



IFSEA NEWS

Fresh and Bold!

"We enhance the careers of our members through professional and personal growth"

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Time to move the clocks forward not backwards!

Yes, it is the first of November and no doubt the bi-annual move to turn the clock back one hour and darkness is even earlier as we head towards the Winter Solstice on Saturday December 21st. I am hoping that all of you will read our Director of Development Ed Manley's monthly article about "who will replace" the leaders in IFSEA. Thus, as you read the title of this month's article, it is time to move the clocks forward!

This is probably easier said than done. Not that Ed, David Kinney or I are going to disappear (at least we hope not figuratively), but IFSEA needs to have a well thought out succession plan. No complaining here, but where do we, and how do we accomplish this succession process? Do we search the Universities, large corporations, get down on our knees and just pray? Perhaps all the above!

Ed, David, and I are working with multiples of processes relating to furthering our certification programs as well as advancing our networking. The certification programs will assure IFSEA has a long-term financial future, but who will run the organization and our processes? No answer but with financial strength will come the ability to branch IFSEA out into the food service world of networkers.

By the time this monthly newsletter is published we will have completed our annual meeting and will be addressing both membership and succession planning during this meeting. Time to move the clock forward for solutions and action items. More to come with our December newsletter following the information from our annual meeting. It is my hope and belief that we will network the right players and that IFSEA will hold a future both in terms of our viability and purpose.

Finally, Thanksgiving is upon us and it is this time of year that we give thanks to all of you, and our industry that has provided for us. I am very thankful for the many years of networking and friendship and wish you all a peaceful and Happy Thanksgiving!

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SOMETHING TO THINK ABOUT

Believe you can and you're halfway there.

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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Some Industry Trends!

Recently I have been working with many new clients looking to open new Fast Casual restaurant concepts. In doing a large amount of research on the industry as well current trends I wanted to share with our membership some of the research that may be useful information for you in your business dealings. A great amount of this information is noted below and credited accordingly.

“Consumer Trends”, wrote on Sep. 23, 2019: A new study shows that the older generation has the strongest pent-up demand for delivery and takeout. With the rise of restaurant home meal delivery, new online food delivery platforms are competing for customers and offering expanded choices and convenience. When it comes to restaurants, fast casual has been the growth darling of the industry for almost 20 years. While it still accounts for less than 10% of the total market, the number and diversity of fast casual restaurants has been exploding across the country, with an astounding growth of over 500% since 1999!

Evolving consumer tastes and creative restaurant concepts are the driving forces behind this growth. Increasingly consumers are looking for healthy alternatives and are more dynamic in their tastes - they’re looking for more than the typical burger and fries. But what has not changed is the need for speed and convenience when it comes to grabbing a bite, particularly during the business day. This is the gap that fast casual has stepped into and dominated: higher quality, imaginative cuisine served to a population on the move. The sector is still evolving and expanding at a rapid rate - and there is tremendous opportunity still for new entrepreneurs.

Value proposition as reported by Technomic® consumer trends, 2019

75% view value as the most important when selecting a fast-casual dining restaurant.

31% of 18-34-year old believe, “before I was just looking for price, and now I look at the quality of the food and service. 23% of this age group have now changed their opinion on dining in this segment.

57% of the age group say that the main part of their meal or entrée price is higher than fast food and that is ok as they are willing to pay for a better product and service/convenience is key.

53% of this age group are overall satisfied with the fast-casual dining experience but this satisfaction lies mostly with food quality and service.

Increased service fees are becoming less and less an issue for delivery. Convenience outweighs the service fee.

35% of this age group want a specific area to pick up food when picking up and convenience is number one on the value equation of the fast-casual experience.

Fast Casual segment is still less than 10% of the total food service market but has grown steadily over the past 20 years with 500% growth factor.

This age group is wanting new and different flavors.

What is Fast Casual?

