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The Food &
Drink Issue

OCTOBER 2024
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Taste of Fall

As October settles in with its crisp air and colorful leaves, we're excited to bring you an edition dedicated to celebrating the local food scene. With so much to explore in the area, we've curated a selection of local insights, delicious recipes, and inspiring stories just for you.

This month, we're thrilled to spotlight Ade and Noelle Adedoyin, the dynamic duo behind @friendlyblackfoodies on Instagram. Seasoned restaurant reviewers, they've shared their top recommendations for date night spots in Middleton. Whether you're looking for a cozy, casual meal or a place for a special celebration, their picks offer something for every occasion.

We're also diving into the world of local farming with an in-depth interview featuring Daniel Venter, a dedicated Wagyu rancher who is deeply committed to raising exceptional beef. Learn about the meticulous care and attention to detail that goes into every cut of meat he produces, and how his sustainable practices contribute to both flavor and quality.

For those who enjoy cooking at home, we've got some fantastic recipes to try. You'll find a fun seasonal October twist on charcuterie that's perfect for Halloween parties, as well as hearty, comforting soups designed to warm you up as the temperatures drop.

In addition to our food and drink features, we're stepping outside our theme to shine a spotlight on Waunakee Project Brave, a remarkable non-profit organization dedicated to transforming the community's approach to mental health and substance abuse. Learn about their impactful work and how they're making a significant difference in the lives of those they serve.

Readers, thank you for your continued support and enthusiasm for Middleton City Lifestyle. As always, please feel free to reach out to me directly with feedback or suggestions and if you are a local business, I'd love to talk to you about partnering with us.

We hope you enjoy this flavorful and heartwarming issue as much as we enjoyed putting it together. Happy reading!

Cole Spitler

COLE SPITLER, PUBLISHER
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MIDDLETON

CITY LIFESTYLE™

October 2024

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inside *the issue*

OCTOBER 2024 | FOOD & DRINK



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Daniel Venter,
of Venterknoll Farms

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Tyler Ike

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Venterknoll Farms

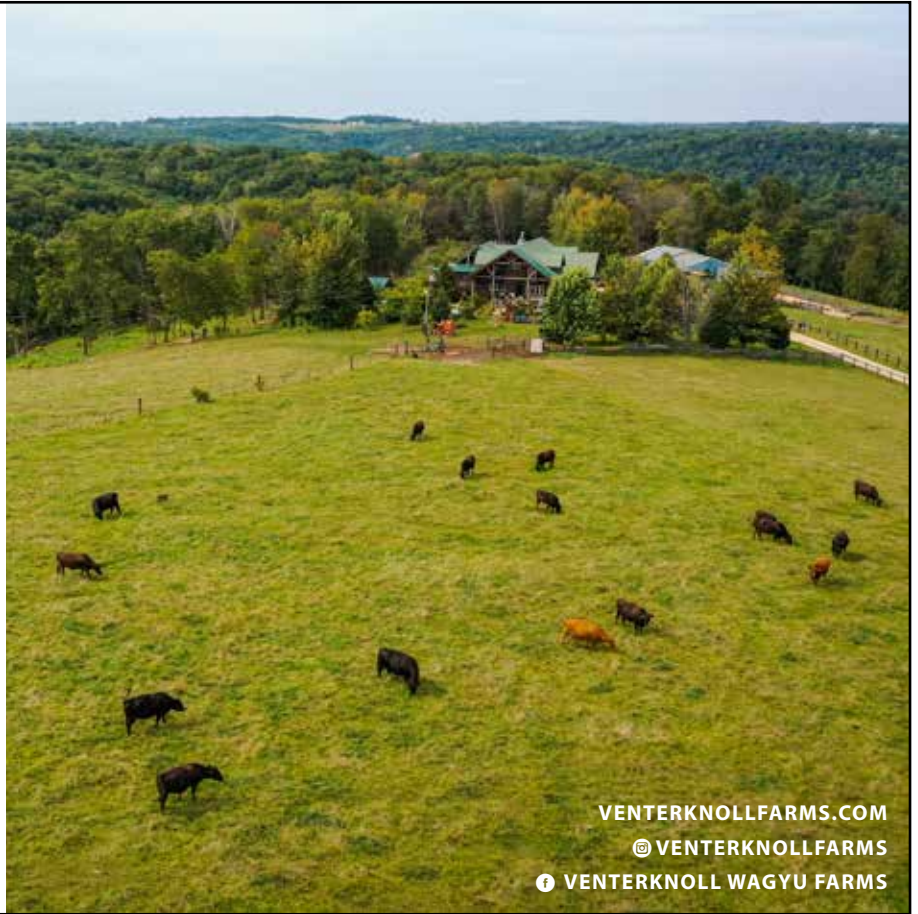
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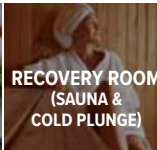
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OCTOBER 2024

