



LOCO FOR LOCAL

FINDING THE BEST LOCALLY MADE FOODS AT THE MARKET IS EASY, YOU'VE JUST GOTTA KNOW WHERE TO LOOK

by EATERAZ.COM

Unless you think this whole global warming thing is going to be over by next year, there's a dining trend related to the issue and it's sure to become part of everyone's daily life — eating local. Sure, your dinner plate has seen a lot of trends come and go over the years. (Remember foam? How about “fusion cuisine?”) But eating foods made and grown locally is a trend that's here to stay.

Restaurants have begun listing local farms on their menus and farmers' market attendance is up. Eating and shopping local not only reduces your carbon footprint, it's healthy and kinda fun. (We're geeks like that.) To begin, we recommend the stuff highlighted here. Besides, we hear that more than 40 cents of every dollar spent on a local business stays here in the state. Now that's one to grow on.

TORTILLAS ROSARIO

Tortillas so good, you could serve them as a lighter replacement for any carb on your plate. Steak, veggies ... and a wheat tortilla? Are you reading this, Atkins fanatics?! Although your boss died from a heart attack, you've gotta get your carbs from somewhere. Made from a generations-old family recipe, we love Rosario's large wheat tortillas straight out of the bag or heated in the over for a couple minutes.

WEI OF CHOCOLATE

These are no ordinary chocolates. Infused with flower essences, herbs and spices, each flavor is meant to enhance a specific mood —

from relaxation to peace to mental focus to helping you get laid (the package says “passion,” but we know what they really mean). Wei’s chocolates are a favorite of local resorts who carry them in their spas and regulars who make Wei’s table a must-stop during every trip to the market.

www.weiofchocolate.com

TERRA VERDE FARMS

Although they make jams, marmalades, salsas and sauces, we love the Spicy O’s — slices of hot jalapeño peppers in a sweet jalapeno jelly. Serve ‘em up at your next get-together and watch your guests show off their O-faces. O’s work on cheeses, over tuna or simply on a cracker.

www.terraverdefarms.com

DECIO PASTA

The package says boil for four minutes and toss with olive oil. That’s it. This bullet-proof recipe is perfect for kitchen-stupid bachelors. DeCio comes in about a dozen flavors that include Tomato Basil Garlic, Red Bell Pepper, Lemon Pepper, Artichoke Hearts and Saffron — all available as fettuccine, linguini, shells, lasagna and more.

www.deciopasta.com

COFFEE AND TEA EXPRESS

Maybe this market is so successful because everyone’s cracked-out on Coffee and Tea Express coffee. People who get there at 8 a.m. on the dot stop for coffee and then whiz through the stands to swoop up all the good produce. So if you want the best heirloom, caffeinate first at this stand, which has been slingin’ beans downtown for more than two years.

www.coffeeandteaexpress.com

QUEEN CREEK OLIVE OIL

The quickest way to make the food from your kitchen taste like the food from your favorite restaurant is to use Queen Creek Olive Oil. The name has become ubiquitous in local kitchens not because it’s healthier (like the media purports), but because it simply tastes better. Queen Creek’s oil has a distinctive earthy taste that livens up everything from a slice of bread to a pan-fried chicken breast.

www.queencreekolivemill.com

ABSOLUTELY DELIGHTFUL

If you’ve made the switch from sugar to honey to reduce your fructose levels (because we know fructose levels are on the top of your mind), then reduce your carbon footprint as well and buy honey made by local bees. Not only is Absolutely Delightful, well, absolutely delightful, but the company makes about five types, from a thick, dark mesquite honey, to a refreshing orange blossom flavor.

www.absolutelydelightfulhoney.com



WE GOT ALL THIS STUFF AT THE PHOENIX PUBLIC MARKET

Saturdays, 8 a.m.–1 p.m.

Wednesdays, 4–8 p.m.

721 N. Central Avenue, Phoenix

SE Corner of Central Avenue & East McKinley Street

The new Urban Grocery and Wine Bar is now open Tuesday thru Friday, 11 a.m. to 8 p.m. and Saturdays, 8 a.m. to 8 p.m. Serving Arizona wines and a lot of the goodies you see here during the weekend market, the Urban Grocery is trying like hell to stock shelves with all things local. Although it’s off to a rough start, you can grab a sandwich and a cup of coffee while shopping.

PHOENIX TOO GRITTY FOR YOUR SHOES?

Hit the Old Town Farmers’ Market on Saturdays, 8:30 a.m. to 1 p.m. at Brown and First Street. McClendon’s Select is the big daddy when it comes to farming in Arizona, and they provide a veritable Safeway produce department of veggies, herbs and fruits at this market.