Fast casual sits between the more traditional full-service restaurants and the typical fast food establishments seen in every town and on every highway across the country. Like fast food, fast casual is typically order-at-the-counter and offers no table service. However, the atmosphere is generally a little more upscale and often includes real cutlery and plates. Food is usually prepared on site, as opposed to the assembly line, mass-produced food items popularized by chains like McDonald’s.

The food is of a higher-quality and is often locally sourced and has a wide selection of healthy options. Many fast casual businesses are targeting a less-commonly seen ethnic cuisine such as Vietnamese, or are taking a new look at the

Some Industry Trends! Continued from page 3

classics, such as pizza or even burgers.

With a higher a quality of food and a more upscale atmosphere comes a slightly higher price point – though consumers have not been hesitant to pay!

Fast Food average check size: \$5

Fast Casual average check size: \$12

Who's eating it?

Fast casual generally targets the business lunch crowd. The consumer profile is married, working and between the ages of 35 and 45. They may have kids but they're eating without them. Consumers are looking for healthier options, and 66% of recently surveyed reported that they are eating more ethnic cuisines than ever before. Almost 70% report that they are more likely to eat at a restaurant offering locally sourced food.

Generation Z - born after 1997 - is a more multicultural generation than any before and will search for Latin American or Korean food as easily as BBQ or burgers.

The restaurant industry as a whole is huge. 2019 are expected to exceed \$863 billion dollars, marking the seventh consecutive year of growth. According to the National Restaurant Association there are over one million food service locations in the US, and the industry employs over 14 million people and is expected to add an additional 1.7 million by 2026.

Fast casual, however, is the smallest portion of the industry, coming in at only 10%, roughly, of market share. But the growth of this small segment far outshines the rest of the industry!

Restaurant Type

Market Share

Full Service

48.5%

Fast Food

43.8%

Fast Casual

7.7%

Key component to Fast Casual:

Pick the right food: In 2015, pizza-focused chains were all the rage, with sales expanding a whopping 36%. Concepts with a niche-focus such as BBQ, health-based or with a specific ethnic focus grew 17%, and chicken-based establishments grew at 16%.

Restaurants with menu items catering to the specific regional tastes of their population, such as spicy chilies in the southwest or Italian beef in Chicago, are also doing very well.

Pick the right place: Keep in mind that fast casual restaurants do best in or near the business district – providing a quick, delicious option for a lunch break. Being near other restaurants might provide a bump in overall traffic, but it's important to avoid being just another burger joint in a sea of burger joints.

Get digital: Increasingly consumers are interested in leveraging technology to streamline or improve their overall eating experience. Three-quarters of consumers surveyed will at least view menus on their smartphone before trying a new location, and almost 40% indicate they will pay with their phone when they can. Almost a third of consumers indicated that they are receptive to text message marketing as well. Effective technology marketing and distribution channels are extremely important, but in the fast-casual segment creativity and the ability to quickly evolve to meet changing tastes and maintain the interest of the consumer is of the utmost importance.

Some Industry Trends! Continued from page 4

The following systems are considered leaders in Fast Casual that fit the above profiles:

Bruegger's
Chipotle
El Pollo Loco
Five Guys
Newks
Noodles & Company
Panera Bread

Pizza:

Pizza Ranch
Vapiano
Blaze Pizza
Pie Five Pizza
Pizza Rev
Mod Pizza

Other industry trends as report by Howard Riele in September 2019 from National Restaurant Association:

Industry as noted above is 863 billion in sales and accounts for over 4% of national GDP with July 2018 the highest level ever

51% of all food is consumed away from home now

63% of all restaurant sales are now off premise, entire industry with high skewed from fast food and now retail super-markets/convenience stores in this number

GDP growth 10 consecutive years

Job growth still 4.5%

US Urban job growth slowing 1.9%

Consumer confidence still good

Most consumers feel their present situation today is better than a year ago with the mountain states the tops in the country for consumer confidence.

