

# **Two Sisters mussels and chouriço special (New Bedford)**

Here's a look at Two Sisters's new mussels and chouriço special (\$12, \$15 with shrimp), their chicken Mozambique over rice and new coffee milk drink made with coffee syrup produced in Dartmouth. To order call (508) 264-8784 or stop by their food truck at the corner of Tarkiln Hill Rd and Ashley BLVD from 12-8pm.

Give this video a like, share and/or comment and we'll give away a \$20 gift card to TWO people.

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# **Healthy Futures Farm CSA offers Affordable Weekly Produce – Space Limited!**

Already eager to start consuming some fresh, seasonal, local produce? Maybe you're excited for the local farm stands, or to visit the farmer's markets? Have you ever considered purchasing a CSA?!

If you love fresh local fruits and veggies, a CSA is a tremendously affordable and fun way to eat seasonal, fresh produce for almost three full seasons. Even better, it's convenient! CSA stands for Community Supported Agriculture. In a nutshell, you purchase a "share" of a farm's produce. For one flat price, you get to pick up an assortment of fresh

produce every single week. This can include anything from farm fresh tomatoes and cucumbers, to watermelon, strawberries, swiss chard, lettuces, broccoli, eggplant, green beans, and even garlic.



There's a common myth that local produce is expensive. In fact, many people think CSA's are expensive. Sure, some can be... but if you do your research, you'll often find many that are incredibly affordable.

Last year, we had a chance to sample a CSA all spring, summer, and autumn long from Healthy Futures Farm. You may even

remember our spotlight on them last year. You can read their incredible story [here](#).

Healthy Futures Farm offers one of the most affordable CSA's around. A full share feeds a family of four and costs just \$425, while a half share is only \$225. This runs about 28 weeks! Do the math... If you go with the full share, this averages to about \$15 per week, and the half share averages about \$8 per week! But get this... when you see how much you're actually picking up, you'll be amazed at the quantity. Not only is it more than enough to last you the week, you'd spend three times the amount in the supermarket.

As the winter season closes, consider becoming a CSA member with Healthy Futures Farm. You'll eat better and feel better. You'll get your very own weekly share of fresh produce from their Westport Farm all spring, summer, and fall – from May through November!



In addition to its CSA program, Healthy Futures Farm offers various other benefits throughout the year. They set up shop at local farmer's markets and are often willing to accommodate your location to make pickup available at a nearby market. They even host their own Farmer's Market on site at their farm once a week featuring local crafters and natural food makers. We even heard some 'buzz' that they have bees and are working on their own honey! (Shh...!)

Just imagine... easy, fresh produce all year long. Imagine saving money on your grocery shopping! You can eat new foods each week that are in season, and you can even prepare and save your veggies for the winter months. You can eat fresh, all year-long.

Consider a CSA but act now to reserve yours! Space is limited. A full share is \$425 and a half share is \$225. Distributions will begin no later than the last week of May continuing through November. CSA members will be notified as soon as produce becomes available. All CSA members also receive one bar of homemade soap on the first distribution of each month. Email [healthyfuturesfarm@gmail.com](mailto:healthyfuturesfarm@gmail.com) or call 508-558-5205.

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**Healthy Futures Farm**

528 American Legion Highway  
Westport, MA 02790

**Website:** [www.healthyfuturesfarms.com](http://www.healthyfuturesfarms.com)

**Facebook:** [www.facebook.com/healthyfuturesfarm](http://www.facebook.com/healthyfuturesfarm)

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# Foodie's Guide to Regional Gastronomy: The Malasadas – Portugal's Glorious Version Of Fried Dough

*Malasadas being prepared at everyone's favorite city celebration: The Feast of the Blessed Sacrament.*

## Series Introduction

In this series, we hope to highlight and showcase in as interesting a way as possible, the stories behind our favorite, mouth-watering local dishes. While we'll focus on greater New Bedford and the South Coast, we will occasionally "travel" to places like Plymouth, Providence or even Boston. I will attempt to keep it light-hearted, fun and easy to read.

While I can't promise to keep you compelled and pull you along with prose – that would take a professional writer – I will promise to be liberal with the drool-inducing images of these dishes.

I grew up in a Sicilian household where everyone – man, woman, child – was participating in preparing meals. It was a “trick” to get everyone together, talking, laughing and of course, the occasional heated debate. Food was a huge part of our identity, where we came from, who we were. There was something special about the atmosphere that revolved around a meal that we prepared.



