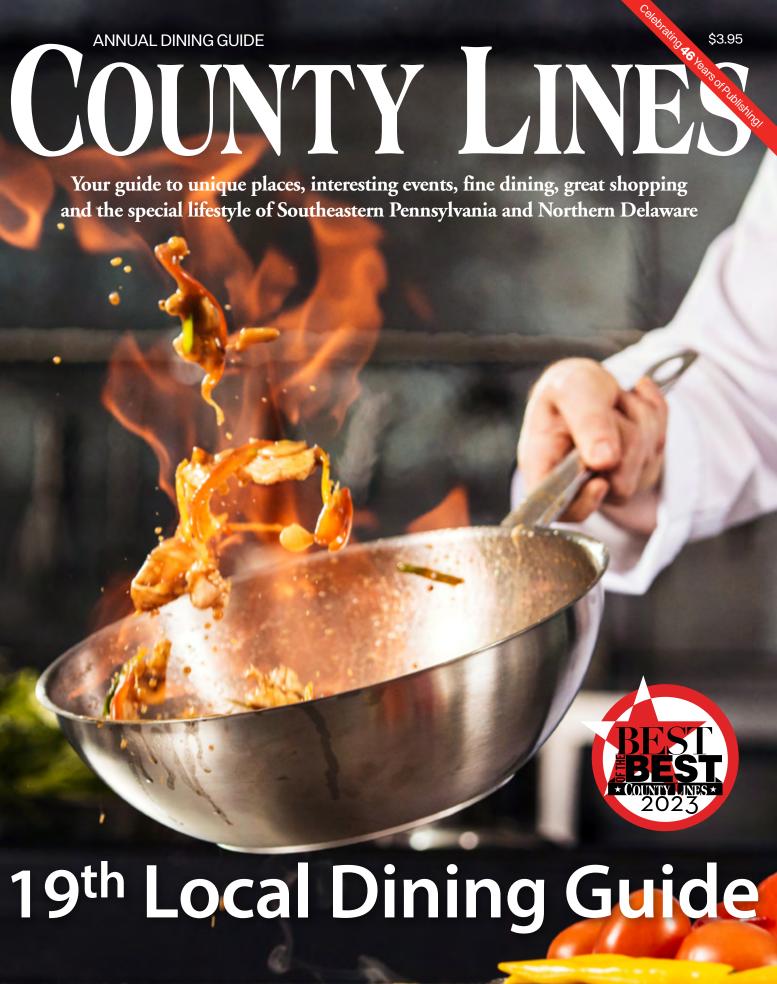
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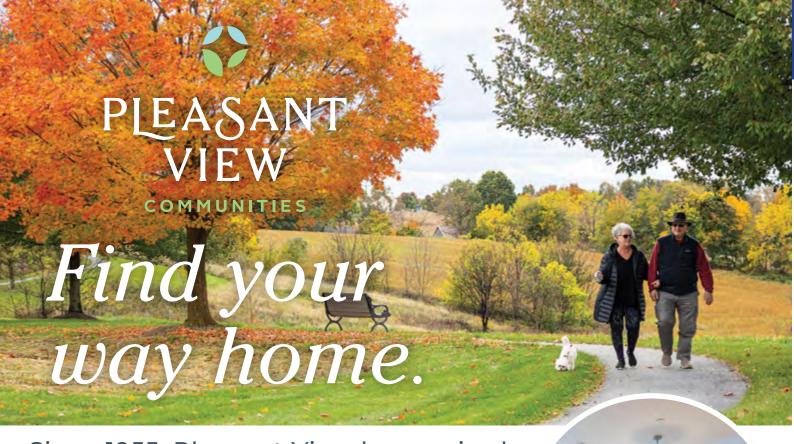
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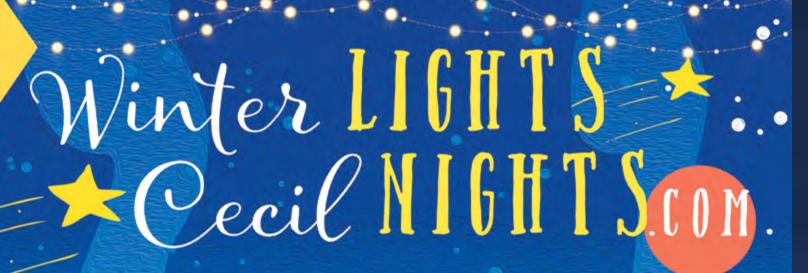
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Happy New Year! We're looking forward to much more local dining in 2023. Let us be your guide.

For the 19th year, County Lines celebrates food and the outstanding restaurants of our area. (Actually, the "Dining Guide" is 19. *County Lines* is over 45.)