Median national household income \$63,179

Food is 13% of consumer spending away from home with 49% of consumer disposable income from housing and transportation.

72% of millennials want to walk, bike or ride share throughout the US

Defined millennials from 21-38 years of age, key target for Fast Casual consumers.

Gen X is now 39-54

Boomers 55 to 74

Tourism continues to grow locally and internationally

Hispanic population largest growth ethnic population now and slated to be 21% of population by 2030

Single person households now 28% of total

Inflation still in check at 1.7% but health care still 28% increases is driving this inflation most often

Key trends when considering where to dine out all consumers:

55% of women want to take out or delivery due to convenience factor

Some Industry Trends! Continued from page 5

54% of baby boomers as noted above largest growing delivery carry out segment

Ghost restaurants continue to pop up all over the US, definition, no dine in, almost all delivery and take out.

Carryout is 38% of all food service, 3% delivery, drive thru 22%, and dine in 37%-Off premise dining dollar is growing in the dine in segment

Digital order entry is now 1 of 10 delivery occasions

3 of 10 adults believe delivered food should be less money and only 25% of adults believe they it should be more expensive

Online order customers want loyalty and brand loyalty programs especially millennials.

Men most often search google etc. through SEO process

Largest issue facing the industry is labor, higher and higher labor costs

Anticipated wholesale food prices to rise 1% over the next year

Sales per employee in the food service industry is \$60k per employee compared to \$813k per automobile dealers, thus a very labor-intensive industry.

Ordering and payment processing a big trend and security of payments is large concern of consumers

Consumers want at their fingertips, menu, pricing, descriptions, and ease of ordering take out or delivery and decision if to dine in a restaurant. Skip the line becoming more and more important

Nutritional information important to all ages of consumers

Tablets, kiosks, and even “wearable technology important”

Ordering intelligence is growing knowing more about the customer when they walk in the door or re-order

Yield management is now a new trend in tracking in the industry to look at sales per hour and how to entice consumers to eat at more off peak hours, boomer targeted. POS being able to change pricing at times of day to entice pricing in lower yield times.

Restaurant meal plans introduced but not catching on and not a significant trend at this point.

Other trends:

CBD infused food and beverages

Global inspired foods

Kids meals

Local – Sustainable but safe food offerings that are environmentally friendly

New cuts of meats becoming more and more popular

Allergen information very important

Health products and perception

Vegan and Vegetarian a given for options but appeal to all consumers not just vegetarians and Vegans

Locally produced spirits

Low alcohol beverage offerings or no alcohol beverage offerings

Growth forecast for 2020 1.3-2.6% and most think 1.5%

IFSEA DEVELOPMENTS
THE DIRECTOR OF DEVELOPMENT
ED MANLEY, MCFBD, MCFE, CHP



WHO HOLDS THE KEY TO THE NEXT GEN OF IFSEA?

Surely NOT Richard Weil, Dave Kinney or Ed Manley, we are just the placeholders, looking to retire. We are into our third year of managing IFSEA. We came back because we felt that IFSEA has been such an integral part of our lives and to so very many of our friends over the years. We replaced the old guard way back then, for me in the '70's. Did we develop because the old guard nurtured us? Oh heck no, not for me at least. For me, it might have even been "in spite" of many of them, may they rest in peace – smile. Each of the three of us and so many more people just saw a need and filled it. We're not special, we're just the surviving IFSEA family members.

So now, where are our replacements? I fought my way through the old guard to make changes. TODAY, we're more than happy to support and cheer those who wish to change things up. One example of someone who was always there, but a bit in the background, and then at just the right time, he got bitten by the IFSEA bug and has been doing maybe the best job of anyone in IFSEA that I can see. The right man at the right time. That is Jesus Guillen, who is keeping the Aloha Hawaii "Meet-Up" going and thriving. Is he building rockets? No, he's building hospitality, Aloha they would call it. He's telling everyone who is going, who they'll see at the meeting, and after it, who showed up and what they did. Sending out reminders and re-reminders. If you want to see your friends, come to the next meeting.

