

Dazzle Your Sweetheart on Valentine's Day!

Valentine's Day falls on a Friday this year and instead of going out for an overrated dinner, waiting in a busy restaurant for a table, deciding on a costly, pre-set menu, try cooking at home for your special someone. It could be a parent, child, or better yet, a Sweetheart!! Love is in the air! If you are entertaining a sweetheart, create the mood with candles burning in a dimly lit room, rose petals scattered across the table, romantic music, delicious cocktails, and please dress your Valentine best! Check the Recipes section for my dazzling Bolognese dish!



Events - Coming Soon

Check back in the future for upcoming events.

An Apple A Day!

Apples are a low-calorie, high-fiber food that are a great snack on their own or great in sweet and savory dishes. The most popular ones are Lady, Jonathan, Winesap, Rome, Red Delicious, Golden Delicious, Granny Smith, and Braeburn. These are all high in antioxidants and nutrients.

Guess what? The organic Pendragon apple lowers cholesterol and inflammation in the body and is deemed the healthiest apple. The second runner up is Golden Delicious.

Be sure to wash all your fruit well and don't be afraid to eat the peel!



Try Something New or Different!

As busy as we all are, we seem to find ourselves in the supermarket often. Next time you are at the supermarket, look around in the produce section. Pick a vegetable that you've never tried or one that you haven't had in a while. Try roasting it in the oven with some olive oil, salt, and pepper. Roasting vegetables intensifies their flavors. Try something new or different!