This is certainly not unique to an Italian or Sicilian household. Every ethnic group in the country has a proud culinary tradition that they grew up around. You can easily replace “Sicilian” with Irish, Vietnamese, Portuguese, Ethiopian, Greek or anything else. This is why food as a topic

is always so popular. We humans love our food and that passion goes beyond the gustatory or taste – we crave the aromas, delight in the presentation, are fueled by the atmosphere, and relish – pardon the pun – discussion about our favorite dishes, restaurants or cuisines.

One thing that is often not discussed – is glossed over, or barely touched upon – is the history or background of these dishes. Now, to some, this conjures up the voice of the guy from the “dry eyes” commercial. The terms, for many, are synonymous with “boring,” “dull,” or “It’s time to go.” However, the background can be interesting, fun, or funny and it can be so without being facetious, dumbed-down or popular. I will make every attempt to maintain a fresh balance with those elements in this series.

As always, feedback is encouraged. Anecdotes are wanted. Discussion is paramount. **Please** join in.

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Ah, imagine life without having ever had a malasadas? Do you remember the first time you saw one as a kid? What a moment. It’s amazing how popular something so simple, with so few ingredients can have such a marked effect on people and be so popular.

Meaning “poorly cooked,” malasadas are yeast-leavened “doughnuts” or fritters without a hole in the middle, are enriched with butter and eggs, fried to a delightful golden brown, rolled in sugar and served.

They are typically stretched into a rustic, round shape, or even a triangle or square. Also referred to as “filhoses,” in some parts of Portugal like Graciosa, the filho resembles the perfectly circular doughnut we are all familiar with.

That former, rustic style circular shaped ones are the ones



served in most areas of Portugal and in the Portuguese communities along the South Coast. However, there are other Portuguese enclaves throughout the nation, most notably the rather large one in Hawaii. There, it is also shaped like a doughnut is typically shaped, and may be topped or filled with a variety of things, such as evaporated milk, plain custard, a coconut-flavored pudding called *haupia* or, of course, Hawaii's beloved pineapple.



*Hawaii's version, more of a filho resembling a traditional doughnut, commonly has toppings or fillings. Photo by \_e.ts\_.* The origins are sort of clouded in mystery. The Portuguese will proudly say that the invention of the tasty treat originated in the Azores, specifically, the island of São Miguel. It is said that sometime early in the 15th century, someone's avó created the malasadas to feed the cravings of a grandchild. Others say, it was a by-product of Muslim



occupancy and rule over Portugal as early as the 8th century.

Thing is that fried dough is universal across cultures and time. It's just one of those things that has been around forever – since at least 8,000 B.C.E. and mentioned in ancient Sumer, Egypt and China. The ancient Romans had *scriblita*, and today they have *zeppole* or *fritelle*. Native Americans have fry bread, Canadians have beaver tails, “Newfies” have Touton, Americans have versions served at festivals and carnivals, called Elephant Ears, doughboys, or fry dough.

Whatever you want to call it, some variation is made in most countries because of its simplicity to make and availability of the ingredients. And whatever you want to call it, it's mouth-watering delicious and now I want one!



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**Moby Dick Brewing Co. To  
Showcase Mouth Watering Menu**

# Inspired By New Bedford's Own Brew

If you are a beer lover, connoisseur of beer, or just enjoy a beer amongst friend, you've had a lot to be excited about lately. A brewery that has been inspired by the city's spirit and history has opened its doors on the corner of Union Street and South Water Street. The 10-barrel, Moby Dick Brewing Co. is the first hometown brewery in 40 years and offers a full-service bar featuring their very own beers and ales intelligently paired with with a pub fare menu.

Don't think "pub" though, this is a classier affair: the Moby Dick Brewing Co. has a friendly, family setting that seats 100. It expects to serve guests in outdoor seating along Union Street on the cobblestone sidewalk that was installed by the city to help attract investors to the downtown historic district. The brewery will features special events and offer tours.



While this is certainly something to get excited about, what makes Moby Dick Brewing Co. special, as in any venture, is the people behind the project.

The company's president and the one who will be leading operations is David Slutz, formerly CEO of Precix. He's now managing director of investment firm, Potentia Business Solutions. He had this to say about the concept: "The brewpub's design, menu and atmosphere will echo New Bedford's historic whaling and fishing history with authentic artwork, photography and artifacts."