I'm asking you, whomever and wherever you are, jump up, don't wait to be asked, get into the mix, fix what needs fixing, have fun, make a difference. There IS a place for organizations like ours. Just last night I had dinner with Jaynee Schreiber, granddaughter of Ray, a stalwart IFSEA member and always a supporter, now Jaynee is on our board. The GM came over to chat with us, and I loved everything the man said, including that he asks every applicant what they have volunteered to do in their life. Not what did they get paid to do (which we all ask) but what did they do for free. His feeling is you need a service heart to work effectively in our industry, and if you never volunteered, you don't have a service heart, and he won't hire you.

Yay for Rob Brunette at Walk-On's Ft. Lauderdale. They have 100 restaurants. Awesome service, reflected Rob's attitude. The servers were DOING our customer service class – what we teach, they were doing (without having taken the class, but they took Rob's "class." As he said, it's not rocket science.

We do lots of volunteer work in IFSEA, at branches, "Meet-Ups", and International – why don't you step up. I went to my first regional or national meeting, I forget, and I looked around and thought, oh dear, these people need help – they have great things going on, but So I invite you to do the same, find fun and dedicated people, give them some volunteer duties, so Rob will hire them. I've been a force in IFSEA since 1975, but believe me, I got more out of it than I put in. I think Dick, Dave and I are good for a couple more years, maybe YOU can take over – tomorrow if you wish, smile. For now, thank you so very much for your IFSEA membership. We can and are making money to keep IFSEA alive, but without YOU, or new and more members, why bother. We think IFSEA work for students and military needs to continue and even grow. I don't think myself; Dick or David will be there to see the 150th year in 2051, but maybe you'll be leading the party. Jump in, no sharks and the water is the right temperature!

? Did ? You ? Know ?

Leeks



Leeks are root vegetables that look quite similar to onions, to which they are related. Their flavor is onion-like but much milder. People who avoid this vegetable because they don't like onions should try them — their flavor is mellow and not overpowering, and many onion-haters enjoy them.

Unlike onions, leeks don't form much of a bulb on the end of the root. Instead, they remain cylindrical, with perhaps a slight bulge at the end. The part of that is under ground remains tender and white, while the part exposed to the sunlight becomes tough and fibrous and not very good for eating. To maximize the edible part of the plant, farmers mound the dirt up around the sprouting plant; this keeps more of it underground and white, but also means that dirt often gets between the layers, so leeks need careful cleaning before cooking.

Leeks are most commonly used in soup, most notably in vichyssoise, a cold soup that also contains potatoes. Cooks who have a favorite potato soup recipe might want to try adding some sliced leeks next time they prepare it, since the flavors go well together. A combination of leeks, potatoes, and carrots in a chicken broth makes a dish that many people enjoy. The vegetable is also edible raw, and it can impart a great crunchy flavor to salads or when eaten with a dip. It should be cut in half lengthwise and rinsed thoroughly to remove and dirt or grit, then it can be added to a platter of crudites.

Nutritionally, leeks are a great source of fiber and may actually help lower cholesterol. They're also packed with important vitamins and minerals, including potassium.

According to Welsh tradition, back in the days before military uniforms, the Welsh fighters were instructed by their king to distinguish themselves from the enemy by fixing a leek to their helmets.



