



# Kitchen Notes

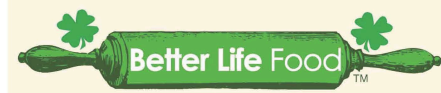
Vol. 8 Issue 1

Early Spring 2021

## Let's Celebrate Early Spring!

### Participating Vendors

- Barts Ice Cream** Super-Premium small batch
- Better Life Food** comfort food and baked goods
- Depot Spice** the seasoning for all seasons
- Chestnut Street** lifestyle brand designs
- Colors Of Katie** colorfully designed must haves
- Devaughn's Ridge Florist** beautiful, seasonal floral
- Giant Gorilla Greens** micro greens.
- Helen F Ray** handcrafted soaps
- Hale Bone Broth** 100% natural
- Kikos Coffee Roaster** whole beans and snapchilled cans
- Lynne White Robbins Vintique** local honey and uniques gifts
- Matt Day Wood Designs** hand crafted wooden wares
- PetWants Newton** fresh natural small batch pet food
- Quicksilver Baking Company** Rugelach, frozen and ready bake off
- Scout & Cellar** clean crafted wines
- The Bagel Table** fresh & local NY Style bagels and English muffins
- Virginia Bowman Designs** wearables



## Early Spring Pop Up Market

AT



344 Elliot Street, Newton Upper Falls  
**Saturday March 13th & 20th**

11:00am to 3:00pm

*Featuring Fabulous Local Artisans & Vendors*

**Time to put aside those winter blues. Get outside and celebrate.** The days are getting longer and the weather is getting warmer, which means spring is around the corner. We can start to go outside again! As we close in on a year that was not so great we begin to exhale a little while still being responsible. Our outdoor market is a celebration of the many local talents we have in Newton and the surrounding area. Grab your mask, get over to the Upper Falls.

This time around Dunn Gahearin's will have a Beer Garden with select appetizers starting at 2pm. And Better Life Food will have Empanads and other *Ready To Eat* snacks available. St. Patrick's Day is around the corner, besides "Beer is proof that God loves us and wants us to be happy"- Benjamin Franklin. Join Us!

### Take Home Comfort Food

Don't feel like cooking? Need a break? We have you covered with comfort food that will feed your soul and your family with our frozen to table dinners in under an hour. Or give us a little time and we'll cook it of for you.

**Traditional Shepard Pie** - seasoned beef, corn and Yukon gold mashed potatoes.

**Indonesian Chicken Cottage Pie** with a sweet potato top

**Chicken Pot Pie** with a real pastry crust and a side of whole cranberry sauce.

**Mushroom Lasagna** - with layers of bechemel, ricotta and mozzarella

**Butternut Squash & Spinach Lasagna** deliciousness layered in cheesy goodness.

All dinners and more are available Mon-Fri. Pre-Order online or by phone and pick-up at our Pop-Up. More info at:

<https://betterlifefood.com/take-home-food>

### Seasonal Favorites

St. Patrick's Day Treats and Depot Spice

**Available now and at our Pop-Up:**

Irish Soda Bread large and small, Scones, Traditional Irish Brambrack, Shamrock Cookies, Tea Breads, Glazed Shortbreads, Oatmeal Cookies, Spring inspired Whoopee pies:



**Depot Spice is always in season**

It's perfect to help make for whatever you're preparing for dinner a little tastier. We say it's Mother Nature's best friend. Amazing on eggs, raw or cooked vegetables and meats.

And we have three new flavors to excite your taste buds.

Rosemary, Lemon and Red with Paprika.

Available in store locally and always available on line and shippable.

[www.betterlifefood.com/depot-spice](http://www.betterlifefood.com/depot-spice)



### Ready to Cater Your Next Party

If we all do it right we can have that celebration still. Whether it's a Mitzvah, Christening, Birthday, Graduation of even a wedding.

We've had a year to practice and we are ready to provide some great covid complaint, socially distanced meals for you and your family, friends, neighbors and coworkers. Spring is almost here and summer is around the corner. Let's get outside and enjoy each others celebrate the things in life that mean so much to us.

Even with limits we are making parties happen with individualized dinners. See a great example of a Zoom Birthday on our website where everyone enjoyed the same meal.

[www.betterlifefood.com/private-catering](http://www.betterlifefood.com/private-catering)