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1 - 2: National Mustard Day 3 - 4: Good Neighbor Festival 5: Bs & Bourbon with Mike Heller and Olympic Gold Medalist Mark Johnson
6 - 7: Northwestern Mutual Ribbon Cutting with Middleton Chamber

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business *monthly*

A ROUNDUP OF NEWS FROM LOCAL BUSINESSES



Photography by Madison Dentistry

Dr. Collin Trainor, D.D.S. joins Madison Dentistry

Madison Dentistry proudly announces the addition of Dr. Collin Trainor, D.D.S., to our expert team. With a reputation for excellence in dental care and a compassionate approach, Dr. Trainor brings years of experience in advanced dentistry. His commitment to patient-centered care aligns perfectly with Madison Dentistry's mission to provide exceptional oral health services. We look forward to Dr. Trainor enhancing the smiles and well-being of our community. Welcome, Dr. Trainor!



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Photography by Sòlas Natural Burial Preserve

Sòlas Natural Burial Preserve: Now Open!

Certified by the Green Burial Council, Sòlas offers an environmentally friendly and financially responsible alternative to conventional burial. Sòlas is now offering sales for current need and pre-need plots. Their website offers the flexibility to customize the experience to each individual's needs, and the onsite celebration shelter provides a convenient space to honor your loved one. Visit Sòlas at www.solasnaturalburial.com or at 6025 Oncken Road in Middleton.



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Photography by Lyon Road Art Academy

Local Art Academy Bringing Artistic Wonder to Waunakee

Come take art classes at Lyon Road Art Academy! Kaitlin and teachers Poornima and Marlon teach a variety of fine art classes to all ages, bringing artistic wonder to the community and giving students tools to express themselves and become confident in their own abilities! Whether you are a seasoned artist or a beginner, we can't wait to see you in class! Find more information about classes, workshops, and events at <https://www.lra-academy.com/>



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MIDDLETON'S TOP *date night restaurants*



PRESENTED BY LOCAL RESTAURANT REVIEWERS
& INFLUENCERS, FRIENDLYBLACKFOODIES

ARTICLE BY COLE SPITLER | PHOTOGRAPHY PROVIDED BY FRIENDLYBLACKFOODIES



Ade and Noelle Adedoyin, known as @friendlyblackfoodies on Instagram, are passionate food reviewers with strong connections to the Middleton community. We had the pleasure of interviewing them about their favorite date night restaurants.

VILLA DOLCE

1828 Parmenter St

An Italian restaurant located in the heart of downtown Middleton, Villa Dolce is a staple of the community. “We’ll often get pizza and pasta and share the dishes. Their dessert is also top tier. It’s a cute ambiance - we’ve actually seen someone get engaged there, so it’s a very romantic spot” - Noelle.

COOPER’S HAWK

1611 Deming Way

“Their menu helps you pair a wine with your entree, and they have a tasting area if you don’t want to eat a full meal. It’s a great date night activity” - Noelle.