Our selections for Best of the Best awards represent the work — well, some call it work — of our writing staff. Read about 20 favorite spots in West Chester — Cara Corridoni tells their stories — plus 80 more favorite restaurants and bars throughout County Lines country. Please plan to visit as many as you can.

Our Associate Editor Marci Tomassone rounds up the best Food Events to consider in 2023, and Wellington Bookshop's Mimi Liberi suggests great cookbooks to satisfy different tastes and lifestyle in "New Year, New Cookbooks."

Brandywine Table's Alyssa Thayer has kept us in the know about local food producers and providers for the past several years. We're sad to say she's moving on. But for her last column, she shares "Cooking Up Comfort," with tales of hippie popcorn, ricotta ravioli, and white bean and kale soup.

Of course, dining out should be fun, so Julie Alliger of Chester County Hospital offers helpful advice to make it better for you in "Plan for Healthy Dining." Watch portion sizes, choose healthier meats, drinks and desserts. And slow down and savor every bite!

In "Green Resolutions," Assistant Editor Shannon Montgomery writes, "There are so many ways you can help the planet ... Just one of these ideas can make a big impact." Resolve to shop smart, eat sustainably, be greener.

Finally, Carol Metzker bids 2022 farewell in "A Year's Joyride." Read about the Flowerbikeman and how Pedals with Petals has been touring our area. And as always, we've got Family Fun and the Best Local Events.

We hope you enjoy this food-filled issue. Thank you for reading. Our best wishes for a healthy and happy New Year!







#### January 2023

Volume XLVI Number 5

PUBLISHER Edwin Malet

**EDITOR** 

Jo Anne Durako

ART DIRECTOR Harvey Walls

ASSOCIATE EDITOR

Marci Tomassone

ASSISTANT EDITOR Shannon Montgomery

> **FOOD EDITOR** Alyssa Thayer

#### **ACCOUNT EXECUTIVES**

Susan Gillespie **Judy Jones** Kim Ross

**BUSINESS MANAGER** 

Debra M. French

#### **CONTRIBUTING WRITERS**

Laurel Anderson / Cara Corridoni Matt Freeman / Emily Hart Elizabeth Hughes / Shelley Laurence Carol Metzker / Jessica Roberts

#### CONTRIBUTING PHOTOGRAPHERS

Brenda Carpenter Wil Moore / Timlyn Vaughan

#### INTERNS

Lydia Reiss Peighton Schwalm

#### CONTACT US AT

ValleyDel Publications, Inc. 515 S. Franklin St., Ste. 100 West Chester, PA 19382. 610-918-9300. Info@ValleyDel.com

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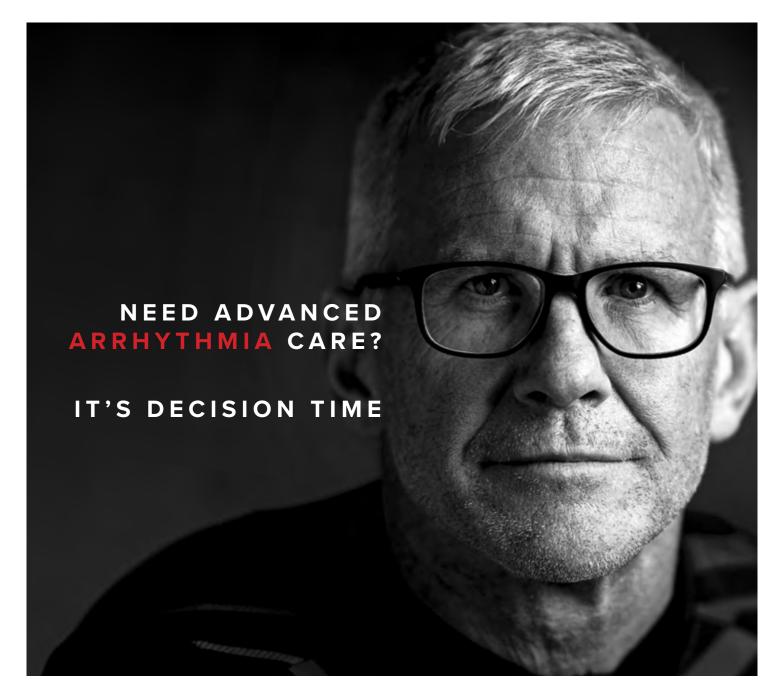
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# Good to Know Just a few things we'd thought you'd like to know this month

Hike First. Start off the New Year right by joining the nationwide initiative, First Day Hikes on January 1, to get in your exercise and get outside with nature. In 2022, 50 free, guided hikes were organized in 37 PA state parks. This year Marsh Creek State

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Park, Brandywine Zoo and French Creek State Park will host guided hikes, 9 a.m. to 1 p.m. If you miss those, there are plenty other choices. Plus, it's never too late to step up. AmericanHiking.org/ First-Day-Hikes.