Creamy Salmon and Leek Pasta serves 2



Pancetta-Wrapped Leek Gratin serves 6



1/2 (8 ounce) package spaghetti
1 tablespoon butter
1 large leek - light parts only, rinsed, and chopped
salt to taste
1/2 cup white wine
1/2 lemon, juiced
1 cup creme fraiche
1 teaspoon tarragon Dijon mustard
1 pinch cayenne pepper, or to taste
6 ounces skinless, boneless salmon, sliced
1/2 cup chopped cilantro, or to taste
1 pinch cayenne pepper

1. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain and return to the pot.
2. Melt butter in a saucepan over medium heat. Cook and stir leek in butter until slightly softened, 6 to 7 minutes; season with salt. Pour white wine and lemon juice over the leeks, and bring to a boil while scraping any browned bits of food from the bottom of the pan with a wooden spoon. Simmer until most of the liquid evaporates, about 5 minutes.
3. Stir creme fraiche, mustard, and 1 pinch cayenne pepper into the leek mixture. Reduce heat to low and let cook until warmed, about 5 minutes. Add salmon to sauce; cook and stir until salmon starts to flake and is no longer pink in the center, 2 to 3 minutes. Remove pan from heat and stir in cilantro. Pour sauce over spaghetti; toss to coat. Garnish with a pinch of cayenne pepper.

3 large leeks, ends trimmed and sliced in half lengthwise
4 ounces pancetta, thinly sliced, or more as needed
2 teaspoons olive oil
salt and ground black pepper to taste
1 pinch cayenne, or to taste
1/4 cup chicken broth
1/4 cup white wine
1/3 cup heavy whipping cream
1/4 cup grated Parmesan cheese
1 teaspoon chopped fresh chives

1. Preheat oven to 400 degrees F (200 degrees C).
2. Wrap each leek half in pancetta.
3. Drizzle olive into a baking dish and use a pastry brush to spread oil over the bottom of the dish and partway up the sides. Season dish with salt, black pepper, and cayenne pepper. Place leeks close together cut-side down into the prepared baking dish. Pour chicken broth and wine over leeks. Cover baking dish tightly with aluminum foil and set it on a baking sheet.
4. Bake in the preheated oven until just tender, about 45 minutes. Uncover the baking dish, pour cream over the top, and spread Parmigiano-Reggiano over the top. Return to oven and bake until cheese is golden and sauce is bubbling, 15 to 20 minutes more. Cool for 10 minutes before transferring leeks to a deep plate; ladle wine-cream sauce over the top and garnish with chives.

Salmon with Caramelized Leeks serves 4



- 4 leeks
 - 2 tablespoons butter
 - 1 tablespoon brown sugar
 - 3 carrots, cut into matchsticks
 - kosher salt to taste
 - 2 pounds salmon fillets
 - 2 teaspoons olive oil
 - kosher salt and ground black pepper to taste
1. Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with foil, and spray with cooking spray.
 2. Trim away the root end, tough outer leaves, and dark green tops of the leeks. Cut the leeks lengthwise into quarters, then crosswise into thirds. Wash the leeks well to remove any grit, and drain in a colander.
 3. Melt the butter in a large skillet over medium-high heat, and cook and stir the leeks until they have started to soften, about 5 minutes. Sprinkle the leeks with brown sugar, and cook until they turn brown, 15 to 20 minutes. Stir in the matchstick carrots, sprinkle with kosher salt, and cook and stir until the carrots are tender, about 5 minutes.
 4. Place the salmon on the prepared baking sheet, rub the fillets with olive oil, and sprinkle with salt and pepper. Roast the salmon until the flesh is opaque and flakes easily but isn't dry, about 10 minutes per 1 inch of thickness. Remove the cooked fillets to plates, and top each fillet with 1/4 of the caramelized leeks and carrots.

Leek Potato Mushroom Cheddar Soup serves 6



- 2 leeks, finely chopped (white part only)
- 1 clove garlic, finely chopped
- 4 medium potatoes (red or Yukon Gold), chopped
- 2 tablespoons butter, divided
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground mustard
- 2 tablespoons flour
- 1/2 cup water
- 3 cups chicken broth
- salt, pepper, and celery salt, to taste
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons Parmesan cheese
- 1 cup milk
- 3 ounces chopped portobello mushrooms
- croutons for garnish, if desired

1 Directions

1. In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown.
2. Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour.
3. Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Cook mushrooms over medium high heat in remaining 1 tablespoon of butter until soft. Add to the soup, and stir. Serve immediately with crackers or croutons, if desired.