“Cooper’s Hawk works for a special evening or regular date night. The outdoor seating also has a great vibe” - Ade.

HIDDEN CAVE CIDERY

2500 N Pleasant View Rd #102

“A hidden gem, with a casual but intimate setting. They partner with local food trucks and often have live music. A couple years ago we enjoyed Valentine’s Day there. Our favorite ciders were the Blackberry Lemon and Honeysuckle French Toast.” - Ade

TAZA

1900 Cayuga St

“Casual Mediterranean dining with great service, Taza has delicious shareable plates and is a great restaurant to go to with friends.” - Ade

“Everything at Taza is good, but our favorite is the mixed grill” - Noelle

WAUNAKEE *project* BRAVE



WHAT IS PROJECT BRAVE?

“Project Brave aims to transform the way our community views mental health and substance abuse. By fostering open dialogue through events, support networks, and accessible resources, we stand with those who are struggling, reminding them that they have a community ready to help.”

WHAT IS THE ORGANIZATION’S MISSION?

“We want to bring light to individuals and communities going through a dark season. We believe we can help people heal through sharing our experiences. BRAVE stands for “Being Real Affects the Value of Everyone.”

HOW DOES PROJECT BRAVE ENGAGE WITH THE COMMUNITY?

“Monday mornings we have a community group with a new discussion topic each week. We have a band that plays at local events - the goal of our music is to inspire resilience and provide a therapeutic refuge for listeners.”

WHAT MESSAGE WOULD YOU LIKE TO LEAVE READERS?

“We believe that people are here for a reason, and by sharing your story, you’re being Brave! Your testimony can bring light to someone who might be dealing with something similar - creating a contagious effect of people positively impacting each other’s lives - and that’s what humanity is all about.”

CHECK OUT PROJECT BRAVE’S UPCOMING EVENTS:

Monday Morning

Community Group

The first Monday of each month
at 9 am - see website for location

Broken to Brave Event

February 16th, 2-4 pm. See
website for additional details.

Brat Fest

Memorial Day Weekend on
the Main Stage. See website
for details.



**ARTICLE BY COLE SPITLER
PHOTOGRAPHY BY TORI LYNN**

Interview with
Kerri Kane, founder
of Project Brave.



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ARTICLE BY ALEXIS VENTER | PHOTOGRAPHY BY TYLER IKE

THE VISION BEHIND VENTERKNOLL FARMS



AUTHENTIC WAGYU DELIVERED

Daniel Venter, owner of Venterknoll Wagyu Farms, is not your conventional farmer. Growing up in Romania, Daniel's introduction to farming was limited to tending to the few animals his family was allotted. At nineteen, he and his family immigrated to

compared to other common red meats. Studies have linked its high amount of fatty acids to improved heart health, cholesterol levels, brain function, lean muscle mass, overall wellness, and have found anti-inflammatory properties.

"I WAS LOOKING FOR THE BEST MEAT, TASTE-WISE AND HEALTH-WISE."

America and spent the next several years in Chicago, Illinois. It wasn't until he married his wife Laura that they decided to build a second home in the beautiful hills of Southwest Wisconsin. This is where their appreciation for nature's provision and simplicity blossomed.

In 2017, as empty nesters, they moved to Wisconsin permanently, and Daniel decided to raise beef and pork for his family.

"I was looking for the best meat that you can consume, taste-wise and health-wise, and that's when Wagyu beef and Mangalitsa pork landed on my plate."

From there, he began an in-depth study of the history of the breeds, their health benefits, and care practices.

