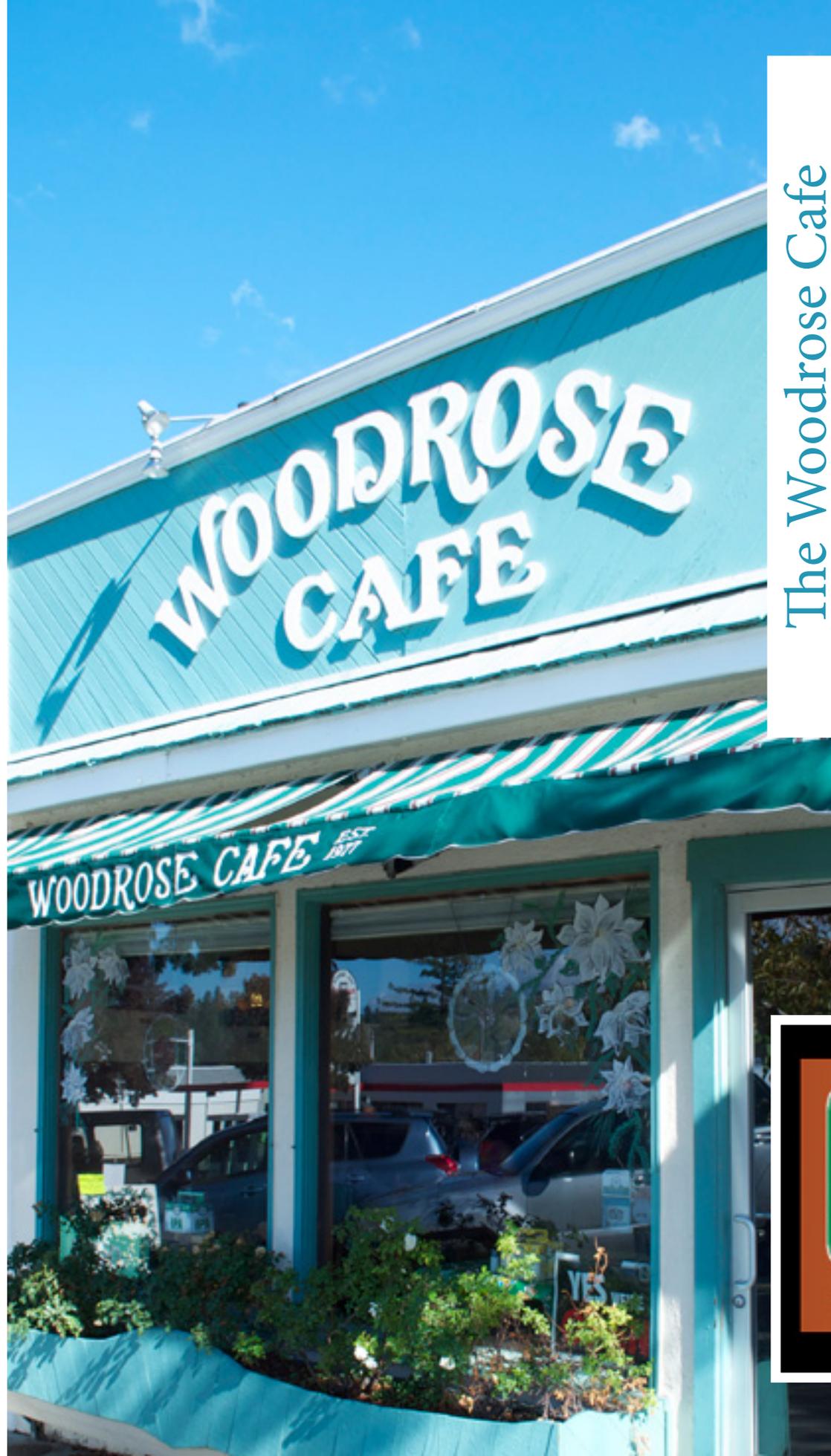
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The Woodrose Cafe

Story & Photos by Victoria Voss

Please wait to be greeted & seated, read the sign on the glass door to the Woodrose Cafe located on the southern end of Garberville. Masked in Tiffany-blue paint with white trim, this cafe is an ideal stop for some good ol' organic eatin'.

