

[Food News] *A few of our favorite things to share this month about local food and drink*

Halloween Super-Snack. Jack-o-lanterns are in the window, but your pumpkin fun isn't over. Save the slimy pumpkin "guts" and the seeds packed with zinc, antioxidants and sleep-inducing tryptophan. Roasted in flavors like sweet-and-sour, ranch

and cinnamon sugar, pumpkin seeds are a tasty seasonal snack that fill your kitchen with the scent of fall. So skip the candy corn and start a new, healthy Halloween tradition for the whole family with **DIY pumpkin seeds**. Recipes at *BackToHerRoots.com*.



Market Magic. With warmer months behind us, eating local is no picnic. Luckily, high tech meets farm fresh with **Farmstand**, a new smartphone app from Mostly Brothers Co. Browse the list of farm markets near you to find healthy food wherever you are. Click on any market for directions, store hours and produce pics from other market goers. Take advantage of fall's fruits and veggies with this free guide to freshness. More at *FarmStandApp.com*.

Cheese, Please. Chester County farmers cleaned up at this year's PA Farm Show Cheese Competition, claiming victories in 12 categories. Unionville's The Farm at Doe Run takes the cake with the Gold and Best

In Show for their nutty, butterscotch-tasting Seven Sisters blend. From cow to goat, flaky to soft, and sweet to smoky, mouth-watering cheeses of every variety are the pride of Chester County. See what all the hype's about! Visit **Birchrun Hills**, **Yellow Springs** and other winners, listed at *ChesterCountyCheese.com*.



Simply Crafted.

Say bye to light beer and hi to **Locust Lane Craft Brewery**. Made from natural ingredients, the brewery's signature beers embody the founders' motto: "Simple, classic, fresh." Scheduled to open in November at 50 Three Tun Road, this Malvern-based brewery will offer a 1300-square-foot tasting room



and rotating food trucks. United 24 years ago by a passion for great beer, the three Penn State alum founders are ready to bring great brews to Malvern and beyond. Keep posted at *LocustLaneCraft-Brewery.com*.

Grab a Fork and Twirl. Join foodies from coast to coast in celebrating **National Pasta Month**. This culinary favorite is affordable, easy to make, and at 140 calories per cup, healthy, too. Keep your energy up and your sodium intake down with packable pasta lunches. Dress up dinner by mixing and matching your noodles with high fiber veggies and lean proteins. You can even celebrate National Pasta Day on October 17th by sharing your recipes on social media. Get started at *PastaFits.org*.