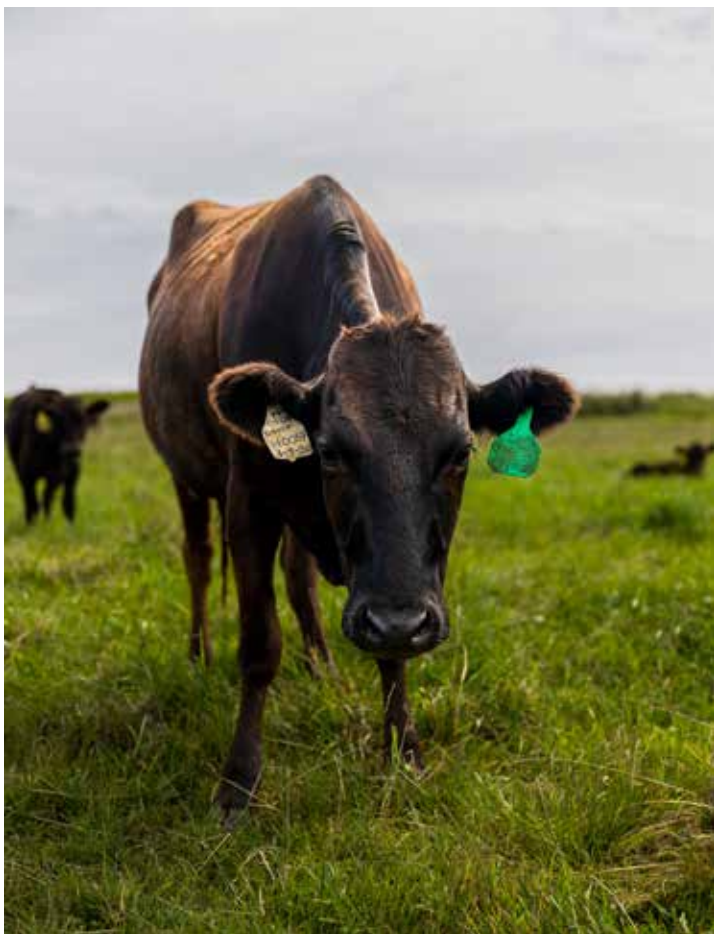
In his research, he discovered that Wagyu, which translates to "Japanese cow," often has a much higher concentration of monounsaturated fats

Of the four types of Wagyu cattle, Daniel decided to primarily raise Kuroge, purchasing cattle whose "bloodlines date back three or four generations to some of the original cattle brought from Japan. Kuroge are known for their exceptional marbling."

Any meat lover will tell you, the more detailed the marbling, the more tender and flavorful the beef. Fat carries flavor, and as the meat cooks, the fine layers of marbling break down, filling the whole steak with tender, juicy, umami flavor.

Beyond being a specific breed, to be true Wagyu beef, a specialized care routine is required throughout the life of the cow. Daniel focuses on four main factors when raising his cattle: genetics, management, feed, and environment. With the help of veterinary specialists and by tracking his cattle's bloodlines, Daniel creates customized

CONTINUED >



breeding plans for each of his cows. In that way, their intentional care begins before they're even born. Once born, they start a four-stage feeding plan that carries them through their lives to ensure they get the nutrients they need.

And, Daniel is always striving to give his cows the very best. "I research, compare notes with other Wagyu farmers throughout the country and internationally, watch how my calves are growing, and pay attention to details like the color of their poop. That can tell me a lot."

Managing the recipe of their feed, feed plan, and feed schedule throughout the day all play a role in the marbling of the meat. Still, Daniel especially emphasizes providing the right environment for his herd.

"Wagyu have to be raised in a very low-stress environment. You have to be able to walk with them and pet them." For example, while some farmers separate calves from their mothers during weaning, Daniel uses methods that keep them together. "I want to be very friendly and not put too much stress on the babies and the mamas." Each of his cattle interacts with him and Laura daily.