General Manager Tim Cleland's entire professional life has been spent within the restaurant and hospitality industries, including 10 years with Rock Bottom Breweries in Chicago and Boston. He's won numerous industry awards over his career.

Passionate, inspired, head chef, Tom Mackley has also spent his professional career as chef of restaurants on the West (including the the famous "Lola" in Seattle) and East Coasts, and at restaurants whose maxims are using the freshest *local*



ingredients, and crafting menus that pair with superior beers and ales.



While many of the menu items have been placed on the menu so as to compliment the brewery's ales and beers, there's quite a variety of other dishes. Many standards are on the menu, like a simple green salad, fish and chips, grilled cheese, grilled pork loin, pan seared scallops, chicken wings, burgers. etc. There are some rather uncommon or rare selections.

The **Marinated Beet Salad** has whipped ricotta, arugula, shallots, aged Sherry vinegar and pistachios. There's a **Sweet Potato and Apple Soup** with Harissa spice, corn nuts and mint. **Cornmeal Fried Oysters** – six, plump Virginica oysters deep fried and served with green garlic Ranch dressing. **Beer Steamed Mussels or Littlenecks** with linguica, spring onion, olive oil, served with fries. **Beer Brined Chicken Breast** with Granny Smith apples and pale ale mustard. Pan roasted Skate filet, fresh Cavatelli pasta, grilled mushrooms and grits, salt cod chowder, Carolina Gold seafood rice, and more round out the menu, which you can see in all its glory [here](#)

But, beer. Some of you came to find out about the beer. What is the beer being served at the brewery like? What inspires the brewmaster? Brewing for most of his adult life, award-winning brewmaster Scott Brunelle describes what he likes: "...ales that are perfectly balanced, Pilsners that sparkle, American lagers that taste crisp and clean, stouts that are rich and complex. I prefer IPAs, but appreciate all the traditional beer types so long as they're done correctly. I'm a sucker for tradition so I like a lot of the classic styles."

You can find out about the awards he has won, his background as an original board member of the Massachusetts Brewers Guild, member of the Master Brewers Association of America, more on his bio page.

Sound like a place you'd like to work for? **Moby Dick Brewing Com. is hiring** [mobydickbrewing.com/](http://mobydickbrewing.com/) for passionate cooks, prep cooks and hardworking dishwashers. You can fill out an application online here Furthermore, you can get more info on the brewery, staff, investors, fare, read the blog, sign up for the newsletter, even shop online, on their website.



New Bedford now has its own brewery representing the city and beyond it. Someday people in other cities may be able to sip Moby Dick beer and ale, but only we will be able to sip it at the place it was brewed! The staff at Moby Dick have experienced backgrounds, are inspired to do something special in terms of brewing and fare. Cleland and Brunelle have worked together at Rock Bottom Brewery and have developed a synergy based a shared passion. You get a real sense that these guys are doing the only thing they could dream of doing.

They are sure to become rock stars here in the city.

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## **Moby Dick Brewing Co.**

16 South Water St.

New Bedford, Massachusetts

**Phone:** 774-202-6961

*Sunday-Thursday: 11:00am-10:00pm*

*Friday & Saturday: 11:00am-11:00pm*

**Website:** [mobydickbrewing.com/](http://mobydickbrewing.com/)

**Facebook:** [facebook.com/mobydickbrewing/](https://facebook.com/mobydickbrewing/)

**Twitter:** [twitter.com/mobydickbrewing](https://twitter.com/mobydickbrewing)



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# **Churrascaria Novo Mundo rotisserie chicken in New Bedford**

Churrascaria Novo Mundo (98 County St., New Bedford) makes the BEST rotisserie chicken!

They are having a special platter for the big game on Sunday; a rack of ribs, a rotisserie chicken with fries and rice for \$31.50. Give this video a like, share and/or comment and we'll give away a \$20 gift card to TWO people! Call (508) 991-8661 to order your game day feast!

Check out our behind the scenes look at their preparation ...

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# **Spotlight: Two Sisters Portuguese Food Truck in New Bedford**

Who's up for a Portuguese steak or burger? Here's a look at the Two Sisters LLC Portuguese food truck in New Bedford that can be found Tuesdays on Tarkiln Hill Rd across from the fire station from 2-8pm.

