

## Food Past & Present

Our earliest childhood memories often revolve around food. Some memories define how we relate to food, our likes and dislikes, even how we grocery shop and of course what we pass down to our children.

When I was five I remember having a stand off at the dinner table over peas and I hated meatloaf. Although I won the war over peas, I applaud my dad for trying - I still hate peas, but love meatloaf!

We ate pasta every Sunday and baked macaroni was a staple for dinner. Tacos were a novelty (we're from New Jersey) and I would have bet money to say I'd never eat sushi.

We never had the "good" snacks - those were what you found at your friends homes. I actually heard myself through my daughter when she said "there's nothing to eat"

right after I had gone grocery shopping and spent \$250! A common phrase among teens.

My daughter for the first 5 or so years of life thought everything we served her was chicken - and thank goodness every restaurant in America has some version of chicken fingers. I worried she would never step out of her comfort zone - but she has and so did I.

I truly believe food experiences shape the habits we acquire as adults (good and bad). I still remember the words of a lady I worked with at the age of 18... "One day it will catch up with you." This she stated as I was eating cake for lunch. Well, she was right and I never forgot that statement.

Food, like most things in life... the minute I deprive myself the more I deviate. I can no

longer eat cake for lunch without knowing there is a price to pay. I tried to give up carbs and think I lasted an entire hour.

I can live with a little less cake, however I am unwilling to give up the foods I love the most because attached to them are memories past and new ones created. I have come to realize it isn't just about the food. Well, okay I do love to eat but it's more about the experiences shared and knowing now my daughter will take those memories and share them throughout her life while creating her own.

So I walk a little farther, eat a little healthier and revel in news that announces the stuff that was bad for me yesterday is good for me today!

*Jeanette Schaub*

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### Cafeteria Style Spaghetti

1 can tomatoes (whole or diced), 1 can tomato paste  
1 can tomato sauce  
1 green bell pepper, 1 yellow onion, 1 clove garlic  
1 package lean ground beef  
Italian Seasoning, garlic salt & pepper

Boil water for pasta & add dash of salt  
Sauté onions & bell pepper  
Add ground beef & sauté until cooked through  
Add garlic, tomatoes, sauce & paste  
Add seasoning to taste & Simmer

**\* I like to add a drop of red wine or balsamic vinegar for flavor  
Drain pasta add sauce and mix - serve with hot garlic bread**

## Take it Inside

I enjoy all the seasons, but truly love the summer months - long days, sun, swimming, barbecues, beach, the smell of suntan lotion, and especially eating outside.

All good things must come to an end however and Fall has arrived. It's October and although we still have some warm days here and there you can feel change in the air. While I do get excited about buying pumpkins and the thought of holiday meals, I still long for a few extra days basking in the sun.

Whatever your seasonal pleasure there is no need to sacrifice the activities you enjoy – just change them up a bit. Rather than feel deprived think outside the box and find other ways to continue to enjoy the things you love.

For us it's eating outdoors and picnics. One of our favorite things to do when the weather gets chilly is to bring our picnic indoors.

Throw a log on the fireplace (or if you're like us... flip a switch) and throw a blanket on the floor with pillows, candles - whatever your pleasure. And, of course you can't forget a good movie!

We go to a local farmers market or grocery store and buy some of our favorite items such as brie, pâté, good Italian bread, strawberries, champagne or wine and of course something sweet!

Other great indoor picnic ideas:

- Chinese or Thai takeout
- Cheese platters
- Sushi
- Pizza or Italian takeout
- Leftovers
- Fondue
- Frozen appetizers – wide variety available today

The sky is the limit and you can make your picnic as simple or complex as you choose.

The best part is there are no ants intruding, you won't be affected by changes in weather and if you don't cook – you can have a great picnic without ever turning on your stove!



### Tomato Basil Dip

*Love the olive oil they serve in Italian restaurants with your bread for dipping? Why not make your own jazzed up version?*

*Loaf of Italian or French Bread*

*Olive Oil & Balsamic Vinegar*

*Plum Tomatoes, Garlic & Fresh Basil*

*Dice Tomato, Mince Garlic, Finely Chop Basil*

*Add all ingredients with Olive Oil & Vinegar*

*Slice Bread and Start Dipping!*

## Did You Know...

- Halloween is the second most commercially successful holiday, beat out only by Christmas.
- The U.S. consumer spends upwards of \$1.5 billion on Halloween costumes annually.
- Halloween is the third biggest party day of the year behind New Year's and Super Bowl Sunday, respectively.
- There are no words in the dictionary that rhyme with orange.
- The number one candy of choice for Halloween is Snickers.
- Halloween, referred to as All Hallows Eve, was originally a pagan holiday in which they honored the dead. It was celebrated

on October 31 since this was the last day of the Celtic calendar. The celebration dates back some 2,000 years.