The specificity of their care makes Wagyu cattle a more involved breed to raise. Reflecting on why there are so few Wagyu cattle farms in the United States



I PROVIDE 100% PURE WAGYU, NOTHING ELSE.

compared to other breeds of cattle, Daniel notes that “it is time-consuming, takes research, and is expensive. The animal itself is very expensive, the feed is not your typical feed, and you have to be more hands-on. It’s unconventional and difficult to scale for those who want to do this for a living.” Venterknoll Farms is one of the very few Wagyu farms in Wisconsin, and one of the only farms that breeds 100% pure Wagyu without growth hormones or antibiotics.

When asked why he began raising Wagyu, Daniel answered, “It started with having meat for our family, and my herd grew more than I expected. I figured I could share with other people who don’t have a place to raise them but would like to have access to pure, healthy, good meat too. I saw people buying American Wagyu without realizing that it is often less than 50% Wagyu meat. I wanted to provide 100% pure Wagyu, nothing else.” Now, that is exactly what Venterknoll Wagyu Farms does.

People can purchase Daniel’s Wagyu beef through their website, venterknollfarms.com.





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River Arts Inc.

INSPIRING, ENRICHING, AND
EDUCATING THE COMMUNITY
THROUGH THE ARTS

ARTICLE BY LYDIA PARK
PHOTOGRAPHY PROVIDED

River Arts Inc. (RAI) was formed in 1997 and in 1998 became a 501(c)3 non-profit organization that served as the capital fundraising organization for the Sauk Prairie community's River Arts Center. When that charge was complete in 2000, the organization restructured itself as an arts presenter. River Arts Inc. produces an annual performance series in the 500-seat Mainstage Theatre and 200-seat Leola Hall black box Theatre in the River Arts Center, as well as curates multiple art exhibits in the 1700-square-foot River Arts Center gallery. The organization moved its administrative and ticketing office to the River Arts on Water Gallery in 2011. River Arts on Water is a beautiful space on the banks of the Wisconsin River in Prairie du Sac, Wisconsin, which was officially purchased in 2017 with the help of community support. Devoted to the cultural and ecological vitality of the community, it is a retail gallery featuring local artists, house concert venue, and gathering place operated by River Arts Inc.



PERFORMING ARTS

The River Arts Inc. 2024-2025 performing arts series features a wide variety of musical genres presented at the Sauk Prairie River Arts Center Mainstage Theatre, Leola Hall, and River Arts on Water Gallery House Concert venues. Between local and touring, tribute and original music, classical, and popular hits, you'll be sure to find performances that fit you and your family's interests.



VISUAL ARTS

The River Arts Inc. exhibition programming is located in both the Sauk Prairie River Arts Center and the River Arts on Water Gallery. The River Arts on Water Gallery focuses on local artists within a 40-mile radius, while the Sauk Prairie River Arts Center curates work from artists worldwide. The River Arts on Water Gallery also hosts over 30 adult and youth art classes.



COMMUNITY EVENTS

River Arts Inc. hosts a number of community events and fundraisers annually, such as the Prairie du Sac Night Market and Cow Chip Arts and Crafts Fair. These free events combine art vendors, music, and food. In addition to our annual Dueling Pianos fundraiser at the Dorf Haus. This season we've added Steppin' Out For the Arts which is a night of line-dancing at Vintage Brewing Company. Tickets on sale soon!

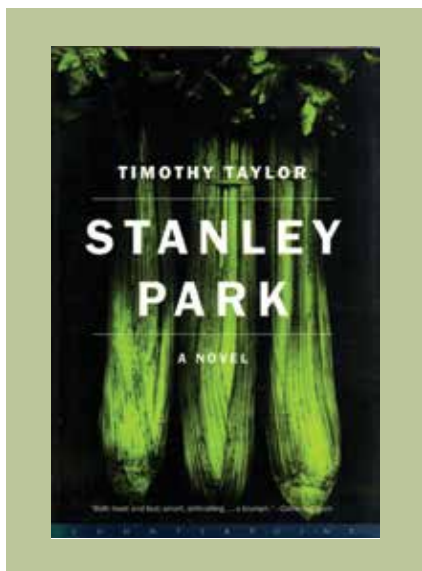
Feed Your Soul

Food is exciting to cook, and satisfying to eat but is it enjoyable to read? Novels where food is prominently featured can be a veritable feast for the eyes. Food imagery, also called gustatory imagery, adds depth to a novel, providing a springboard for all kinds of descriptive and symbolic language. Different dishes can transport a reader to new regions of the world, reveal a character's culture, or symbolically deepen the meaning of a text. So, dive into this list of autumn reads and don't forget to save room for seconds.