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# Five of the Best Pizzas in Greater New Bedford

I know just the very concept of stating the best of anything is to step on a lot of toes. So, suffice it to say I will offer the same disclaimer: this is my opinion and I am not stating it as an objective fact. I know that with pizza things can take on almost a religious-like perspective – I don't want to trigger any pizza rage! If your favorite pizza isn't on this list, it doesn't mean I dislike it, it's just that this is what I prefer. Perhaps, I've never even had it!

Which brings up the point of this article: by sharing my favorites, I may turn you on to something you've never had and you'll share your difference of opinion and bring to light something that I have never tasted. So, that means everyone gets pizza. What's wrong with that?

The first mention of each restaurant's name under its title is a link that will take you to more information on that particular establishment in case you are salivating and your body is ready. By all means, let us know who you prefer if they differ! Here are mine in no particular order:



## Brick Pizzeria Napoletana

Brick Pizzeria at 163 Union Street, New Bedford and 213 Huttleston Avenue, Fairhaven brought class to pizza. By showcasing the Neapolitan style pizza they also brought a refreshing change to what everyone else was doing. Typically what was in the region was a thicker crusted pizza cooked in an industry oven or Brooklyn style. Nothing wrong with those at all, but the change here was certainly welcome!

By cooking the pizza in higher temperatures and in an old-world brick oven they returned to the way things were done and paid homage to the fundamental of every great pizza: the crust. The speed with which the pizza cooks is astounding and creates a crust that no one in the area can match in my opinion. The soft, thinner than usual style crust has the tiniest layer of crisp on it providing a texture that no one else can. The proper amount of char contributes to the overall flavor profile.

The speed is also something very welcome for those who want pizza for lunch, don't want delivery, but don't have much time.

Brick offers a score of “white” (without tomato sauce) and “red” style pizzas, in addition to brick-oven fired flatbread pizza sandwiches, starters, salads, and desserts. All the classic style pizzas are represented – you’ll find the Margherita, marinara, pepperoni, and others, but also lesser-known ones like the Capricciosa: prosciutto, artichoke, olives, goat cheese, the Puttanesca: anchovy, capers, red onion, olives, my personal favorite, the Salumi E Funghi: hot salami, mushrooms. Pizzas are between \$6.99-\$12.99. Full menu can be seen [here](#).



## **Yia-Yia's Pizza Cafe**

Yia-Yia's is probably the best kept secret on this whole list. Well, not a secret at all, but incredibly obvious if you live on “the Neck.” About halfway between the top of the Neck and Wilbur's Point, this little pizza shop that could, and could, and could has been producing some of the best pizza on planet earth, I kid you not.

For those who don't know, Yia-Yia is Greek for “grandma” and the term is an apt one that describes this family operated business churning out mouth pizza, Gyros, salads, subs,



dinners, and even desserts. If Yia-Yia's only made a plain pizza, they'd be on your favorite list – it's that good. However, they do offer a large variety of pizza types, many of which I haven't seen elsewhere. All the standards and slightly not standard are offered, the Margherita, Buffalo Chicken, Steak Abriata, Meat Lovers, Philly Steak, etc.

If you are the type that likes to try new things, you're going to have your socks blown off, or...er...your Toga blown off with pizzas like the Jamaican Jerk, BLT, Thai Chicken, Clams Casino, Senor Taco, Coney Islander or Cacoila.

A personal favorite of mine is called the **Greek Villager**: Bianca with marinated chicken, topped with a chilled Greek Village style salad of cucumbers, onions, tomatoes, kalamata olives, feta cheese, tossed in our homemade Greek dressing and served with a Tzatziki sauce. One bite will change your life.

Yia-Yia's offers small and large, no medium and the price range is between \$7.75 (Zorba)-\$20.75 (Scallops Skopolos) but most pizzas are around \$12-\$13 for a large. Regardless of what they charge, it's well worth it. Just show up and tell them to take your money.



## Libad's Seaside Tavern

Libad's Seaside offers the best deal on this list. However, don't be fooled and equate inexpensive with lesser quality. The pizza at Libad's rivals any place making pizza anywhere in the area.