Name Game. What do Wolfgang, Ferris and Apollo have in common? They're predicted to be popular baby names in 2023. Trends for baby names include maximalist names (Amadeus), retro '80s names (Chrissy), gilded names (Marigold), neo-cowboy names (Foster) and "grandpa" names (Frankie) for

girls. The inspiration comes from popular T.V. shows like "Bridgerton," "Yellowstone" and "Stranger Things," so keep an eye out for some Daphne, Dutton and Eddie babies. Nameberry.com.



In With a Bang. As midnight approaches on New Year's Eve, many people grab pots, pans and wooden spoons. Ever wondered where this tradition came from or why we do it? Thought to have originated in Ireland but adopted around the world, making noise was believed to ward off negativity, making sure the year to come is positive and happy. So, raid your kitchen cabinets and take advantage of a bangin' opportunity to make noise when you don't have your own fireworks or poppers. The National News.com.

Pose Your Pets. Hop online January 14 for National Dress Up Your Pet Day. If you have your own furry friends, be sure to give them a treat, set up the perfect pose, and snap a

• • • • • • • • • • • • • • • • • •

photo for everyone to enjoy online. If you want to see some puppy superheroes, cats with glasses, bunnies in tutus and much more, check out the Facebook group "Dress Up Your Pet Day." It's the perfect way to spread some pawsitivity across the internet. Facebook.com/ DressUp YourPets.

What's the Word? Have you heard? Each year folks at Oxford University Press, publishers of the Oxford English Dictionary, decide on a word of the year — one that attracted the most interest in the past 12 months. For 2022, the first year the public was involved in the selection, the winner was "goblin mode" meaning a type of behavior that's unapologetically self-indulgent and rejecting social norms — with "metaverse" and "#IStandWith" as runners up. "Gaslighting" was the choice of Merriam-Webster. What would you choose? OED.com. Merriam-Webster.com.



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# January Picks Our Picks for top events this month

#### CraftForms — 27th Juried Exhibition of Contemporary Fine Craft



Through January 23

See an international juried exhibition of contemporary crafts, showcasing nearly 100 selected works in basketry, ceramics, fiber, glass, jewelry, metal, mixed media, paper and wood. In celebration of the International Year of Glass, as proclaimed by the United Nations, Wayne Art Center presents "Beyond Glass," a curated exhibition of works by artists who work in glass combined with other craft materials. Wayne Art Center, 413 Maplewood Ave., Wayne. See website for hours. WayneArt.org.

### **Chaddsford Winery Murder Mystery Tours**

January 7-February 18, Saturdays

Deep within the cellars of Chaddsford Winery sits the world's most elusive bottle of wine, with a value of \$3,000. When a thief from a notorious crew ends up dead, you'll

uncover the suspect and locate the bottle by joining from the comfort of your living room or onsite at the Winery for a wine pairing dinner. 632 Baltimore Pk., Chadds Ford. Online, 7 to 9 p.m., \$80; live, 6:30 to 9 p.m., \$135. Chaddsford.com.



#### 13th Annual Polar Bear 5K

January 15

Runners and hikers are invited to participate in the Lancaster Group of the Sierra Club's event in scenic Lancaster County Central Park. Participants may bring their dogs (on a leash) to run or walk with them. Winter hats for all those who pre-register by January 13 and beanies with the Polar Bear 5K logo for all those who pre-register by January 5. 1050 Rockford Rd., Lancaster. Race day registration and check-in at 8:30 a.m. at the park's Pavilion 22. \$30-\$35. LancasterSierraClub.org.

#### Taste of Phoenixville

January 19

Gather your friends and bring an appetite to this popular social event benefitting Good Samaritan Services and their mission to



respond to homelessness and poverty. You'll enjoy food and drink from over 20 local restaurants, breweries and bakeries, bid on exceptional silent auction packages and kick up your heels on

the dance floor. Franklin Commons, 400 Franklin Ave., Phoenixville. A VIP reception begins at 5 p.m., tickets \$250. The Taste is from 6 to 10 p.m., tickets \$150. TasteOfPhoenixville.com.