Fall in love with food-centric fiction

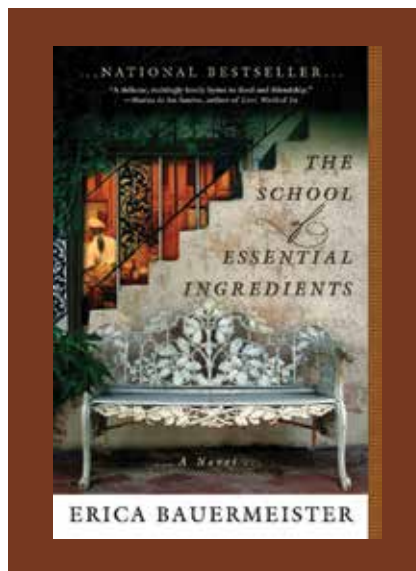
ARTICLE BY HANNAH BARRICKS



Stanley Park

by Timothy Taylor

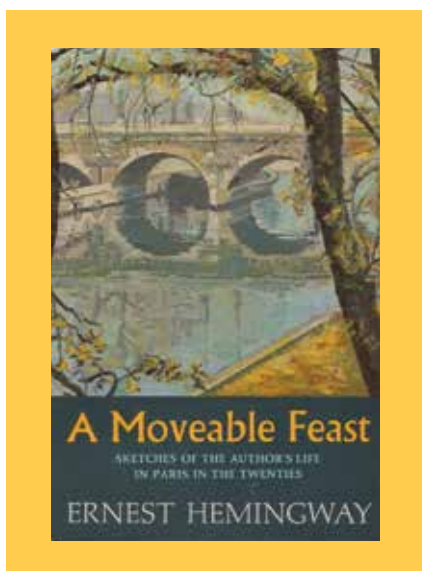
True crime fans and foodies alike will enjoy this beautifully written novel. The novel follows a Vancouver based chef, Jeremy Papier and his failing bistro. As Papier tries to hold his dreams together, his homeless father drags him into a real-life, 1940s “cold case” investigation. The novel mindfully uses the investigation as well as Papier’s commitment to locally grown foods to pay tribute to Vancouver’s landscape and history.



The School of Essential Ingredients

by Erica Bauermeister

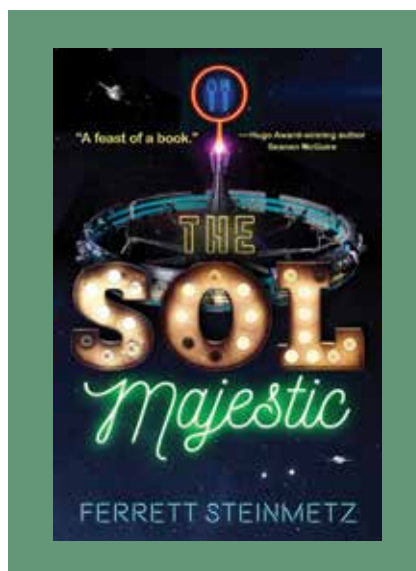
Love is in the air at this Monday night cooking school. The novel follows a cast of hapless students as they are instructed in both the kitchen and in life by the school’s owner, Lillian. Lillian is the group’s fairy godmother as she hands out morsels of advice and challenges the students with advanced recipes. A cozy read, be prepared to fall in love with the decadence of the school’s dishes as well as the sweet message that lingers long after you put down the book.



