



CHESTER COUNTY CUISINE & NIGHTLIFE

www.DAILYLOCAL.COM/CC

OCTOBER 19, 2011



Chocolate Bark – Page 6

PAGE: 4
WYEBROOK
FARM

PAGE: 5
HOW TO CARVE
YOUR PUMPKIN

PAGE: 11
HE SAID
SHE SAID



FOLLOW US
ON

twitter

LOOK FOR US
ON

facebook

Opportunity is knocking.



4.625%^{APR*} Home Equity Loan

**DNB
FIRST**
BANKING
SINCE 1860

Looking for an affordable way to pay for college? Make home improvements? Maybe even pay off high-interest debt? Now is a good time to get a DNB First home equity loan at a great 4.625% APR. Plus you get –

- Fixed monthly payments for easy budgeting.
- No closing costs or points.
- Potential tax savings (consult your tax advisor).

Apply today!

484-691-DNB1

 Equal Housing Lender Member FDIC

DNBfirst.com

*Annual Percentage Rate (APR) effective as of 09/14/2011. Offer can be withdrawn at any time. 80% Loan to Value. 4.625% APR is for 60 month term loan with monthly payment automatically deducted from a DNB First checking account subject to credit approval. Credit score may impact interest rate. APR includes a 0.25% discount for a DNB First Choice Checking or Choice Checking with Interest account. Minimum loan amount \$10,000. Monthly payment on a \$10,000 loan for 60 months with Choice Checking and auto charge is \$187.00. Title insurance required on loans of \$350,000 or more. Choice Checking requires a combined average daily balance of \$7,500 on all deposit accounts (CDs and IRA balances excluded), home equity loans and home equity lines of credit. Choice Checking with Interest requires a combined average daily balance \$20,000 on all deposit accounts (CDs and IRA balances excluded), home equity loans and home equity lines of credit. Consult your tax advisor for deductibility of interest. Early termination fee of \$350.00 will apply if the loan is closed prior to 24 months.

TABLE OF CONTENTS

OCTOBER 19, 2011 / PAGE 3

PAGE: 4 *Wyebrook Farm*
PAGE: 5 *Behind the Bar*
PAGE: 5 *SustainaBites*
PAGE: 6 *Fall Foodie Events*
PAGE: 6 *Chocolate Bark*
PAGE: 7 *Health and Wellness*
PAGE: 8 *On the Town: Wine Fest & Brewfest*
PAGE: 9 *On the Town: Chili Cookoff*
PAGE: 10 *Wally's Weiner World*
PAGE: 11 *He Said She Said*
PAGE: 12 *Pepperoncini Sotto*



One Kennett Square Restaurant Infuses Country Charm with Cosmopolitan Meals

By Leslie Weinberg
KennettSquareDish.com

Nestled along the rolling hills, the historic farms and country roads just north of Kennett Square, lies Foxfire at Stone Barn. In 1922, Charles Thomforde created a working farm, orchard and apiary on the Stone Barn's historic property. The Stone Barn has served as a popular dinner theater and wedding and event destination for 43 years.

Last year, the Thomforde family decided the Stone Barn needed a full service restaurant on the property. The original concept for the restaurant was a steakhouse, but Chef Ray Maxwell envisioned a farm-to-table dining destination in the restored fieldstone farmhouse.

Foxfire at Stone Barn is open for lunch from 11:00 a.m. to 3 p.m. and opens for dinner at 5:30 pm Thursday through Saturday.

They also are open for brunch on Sundays. During the rest of the week, Chef Ray researches and plans out his menu with American and French influences. Chef Ray sculpts his menu around seasonal items he picks up weekly from local producers and markets. When he sees a particular product at the market, he is already tasting a delicious meal in his head.

"As a chef, I am in the best region of the world to me because I have access to everything, truly I do, everything from seafood from the Atlantic Ocean or Chesapeake Bay to locally raised produce, some is grown on the property and all the Lancaster farms," said sustainable food fanatic, Chef Ray.

The menu may change during the week but there are a few Foxfire staples on the menu. Jumbo Lump Chesapeake Crab Cakes bound with scallop mousse served with roasted bliss pota-

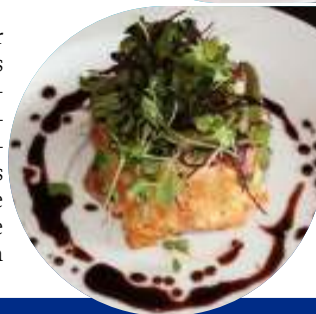
toes, haricots verts and Citrus Beurre Blanc or Amish Chicken, Swarmbustin' Honey Thyme Roasted Chicken breast with Haricots Verts, Yukon Fingerling Potatoes and Brandy au Jus are favorites amongst diners.

Foxfire goes beyond farm to table, 30-40 percent of the restaurant's vegetables, herbs and honey come from their garden and hives on the property. Next year, Chef Ray plans to get 60-70 percent of his produce from his greenhouse and garden and eventually hopes to have a working and visitor-friendly farm on the property.

Chef Ray has such a passion for the food that occupies his days that he often dreams about culinary creations. Chef Ray graduated from the Philadelphia Restaurant School in 1989, has owned two restaurants in the area and worked for Wyncote Country Club, Dilworthtown Inn and Mendenhall Inn.

After a down-to-earth meal in Foxfire's rustic dining room with a fireplace, diners are invited to explore the exquisite property grounds, which includes natural ponds, a working mill and acres of gardens.

Foxfire at The Stone Barn is BYOB that never boasts a corkage fee, but reservations are highly suggested by calling 610-347-2414. They are located at 100 Stone Barn Drive, Kennett Square.



STAFF:

Shelley Meenan *Publisher*
Andrew M. Hachadorian *Editor*
Tricia A. Johnston *Advertising Director*

CC is a magazine of the Daily Local News, published every other Wednesday and distributed free throughout Chester County. Our offices are located at 250 North Bradford Avenue, West Chester PA. Copyright 2009, Daily Local News. Reproduction of CC, in part or in whole, is prohibited without written permission.

To advertise in CC, call 610-430-1138.

