Hi Fresh Food Fans,

Did you find yourself staring into the fridge or foraging in your cabinets on election night?

I sure did. I was relieved to find a frozen container of roasted squash, apple and sage soup from Mama Mo's to heat up. My husband will be less pleased to discover that I also carved off a nice slice of Chef Paul's caramel truffle cake. (He is very territorial about those heavenly chocolate loaves.) But desperate times call for desperate measures.

Food comforts us. Some of us crave salty snacks. Others must have sweets when stressed, or more specifically, CHOCOLATE. Maybe your soul cries out for a cold and creamy bowl of ice cream or the buttery crunch of a cookie?



We may or may not know the election results by the time we're together this Thursday, but we will have delicious options to nourish your body, soothe your soul, and satisfy.

If it's chocolate you need, Try one of Chef Paul's Chocolate truffle cakes. Need a sweet/savory crunch? Creamed Baking Co.'s peanut brittle is your answer. If creamy is what you crave, Stillbrook Acre's yogurts are truly the best. Heather's pumpkin yogurt is my personal favorite, but all her flavors are great.



Need something warm and savory? Mama Mo's soups are wonderful. She'll have hot soups to take home and frozen containers to save for later. Maybe pair a bowl of her soup with an empanada from The Empanada Club?

Take care of yourselves and I'll see you at the pavilion.
Amy