A Moveable Feast

by Ernest Hemingway

Published after his untimely death, A Moveable Feast is Hemingway’s memoir. A love letter to 1920s Paris and the literary movement, Hemingway charts the reader through his early years there, one cafe at a time. Along the way, familiar characters like Gertrude Stein and F. Scott Fitzgerald float in and out. This no-frills prose will stick to your ribs and leave you satisfied.



The Sol Majestic

by Ferrett Steinmetz

If you love science fiction, this big-hearted, culinary space opera is sure to hit the spot. The story follows impoverished Kenna, an aspiring guru who hungrily wanders the cosmos until he wins dinner at the galaxy’s most renowned restaurant, The Sol Majestic. A novel that is both fun and thought provoking, Steinmetz uses striking food imagery to explore what truly excites the spirit.

Pumpkin Cuties

- Cutie Mandarin Oranges
- Celery Sticks

Peel the cutie mandarin oranges and cut celery sticks into 1-inch long sticks.

Cut each slice of celery into thirds or fourths and insert celery sticks into the center of the peeled oranges.

Oreo Spiders

- Oreos
- Candied Eyes
- Chocolate Chips
- Pretzel Logs

Break pretzel rods in half and stuff them into the Oreo cookies to form the spider legs.

Melt the chocolate chips until smooth.

Use a toothpick to place the melted chocolate onto the Oreos where the eyes will go.

Immediately place the eye candies onto the melted chocolate. Place the Oreos in the fridge until the chocolate hardens.



SPOOK- *cuterie*

A SPOOKY SPIN ON THE CLASSIC CHARCUTERIE

ARTICLE BY SAVANNA JAGGEARS

PHOTOGRAPHY BY GREGORY JAGGEARS

Spook-Cuterie is a cutie Halloween snack for pre- or post-trick-or-treating. This spooky spin on the classic charcuterie board will excite the kids and provide a few nutritious nibbles before they fill up on too much candy. Whether you bring this to the school party or set it up while everyone gets in their costumes, fun MUMMY-ries will be made.

Nutter Butter Ghosts

- Nutter Butter Cookies
- White Melting Chocolate
- Mini Chocolate Chips

Melt the white chocolate in the microwave in 15-second increments. Stir between increments until the chocolate is fully melted.

Dip the top of each cookie into the melted chocolate and place the coated cookie on wax paper to dry.

Press the mini chocolate chip to make the eyes and mouth before the chocolate dries.

Blackberry Bats

- Bat Shaped Cookie Cutter
- Blackberries
- Candied Eyes

Place the cookie cutter on the charcuterie board and fill with blackberries. Place candied eyes to make the eyes of the bat.

Instructions:

1. Gather together the items.
2. Arrange and style according to your party aesthetic.
3. Add extra items, such as crackers, chips and cheeses.
4. Fan out additional fruits and veggies.
5. Celebrate and make the days leading up to October 31st memorable!

SERVING UP SOUP





CHICKEN NOODLE SOUP

This hearty chicken noodle soup is the perfect comfort food that is packed with nutritious goodness. This pairs perfectly with homemade beer bread or a sourdough loaf.

INGREDIENTS:

- 8 cups chicken broth (add more if desired)
- Whole fryer chicken, cut in chunks or shredded
- 5 celery stalks, sliced
- 8 carrots, sliced
- ½ onion diced
- 4 tablespoons butter
- 1 teaspoon italian seasoning
- ¼ cup half and half (optional)
- 1 package egg noodles
- Salt and pepper to taste

DIRECTIONS:

In a large stock pot, add 8 cups of chicken broth. Dice carrots, celery and onion and add to the broth. Bring to a boil, and reduce to medium heat until the vegetables are soft. In the meantime, skin and cube 1 whole fryer chicken and add to the stock pot. Next, add egg noodles (frozen Reames homemade egg noodles are my favorite) and let boil until noodles are cooked. Add butter, half and half, salt, pepper, and Italian seasoning. Simmer on low until ready to serve.