Libad's hand-tossed pizza comes in one size starting with a cheese pizza at \$10.95 and \$1 for each additional topping. The signature and chef's specialty pizzas are \$12.95. There are "don't rock the boat" pizzas like the pepperoni, three cheese, tomato & basil, meatball marinara, Bourbon Chicken, Clam & Garlic, and Buffalo Chicken. But they offer some amazing "rock the boat, I can swim" specials like the Scallop Mozambique, Chicken, Bacon & Ranch, Cacoila, Spinach & Ricotta White Pie, and their Libad's Special – mozzarella, chourico, caramelized onions, Portuguese-Spiced Red Sauce, and St. Jorge Cheese. My personal favorite is the Scallop Mozambique.

So where does the "best deal" come in? If you stop by during lunch, you can get a lunch-sized version of these pizzas with a soda or beer starting at \$6. You'll also get it so fast, you'll think there is someone using voodoo in the kitchen. Has to be the Black Arts for sure.



## Fay's

Fay's Restaurant in South Dartmouth is famous for their top-notch Italian cuisine, but before they opened their current restaurant, they were part of a pizza joint that is famous to this day for making the most incredible thin-crust pizza pies: Fay's Notty Pine. Matriarch Fay Costa DiPiro came to America from Fabrizia, Italy and brought her generations old, family recipe for sauce, pasta, pizza, and more made from scratch. You can't get closer to original, old country, pizza than what is served at Fay's!

As with all places that offer pizza, you can always get the classics or standards and you would be more than happy just doing that. In fact, order a simple **Margarita** or cheese (**Simply Fay's**) pizza and you'll swear that there is some secret ingredient in them – something so simple can't possibly taste *that* good, right? But the old country philosophy of

“Less is more, fresh is best.” is at play here. It’s Italian fundamentals.

Any restaurant worth its salt, practices *terroir*, or utilizing what the region has to offer to your menu and where you source your ingredients. So, you’ll see pizzas like my favorite, the **Portuguese Feast**: House-made cacoila, white cheddar cheese, linguica and banana peppers or the **Linguica**: locally made ground linguica with white cheddar cheese and tomato pizza sauce. There are dozen other types you can’t go wrong trying. How does the **Basil Bianco**: fresh basil, sliced tomatoes, fresh garlic and white cheddar cheese sound? Or the **El Greco**: Feta cheese, spinach, onions, white cheddar cheese and Italian seasonings with tomato pizza sauce?

Pizzas start at \$7 with the **Simply Fay’s** and go up to \$12 for the aforementioned **Portuguese Feast** or the **Works**. Thin crust, freshest ingredients, and love all the way from the old country. You would right to head to Fay’s for some of the region’s best Italian cuisine, but you would also be right in ordering a pizza to go right alongside anything else on their menu. At Fay’s, the humble pizza is elevated to an equal.





## Cork's Flatbread

Cork Wine and Tapas is a spot I frequent at least once a month. I need it. Have to have it. The historian in me loves the part of downtown Cork sits at and the built in 1860, Joseph Taber building itself – Taber, who by the way, was a pump and block maker as well as a selectman at one time. I like frequenting downtown and imagining I'm in the mid-19th century and deckhands are rolling barrels of whale oil up and down Centre Street or Rose Alley.

Cork's eclectic menu changes with the seasons, but they always offer the most amazing, made-daily flatbread. For \$11 you get a slice of heaven and “wow” in every bet. Like everything Cork does, the flatbreads are treated like the most important dish the chef ever made. Always consistent, forever paying attention to the details no matter how small, these flatbreads are works of gastronomic art.

The variety of flatbread is not stated on the menu, only the flatbreads themselves are described, because they change

regularly, but your server will let you know when you arrive at your table. It might be a **Margerita** pizza, a **Mozzarella & Ricotta** with basil and balsamic glaze, or **Chorizo** with roasted peppers & onions. Or perhaps the **Cubano** with roasted pork shoulder, ham, cheddar, dill pickles and spicy Chipotle mustard sauce.

