

Native News

NATIVE FOODS CAFE • ESTABLISHED IN 1994 • SEPTEMBER 2014

PRESTO PESTO!

BY ALEX PLACENCIA

Keep left over pesto by freezing it in ice-cube trays. Create perfect single-serving pesto blocks that can be defrosted and used as needed... Mix with pasta or rice, make a dip, spread it on a sandwich, use in place of red pizza sauce, mix it into soups, or make a salad dressing. Endless possibilities are a cube away!



TEAM MEMBER IN THE NEWS

Name? Nicole Monaco

Location? The Loop, Chicago

Favorite Native Foods Item?

The Reuben or Sesame Kale Bowl, anything with sauerkraut

Favorite band? Queen

Favorite thing about working at Native Foods? The people!

Any pets? One cat named Riley who lovingly goes by Booger and two fosters cats, Junior and Noodles

What do you like to do in your free time? Read comic books



IN THE SPOTLIGHT

NATHAN RUNKLE, FOUNDER
MERCY FOR ANIMALS

We are so excited to be partnering with our pals at Mercy for Animals!

What is MFA's mission?

To prevent cruelty to farmed animals and promote compassionate food choices and policies.



How did you get started?

I was 15 when a baby piglet, intended as the subject of a dissection at a local school, suffered gruesome injuries at the hands of a student. The sickening case inspired me to become a voice for voiceless farmed animals. A few months later, Mercy For Animals was born, and we are excited to be celebrating our 15th anniversary this year!

What is the main message of MFA? Every time we eat, we can choose kindness over cruelty. Farmed animals are just as sensitive, curious, intelligent, and loving as dogs and cats. They deserve our respect and consideration, and protection from harm and abuse.

How do you inform people about what MFA is doing? We get tons of media exposure through our undercover investigations. Millions of people see how factory farmed animals are abused, and are inspired to change the way they eat. We also spread the word online through petitions and social media, and have many celebrity supporters who encourage their fans to take action.

How can people get involved? You can intern, volunteer, donate, and share our content. Sign up at MercyForAnimals.org.

How do you spend your free time? Yoga, traveling, spin, cooking, laughing with friends, creating and enjoying art and watching theater and stand-up comedy.

Favorite Native Foods item? Oklahoma Bacon Cheeseburger.

WHAT IS NATIVE FOODS ALL ABOUT?

- 1. Everything is chef-crafted.** All of our recipes are 100% Native and 100% delicious.
- 2. We make everything in-house.** Our tempeh too! Everything from our homemade seitan to our Native cheese, sauces and dressings are made fresh daily. And don't forget about dessert!
- 3. We're 100% plant-based and vegan!** No bull! Everything we make comes from the earth, then goes right to your plate!
- 4. Community is #1.** Once a month we give back to our Native Pals and offer a free special dessert on those giveback days. We also work with local non-profits by donating food and silent auction prizes.
- 5. Love food!** Love those beet greens in your fridge as much as you do your Native Nachos; and we'll show you how at our monthly free Cooking Demos with *tons* of free samples!

COOKING DEMOS ARE BACK!

Be sure to add Native Foods to your email contacts for your invitation to our **FREE** and delicious cooking demos!

THAT'S MY JAM!

This mojito jam is the perfect way to use those last remaining summer fruits!

1 lb	nectarines, sliced	4 Tbsp	fresh lime juice
2 cups	pineapple, diced	1 tsp	coconut extract
4 Tbsp	raw sugar	4 Tbsp	water

1. Place all ingredients in a large stock pot over very low heat for about 45 min, stirring often.
2. Remove from heat and let cool.
3. Portion into a mason jar of whatever size you like, and seal!



SEPT SPECIAL MEAL THE CRISPY CHICKEN, BACON + AVO CLUB

Layers of flavors and textures make this sandwich memorable. Multi-grain ciabatta with crunchy herb-crusted Native Chicken, our Native Bacon, ripe avocado, crisp romaine, tomato and shaved red onion... chipotle sauce. Served with cajun fries and a fresh slice of watermelon for \$10.75

MEET OUR NEWEST PAL!

Mercy For Animals is dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies. MFA works to create a society where all animals are treated with the compassion and respect they so rightfully deserve. MFA serves as a voice for animals through proactive consumer education initiatives, corporate outreach, cruelty investigations and legal advocacy.



ON THE SCENE IN SEPTEMBER

SEPTEMBER 5TH-7TH

Special Meal

*The Crispy Chicken,
Bacon + Avo Sub is here!*

SEPTEMBER 7TH

Neither Rain nor Snow Day

*The perfect day to Eat Sunshine
at Native Foods!*

SEPTEMBER 13TH

National Peanut Day

*Do we really need another day to
celebrate our Peanut Butter Parfait?!*

SEPTEMBER 30TH

Native Pals Day!

*Keep an eye out for a very special mystery
dessert and come in to support our
pals at Mercy for Animals.*

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