COMMENTS:

Send comments to:
ccfood@dailylocal.com
ccentertainment@dailylocal.com

MARY'S MESSAGE:

From "It's the Great Pumpkin, Charlie Brown..."

Says Linus: "He'll come here because I have the most sincere pumpkin patch and he respects sincerity. Tonight the Great Pumpkin will rise out of the pumpkin patch. He flies through the air and brings toys to all the children of the world."

Well, this CC issue isn't about the Great Pumpkin but it is great stuff about pumpkins - like tips on how to carve your pumpkin and eat it too. We have a sweet list of where the best places are for learning how to carve your prize pumpkin. Hey, it's not that easy to make a work of art out of a 20-pound pumpkin! And if pumpkins aren't sweet enough fun how about some chocolate bark? Yeh, that's right. Curious? Well then read all about it. Of course, while it's not reality TV it is another episode of He Said, She Said. And of course what would an issue of CC be without some photos of folks out On The Town. Were you at the Dilworthtown Wine Festival? How about the Kennett Square Brewfest and not to forget the annual Chili Cook-Off. Your mug might be there somewhere. Have fun trick or treating!



Cheers!
Mary Bigham
Contributing Editor
www.wcdish.com

facebook

twitter

We're on Facebook and Twitter!

search for CC: *Chester County Cuisine and Nightlife*
Twitter: @chescocuisine

Printed by
Journal Register Offset
Quality you can depend on!
610-280-2295
JournalRegisterOffset.com

PUBLISHED BY:
DAILY LOCAL NEWS

POWERED BY:



Wyebrook Farm:

Producing "Food For People That Care"



By Chelsea Sproul
wcdish.com

"If you do it right, people will really enjoy the experience," said Dean Carlson of Wyebrook Farm. To be fair, it is just that—an experience—that you receive upon coming to the farm. The land itself is beautiful. I had to stop for some pictures as I drove down the long driveway leading up to a picturesque cluster of houses and barns. Although there is still work to be done before construction and landscaping are finished and the farm store and café are open to the public, I could see the life in this place.

After spending 15 years as a bonds trader, Dean decided farmland would be a great new investment. He came along just

as the land in Honeybrook was slated to be developed for housing. He was able to buy the land and preserve it as farmland. This is remarkable because the land had been a farm for decades; the big stone barn in the center of the grounds was built in 1785. Now all of that amazing land and architecture is being preserved, and even given a new face.

At Wyebrook, they run the farm in a non-energy intensive way. They use solar panels on the roof and move the field animals each day so they may harvest their own food. Dean has a still he plans to use to make biodiesel from used cooking oil—this could be used to run the tractors. Because modern farming relies on fossil fuels, he felt it was time to look at a new

method that does not rely on that—he became really fascinated with bio-diesel.

To understand how Wyebrook Farm will be producing food, I asked Dean to talk about why what he's doing is important. "Most of [our country's] food is produced in a gross way, and it's bad for the environment," Dean explained. He felt the need to produce food in a better way. Additionally, there really is no downside to this means of production except for a somewhat higher cost. However, Dean feels that you're saving on money that you would spend on health care down the road due to poorly processed food, pesticides and chemicals. I tend to agree with him—you're also going to feel better in the short term if you're eating well.

While this type of farming is not scalable, it is certainly "another way of doing it," that Dean hopes is "economically viable." His move to sustainable farming couldn't have come at a better time. "People now care about where their food comes from," Dean mused. Local and sustainable food has become very popular, and for good reason. According to Dean, Wyebrook Farm is producing "food for people that care."

This summer the farm was open to the public for a pig roast and Dean seemed excited at how people took advantage of what the farm had to offer. Gesturing towards a tree house and tire swing, Dean explained the structure had been a flurry of activity during the pig roast. Children played in the tree while their parents sat at picnic tables and enjoyed the pig roast along. He hopes this will be a common sight on the farm, and

that people will really enjoy the space.

Dean plans to have the farm store open this spring. He'd like to see families visit regularly to shop on Saturdays and Sundays. The store will feature meat and eggs from Wyebrook, vegetables from a local farm, cheese, flowers and plants, and maybe even honey. The store will also feature a butcher, so customers can have steaks cut to their exact specifications. By coming to the farm store, customers can really "develop a relationship with the farm," says Dean. He hopes customers will ask questions of the person that raised the animal rather than relying on the label to tell them what they're eating.

Adding to this experience will be the on site café, which will serve food when the store is open, and provide an open courtyard for customers to enjoy their purchases. Most items

offered in the café will have come directly from the farm. This is just one more way for people to enjoy Wyebrook. The courtyard and store offers a breathtaking view of the farm. Because Dean wants customers to really see where their food comes from, the back wall of the barn consists of floor to ceiling windows.

Although the store won't be open for a few months, Dean is excited about an event slated for November. Similar to the pig roast during the summer, on November 19th Wyebrook will be roasting a steer. Mark your calendars now, because this is an event not to be missed. Dean explained they will roast the steer at low temperatures over a long period of time, using a "large box" devised by NY butcher Pat LaFrieda.

I know I'm excited for this event, and cannot wait for the store to open. Dean was nice enough to give me a few fresh eggs before I left, and they were perfect. They definitely tasted better than the last dozen I bought from the store, and I know I'll be back for more.

Check out the Wyebrook Farm website for more info, and keep an eye on this innovative new farm!
www.wyebrookfarm.com
150 Wyebrook Rd.,
Honeybrook, PA



Downingtown has a secret...

FOSTER BOYS

Great Pizza & Awesome Sandwiches



**"VOTED BEST HOAGIE
IN CHESTER COUNTY"
-DAILY LOCAL NEWS**

**Great Pizza & Awesome Sandwiches!
Fresh South Philly Bread Every Day**

**RECENTLY NAMED IN TOP 50 PIZZA
RESTAURANTS IN PHILADELPHIA MAGAZINE**

226 E. LANCASTER AVENUE • DOWNINGTOWN, PA 19335
610.269.6600 • WWW.FOSTERBOYSPIZZA.COM

headquarters
hair salon

love,
love,

LOVE

your
new

LOOK!