Honestly, whatever it is, just order it. What it is is irrelevant – it'll be delicious. You won't be triggered. In fact, if there is some sort of opposite, that's what you'll be...like untriggered or de-triggered. You'll be one happy camper and just like Fay's, Cork elevates the flatbread to rival any other "classy" dish on the menu. Pizza gets a bad rap and has been demoted over the years. Places like Cork return it to its deserved glory. I mean, if the picture below doesn't get your juices going, you are either dead or a communist:



*Have you tried the pizza on this list? All of them? Am I out of my gourd? Who should I try that isn't on this list?*



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# **Clique Bar & Lounge offers an upscale, yet relaxing night life alternative**

There's a new bar and lounge on the block and though it's only been open for a few, short weeks it is making some significant "noise." Opening its doors 2 weeks ago, the 3,000 square foot upscale Clique Bar & Lounge at 1082 Davol Street, Fall River, has caught the attention of those on the South Coast looking for something different, something classier, something ritzier.

Though the bar and lounge fits these criteria it was important to co-owners Aaron Couto and Scott Bazinet, that it still retained a relaxing, comfortable atmosphere. No one likes snooty and stuffy and Clique distances itself from those traits with friendly, warm staff, inviting decor and light music.





Now, there are some of you cynics out there that would balk at such an establishment in New Bedford or Fall River. You'd be wasting your time – even if it wasn't true that there are plenty of upscale establishments in these two cities, what Couto and Bazinet have created is a quintessential, classy lounge of the likes that you would find in the bigger metropolitan areas of Providence or Boston. Believe me, you. It's true.

Previously the Red Cedar restaurant located inside the historic, brick Commonwealth Landing, Couto and Bazinet spared no expense to make their specific vision of an upscale, yet comfortable bar and lounge a reality by having the building completely renovated.

The upscale part comes from the gorgeous courtyard facing the water, the modern, sleek furniture, and the expensive European lighting which seems a lot of thought went into setting up. Strategically placed lighting not only has a practical function, but is largely responsible for setting the ambience.

In addition, the strict dress code – no hats, tank tops, flip

flops, hooded sweatshirts, gang/motorcycle colors, basketball shorts, jogging or ripped pants and presentable dress shoes only – lets you know that there are higher standards here. For those of you who go to places that enforce a dress code, you know what it does for the type of people that will frequent an establishment and how powerfully it positively affects the atmosphere.



Ensuring that Clique doesn't attract the obnoxious, snobby and snooty, facets of the industrial mill have been retained and in some cases upgraded or modernized. You'll notice the sheets of stainless steel around the elegant bar, flanges and threaded pipes dividing the room, and the red brick backdrop. It all creates an atmosphere that is ritzy but approachable. A balanced, middle ground is the play that Clique is gunning for.

If the names of the developers and the site sound familiar, it should. The mill is currently occupied with Jerry Remy's Sports Bar & Grill, Bristol Community College, Community Connections and a number of other businesses. In addition, Aaron Couto is also one of the owners of Jerry Remy's – though

this is a completely separate venture. That means that though Clique Bar & Lounge may be new, the owners and staff are experienced, qualified, seasoned veterans of the industry.

So, what other reasons are there to give Clique a look? Well, how about an expansive drink menu of all your favorites and some original creations? A coming food menu comprised of light fare for when you get a little hungry, but are focused on being social, not feasting? A 1,500 square foot outdoor patio so you can gaze out upon the water on those warm Summer nights? Or offer bottle service and V.I.P. couches for those that are interested?



There is live entertainment every day, Thursday through Saturday (blues trios or acoustic performers on Thursdays and Fridays) from 7:30-10:30pm, at which point a DJ will play all modern hits until closing at 2:00am. In addition, if you love spending your social hours at Clique and think to yourself "Geez, I'd love to have my birthday here!", you can. Clique rents out the facility for your cocktail party, fundraiser, birthday, anniversary, or any other special event or occasion.

Speaking of special events, Clique hosts some seasonal celebrations: on Saturday, October 29th there is going to be a Halloween Bash where they will give a cash prize of \$250 for the sexiest costume and another \$250 for the best overall costume. A live DJ will keep everyone moving through the night. Costumes are required for entry. Cover is only \$5.

There are some rumblings of a Thanksgiving Eve bash, but you'll have to monitor their Facebook page to keep abreast of the details. Since Clique is new, Couto and Bazinet are looking to form an identity with the bar and lounge, that fits the community. What makes this an exciting time to check out Clique, is that in the coming days, weeks and months you will have a say in its direction with your presence.