*Happy Hallows Eve!*

## Passing Down Tradition

One of the greatest joys for me as a parent is watching family traditions embraced by our children and become a part of who they are. When my daughter was little I never really thought about the things we did year after year and the impact they would have as she got older. While much of our day-to-day lives are untraditional, there is a calm familiar element of knowing what to expect. I am reminded of this every time my daughter expects an event to occur and shows little patience from deviating from the "traditional" plan.

I wanted to share some of our family traditions with you.

- ❖ Road trips on Highway 5 to Grandma's (including where we eat and stop for breaks).
- ❖ The Grease CD that is a must have in the car during road trips (yes, it includes singing).
- ❖ Grandma's Easter Egg hunts for the kids (and adults).
- ❖ 4<sup>th</sup> of July at moms – water fights and stuffed mushrooms – the only food that will ensure the kids show up on time!
- ❖ Playing Pictionary after every holiday meal.
- ❖ Knowing we are buying our Christmas tree from Cheap Charlie's every year and the fun of teasing my daughter that we aren't!
- ❖ Watching The Grinch who Stole Christmas on Christmas Eve while decorating the tree and drinking spiked eggnog (for the adults of course).
- ❖ Holiday dinners with friends instead of gift exchanges.
- ❖ Putting in a request for Eggplant when mom knows we are coming.

- ❖ The egg cream soda my daughter shares with her Grandpa upon every visit.

There are a million more but these are some of our most precious.

It is never too late to establish traditions. Think about the small things you do with your friends and family that you may not think twice about but have become part of your life.

As we bustle through our busy lives in these uncertain times I find peace in knowing some things are nonnegotiable and I wouldn't have it any other way.



*Tip: Take a journal or notebook with you on road trips to capture special moments or funny events that occur.*

## The Readers World – Northern California Coast

Even in the summer the climate in Northern California is typically much cooler than other parts of the State. The beaches in Southern California are packed with bodies sunning and enjoying the ocean. While many people still venture to the Northern California coastline for sun and surf, for me it is about how scenic the coast is as the water is a bit too cool for me to take a dip. There's no shortage of great places to dine and coastline to enjoy.

If you haven't been to the **Ritz Carlton** in Half Moon Bay it's definitely worth the drive. I say this primarily for the location. The **Ritz** sits on a cliff in Half Moon bay with breathtaking views. A pricey place to spend the night, but you can

have a drink in the lounge, walk the grounds and take it all in. [www.ritzcarlton.com](http://www.ritzcarlton.com)

**Moss Beach Distillery** 140 Beach Way, Moss Beach, CA 94038-9737 (650) 728-5595. One of the best places to watch the sunset (and most popular). You can dine in the restaurant or sit on their patio and order drinks & appetizers while you snuggle with a thick blanket (provided by the Distillery) and watch the sun go down. Did I mention it is haunted? Check it out-

[www.mossbeachdistillery.com](http://www.mossbeachdistillery.com)

**Sam's Chowder House** – This a great place to stop, grab a bite to eat or have a cocktail. Try the awesome Lobster Rolls & enjoy the

breathtaking views of the coast  
4210 North Cabrillo Highway,  
Half Moon Bay, CA 94019

[www.samschowderhouse.com](http://www.samschowderhouse.com)

Once in Half Moon Bay you can venture north to San Francisco and enjoy more beautiful coastline, or travel further south for many more coast options to stop, dine, stay or just pass through. For more travel information visit:

[www.halfmoonbaychamber.org](http://www.halfmoonbaychamber.org)

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*Family, Friends, Food – bringing it  
all together and enjoying life!*

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## Right in Your Backyard

When we think of wine tasting in California, typically Napa & Sonoma come to mind. Depending on where you live however, there may be some great local wineries right in your backyard.

In Northern California we are blessed with the ability to visit a winery as easily as going out to lunch.



To find wineries in your state try  
<http://www.allamericanwineries.com/AAWMain/locate.htm>

A few of our local favorites are:

**PICHETTI** – bring lunch for a picnic and check out the peacocks [www.pichetti.com](http://www.pichetti.com)

**CINNABAR** – tucked inside downtown Saratoga – great place to taste and shop [www.cinnabarwine.com](http://www.cinnabarwine.com)

**RIDGE VINEYARDS** – at the end of the road... and the top. They don't have food there, so bring your own snacks sit in the garden and enjoy the view! [www.ridgewine.com](http://www.ridgewine.com)

**J LOHR WINERY** – a few blocks from downtown San Jose. [www.jlohr.com](http://www.jlohr.com)

**SAVANNAH-CHANELLE** – rustic tasting room on lovely grounds. They also sell some snacks. [www.savannahchanelle.com](http://www.savannahchanelle.com)

Another great resource for wine information is: [www.wine.com](http://www.wine.com)

If wine isn't your thing, perhaps you'd prefer to know where the local **breweries** are...

<http://www.brewersassociation.org/pages/directories/find-us-brewery>

Check out what may be available to you in your own backyard. You'll be pleasantly surprised!