20% OFF STUDENT SPECIAL

MUST PRESENT THIS AD. NOT VALID FOR KERATIN SMOOTHING SERVICES. VALID UNTIL 10/31/2011

Parkway Center
929 S. High Street
West Chester, PA 19382

610.696.0205
headquartershair.com



Brendan Conner and Nick Cimino of the Epicurean

By Ken Alan
PhoenixvilleDish.com

The first bartender has Ryan Gosling looks combined with long locks, a beatific gaze and an ever-present smile that makes him resemble a “surfer dude.”

His partner at the bar is all big movements and action, shifting from side to side, always pouring and wiping out glasses. He maintains a large physical presence with a – who is he reminding me of? – maybe a younger version of Vince Vaughn, with his “in-on-the-joke” twinkle in those dark eyes, and his casual, free-nature style.

The former is Brendan Conner, 30, Philly ‘burbs born and bred, a local guy who now resides in Parkerford with his girlfriend and their three year-old son, Eli.

The latter is Nick Cimino, 34, who hails originally from Pottsgrove and currently lives in Royersford.

Together they hold court while keeping the libations flowing at The Epicurean Restaurant & Bar just west of Phoenixville. Wednesday & Saturday nights are their shifts together, just as it has been for the last five years.

Brendan’s primary bartending experience has been here at “The Ep,” though he tended at a steakhouse in Clearwater, Florida for a spell. Nick’s lineage as a mixologist runs a bit deeper. He used to serve Hurricanes and Red Stripes at the famed Tiki Bar near Boyertown.

I catch up with the two of them at the start of a recent shift as a baseball playoff game begins. The stoked-up crowd filters in to eat, drink and properly worship our Phillies. Nick is pacing like a panther behind the bar in his #33 Cliff Lee jersey. Brendan is the man-in-black in his Epicurean bartender’s garb, which looks infinitely more tailored on him than it ever would on me.

The questions commence and so does

the serious drinking:

What are some of your favorite local bars?

Brendan: I don’t really have an interest in being in a bar since I’m here all the time. Besides, having a three year-old, the only place I frequent is Chuck E. Cheese where (he laughs) all the employees in the arcade know me.

Nick: Favorite bars?

Brendan: It’s all a blur, right?

Nick: Yeah, I get out of work and the blackout begins. No, seriously, I like the Craft Ale House in Limerick, Jack Cassidy’s (Pottstown), and Union Jack’s (Boyertown). Oh, ever been to Theresa’s Next Door in Wayne?

What are your favorite beverages to consume?

Brendan: Anything is fun for me especially, drinks that are seasonal.

Nick: I’m a seasonal drinker, too. When it’s hot out I’ll drink vodka and margaritas. Now in the colder months: bourbon and ginger. Beer-wise, IPA’s; a pilsner when it’s warmer...

Brendan: A little kolsch for me.

Nick: Yeah, kolsch when it’s hot. (Then, sarcastically) Cannonballing some wine and a bevy of other alcoholic punishments.

Brendan: Definitely, a melee of internal punishments.

Favorite menu items at The Epicurean?

Brendan: I’m a big seafood person. I love our scallops. I love the majority of our tapas. I enjoy trying a lot of little things instead of heavy portions.

Nick: I love the Pistachio Soy Salmon, I’m a meat guy – the seared filet as an entrée is tops. Salads? Big Roquefort fan. And, for dessert, there’s “The Zango” - Fried cheesecake wrapped in a flour tortilla, deep fried and topped with sugar and cinnamon. Yum!

The boys break away from me. Nick snatches a glass off the bar. “Another Stone IPA?” he asks his regular with a combination of reverence and rap-

ture. “Love this stuff!” he winks at the patron as he pours another frothy round. Meanwhile, Brendan is circulating throughout the room. When their area is busy, he’s the one who goes out from behind the bar to work the nearby tables while Nick - Brendan admits his coworker has more bar experience - cranks out drinks for patrons and service staffers alike.

I overhear Brendan tantalize a table of three by reciting one of the night’s specials: “Roasted fig with Gorgonzola on bruschetta with a brandy glaze.” Mom and dad listen intently as their two year-old flirts, batting her baby blues at him.

“That’s the way you do it! Everybody hits!” Nick bellows as Ryan Howard slams one out of the park. He doles out air-high fives across the Ep’s teeming bar.

When they both return, I have one more request for them:

How about a good bar joke?

Brendan: Mine are all too dirty!

Nick (Impressively extemporaneous): Okay, here’s one. Three mice are sitting around having a couple drinks, they’re each bragging, beginning to get beer muscles and they start comparing who’s the strongest mouse. The first mouse says, ‘I’m the strongest mouse; you know the cyanide poison they put in the corners? I eat that stuff for breakfast!’ The second mouse, he says, ‘See those cheese traps? I kick those big mouse killers aside and get right to the cheese.’ The third mouse begins to walk away, and the others ask, ‘Hey, where are you going?’ He looks at them coolly. ‘I’m off to @#%& the cat.’

Eruptions of laughter. On that typically-Nick note, I finish my brew.

“Check, please!”



How to Carve Your Pumpkin and Eat It Too

By Leslie Weinberg
WestChesterDish.com

Sustainabites is a reoccurring feature that delivers the freshest news about sustainable eats and eco-friendly dining destinations in our area.

Now that you have picked through the finest pumpkin patches in our area, The Town Dish spoke with local artist, Colly Kelly of Colly Company, for advice on how to carve a world class pumpkin.

Colly Kelly was raised in New England and has been carving pumpkins since she was a kid. For the past 20 years, she has participated in the Great Pumpkin Carve and received a few honorable mentions. She also draws quite the crowd when she participates in the Chester County Art Association’s Pumpkin Carve, where she has placed first a few times.

Not all pumpkins, gourds and squashes are created equal; the traditional orange varieties are the easier to carve than newer varieties like fairy tale or princess pumpkins. When it comes to selecting your pumpkin, you should be able to leave an indent on its surface with your fingernail. A rule Colly recommends is: the harder the surface the more difficult to carve.

Colly picks designs for her pumpkins based on a pumpkin’s characteristics and shapes.

After Colly has figured out a concept for her pumpkin, she draws it out using chalk or a wax crayon, which can be erased later unlike magic marker. In case drawing is not your thing, but patience is, stick a printed pattern on your pumpkin and trace it with a pin. In case you seek design inspiration, check out Extreme Pumpkins, Martha Stewart or The Pumpkin Lady.