If you like the idea of dressing up nice for a night on the town, but feel there aren't a heck of a lot of choices nearby, that's over. With Clique you have a lounge created for the express purpose of offering something upscale in a generally blue collar area. Where you can doll yourself up and not feel like the only one. Where the patrons are actually filtered with a dress code. Where the atmosphere is crafted to attract clientele that are a bit more sophisticated than your corner bar – not that that is a bad thing, sometimes it's nice to head down to the corner bar in casual clothes.

However, sometimes it's nice to have the option to put on some fancier duds and paint the town red. With Clique you'll find a place between two worlds: upscale, but relaxed. See you there!

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## **Clique Bar & Lounge**

1082 Davol Street

Fall River, Massachusetts

*Thursday-Friday: 4:00pm-2:00am*

*Saturday: 6:00pm-2:00am*

**Phone:** (508) 889-4766



**Email:** [aaronc@cliquebarlounge.com](mailto:aaronc@cliquebarlounge.com)

**Website:** [cliquebarlounge.com/](http://cliquebarlounge.com/)

**Facebook:** [facebook.com/cliquelounge/](https://facebook.com/cliquelounge/)

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## **Food Spotlight: The Pasta House's Cioppino**

Ever had Cioppino or fish stew? Here's Chef Mike Souza showing us how it's done at the The Pasta House in Fairhaven, MA.

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## **Healthy Futures Farm's Core Mission: Making Healthy, Local Produce Affordable and Accessible**

When Averyl Andrade heard that 1 in 5 children in New Bedford and Fall River go to bed hungry every day, her life changed. She was a student at Bristol Community College studying English when she decided to take their Master Gardener's Certificate Program on the side. Over the course of twelve weeks, she learned about farming, composting, pest management... but most importantly, the local food epidemic.

“Hearing that 1 in 5 kids go to bed hungry every day ate at me for weeks, like a stone in my stomach. It was making me nuts. I just kept thinking – 1 in 5? What are we going to do? How do we combat that?!”

Though she wasn't quite aware of it yet, her entire life course was about to change. The very issue sparked a passion in her. “I had to do something. Change needed to happen,” she says. “There should never be a hungry child.”

Her response? Start a farm. “The only way to combat this is to grow good clean food and make it accessible to people.” And today, she and her husband Nathan are doing just that.



Photo by Dylan Cadieux.

Healthy Futures Farm started in the spring of 2015 and today it is thriving, growing, and accomplishing exactly what they set out to do. In fact, their story is amazing. It's incredible how much they've done in such short time. Perhaps it's because Healthy Futures Farm was meant to serve the

community.

Before she'd even finished her Master Gardener's program, she went to Craigslist and posted an ad: Soon-to-be sustainable aggraduates looking for a farm. By her very next class, she'd already received a response. "A local landowner emailed us and said he had all this grass!," she says, and today, that grass has become 2.75 acres of delicious, healthy produce.

With a plot of land, Averyl and her husband ventured out to work alongside other area farmers and learn more about the trade. They adopted best practices for clean farming and growing the healthiest produce they could. "Everything we do is clean and natural. We feel that all pesticides, herbicides, fungicides, and synthetic fertilizers are unnecessary and damage soil. Instead, we focus on soil nutrition so everything grows naturally into a healthy plant."

Today, they reap what they've sowed. The farm is breathtakingly beautiful, and the produce delicious. But don't forget their central mission – to make good clean food affordable and accessible.

Through Healthy Futures Farm, Averyl and her husband are committed to feeding those who need good clean food the most. In just one year, they've made a huge impact working with food pantries, selling at farmer's markets in underserved areas, and even making donations.



Photo by Dylan Cadieux.

“We try to go to farmer’s markets in economically oppressed areas. Usually, their lead pay is WIC vouchers and food stamps. We also do pop-up markets with other groups like NB Wellness every Sunday at the Boys and Girls Club, and pop-ups at DCYF and different wellness events.”

And when they’re not selling, they’re donating. They donate to local food pantries, and even donate a weekly share to the animals at Buttonwood Park Zoo. Though Averyl is originally from Omaha, Nebraska, she had family in New Bedford. “We’d come up for long weekends and always visit the zoo. I was a kid and I remember when Ruth and Emily came, and I loved that.” Now, she gives back to ensure that the animals are eating good clean healthy food too.

Even more, it is Averyl’s personal mission to educate and inspire others to effect even bigger change. The farm works with the NB Roots and Shoots program, donating seeds and transplants, and talking to kids about gardening. When she’s



not speaking to kids, she's speaking on behalf of the program at BCC and how it gave her both her career and her purpose.