From their fresh fruit to their veggies, Woodrose Cafe puts quality first before everything else. Established in 1977 and named after the original owner's father, Woodroe, the inside of the cafe is a rustic setback to the days of mass logging. The scent of fried eggs and freshly brewed coffee greets you before the staff can. The walls are lined with wood that displays local artwork every month. This month's display is by wildlife painter Talia Rose and her collection of "County Line Wild."

The main counter top is a giant slab of redwood that measures over eight feet long. Doug Brian, one of Woodrose's four owners, explained that it's only been eleven short months since coming into ownership of the cafe. Doug shared his passion for cooking, knowledge of organic food, and goals for the restaurant's future: "Some people didn't know we served lunch, they thought we were just breakfast," he said. "Today's lunch special is fajitas!"

While the cafe's notoriety comes from their hearty breakfasts, they are now striving to make lunch just as popular. "One hundred percent of the produce served at the cafe is organic," says Doug. "A solid 75% of food and beverages that pass through the cafe is guaranteed organic." The Woodrose Cafe strives for consistent, quality organic food for their patrons. The classic ABC (avocado, bacon and cheese) omelet stands out as the most-ordered entrée at the cafe. Woodrose also makes an effort to help support Southern Humboldt's local farmers by purchasing from them as often as possible.

Many entrées exist at Woodrose, the hard part is selecting only one. With plenty of vegetarian choices, the egg and tofu scramble complete with country potatoes topped off with a handful of cheese, chives, olives, sour cream and salsa is a personal favorite.

Open seven days a week from 8am to 2 pm, the Woodrose serves breakfast until noon during the week and all day on the weekends. The lunch menu picks up from noon to 2pm. If you're in the mood, make sure to grab one of their freshly squeezed juices. When healthy meets delicious, it's at the Woodrose cafe, located at 911 Redwood Drive in the heart of Southern Humboldt.



(above) Chicken Fajitas



(above) Grilled Vegetables



(above) Tofu Egg Scramble



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Violet-Green Winery

By Jasmine Lang

When we are all joining with family and friends this holiday season, we must remind ourselves of the significance of the love we are surrounded by, the love that inspires us throughout our many endeavors in life. When you are celebrating with your loved ones, you should take a moment to reflect on what inspires you to be who you are. I had the wonderful opportunity to meet Lina Carro and Don Wattenbarger, the owners of Violet-Green Winery, as they took me on a journey into understanding what inspires them to be who they are. Lina and Don are passionate wine makers who have created a local business full of family history, love for nature, and creativity.

Producing their first vintage in 2002, Lina and Don introduced Violet-Green Winery to the locals of Humboldt County. Located on seven acres of redwood forest overlooking Misty Hill Canyon near Humboldt Bay, Violet-Green Winery was named to honor the violet-green swallow's annual spring migration to the winery as a symbol of nature's promise of renewal. Its obvious Lina and Don's love for nature has inspired them throughout their journey as wine makers, but family has played a remarkable role as well. Lina remembers her parents' teaching her to make wine, bread, and sausage. Her parents, both born in Italy, passed the Italian tradition



(above)
Violet-Green Swallow
 Photo by Ron LeValley

down to Lina, where she developed a passion for the craft behind creating. As she reflects on her childhood, Lina says, "I can remember drinking a little wine with dinner even as young as age five." Don's interest in wine was sparked by his uncle, who was quite the wine collector. Soon after, Don became a passionate scholar and collector himself. While on a visit to the Napa Valley, with the encouragement of wine maker friends, Lina and Don discovered the beginning of Violet-Green Winery. Today they celebrate the winery's 12th anniversary of making Syrah, Cabernet Franc, and Bordeaux blends. The winery also bottles a second value-priced label, Kativa, offering Merlot, Rose, and Syrah.

Fermentation is managed by hand at Violet-Green; the process begins with the best handpicked grapes, which Lina and Don and a loyal crew of friends hand-sort. Both Lina and Don feel managing the wine making process by hand offers more in-

tuitive control over how the wine develops. The grapes are often cold-soaked for extended maceration to develop full complexity during the primary fermentation, and are then pressed off into barrels where the wines acquire Violet-Green's signature style. At this point the wines are aged for a total of 18-20 months in French oak barrels before they are bottled.