Skip the plastic kits at the Supermarket and invest in a pumpkin carving kit that will last for a few Halloweens. Colly’s tool box includes a butcher’s knife, a jigsaw, an ice pick for the insides and clay and wood tools.

There are two types of carvings—exterior and interior. Exterior designs are intricately carved onto the pumpkin’s surface and can last for months. If you allow your gourd to complete dry out, you can cut off the top and can use it as a bowl or vase beyond Hallow’s Eve.

Test your newly acquired carving skills at one of these events or watch local artists compete

CONTINUED ON PAGE 7 →



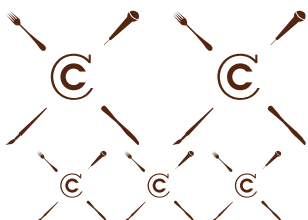
Save the Date!

Must-Attend Foodie Events Coming This Fall

'Tis the season for cups of hot apple cider, slices of fresh pumpkin pie, and of course, tons of foodie gatherings. Here are our picks for upcoming events that you can't miss!

"Eat to Defeat Domestic Violence" Week Coming to West Chester

The Domestic Violence Center of Chester County and the Crime Victims' Center of Chester Co., Inc. have teamed up to host "Eat to Defeat Domestic Violence" Week in West Chester, running Sunday, Oct. 16 to Saturday, Oct. 22. Since October is National Domestic Violence Awareness Month, the local organizations have partnered with area-wide restaurants to together support the cause. If you dine in-house at any of the participants, they will donate a portion of customer checks to the two agencies, to help them provide services to victims of domestic violence and their dependent children. Participating restaurants include: Doc Magrogan's Oyster House, Amore Pizza & Restaurant, Side Bar & Restaurant, Kildare's Irish Pub, and Brother's Pizza & Pasta. More information is available at dvccc.com.



Annual Philadelphia Food & Wine Festival

The Annual Philadelphia Food & Wine Festival returns to the Valley Forge Convention Center, from October 21st through October 23rd, allowing you to tackle more than 100 stations showcasing the finest foods, wines, ales, liquors and more from world renowned restaurants and brands. Better yet, a fine lineup of culinary demonstrations by celebrity chefs is set to premiere throughout the packed weekend, as will beer and wine seminars that will both educate and delight. This year's highlights include Chopped's Ted Allen, Top Chef's Mike Isabella and Iron Chef Jose Garces. More information on this year's festival is available at gourmetshows.com/philly.

Great Valley Harvest Festival and Business Expo

The Great Valley Regional Chamber of Commerce, the area's leading business association for innovative enterprise and an issue-driven organization, announces that they will host a great event

for area-wide businesses, coming soon to Great Hall at Immaculata University. Their free-to-attend Harvest Festival and Business Expo will take shape on Oct. 25, from 5-8pm, featuring notable restaurants (including the Desmond Hotel & Conference Center, Restaurant 29, Cedar Hollow Inn, Kakes from the Heart, General Warren Inne, etc.), businesses and even, pumpkin carvers. More information available at gvrcc.org.

Taste of Chester County

Join Safe Harbor of Chester County in celebrating 15 years of service to the local community at their "Taste of Chester County" celebration, held Thurs., Nov. 10 from 7 to 9 pm at Milestone Events (600 E. Market St., West Chester). Presented by Hoijsfeld Foundation and The Town Dish, the tasting event's organizers' would like to announce that the following restaurants will be featured as part of the festivities, including Aneu, Arianna's Gourmet Cafe, Avalon Restaurant, Cakes & Candies by Maryellen, D'Ascenzos Gelato, Limencello, Side Bar & Restaurant, Sovana Bistro, Tally Ho Coffee, Majestic Wines and Victory Brewing Co. More information available at www.safeharborofwc.org.

Trick or Treat Chocolate Bark



By Laura Koster
MainLineDish.com

Halloween brings our annual tradition of getting family and friends together for a costume party. It's also our yearly excuse to buy a crazy amount of booze, decorate the house and whip up a whole variety of creative recipes. This year, I'm making the easiest dessert and party-favor of all: chocolate bark.

It's so simple to make that you really can't justify buying it. Purchase high-quality milk, bittersweet or white chocolate chips (such as Ghiradelli) as a base and personalize with interesting mix-ins like nuts, seeds, leftover Halloween candy, salty snacks, cereal, jimmies, etc.

Be imaginative

because the possibilities are endless! Here's what I made for our party: two approachable favorites for the conservative chocolate lover and two wild varieties for the adventurous eater.

Bittersweet and Salty Almond Bark

is a beautiful marbled creation of bittersweet chocolate (60 or 70 percent cacao), sweet white chocolate, toasted salted almonds and a top dusting of sea salt. Melt 2 baking bars of bittersweet chocolate and spread on baking sheet. Cool slightly in fridge. Melt one bag of

white chocolate chips, and then add one teaspoon of almond extract and one cup of almonds that have been toasted and roughly chopped. Dollop white chocolate mixture in small amounts over the baking sheet of dark chocolate and swirl with a knife till you've achieved desired effect.

Pretzel Thin Bark

uses the latest hybrid pretzel, pretzel thins. Start with a layer of milk chocolate, spread thin on your baking sheet. Top with a generous layer (about a half-inch) of salted original pretzel thins, roughly chopped. Melt more milk chocolate, dollop on top of the pretzel layer, spreading gently till well-covered. Top with a light dusting of sea salt for a super sweet and salty delight.

Pop Rocks Bark

is snap-crackle-popping bite of nostalgia! Choose your favorite color and flavor of Pop-Rocks, mix-in a generous amount into melted semi-sweet chocolate and spread on baking sheet. Garnish with additional Pop-Rocks on top for color.

Bits of Bacon Bark

is a salty sweet pork lovers' adventure. Finely chop crisply cooked bacon into bits and mix-in to melted milk chocolate. After spreading on baking sheet, top the bark with a

dusting of bacon salt ... if you dare.

