

Food News

A few of our favorite things to share this month about local food and drink

Truck on Down to Phoenixville!



Join the hungry crowds at **Phoenixville's Food Truck Festival** on May 7, with 50 participating food trucks and vendors. Taste award-winning Wisconsin cheese at the Cow & the Curd or visit Mom-pops' stand for vegan and allergen-friendly ice-pops. Don't stop there—enjoy two

more weekends of food truck festival fun at Chaddsford Winery, May 14 and 15, and Kennett Square, May 22. *Downtown Phoenixville. Sat., noon to 6. PhoenixvilleFoodFestival.com.*

Sniffles in Springtime. Spring is here and so are sneezes. Before you run to the pharmacy for a cure, try fighting your allergies the natural way—with healthy foods known to tackle allergy symptoms. Probiotics in Greek yogurt produce antibodies that combat allergies to certain kinds of pollen. Cashews work as natural antihistamines because of their high magnesium content. And salmon, rich in omega-3 fatty acids, is yet another way to fight inflammation. More at *TheDailyMeal.com.*



Delicious in Devon. Most come to the **Devon Horse Show** for the equestrian action, but others secretly covet the County Fair's food. At this year's show, May 26 to June 5, enjoy everything from tea sandwiches and lobster rolls to lemon sticks and Devon's famous fudge. The fudge recipe was one of Devon's best-kept secrets for nearly 40 years, until it was revealed in the 1984 *Devon Country Fare* cookbook. Visit our website, *CountyLinesMagazine.com*, for the recipe if you can't make it to the County Fair to buy some.



Artichoke Wars. Spring is the season for artichokes, one of the world's oldest cultivated vegetables, dating back to the 5th century B.C. When they arrived in America, artichokes became

so popular that a New York mobster—the Artichoke King—created a monopoly. The ensuing Artichoke Wars reached such intensity that the vegetable was briefly banned by Mayor LaGuardia in 1935! See what the fuss was about and try an artichoke ... soon.

What's Brewing? Or maybe the question should be "where?" Look for **Brandywine Branch Distillery** opening in Elverson in May, where you can spend time in the speakeasy/café or take a stroll through the gardens on the eight-acre property. Coming this summer to Berwyn is **La Cabra Brewing Company**, serving a variety of beers—barrel-aged sours, sessions and more—plus Latin flavored fare. And keep an eye out for Reading-based **Chatty Monks Brewing Co.**, planning to open their new Phoenixville location in late summer or early fall. Enjoy a drink for every season!