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*Fall's most notable
comfort meal*

ARTICLE BY ANGELA BROOCKERD
PHOTOGRAPHY BY JANIE JONES



TOMATO BASIL SOUP


This classic tomato basil soup is easy and quick to make and is the perfect way to get the rustic, tangy and savory flavors of this Italian dish.

INGREDIENTS:

- 2 cans diced tomatoes
- 2 ½ cups vegetable broth
- ½ cup heavy whipping cream
- 1 onion, diced
- 3 cloves minced garlic
- 3 tablespoons olive oil (or alternatively, 1 stick butter)
- ½ cup chopped fresh basil
- Salt and pepper to taste

DIRECTIONS:




Toss the butter or olive oil in the pan. Add onion, and saute until the onion is translucent and soft. Add minced garlic, and saute for 2 minutes. Next, add canned tomatoes and simmer. Transfer to a blender, and puree until smooth. Add the fresh basil and heavy cream. Transfer mixture back to the pan to thoroughly heat, and salt and pepper to taste. Top with fresh parmesan and chopped basil, and serve with toasted Italian bread.



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OCTOBER 2ND & 9TH

The Edison Investment Luncheon and Dinner - The Neutral Project

*Madison Club 5 E Wilson Street Madison,
WI / 12:00 - 2:00 PM & 5:00 - 7:00 PM*

Be Part of History: Invest in The Edison. Join us in Milwaukee to discover The Edison—the world's tallest mass timber building. Located in downtown Milwaukee, this groundbreaking project by Neutral blends sustainability with cutting-edge design. Highlights: Meet the visionaries behind Neutral and learn how to invest in The Edison! Don't miss this opportunity to shape the future of urban development!

OCTOBER 6TH

Gilda's Run/Walk

*7907 UW Health Ct, Middleton, WI
10:00 AM*

Lace up your sneakers for a cause that matters! Gilda's Run/Walk in Middleton offers a 5K run and 2-mile walk. After the race, enjoy a picnic in the Gilda's Clubhouse backyard with a Ruth's Chris burger. All proceeds stay within our local community, directly benefiting families dealing with cancer. Your participation makes a difference!

OCTOBER 10TH - 31ST

Mindful Drawing For Seniors - Lyon Road Art Academy

*1100 Frank H St, Ste 7, Waunakee, WI
10:30 - 11:30 AM*

Looking for a moment of peace? This is the art class for you! Create space for yourself while we learn Artful Journaling, with refined doodling, free-flowing illustration and mindful techniques that allow you to find your creative spark — and yourself! Students over 55, don't forget to use the discount code **seniordiscount** to get 10% off your class!

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OCTOBER 12TH

Kwik Drip Fall Drop

<https://www.depop.com/kwikdrip/>
6:00 PM

On October 12th, Ben Miller, owner of Kwik Drip, will be hosting an exclusive drop on his website linked above. Items in the drop include your favorite fall essentials - Carhartt jackets (including their new model), college football themed crewnecks, and workwear styled pants. Don't miss it - the items won't last long!

OCTOBER 22ND

Luxury Tier Wine Tasting at The Hellers

The Heller Residence - Contact Red & White Winebar for Address / 7:00 PM

Red & White Wine Bar owners have access to some incredible fine wines from around the world not offered at the winebar. Join them at their home for a tasting: a sparkling, a couple of whites and 3 reds will be included along with some culinary bites. Wines will be available for purchase at an event exclusive price. Ticket price is \$75.

OCTOBER 27TH

Getting Your Work Out There Lyon Road Art Academy

1100 Frank H St, Ste 7, Waunakee,
WI / 12:00 - 2:00 PM

Are you an artist but have questions about getting your work out there? Treat yourself to this class! Kaitlin will teach you the basics of starting out as an independent artist and answer any questions you have about getting your art business off the ground! Register on the Lyon Road Art website.

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