General Technique:

Chocolate chips can be melted quickly in a microwave. Use a microwave-safe bowl and zap on a low power setting (50% power) to avoid scorching. The length of time to melt depends on your microwave as well as the kind and amount of chocolate being used. Start at one minute, and add additional 30 second increments, stirring in between until you get a better idea of your microwave's timing.

A more traditional technique

of melting chocolate is in a double boiler. Heat a saucepan filled with an inch of water over low heat until it begins to simmer. Turn off. Place a bowl with chocolate over the water (bowl should not touch water). Chocolate will begin to melt. Stir gently until shiny and smooth.

Mix-in your toppings with the chocolate as appropriate and spread out on parchment paper-lined baking sheet to desired thickness. Chill until firm in the refrigerator and then break bark into large pieces and store until party time.



Bag the Chips and other simple ways to reduce daily calorie intake

Trying to lose weight? There are many ways to begin the journey back to your "skinny jeans." Here are just a few easy changes to make in your life to get you on your way:

Bag the chips : Do you really need the side-dish? While "make-it-a-meal" combos are appealing, that added bag of chips, bowl of potato salad or side of fries can easily add 500+ calories to your meal. If you feel the need a side dish, slice up an apple or chomp on some baby carrots.

Move it to lose it : Not only does lying around result in very little energy expenditure but it also causes most people to think they are hungry when they're not. Boredom, television advertisements for food and tempting treats in the kitchen can all lead to excessive snacking

while sitting around the house. So, get up! Go outside and play with the dog, do the laundry, run errands. Not only will you burn more calories but you'll be less likely to fall victim to "fake hunger."

Don't be efficient...be effective. Effective "dieting" is not always efficient. In fact, fast food restaurants and convenient stores are often to blame for added calories. It may just look like a small breakfast sandwich or a perfectly-portioned dessert treat, but those fast and easy on-the-go treats are often packed with fat and sugar, and because we eat them while we're preoccupied, we neglect to notice when we are full.

Can the Soda: Stop drinking your calories. Soda, iced teas, juice drinks and other

sweetened beverages can have a huge impact on body weight. Not only can they easily add 1000+ calories per day to your diet, but the added sugar often causes water retention and bloating.

Compromise on Chocolate: You can still satisfy those chocolate cravings. Instead of a 1.5 oz chocolate bar at 225 calories, consider a fat free chocolate pudding or a mini piece of dark chocolate (like Dove Dark Chocolate Promises®). Both will satisfy your sweet tooth with fewer calories. Chocolate is meant to be savored. The more time you allow yourself to enjoy your favorite treats, the less you'll need to satisfy your cravings.

Keep treats out of reach: Keep your favorite sweets and junk food out of the house. This way they are

not available to tempt you on a regular basis. If you have a strong craving, you can take a trip to the store. But by keeping it out of the cupboard, you are more likely to choose a healthier and more readily available alternative.

Lighten your Latte: Every quarter-cup of half and half you swap with skim milk saves you 50 calories; so with every 5 cups of coffee (or two 20 ounce coffees from Wawa) you drink, you shave off 250 calories. By simply choosing skim milk rather than cream or whole milk you can dramatically cut the calories of your morning beverage. In fact, choosing low-fat or fat-free dairy in general will reduce your overall fat and calorie intake.

Put down the box: Eating snacks straight from the

box (or bag) can result in dramatic over-consumption. If you are going to have a snack, portion out how much you should eat into a small baggie or bowl and when that is empty...stop eating. Place the box back in the cupboard for your next day's snack. Another convenient option is to purchase pre-portioned snacks. Most of these snacks such as the "100 calorie snack packs," contain an appropriate serving of your favorite snack and are great for grab-and-go moments.

Take the stairs: It's amazing what a few extra steps throughout your day can add up to. If you don't have time to hit the gym there are other ways to increase your activity level. Choose the stairs rather than riding the elevator. Park further away from the building.

Be creative! Whenever you are sitting down doing something, ask yourself... "Could I do this while standing up and moving?"

Pay attention: Focus on your food and your body when you eat. Don't be preoccupied with TV or other daily tasks. When you are doing other things while eating, the signals sent from the stomach to the brain indicating fullness are often blocked. If your brain doesn't get the memo that you're full, you'll be more likely to keep eating...and eating...and eating.

This message is brought to you by The Chester County Hospital and Health System.



← CONTINUED FROM PAGE 5

for the coveted top carver awards.



Chester County Art Association Pumpkin Carve!

Wed., October 26
5 to 8 p.m.

100 North Bradford Ave.
West Chester

Bring your own carving tools to the Art Association to decorate pumpkins two ways. Carving costs are \$10 per participant and carvers of all ages are entered for a chance to win a few art classes or two tickets to CCAA's Annual Gala. Families and artists can



paint their pumpkins for a fee of \$2-\$5 depending on the pumpkin.

The Great Pumpkin Carve

October 27 - 29
5 to 9 p.m.

CFHS Barn Visitors Center
1736 Creek Road,
Chadds Ford

This three-day festival celebrates one glorious gourd with hayrides, live music, delicious foods. Over 50 local artists compete in a carving contest on Friday evening. The pumpkins weigh between 100 and 400

pounds and are provided by SIW Vegetables. Admission is \$5 per adult, \$3 for kids between the ages of 7 and 17, free for children 6 and under and for Chadds Ford History Society members.

Side Bar's Second Annual Pumpkin Carving Contest

Wed, October 26
8 p.m.

10 E. Gay St.
West Chester

Side Bar will be serving up the carving supplies, pumpkins and a patch worth of pumpkin beers, you just need to bring your creativity! Winners will receive a dinner for two at Side Bar.

Victory Brewing Company Fall Pumpkin Carving Contest

Victors who carve the best Victory image (logos, slogans, brand or brand characters) will win Victory gear and a \$50 gift card. Participants must email a picture of their pumpkin with

their name, age, phone number, mailing address and T-shirt size to inspired@victorybeer.com by

Wed., Oct. 12.

Winners will be announced on Oct. 31.

Stay tuned to WCDish.com for the next SustainaBITES installment, when local chefs share their favorite gourd-geous recipes. Happy Carving!