"We are both wine makers and the owners, so our passion and attention to detail can be found in everything we do at the winery—since we do everything!" Lina says. "We joke that we are the owners, the wine makers, the truck drivers, barrel washers, you name, it but it's true." As a business solely operated by these two, with the help of family and friends, Violet-Green has developed into a business that has become part of Lina and Don's family. They professed their love for each wine by saying, "We think of our wines as being a part of the family and even kid about the personalities of each 'child' when we discuss the profiles of each vintage." They never take any shortcuts during the wine making process, ensuring they provide each wine with constant support and a commitment similar to the love and dedication a child may receive from its parents. The love from their own parents is abundant for Lina and Don. Don's mom helps them keep up with their local accounts and also provides them with generous love and encouragement along the way.

When you are enjoying your wine this holiday season amongst your family and friends, a glass of one of Violet-Green's luscious red wines may remind you to keep the inspiration of love in mind. Not only the love and support that you receive from your family that impacts your daily life, but also the love you express in the things you do. Lina and Don express that love by saying, "Each bottle of wine is like sending out a piece of yourself to our community, which also feels like family to us since Humboldt has been our home for more than 30 years. We love when locally-owned businesses where we have shopped for decades carry our wine, because it feels like a very loving circle of energy."

In the near future, Violet-Green Winery will be trying new things artistically. This year they have released their first Syrah made with certified organic grapes, and there will be another variety soon to follow. If you're interested in some holiday favorites, Violet-Green has some wonderful Merlot blends that are full of flavor and will match perfectly with your grilled meats, grilled veggies, and are able to withstand any spicy foods! Violet-Green also offers special wines available online that aren't in the stores. For special unreleased wines, I recommend becoming a member of Violet-Green's Wine Club! For club members they offer free local delivery. If the love and passion that Lina and Don have for what they do isn't already evident enough, let the flavor of each sip of their wines grant you that taste of passion.



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Roll Out The Dough

Home Cooking, located on Briceland Road in Redway, is Southern Humboldt's very own take-and-bake pizza shop. Laura Eldridge and her two children, Jesse and Lindsay, have been hard at work rolling out the pizza dough and covering it with fresh, local, organic ingredients for your enjoyment.

"One of our goals (at Home Cooking) is to bridge the gap between local organic farmers and consumers by offering healthy, convenient 'grab & go' entrées that cater to busy families and health-conscious individuals," says Laura. Since coming into ownership a year ago, Laura and her two children have made a point to work either with or on local farms. Jesse works hands-on with local farms, including Shakefork Community Farm (p.25), and points Home Cooking in the right direction when it comes to purchasing the best produce.

Since taking over the business, the Eldridges have also begun milling their own flour to make whole wheat crust. They offer wheat, traditional, and gluten-free crust options. Home Cooking also offers over twenty different top-

ping combinations along with gourmet and stuffed pizzas, as well as calzones.

In the interest of providing the community with healthy eating, daughter Lindsay has launched Bloom, her very own raw, vegan, organic business right inside the shop. In addition to the deep dish lasagna, garden salads, and breadsticks, Home Cooking offers a variety of dessert options starting with Garberville's own Vixen Kitchen gelato. The organic oatmeal raisin cookie dough is always in demand, and can often be sampled when coming in to pick up your order. Another exciting development for the Eldridges is the soon-to-be-coming organic take-and-bake apple pie, featuring local apples and wheat crusts milled right in the shop.

When making your way home, or if you're simply traveling through, call in and place an order for your 100% guilt-free pizza, (707) 923-4961. Open Monday through Friday from noon-7pm, Home Cooking is located at 47 Briceland Road, Redway, California.

BLOOM

REDWAY, CA



"Stop by Home Cooking in Redway and see what's not cooking. Raw, Vegan, Local, Organic, To-Go,"
- Lindsay Eldridge

This 22-year old chef has whipped up an ever-changing menu of raw, natural, organic food ready to go when you are. One call in to Home Cooking in Redway could order you a variety of well thought-out vegan entrées. The carrot-ginger soup, pictured above, is a fusion of lime, cashew, garlic, ginger and carrot. It's of a thick consistency and can be served both warm or cold.