When asked what she loves most about her work, Averyl said, "This gives me a chance to help people in a really good way. When you change people's eating habits for the better, that's pretty cool. I really like feeding people. That's key. When people come back and they say to me, 'it was so good,' that's so great."

She has fun with it too. "I like being able to get people to try new things, or even just willing to try it... It's really nice to get to see kids try new foods, or to have a parent say, 'my kid will not eat a tomato,' and then they eat a tomato, or, 'My husband will not eat a vegetable and you got him to eat lettuce,' ...and now, they're willing to try other stuff." Learning to love healthy food is at the core of her work. It is accomplishing her goal of changing people's food habits, for the better.

Healthy Futures Farm has done so much already, but they've only just begun. "We're working with a lot of other small local farms to get everyone to understand how important, good clean local food is."



Photo by Dylan Cadieux.

"This is the movement. People are going to start to recognize that their health is in their hands. It's not in the hands of the doctors... Eating healthy, taking care of yourself, that's the one all save all."

Her hope for the future? "To get everyone to start gardening

again. The guy next door might be growing cucumbers, this guy growing lettuce, all just working together, trading products, bringing people back together... Knowing who your neighbors are."

For now, Healthy Futures Farm will be that neighbor, growing cucumbers and lettuce, garlic scapes, nutrient dense celery, hearty squash, watermelons – you name it. Averyl and her husband do essentially everything by hand. It's a lot of work, but it's worth it. It's their passion.

"It's like that saying... you know you're in love when you know the words of a love song. I feel like that about what I do. I'm living the dream in a country. Just getting to be out here..." she says as she looks all around and takes in what she's built.

"Once you get the farming bug, you've got the farming bug. Just knowing how people grow things. It's awesome... and my kids know this is where they're gonna be. To know that my grandson is going to be here, growing food, changing how things happen. That's pretty cool."

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## **2018 Healthy Futures Artisan & Farmers Market Dates To Remember**

### **June 6th: Opening Market**

The Healthy Futures Artisan & Farmers Market is set to ring in the 2018 market season! This season's line up is growing by the week. Come by and support local farmers and artisans while

supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

*Stony Creek Farm and Grass Fed Beef*

*Shoplittlesprouts – handmade items for the whole family*

*Sampson Farm*

*Off The Grid 4H*

*Healthy Futures Farm*

*The Enduring Gift*

**Also still accepting vendor applications!**

## **August 8th: Farmers Market Week**

Come celebrate FARMER'S MARKET WEEK at the Healthy Futures Artisan & Farmers Market! This season's line up is growing by the week. Come by and support local farmers and artisans while supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

*Stony Creek Farm and Grass Fed Beef*

*Shoplittlesprouts – handmade items for the whole family*

*Sampson Farm*

*Off The Grid 4H*

*Healthy Futures Farm*

*The Enduring Gift*

**Also still accepting vendor applications!**

## **October 31st: Harvest Festival**

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*Learn more online or stop by and say hello. Healthy Futures Farm wants to see, meet, and feed you!*



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# Healthy Futures Farm

528 American Legion Highway  
Westport, MA 02790

## *Hours:*

*Farm stand daily: Tuesday-Sunday – 11:00am to 6:00pm*

*Wednesday Farmer's Market on-site at farm with six vendors*

*Sunday Pop-up Market at NB Boys and Girls Club 11:00am-3:00pm  
(166 Jenney Street)*

**Website:** [guide.farmfreshri.org](http://guide.farmfreshri.org)

**Facebook:** [www.facebook.com/healthyfuturesfarm](http://www.facebook.com/healthyfuturesfarm)

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New Bedford Guide is a proud consumer of one of Healthy Futures Farm's CSA's (Community Supported Agriculture). As a consumer, you pay a flat rate and pick up a weekly share. Broken down, the cost is about \$15 per week...and get this – each week, one CSA share yields something similar to this one we received:

- 6 ears of corn
- 1 pattypan squash
- 1 summer squash
- 1 eggplant
- 1 bell pepper
- 6 hot peppers
- 1 cucumber
- 2 heirloom tomatoes
- 1 carton of small tomatoes
- 2 stalks of fennel
- 1 stalk of leeks

- 1 stalk of celery
- 1 head of lettuce
- 1 delicious watermelon!

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