RANdom STuff

Want to feel old?

Bonanza premiered 60 years ago.
The Beatles split 50 years ago.
Laugh-In premiered nearly 52 years ago.
The Wizard of Oz is 80 years old.
Elvis died 42 years ago. He'd be 84 today.
The Thriller video is 36 years old.
Jimi Hendrix and Janis Joplin died 49 years ago.
John Lennon died 39 years ago.
Mickey Mantle retired 51 years ago.
Back to the Future is 35 years old.
Saturday Night Fever is 42 years old.
The Ed Sullivan show ended 47 years ago.
The Brady Bunch premiered 50 years ago.
Tabitha from Bewitched is 55 years old.
The Corvet turned 66 this year.
The Mustang is 55 years old.

Dandelion Facts:

Dandelions are NOT weeds, but are from the same family as sunflowers.

1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A.

A Dandelion Seed can travel up to 5 miles before it lands.

Every part of the dandelion is edible.

Up until the 1800's, dandelions were seen as extremely beneficial. People would remove grass to plant dandelions.



**The smell of an orange relieves stress.
Smelling an orange or eating one can reduce stress by over 70%.**



10 WORDS AND PHRASES PEOPLE SAY INCORRECTLY

1. Supposably - **Supposedly**
2. For all intensive purposes
For all **intents** and purposes
3. Irregardless - **Regardless**
4. I could care less - **I couldn't care less**
5. Espresso - **E**spresso
6. Pacifically - **S**pecifically
7. Ex Cetera - **Et Cetera**
8. I seen it. - **I saw it**
9. Of utmost importance
Of utmost importance
10. I need to lay down - **I need to LIE down**

November



Although the month of November is the last full month of autumn in the northern hemisphere, many parts of the country are beginning to experience colder temperatures and even snow during this month. The days grow shorter now, especially once most of the U.S. "falls forward" by one hour, exiting Daylight Saving Time on the second Sunday of November. Here are some more fun facts about the 11th month of the year.

November was the ninth month of the ancient Roman calendar and has retained its name from the Latin *novem*, meaning "nine." In Finland, they call November *marraskuu*, which translates as "the month of the dead." It is one of four months with a length of 30 days on the Gregorian, or modern, calendar.

In the United States and Canada, November is also known as National Beard Month or No Shave Month (also known as "No-Shave November") as a way to raise cancer awareness. Australians have a similar month where they grow a mustache instead of a full beard.

Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in color, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.

The flower for the month of November is the chrysanthemum. The word *chrysanthemum* comes from the Greek words *chrys* and *anthemum*, meaning golden flower. In the language of flowers, *chrysanthemum* is considered to symbolize honesty, joy, and optimism.

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.



Topaz



Chrysanthemum

November

Is also

National Pomegranate Month



History of the Pomegranate

As befits a fruit with many seeds, the pomegranate is the traditional representation of fertility, and seems to have its origins everywhere. We see it in the Middle East and India. The pomegranate was cultivated in Egypt before the time of Moses. It was found in the Indus valley so early that there is a word in Sanskrit for pomegranate. Indian royalty began their banquets with pomegranate, grape, and jujube. Arab caravans, many emanating from the lush oasis that was ancient Baghdad, probably spread its use.

The pomegranate is significant in Jewish custom. Tradition holds that a pomegranate has 613 seeds to represent the 613 commandments in the Torah. The design of the pomegranate was woven into the high priest's robes, and brass representations were part of the Temple's pillars. It is mentioned six times in the Song of Solomon. We see the pomegranate again in ancient Greece and Rome. In the verses of the Odyssey, Homer mentions it as part of the gardens of Alcinoüs (probably in Sicily). The Romans imported their pomegranates from African Libya, and Pliny the Elder gave instructions for its storage. Lest the pomegranate be neglected in the East, it appears in China during the Han and Sung dynasties.