DILWORTHTOWN WINE FESTIVAL

The Dilworthtown Wine Festival returned to the Dilworthtown Inn on Sunday, Oct. 9 marking the 20th anniversary of the annual event. The Chester County-based wine festival, organized each year by Dilworthtown Inn and the Brandywine and Greystone branches of The Women's Auxiliary to The Chester County Hospital, offered attendees an incredible afternoon out featuring a grand tasting of more than 100 wines, live entertainment, an impressive silent auction, a performance car show, and an artisan shopping gallery.

Proceeds from the successful tasting festival benefited The Cancer Program of The Chester County Hospital and Neighborhood Hospice. *More photographs are available for viewing on WCDish.com.*



KENNETT SQUARE BREWFEST

The Kennett Brewfest, held for the fourteenth year on Sat., Oct. 8, is one of the lead fundraising events for the Historic Kennett Square non-profit and it is also certainly one of the state's best beer fests!

Over 3,000 beer geeks flocked to the South Broad Street for the sold-out annual event, tackling each and every sample from the 60-deep brewery lineup. Participants included notable craft breweries like Allagash Brewing Co. and Bavarian Barbarian Brewing Company, Boxcar Brewing Co., Cigar City Brewing, Dogfish Head Brewery, McKenzie's Brewhouse, Wild Onion Brewery and Victory Brewing Co. Local food purveyors also hit the beer scene, including Dia Doce cupcakes, Guapos Tacos and 2 Fat Guys BBQ.

View more scenes from the local beer fest at KennettSquareDish.com.



WEST CHESTER ROTARY CHILI COOK-OFF

9th Annual West Chester Rotary Chili Cook-Off premiered in downtown West Chester on Sun., Oct. 9, with thousands of chili fanatics tasting their way through over 60 competing teams' creations. Good Will Fire Co. #2 nabbed the "People's Choice Award" for the second year running, this year for their "Deuce is Loose" concoction. Sarcone's of West Chester reigned over the "Restaurant Division" of the competition with their "Paisano Chili," while TD Bank dominated the "Business Division" of 2011's battle with their TD'licious chili.

Proceeds of this year's tasting festival benefited the Good Works of the Rotary Club of West Chester and many other local charities. More photographs from the annual chili cook-off are available on WCDish.com.



Hot Diggity Dog!

Wally's Wiener World Celebrates 26 Years in West Chester

By Leslie Weinberg
WCDish.com

On the corner of Market and High Streets, one local man knows his wieners. After Scott Vassil graduated from West Chester University with a degree in Criminal Justice, he found a position with the Division of Gaming Enforcement, investigating casinos in Atlantic City.

Even though it was a great job, Scott was itching to cut loose from his desk and wearing a

suit and tie. When it became available, he jumped at the chance to buy his college roommates' hot dog stand. Scott's all-time favorite movie is Chevy Chase's "Vacation" and Wally's World inspired his cart. Over the years, he has come to be called Wally as often as Scott.

Scott has used the same plump Hatfield All Beef Franks since day one. The Chili Cheese Dog is his number one seller, but customers have the beef wiener dogs, hot or mild sausages

or Polish Kielbasa with chili, kraut, cheese or an array of toppings.

The cart offers daily specials: meatballs on Mondays, buffalo chicken on Tuesdays, Wally's wonderful ribwich on Wednesdays, pork sandwiches on Thursdays and pot luck on Fridays. Wally's Wiener World is one of only a few places in town that offers a fast and convenient lunch for under \$5.

"Hot dogs are everybody's favorite; whether you are a law-

yer, politician, judge, teller, bus driver or the guy who sweeps the streets. I get all kinds of walks of life here," said Vassil. "Without my customers, Wally would be nothing, it would just be an empty corner."

Wally's Wiener World is one of the longest running restaurants in town and has seen some pretty impressive things over the years. He's fed multiple generations of families and his cart has been the main focus of children's birthday parties in front of the former courthouse. He has witnessed people drive by and take out car doors and once saw a man drive a coach bus down Market and High Streets, leaving a

trail of crushed cars in his wake.

For four years, Scott also had a storefront in Glen Mills, until it was bought out by the state for an expansion of route 322. He has witnessed the transformation of downtown West Chester into the vibrant business center that stands today. For a little while, the competition heated up with another hot dog cart in town, but "Wally" came out top dog.

His clean cart is decorated with photos of Scott's time spent of the small screen in the 80s and 90s. He was on "Wheel of Fortune" and has appeared on "The Tonight Show with Jay Leno," "The Steve Harvey

Show" and "The Late Night with David Letterman" for his talent of stopping metal fans with his tongue.

"Fair weather Wally" can be found weekdays on rain-free days from 10 am to 2 pm from the end of March until it gets too cold. You can also find Scott on certain nights behind the bar on at Duffer's Restaurant and Bar.

Scott lives a stress-free life, he loves what he does and his biggest concern is not forgetting the mustard and ketchup each day. According to Scott, as long as he can push his cart, he will be on the corner of High and Market Streets selling hot dogs with a huge smile.

MOONFLOWER

Since 1992
COME IN and "excite all of your senses"
at West Chester's most
alternative & unique boutique!

A vast array of "one of a kind" products
including.....

- Hip clothing, bags & accessories
- Jewelry galore
- Incense/Oils/Candles
- Tapestries/Blankets
- Eclectic home/Dorm decor
- Hemp products
- Grateful Dead, Bob Marley & '60's memorabilia
- Tie dyes and cool T-shirts
- Handblown glass & local artwork
- Tobacco accessories
- Groovy gifts & gift certificates available

**130 West Gay Street
West Chester, PA 19380
610-431-6607
www.moonflowershop.com**

*(A portion of our proceeds go to environmental
and pro-peace charities!)

