

# *edible* LOS ANGELES®

Member of Edible Communities

*Celebrating the Local Food, Culture and Cuisine of Los Angeles, Season by Season  
No. 4 Spring 2009*

*Scramble an Egg*

PLANT A SPRING GARDEN

SAY CHEESE

HUG YOUR INDEPENDENT BUTCHER



# FROM THE EDITOR

In its broadest usage, *terroir* means “the sense of a place.” Eating close to home, whether you buy your produce from the farmers’ market or grow it in your backyard, evokes terroir. It makes good sense to eat close to home and grow what you can. Spring is the perfect time to begin doing both.

Planting even a small garden can help trim the food budget, and it goes a long way toward restoring our sense of self-sufficiency and well being. For some, self-sufficiency means earning enough to buy what they need. But in tough times, it’s good to know you can grow an heirloom tomato, put up a jar of preserves and select a cheap cut of meat and turn it into a glorious meal.

In our spring issue, *Edible Los Angeles* seeks to begin a dialogue aimed at promoting self-reliance. Nancy Cipes and Christy Wilhelmi lead us outdoors to give us tips on converting at least a patch of yard into our own personal fruit and vegetable garden. Randy Clemens helps us appreciate the subtleties of asparagus and artichokes—vegetables that can be pricey, but that are tastier and more affordable when enjoyed in season.

Leslee Komaiko takes us into the world of independent butchers, treasure troves of quality, affordable meat with the personal touch we’ve grown to miss. (I’ve even included my thrifty mother’s method of fixing a great roast from a cheap cut of beef.)

Sienna Spencer enlightens us on the ways in which the humble egg permeates our lives both literally and figuratively. She also introduces us to those who produce the eggs we stand in line to buy at our local farmers’ markets. And Lucy Lean shines a spotlight on the realities of raising backyard chickens. Who knows? Maybe you have a neighbor with chickens who would be willing to swap you a dozen eggs for some of your beans and lettuce. Or maybe you’re ready to try your hand at raising a few chickens yourself.

Which brings us back to the matter of self-sufficiency. While it is difficult to be entirely self-sufficient, particularly in the city, I think it’s more important to be collectively sufficient, to be able to provide for ourselves and our neighbors—and in return receive what they have to offer. This is the way it has been done throughout history, or at least until the past few decades, as increasing numbers have relinquished the family farm in search of the city’s opportunities. We’ve fallen away, establishing our little private worlds, abandoning the front porch in favor of a deck on the back of the house. It’s time we got to know our neighbors and see what we can share (why wait until the next earthquake to learn their names?). From both an economic and a social aspect, it makes good sense.

I hope this issue of *Edible Los Angeles* will inspire you to roll up your sleeves and plan your assault on the slumbering soil in your back yard—or in those neglected pots on your balcony. It’s a great way to recreate your mind, get outside, and spend some time with your kids, your spouse or a friend—or maybe just with yourself. The current economic climate is perhaps the nudge we need to dedicate ourselves to the business of enjoying our own terroir.

*Carol*

**Correction:** In the winter issue of *Edible Los Angeles*, the Knowledgeable Enologist referred to Martin Weiner as being from *The Wine Advocate*. It should have read Martin Weiner of the Los Angeles School of Wines. *Edible Los Angeles* apologizes for the error.

*Photo by Tony Molina*



## *edible* LOS ANGELES

### PUBLISHERS

Jenny & Mike Brady  
Liz Silver

### EDITOR

Carol Penn-Romine

### ASSOCIATE PUBLISHERS/SALES

Regina O'Neill  
Matt Wilhelm

### PRODUCTION & DESIGN

Mary Ogle  
Melissa Petersen

### PHOTOGRAPHY

Nancy Cipes  
Lucy Lean  
Tony Molina  
Carol Penn-Romine  
Andrew Romine

### CONTRIBUTORS

Bryce Alderton  
Nancy Cipes  
Linda Civitello  
Randy Clemens  
Jason Deyo  
Richard Foss  
Patricia Greenberg  
Laura Holmes Haddad  
Drew Huffine  
Leslee Komaiko  
Lucy Lean  
Stephen Lewis  
Dana Robinson  
Cortney Rock  
Charles Rosenberg  
Sienna Spencer  
Elischa Spies  
Jordan Stephens  
Jessy Tebow  
Christy Wilhelmi  
Nancy Zaslavsky

### CONTACT US

1040 N. Las Palmas Ave. Bldg. 10  
Los Angeles, CA 90038  
323.645.1027

info@ediblela.com • www.ediblela.com

To submit: submissions@ediblela.com

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