The derivation of the word pomegranate comes from the Middle French *pome garnete* (seeded apple), but Europeans were slow to adopt the pomegranate. The pomegranate was probably introduced from Sicily, however Europeans, then under Norman influence, distrusted fruits and vegetables, preferring a meat-based diet. It is mentioned in the 14th century *Ménagier de Paris* which offered some recipes, and as we see in the quote from *Romeo and Juliet* it was known in England in Elizabethan times. The enthusiasm for pomegranate as a food was limited, but it was widely used as a decoration.

The Spanish Conquistadores brought the pomegranate to America. Jesuit missionaries carried it north to their missions in California. They were found growing wild in Georgia in 1772 .

November *Is also*

Banana Pudding Lovers Month

Banana Pudding Lovers Month in November takes us back to a sweet treat and something worth sharing. Pick up the necessary ingredients so you can have a taste during Banana Pudding Lovers Month, too!

Whether you make the pudding from scratch or use instant, banana pudding with fresh bananas and vanilla wafers hits the spot. No matter your age, this snack makes a rough day better. The creamy goodness says tomorrow will be better.

It might surprise you to know that banana pudding has been around for more than 100 year years. When the Civil War ended, the tropical fruit became more readily available and along with it, recipes for banana pudding. Long before the vanilla wafer and instant pudding trifles we enjoyed after school, homemakers made a custard-like pudding. They sweetened it with sugar and added cinnamon or nutmeg. Whether they baked the custard or not, there were a variety of ways to serve it.

Eventually, the small, tasty vanilla wafers came along and paired so well with the pudding. Taking a page from the home cooks' recipe cards, Nabisco added their own recipe to the back of their box. In 1936, Jell-O began producing instant pudding. While their line-up didn't include a banana flavor, that didn't stop cooks from using the vanilla flavor for their banana puddings. It would take another 28 years before banana cream made an appearance on grocers shelves.

HISTORY

Chase's Calendar of Events, 2011 Edition has designated the month of November as 'Banana Pudding Lovers Month.' Created by the Rodgers family of Rodgers' Banana Pudding Sauce, Banana Pudding Lovers Month is a time for families during the start of the holiday season to re-create the memories of their happy childhood or start creating memories for their own children.

Memory Lane

Still unidentified
Do you know who she is?



?, Western Regional, Denver 1987



Patty Andrews and Rob Malky,
Western Regional, Denver 1987



More about
November
Top Ten Thanksgiving Trivia Additions

The first Thanksgiving celebration in 1621 lasted for three days, it included not only food, but also games. Furthermore, the Pilgrims gave thanks for the bountiful harvest with the Wampanoag Indians.

Pulling the "wishbone" is an ageless tradition at Thanksgiving (and Christmas). Two people pull the turkey's breastbone apart, only the person who has the larger piece of bone is allowed to make a wish.

A full-grown turkey has over 3,000 feathers. Guy's aunty once counted them!

Firkee is the Native American name for this tasty bird. Firkee sounds a bit like turkey.

When a Tom turkey [male turkey] gobbles, it can be heard from as far away as a mile. In fact, only the Tom turkeys gobble, female turkeys make a clucking or clicking sound.

Puritans from the Mayflower used to drink beer. This was probably weak 'boy's beer' and safer to drink than transporting water on a ship.

Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.

Thanksgiving Day is celebrated on the second Monday in October in Canada.

Benjamin Franklin, proposed that the turkey should become the official bird of the United States. Turkeys now look jealously at the protected rights given to the Bald Eagle when they won the Official USA Bird status.