The Spiralized zucchini, pictured below, is topped with shredded carrots, cabbage, bell peppers, green beans, and a Garlic-Tahini sauce. It is one of the many seasonal options that Bloom has on their rotating menu. As the seasons change, so does what blooms. Sourcing fresh produce from places such as Shakefork (p. 25) and other local organic farms in the county helps keep Bloom close to its mission of providing the community of Southern Humboldt with natural, healthy meals.

In addition to appetizers and entrées, Bloom also has dairy-free, vegan dessert options. The apple cake, pictured below, starts off with an almond crust topped by cashew vanilla "cream", shredded apples and date



caramel sauce. You would never guess that there is no sugar added, all the sweetness comes from the dates.

The next time you're in Redway, make sure to stop by Home Cooking - to see what's not cooking!

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Emerald TRAVELS



Travel Columnist

Sean Jansen

What is it that you think of when the word traveling comes to mind? Is it adventure? Relaxation? Culture? All true and all different. And rightfully so, considering the variations of each country and what they all have to offer. Variation attracts all of us to leave our homes and go either right out our front door, or to go halfway around the globe for our own reasons. I have found the desire personally to go to places for adventure, relaxation, or both. But it wasn't until recently that I discovered my desire to travel based solely off of food and the cuisine a country has to offer.

I have been blessed with the ability to travel to the countries I have, and been able to experience the variety that they all offer. But it wouldn't be until I got home that I would actually really appreciate the countries for what they were worth, appreciate them more than what Lonely Planet guidebooks tell you or what tourist attractions they have. I began to have an appreciation for the cuisine of the places I went to, but wanted to be able to also eat their food from the comfort of my home in the U.S.

So far I have been blessed with the gift of seeing 27 countries on five of the seven continents that our planet has to offer, all of which are vastly different, and they all have

their own flair when it comes to cuisine and their so-called, "national dish." But there is one country that stands out above them all: Thailand. Thailand may not have the best cuisine overall, but it certainly has the single-greatest



dish that I had ever had. And that dish is the Pad Thai.

Pad Thai is a noodle-based dish with a variety and flavor that can make anyone from anywhere in the world go "mmmmmmmm" after indulging in a bite. On the streets of Thailand's capital city of Bangkok, you can find street vendors who have turned their bicycles into mobile grills. They can fry you up some of this epic Pad

Thai for the equivalent of about two U.S. dollars. It is a spicy noodle heaven, which also has this amazing aftertaste of sweetness from the peanuts that are blended in with the noodles.

The ingredients for it are as follows:

- Pad Thai rice noodles
- 10-12 raw shrimp (shells removed)
- Boneless chicken
- 1.5 Tbsp. soy sauce
- 3-4 cloves of garlic
- 1-2 fresh chilies
- 1 tsp. ginger
- 4 green onions
- 1 egg
- Bean sprouts
- Unsalted peanuts
- 2-3 Tbsp. vegetable oil

So long story short, for those of us who can't afford a plane ticket to Bangkok (I can't anymore), you can make it at home. Of course, nothing will beat the goodness from the streets of Bangkok, but I personally know that I have seen this dish in restaurants in Humboldt County, and I know that you can buy the ingredients at all of the grocery stores. So if you are feeling the need to try something new and get a blast of flavor from spicy to sweet all in the same dish, then look no further than the Pad Thai. My mouth is even watering as I write this piece, wanting some of this delicious Thailand goodness.

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HOT ON THE MARKET!
SAMOA — \$2,000,000

This one-of-a-kind property presents a unique opportunity to own a slice of coastal frontage natural beauty! Situated in the Samoa Dunes, the Dog Ranch consists of ±213 acres with an existing older home, outbuildings and ranch facility. Located between Hwy 255 and the Pacific Ocean, this rare find offers seclusion for ranchers, hikers, surfers, beachcombers and fishing enthusiasts while only a few minutes from historic old town Eureka. Be prepared to roll up your sleeves and remodel to make this stunning property your own!



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NEW LISTING
TRINITY LAKE — \$ 379,000
±160 Acres Watson Creek. Beautiful land located in the Coffee Creek area of Trinity County. Secluded, 3500' elevation property with several large flat areas including ample water, panoramic views, and an existing cabin. Great opportunity!