All major credit cards accepted
Open 7 days a week
10% off with student ID

MOONFLOWER SPEC

0889001



CURRIE
HAIR • SKIN • NAILS

Glen Mills	610.558.4247
Justison Landing	302.777.7755
Riverfront, Wilmington	
Kennett Square	610.444.1644
West Chester	610.455.0906
Shoppes at Dilworthtown Crossing	
Astra Zeneca	
(employees only)	
www.curriedayspa.com	

HE SAID SHE SAID

**/WHERE TWO PEOPLE
MEET AND REVIEW
the food & each other.**

BY:
MARY
BIGHAM
WC DISH

THE
GIRL: **KATIE**

AGE: 33

JOB: Chamber President - Greater WC
Chamber of Commerce

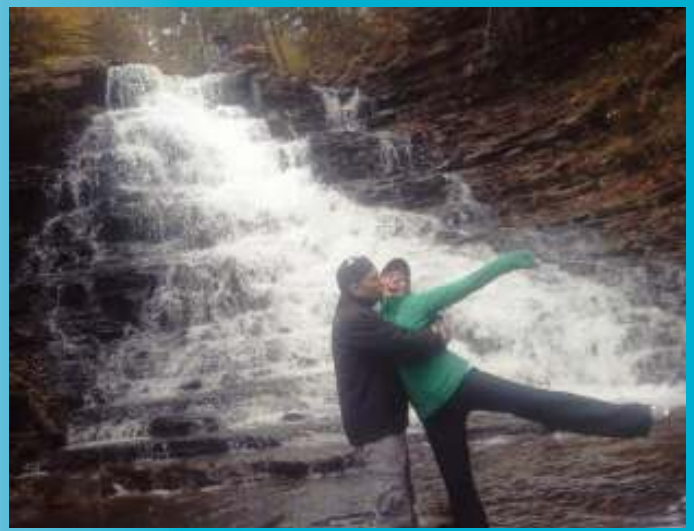
HOBBIES: Reading, Running, Yoga,
Hanging with Dan and our dog Tlallie

THE
GUY: **DAN**

AGE: 37

JOB: Comp/Workforce Analyst
@ Philadelphia Insurance

HOBBIES: Running, Reading,
Working Out



In our latest He Said, She Said, we sent a couple on a double date to experience the great outdoors.

The Campground Ricketts Glen State Park Benton, PA

www.rickettsglen.info

HOW DID YOU TWO MEET AND HOW LONG HAVE YOU BEEN TOGETHER?

- **KATIE:** Dan and I met online! We have been together for over two years. Our three-year anniversary will be in May, 2012.
- **DAN:** We met online. Been together for over two years, married this past June. I'm a lucky guy.

WHAT WERE YOUR FIRST IMPRESSIONS OF ONE ANOTHER WHEN YOU FIRST MET?

- **KATIE:** Dan was really nice and had a great sense of humor. He asked me out on our second date before we left the first one!
- **DAN:** Katie was great. She was very pretty and laughed a lot. I gave her a hug in the parking lot and asked her out for our second date.

WOULD YOU SAY THAT YOU ARE EXPERIENCED CAMPER AND IS THIS SOMETHING YOU DO TOGETHER OFTEN?

- **KATIE:** I went camping all

the time with my family so I knew what to expect for the most part.

- **DAN:** Definitely been camping before. I would go with my sister and her family a lot.

DO YOU THINK EACH OTHER LOOKS GOOD WHEN YOU WAKE UP NEXT TO EACH OTHER IN A TENT?

- **KATIE:** Hard to say. This past trip our air mattress deflated overnight so Dan was up in the dark at 6am going to get more firewood.
- **DAN:** Katie always looks great when she wakes up. (She will be reading this right?)

WHAT WERE THE PLANNED ACTIVITIES FOR YOUR CAMPING GETAWAY?

- **KATIE:** Our friends Danielle and John planned a great hike. So we were along for that ride and it was amazing.
- **DAN:** I planned to relax and enjoy a weekend away from house chores. We have been working on getting our house ready to put on the market to sell and have been doing a lot of home improvement projects. It was nice to get away from that for the night.

WHERE DID YOU GO CAMPING, AND HAVE EITHER OF YOU EVER CAMPED THERE BE- FORE?

- **KATIE:** We camped at Ricketts Glen State Park and it was the first time for both of us.

OVERALL, HOW WAS YOUR CAMPING EXPERI- ENCE? DID IT RAIN? DID ANYTHING CRAZY HAPPEN? DID YOU HAVE A BIG TENT OR A LITTLE ONE?

- **KATIE:** It was really fun. The weather was a little cooler on Saturday when we arrived so we were eager to get back after a short hike to start a fire. Our tent was huge enough to fit seven people. The only downfall (like I mentioned above) was our deflated air mattress. Dan and I woke up at 5am sucked into the middle of the mattress. When he got up I hit the ground.
- **DAN:** I really enjoyed it. Very relaxing to be out in nature. The hike through the falls was my favorite part. I also enjoyed getting to know John, Danielle's boyfriend. He was our nature guide for the weekend and made sure we followed all the rules so we wouldn't be eaten by a black bear.

DID YOU COOK OVER THE FIRE FOR YOUR MEALS? WHAT DID YOU HAVE FOR BREAKFAST, LUNCH AND DINNER?

- **KATIE:** We cooked s'mores over the fire and made our dinner on burners. Danielle made a bean and hot dog dish that was perfect for camping and brought some cheeses and honey for snacks. John was very concerned about the honey attracting the bears.
- **DAN:** We had a great dinner made by Danielle and then Katie and I made pancakes and maple sausage in the morning for breakfast. I brewed the coffee and Danielle made some eggs. It was a great breakfast to fuel us up for the 6-mile hike we did that day.

WAS THERE A KISS IN THE TENT?

- **KATIE:** I don't kiss in the tent and tell
- **DAN:** She was all over me. It was cold ;)

WILL YOU GO CAMPING AGAIN TOGETHER?

- **KATIE:** Definitely! We are hoping to plan another trip with Danielle and John soon.
- **DAN:** Yes, really enjoyed it. Would love to check out other parks like Ricketts Glen.



CALLING ALL SINGLES!

If you would like to take part in HE SAID, SHE SAID, please email your name, age, job title and hobbies along with a picture to wcdish@gmail.com. When we have a match for you, we will let you know.

An Evening in Northern Italy, Courtesy of Pepperoncini Sotto



By Amy Strauss
PhoenixvilleDish.com

Sneaking into the basement-level setting of Phoenixville's newest restaurant, Pepperoncini Sotto, we arrived ravenous and parched.

Our first impressions of the evening were undeniably exciting. As we sped into the bistro's frosted glass-lined event space for the first of the Italian wine dinner series, we were handed champagne glasses bubbling with Prosecco.