### ••••• Live at American Music Theatre

January 20-February 9

Liven up the New Year with one of these amazing shows. Jan. 20, Stayin' Alive: One Night of The Bee Gees; Jan. 21, Elvis Birthday Bash; Jan. 22, Mike Albert's Elvis Gospel Show with The



Stamps Quartet; Jan. 29, '50s Dance Party: The Music of Buddy Holly, The Big Bopper & Ritchie Valens; Feb. 3, Engelbert Humperdinck; Feb. 9, Boyz II Men. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, 888-729-4718; AMTShows.com.

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#### THROUGH JANUARY 2

Pile the fami-**FAMILY** ly in the car and drive through Herr's corporate campus to enjoy the enchanting holiday display featuring more than 600,000 lights. 20 Herr Dr., Nottingham. Dusk till dawn. Free. Visitors should stay in

#### **THROUGH JANUARY 8**

botanical splendor and beauty of the natural world. Stroll amid floating floral designs and festive trees indoors. Outside, marvel at botanically inspired light displays, treehouses and new features that are sure to delight. 1001 Longwood Rd., Kennett Square. \$16– \$30. Timed tickets req. LongwoodGardens.org.

cars for safety. 800-344-3777; Herrs.com.

#### THROUGH JANUARY 8

A holiday favorite since 1972, the Brandywine Railroad offers something for everyone with its dazzling array of both toy and scale model trains, running on 2,000 feet of track. Jan. 7, Breakfast with the Trains, an exclusive, behind-thescenes visit with the Brandywine Railroad includes a private tour of the trains in action and a continental breakfast, 8:30 am, \$20-\$25. Brandywine River Museum of Art, 1 Hoffman's Mill Rd., Chadds Ford. Daily, 9:30 to 5. \$6–\$18. Brandywine.org.



#### THROUGH FEBRUARY 28

rink brings a season full of family fun, including ice skating sessions, fire pit lounge areas, heated private event tents, local entertainers and DJs, theme nights, food and beverages. A portion of proceeds are donated to the Dela-

ware County Veterans Memorial Association. 4901 West Chester Pk., Newtown Square. Wed-Thurs, 4 to 8; Fri, 3 to 10; Sat, 11 to 10; Sun. 11 to 8. \$12–\$15. FlightOnIce.com.



dle the family into their warm weather gear and for the zoo. Join one of the educators for a free half-hour tour to learn all about the animals, how they care for them and what you can do to make conservation a New Year's Resolution you can keep. 1001 N. Park Dr., Wilmington. Tours begin at 10 & 11 am.



#### JANUARY 8

Children up to 12 and their families can experience an activity that explores a new medium or technique each month from a professional teaching artist. Sign up and create a work of art inspired by a piece from the collection. 2301 Kentmere Pkwy., Wilmgton. 10, 11 and noon. \$5. DelArt.org.



#### HOLIDAY HAPPENINGS

#### THROUGH JANUARY 1

Holidays at Hagley. Hagley celebrates the holiday season with the theme, "Home for the Holidays: A Celebration of Family." Don't miss Hagley's Gingerbread House Contest, where individuals, families, classrooms and organizations can register—all skill levels welcome. Hagley's Library & Soda House, 298 Buck Rd., Wilmington. Daily, 10 to 5. \$8-\$15. Hagley.org.



#### **ART, CRAFTS & ANTIQUES**

#### THROUGH JANUARY 6

"Gifted"-17th Annual Holiday Exhibit at The Art Trust. Give the gift of original art. Twenty-two talented artists display and sell their works. 16 W. Market St. Gallery hours, Mon-Fri, 9 to 4:30, 484-301-2784; TheArt-

#### **THROUGH JANUARY 29**

Art Ability Exhibition & Sale. Artists with disabilities display and sell their work in this show featuring 400 pieces of art, sculpture and jewelry by 200 artists from around the globe. Benefits Bryn Mawr Rehab Hospital and artists with disabilities. Bryn Mawr Rehab Hospital, 414 Paoli Pk., Malvern, MainLineHealth.org/ Specialties/Rehab-Art-Ability.

#### **JANUARY 6**

# Art is Tasty at Delaware Art Museum.

Join in a guided discussion of "Marooned" by Howard Pyle, then enjoy lunch in the Kaffeina at the Thronson Cafe. Lunch preorders are highly



See Food Events in this issue.

recommended through advanced registration. 2301 Kentmere Pkwy., Wilmington. Noon to 1 pm. \$18. DelArt.org.

#### JANUARY 27-FEBRUARY 5

50th Annual Academy of Notre Dame Fine Art Show & Sale. Over 1,000 pieces of original art will adorn the Mansion walls, and 35% of all purchases directly benefit Notre Dame. Preview Party, Jan. 27, 6 to 9 pm, \$100, \$60 online-only ticket. 560 Sproul Rd., Villanova. Visit website for times, NDArtShow.com.



