



# Kitchen Notes

Vol. 1 Issue 2

Summer/Fall 2014

## It's the Feast of the Falls!

### 2nd Annual



On Sunday, June 22, from 5-9 PM, three hundred Upper Falls friends and neighbors will gather again around one very long table in Hemlock Gorge for the 2nd annual Feast of the Falls.

Better Life Food is once again proud to be part of the festivities and we are looking forward to another installment of what we hope will become a long-standing tradition in the neighborhood.

Go to: [www.feastofthefalls.org](http://www.feastofthefalls.org) to find out how you may still be able to get a ticket

### Fall 2014 Recipe Ideas

#### *Sweet Potato Cakes*

I'll be honest - I have no idea where I put the recipe that Chris did indeed get to me.

Lucky for you, I am way more of a spazz than the Chef himself, so he'll get it to me and no one will ever actually read this!

\*go to our "Recipe" page on our website, [www.betterlifefood.com](http://www.betterlifefood.com) to get the full recipe (chutney, too!)

### A Riddle!

**Q: What Do Weddings and Barbecues Have in Common?**

**A: If You're Still Looking, We're Still Booking!**

We've still got a few open dates for Summer weddings and barbecues and we know we'd be able to make yours a little more special because, hey, it's just how we roll.

Hmm, what about a Summer Barbecue Wedding?! We can't imagine anything a bride would enjoy more (once she's changed into her 'traveling' attire, that is)...

### Community Events

**The New Website's (Almost) Here!  
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We are looking to launch our very fancy, very professional and (most importantly) very-easy-to-order-online website in the next week or so!

We'll be featuring recipes and have a much more comprehensive list of exactly what deliciousness we can deliver to you and you can even use PayPal if you want.

Wow!

The future is just amazing!