REDUCED
ARCATA — \$409,000

Enjoy your very own ±14 acres Redwood Forest sanctuary just five minutes from the Downtown Arcata! Comprised of two separate parcels, this property is a developer's dream featuring multiple building sites, roads throughout, PG&E to the property boundary, community water available and so much more!

TRINITY LAKE — \$220,000

This private ±30 Acre property on Bowerman Ridge is ready for you! Composed of three separate parcels, the property boasts tons of water with a year round developed spring and creek, a cleared building site with additional useable flats, two cargo storage containers, moderate timber, sloped topography from 2800-6500 feet, and a 15 kilo watt generator.

HAYFORK — \$399,000

±190 Acres with Hayfork Creek frontage just outside of Hayfork, CA. This property has standing timber & amazing valley views with a pleasant creek swimming hole. Wonderfully secluded, yet close to town, this property has several potential building sites with one developed site and a great dirt road for easy access. Elevation approx. 2300'-3000'.

NEW LISTING
SMITH RIVER SINGLE FAMILY HOME — \$ 479,000

Own ±68 beautiful acres of partially wooded property with plenty of privacy, a herd of Roosevelt Elk in your backyard, and close proximity to excellent salmon and steelhead fishing on the Smith River. This beautiful "banana belt" property also includes a small barn, a 1680 square foot two bedroom home complete with a bonus atrium, power, multiple building sites, community water and stunning views of the Smith River Valley. Country living doesn't get any better than this.



NEW LISTING
WILLOW CREEK — \$ 340,000
Secluded ±21.3 acre property at 2000' elevation offers the best of the outdoor amenities with a 180 degree breathtaking views of the Six Rivers National Forest mountain range, a 5000 gal storage tank, and two natural springs. Additionally, the 1212 sq home includes a 40-year roof with warranty, PG&E, eco-design improvements throughout, new Trex and redwood deck, two storage sheds, plus a dome-shaped two room studio.

LEGGETT — \$325,000

±11 Acres of beautiful river front property! Enjoy your summers among old growth Redwoods, in your own swimming hole, and close to one of Mendocino's State Parks. This parcel is private, easy to access and has a building site waiting for you right by the water!

DEL NORTE — \$750,000

Beautiful, one of a kind ±190 acre property bordering Trees of Mystery and Redwood National Park, located just off Highway 101! This unique parcel boasts flat open meadows, power, old growth Spruce and White Fir Forests, and Wilson Creek running through it. Situated just a short walk to the beach makes this parcel very desirable!

SALYER — \$350,000

±29 Acres of gently sloping property with great views. This parcel offers a very nice spring and a three acre flat by the river!

REDUCED
WEITCHPEC — \$149,000

This desirable ±40 acre property located off Highway 169 boasts gorgeous river views, year round creek, Klamath River frontage, sloping topography, phone and power, and county road access.



PRICE REDUCED
CARLOTTA — \$424,000

Beautiful home on 13 acres located just inland from Carlotta. This 2,200 square foot 3 bedroom 2 bathroom house built in 1999 features a gas stove, wood fire oven, custom wood work, walk-in tile showers and laundry room. There is also a secondary residence on the property that is in very poor condition. The property is made of two separate parcels and boasts privacy, PG&E, old growth Redwoods, and a partially fenced yard.

REDUCED
BLOCKSBURG — \$400,000

±80 Acres of sloping land with great agricultural potential in Blocksburg. Schedule a showing to experience this parcels large open meadows, groves of Oak and Fir trees and developed well, all while enjoying the beautiful valley views!

WILLOW CREEK — \$89,900

This beautiful ±1.33 acre parcel is awaiting your dream home! Situated just a couple minutes from Willow Creek, this parcel boasts community water, underground 200 amp PG&E and phone service on the property, and an approved septic system waiting to be built. Enjoy your summer retreat located just a short walk from the Trinity River!

HYAMPOM- \$150K — \$625K

Five newly listed properties located above the Hyampom Valley off of Route 1. Properties feature roads, terraced topography, year round water and amazing views. Parcel sizes ranch from ±160 acres to ±615 acres. Call today for more information.





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