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Bountiful Cupboard

Your regional connection to hidden locations,
fantastic ingredients, and great food!

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- Read the fascinating stories of local, regional, and national producers and suppliers who offer the best available products.
- Use our Bountiful Food Finds to locate seasonal and unique products offered by farmers' markets, foreign food markets, and retailers.
- Use the Bountiful Marketplace to find those hidden orchards, wineries, cheese factories, and other unique shops and markets that satisfy your adventurous palate.
- Enjoy exceptional recipes and news shorts that reflect a breezy, easy-to-read style.
- Learn how it used to be with our historical featurette gleaned from antique cookbooks and other kitchen sources.



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Bountiful Cupboard

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A few of our favorite things

One of the most exciting things about *Bountiful Cupboard* is the opportunity we have to find and try new things. I just love hunting up new treats and healthy alternatives. It's exciting to talk to the people who grow or produce or deliver the things we eat and drink. They are equally excited about developing terrific things to eat or finding new foods to offer to their customers. It's fun to learn about their experiences. The result of this discovery process is that we are constantly finding new favorite places to go and things to eat, and we get to share those special finds with you.

We discovered DaVal's wonderful bison burgers and roasts a few years ago at the farmers' market. We fell in love with the rich taste of their healthy meat and the easy access at the farmers' market. We don't have to hunt them down, they come to us each week. We are now bonafide bison junkies. I hope you enjoy the interesting article this month about their farm. If you try bison on the grill this month (and don't overcook it), I'm sure you, too, will become a regular customer.

Yue-Wah has been one of our favorite foreign stores for many years. This month we got to meet and talk to Kien

Ma, the owner, and we were intrigued by his unusual career path and his store philosophy. He works hard to offer all the exotic and unusual products his customers want, and it shows in the loyal customers and huge variety of products that we found in his store. I always enjoy a trip to Yue-Wah. It's a treasure hunt of sorts, with weird and wonderful things located side by side. I didn't know I needed a giant spider until I saw it, now it's one of my favorite kitchen tools. I knew I loved roasted nori (the seaweed sheets that wrap around sushi and Korean kimbop), but I didn't know I could buy it pretoasted in a variety of flavors in little snack packets. Now I have another new favorite treat.

For me at least half the joy of cooking is searching out new and different things to cook. I hope you have half as much fun as we do finding your own new favorites and secret sources. When you find them, we hope you will share your finds with us. That's what *Bountiful Cupboard* is all about!

Mary-Carel Verden
Publisher and Freelance Foodie



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