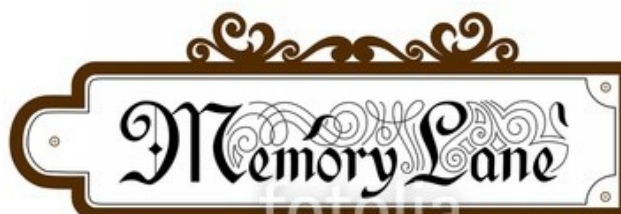
87% of Americans eat turkey on Thanksgiving according to the National Turkey Federation. During a year the average American eats 17 pounds of turkey, that's the weight of a decent sized bird.

Sorry to burst the bubble, but the Pilgrims on the first thanksgiving ate deer and not turkey.



**Happy
Thanksgiving**

A trip down



Photos are from the Don McIntosh collection.

If you recognize a person not identified, please let me know and I will include that information in the following issue.

Please send the name(s) and photo number(s) to me at mattifsea@gmail.com.



John Breslin & Rosemary Bass,
Southern Regional, New Orleans 1987

1



? And ? And ?,
Southern Regional, New Orleans 1987

2



Ed Manley And ? And ? Bea DeGasper and Edgar DeGasper ,
Southern Regional, New Orleans 1987

3



? And Mary Kay LeBourdais And Bob Mathews,
Southern Regional, New Orleans 1987

5 Tips for Caring for Kitchen Knives: Dos and Don'ts

By chef Danilo Alfaro



Home cooks don't need a multitude of knives for the work they do in the kitchen. But for the knives you do have, it's important to care for them so that they last, and to minimize the chances of injury. Here are the most basic do's and don'ts when it comes to how to care for your knives.

Sharpening Your Knives

The single most important aspect of caring for your kitchen knives is keeping them sharp. Not only does a dull knife make your work in the kitchen more difficult, it also makes it more dangerous. It bears repeating: a dull knife is more dangerous than a sharp one. A dull knife requires you to apply more pressure, which in turn makes it more likely to slip and cut you.

If you want to delve into the mysteries of knife sharpening, you certainly can. But if it comes down to using a dull knife because learning to use a whetstone is too daunting, do yourself a favor and have it sharpened by a professional. A cutlery store will probably be able to do it while you wait.

What is Honing?

Honing is another matter. Sharpening involves grinding away small amounts of metal to reshape the edge of the knife. Imagine having to grind a U into a V. Honing, on the other hand, is about aligning the edge of the knife. The edge is there, and it's sharp, but because it's so thin, it has a tendency to fold itself over after a period of use. Honing simply uncurls that edge and restraightens it.

Unlike sharpening, honing is something any home cook can and should do themselves. A honing steel or rod is a simple tool that will realign the edge of a knife with just a few strokes. It's good to hone before each use (as opposed to sharpening, which you might only do once or twice a year).

Honing really helps when slicing tough-skinned items tomatoes (although a serrated knife for tomatoes is not a bad idea.)

Choosing (and Using) a Cutting Board

So your knife is sharp and the edge is honed to perfect alignment. It's time to work! But what surface you cut on is another major factor in keeping your knife sharp and prolonging its life.

You should always cut on a cutting board. That means one made of wood, plastic, or bamboo (which technically is a type of grass, not wood).

For the sake of your knife, your cutting board should not be made of any material that is harder than the knife itself. That means no glass cutting boards. Nor should you chop directly on your granite or marble countertop. Or any countertop. Cutting boards are cheap. Use one!

Bamboo is the hardest material of the three types mentioned, so it's probably your third choice, at least as far as what's best for your knife. Plastic ones are easier to keep clean since they can go in the dishwasher, and you can throw them out when they get scarred. But a softwood cutting board like larch, teak or Japanese cypress will be best for your knife.

Whether to prioritize the life of your knife versus the life of your cutting board is another matter, and hardwood cutting boards like maple and walnut have much to recommend them. Moreover, you can sharpen a knife much more easily than you can replace a high-end cutting board.