As Paul DiBona, co-owner and chef of Pepperoncini's, raised his glass for the evening's toast, we were giddy with anticipation to soon slip under the spell of Italy's northern wine country—one known to most as varietals predominantly from Piedmont.

For the tasting adventure, DiBona was joined by David Greenstein from The Wine Merchant who

beautifully guided guests, sip after sip, through the complexities of each of the featured Italian vineyards (included show-stoppers of Venice, Trentino and of course, Piedmont).

While Tuscany may be the most notable region of Italian wine, our edible escape into the northern territory deserved a hearty "bravo." Greenstein suggested quite clearly that "grapes are really very different in the Piedmont," and through Pepperoncini's recent feast, we now fully understand that there is much more to Italian wine than those sourced from the Tuscan turf.

After having our attention perked by the Prosecco toast, the evening's sommelier splashed a straw-yellow Damilano Arneis 2009 into our wine glasses. This Piedmont-sourced white wine was the perfect follow-up to the

our reception beverage as it was light and dry, slightly-fruity and refined. DiBona selected a one-shot scallop crudo to accompany this sip, one that had been dosed with a quick citrus chile oil and a drop of our favorite – Sriracha.

Soon, a crescendo of impressive courses unfolded, accompanied by a Veneto-sourced, medium-bodied San Vincenzo Anselmi 2009. The honeyed-white pour shined through with this pairing of grilled fresh swordfish smeared with a house-made herb caper butter. In fact, we obsessed over the course's buttery accent to a point of embarrassment—but to the chef, we have no shame and thank you.

My dining companion, Melissa Woodley, shared with me during the inspired dinner that what she enjoys most about wine pairings is how both the food and the wine

are elevated to a higher level when paired properly. And for her, this was most evident during this second course, "when the hearty fish managed to mellow out the robust white wine."

But the dinner had not stopped there, we still had course three and four to tackle.

We promptly moved onto the reds of the evening, returning to Piedmont for a semi-sweet Deformville Dolcetto d'Alba 2009 (meant to be sipped "young"). The luscious sample coupled with a light serving of Parmigiana Reggiano and spinach-topped veal medallions was subtle and sincere, showcasing an honest Italian dish that was pleasing to all palates.

For me, the evening's most darling dish—one that I wish to forever request seconds for—was the

Braised Pork Tortelloni Sfatto. Even when our table was served this pinch-perfect plate, our server discussed that she was obsessed with this concoction, somewhat jealous she too was not sitting down with us to enjoy its glory.

DiBona works wonders with this slow-braised pork (note: it is the eatery's signature dish, available always on the menu) and Greenstein's pairing of Gonzaga Terre Di San Leonardo 2007 (a blend of CabSav, Merlot and CabFranc) was able to vibrantly compliment the dish without distracting from it.

Together, with our fellow wine lovers, we toasted away the perfectly-paired evening with flutes of house-made limoncello – an ideally-spiked batch that had been plopped with crave-worthy lemon sorbet.

I am certain that the hosting duo had achieved success with Pepperoncini's first-ever wine dinner. And by the sound of the space's chatter, we knew others' agreed. But, don't worry: You too have the opportunity to experience DiBona and Greenstein teaming up for future wine dinners in the coming weeks. On Mon., Oct. 24, sip through the Southern Regions including Campania, Sicily, Calabria and Puglia.

More information is available, including the event's menu, is available on PhoenixvilleDish.com. Call 484-924-8429 for reservations. A limited number of seats are available for these private dinners.

Pepperoncini Sotto is located at 184 Bridge Street in Phoenixville or online at pepperoncinirestaurant.com/sotto.



BARNABY'S

\$2.75 Happy Hour!

Choose any of the following items & pay only \$2.75:

- Buffalo Wings*Spinach & Artichoke Dip
- Quesadilla Grande*Chicken Fingers
- Buffalo Chicken Eggrolls
- Cheesesteak Eggrolls
- Old Bay Fries
- BBQ Ranch Fries
- Mozzarella Sticks

Wash down your appetizers with an ice cold Miller Lite, Coors Light, Bud Light or Yuengling draft! \$2.75 Everyday Low Cost
HAPPY HOUR: MONDAY THRU FRIDAY from 5-7pm

15 South High Street
West Chester
610-696-1400
www.barnabyswestchester.com

Classified

call 610.696.7000 to place an ad

Apartments For Rent (Unfurn.)

MAIN LINE BERWYN APARTMENTS

Featuring
Huge 1 & 2 Bedrooms
Near Berwyn Train Station
Pet Friendly
CALL TODAY FOR
GREAT NEW
2 BEDROOM
SPECIALS...

Ask about 1 month free
w/13 month lease & \$500
security deposit with
your good credit!

750 Old Lancaster Rd.
Berwyn, PA 19312
610-482-4324
Now open Saturdays....
Hours: Mon-Sat 9:30-6:00
www.westovercompanies.com

DOWNTOWN 1 BR Jrs.

\$700 includes all utilities. No
pets except guide. (610)269-3856

Apartments For Rent (Unfurn.)

Come See
What's Free!!

WHITELAND WEST
APTS IN EXTON

On select 1 BR apts.
Starting at \$969
Free Month Rent
w/13 month lease!

610-228-4098
www.westovercompanies.com

DOWNTOWN

Black Hawk Apts.
Beautiful, Spacious
1BR Apt. ready for
immediate occupancy,
\$975 per month,
heat & hot water included.
2BR units also available.
Call 610-228-0728
Hours Mon-Sat., 9:30-6:00
Visa & Master Card Accepted
www.westovercompanies.com

Apartments For Rent (Unfurn.)

CALL
US
FIRST!!!

NORWOOD
HOUSE
APARTMENTS

\$\$\$ SAVE \$\$\$
1 BRS from \$795/mo.
\$\$\$ SAVE \$\$\$
2 BRS from \$895/mo.

CALL 610-228-4162
www.westovercompanies.com

HOLLOW RUN
APARTMENTS

1 BR \$765
2 BR \$840
w / 13 mo lease
(610)436-8640

Mon-Fri 9-4pm
Saturday 10-3pm
Sunday 12-3pm