

native news

NATIVE FOODS CAFE • ESTABLISHED IN 1994 • NOV / DEC 2014

CHEF TIP!



Cranberries are full of Vitamin C, fiber and disease-fighting antioxidants. In fact, cranberries have more antioxidants than strawberries, raspberries, spinach, broccoli and red grapes. Throw some fresh ones in smoothies while they're in season!

IN THE SPOTLIGHT

ELSA THE TURKEY

Elsa the Turkey is one of the Native Food's adopted Turkeys from Farm Sanctuary. We were able to catch up with her to see what her favorite foods are and how she came to live at Farm Sanctuary.

TEAM MEMBER IN THE NEWS

Name? Denis Luebke

Location? Washington DC

Favorite Native Foods Item?

Baja Blackened Tacos with a side salad.

Favorite part about working at NFC?

Spreading the plant-based love one meal at a time!

Any pets? An amazing rescue rabbit named Zappa and a (sometimes) evil cat named Jimmy.

What do you like to do in your free time? When I'm not getting attacked by my cat, I enjoy snowboarding and playing music.

Weirdest holiday gift received? My family has been passing around an ugly ceramic butterfly since I was five years old.



Where are you currently residing? I live at the Glen Watkins Sanctuary in New York. It is great and I love having my human and turkey friends to hang out with.

How did you get to live at one of the Farm Sanctuaries? Thankfully, I was one of 24 baby turkeys left anonymously at the shelter after being rescued from a factory farm. Someone was looking out for us that day!

How would your friends describe you? I've been told I'm very curious and gregarious.

Favorite foods? I've been on a real cranberry and grape kick for a while.

Any advice for people wanting to know more about Farm Sanctuary and how to help the animals like yourself? Yes! Be sure to visit farmsanctuary.org where you can learn all about us at the different sanctuaries, you can choose to sponsor one of us (please! It takes a lot to raise us!) and schedule a time to visit one of Farm Sanctuary's locations.

THE 20TH ANNUAL

NATIVE WELLINGTON

a holiday centerpiece you bake at home

An elegant puff-pastry filled with savory Native Seitan, steamed kale and thinly sliced yams complete with Native stuffing made from whole wheat bread, a caramelized onion compote and rosemary and thyme herbed mushrooms.

Served with mushroom shallot gravy.

Serves 8 • \$39.95

Order online at nativefoods.com. Quantities are limited!

Limited quantity available act fast before we run out!

ELSA THE TURKEY



FARMSANCTUARY.ORG

BUY \$100 GET \$20 FREE!



Buy \$100
in Gift Cards,
get a **FREE**
\$20 Promo Gift
Card for you!*

*Offer ends 12/24/2014

WHAT'S 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!

join us for

THANKSGIVING DINNER

all you have to make is a reservation!

Thursday, November 27th

12-7 pm (last seating at 7pm)

Space is limited. Reserve your space online today!

THANKSGIVING DINNER MENU

The Native Wellington

Mushroom Shallot Gravy

Mashed Potatoes

Native Stuffing

Green Bean Casserole

*Green Salad with Maple Glazed
Pecans and Pomegranate Pearls*

Polenta Butternut Squash Terrine

Wheatberry Waldorf Salad

Cornbread with Butter

Pumpkin Cheesecake

Pumpkin Pie

ORANGE, SPICE AND EVERYTHING NICE SMOOTHIE!

- | | |
|---------|---|
| 1 cup | frozen mango cubes |
| 1 ea | large (or two small) avocados,
peeled, pitted, cubed |
| 1/2 cup | sweet potato, cubed, baked and cooled |
| 2 cups | fresh squeezed orange juice |
| 1 tsp | pumpkin pie spice |
| 1 tsp | vanilla extract |
| 1 Tbsp | agave syrup (optional) |



NATIVE FOODS CAFÉ



WWW.NATIVEFOODS.COM