#### **AUTO SHOWS..**

#### JANUARY 27-FEBRUARY 5

Philadelphia Auto Show. See the latest new vehicles, classics, exotics, an expanded indoor electric vehicle track and more. Jan. 27, The Black Tie Tailgate benefits the Dept. of Nursing and Clinical Care Services at CHOP, 7 to 11:30, \$325. PA Convention Center, 1101 Arch St., Philadelphia. Weekdays, noon to 9; Sat, 9 to 9; Sun, 9 to 7. \$11-\$17. PhillyAutoShow.com.



#### BOOKS..

JANUARY 5. 18 & 19. FEBRUARY 2 Wellington Square Bookshop. NonFiction Book Group: Jan. 5, "The Mind of a Bee" by Lars Chittka; Feb. 2, "Why We Sleep" by Matthew Walker, PhD. 7 pm. Jan. 18 & 19, "Still Life" by Sarah Winman, Wed, 2 pm; Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

**JANUARY 17** 

Main Point Book Club. Fiction Book Group:

"O Caledonia" by Elspeth Barker, Maggie O'Farrell. In person or online, 1 pm. 116 N. Wayne Ave., Wayne. MainPointBooks.com.

#### JANUARY 26

DelArt Readers Book Club. Held onsite and virtual, this community-led event meets monthly to discuss, debate, celebrate and share works of fiction and nonfiction. 2301 Kentmere Pkwy., Wilmington. 6 to 8 pm. Free. DelArt.org.

#### **DESIGN HOMES**

JANUARY 6-8

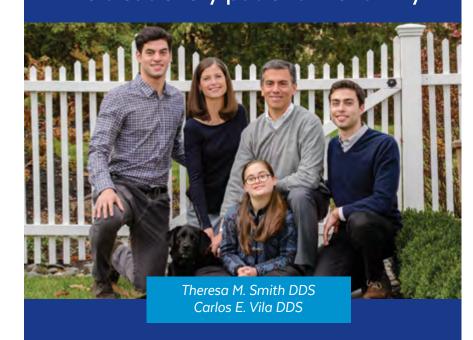
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minor renovation or a major remodel. Valley Forge Casino Resort, 1160 First Ave., King of Prussia. Fri, 11 to 8; Sat, 10 to 8; Sun, 10 to 5. \$10. Free passes available at GreaterPhilly-HomeShows-VF.com.

#### **FUNDRAISERS**

#### **JANUARY 28**

Alex's Lemonade Stand 17th Annual Lemon Ball. Guests wear yellow ties and gowns while making a huge impact for childhood cancer. Cocktail reception, auctions, dining and dancing. Springfield Country Club, 400 W. Sproul Rd., Springfield. 6:30 to midnight. \$275. AlexsLemonade.org.



#### GARDENS..

#### **THROUGH JANUARY 8**

Longwood Gardens Open Air Theatre Fountain Shows. Featuring 750 jets in changing patterns, the Open Air Theatre comes alive with fountains set to music. 1001 Longwood Rd., Kennett Square. Daily at 10:15 am and every 15 minutes starting at noon. \$16-\$30. LongwoodGardens.org.



#### MUSEUMS..

#### THROUGH JANUARY 8

Brandywine River Museum of Art. "Fragile Earth: The Naturalist Impulse in Contemporary Art." 1 Hoffman's Mill Rd., Chadds Ford. Wed-Mon, 10 to 4. \$6-\$18. Brandywine.org.

#### **THROUGH JANUARY 8**

Winterthur Museum. "Jacqueline Kennedy and Henry Francis du Pont: From Winterthur to the White House," the collaboration between First Lady Jacqueline Kennedy and Henry

Francis du Pont to restore the White House interiors, 5105 Kennett Pk., Winterthur, DE. Tues-Sun, 10 to 5. \$8-\$22. Winterthur.org.

#### **THROUGH JANUARY 29**

The Barnes Foundation. "Modigliani Up Close"-Explore how the iconic artist created his paintings and sculpture. 2025 Benjamin Franklin Pkwy., Philadelphia. Thurs-Mon, 11 to 5. \$28-\$30. BarnesFoundation.org.



#### **THROUGH FEBRUARY 19**

Delaware Art Museum. Through Jan. 2, "Wes Memeger: The Square and Other Concerns." Through Feb. 19, "A Marriage of Arts & Crafts: Evelyn & William De Morgan." 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri-Sun, 10 to 4. \$6-\$12, Sun, free. 302-571-9590; DelArt.org.

#### MUSIC & ENTERTAINMENT .....

#### JANUARY 7-FEBRUARY 3

The Keswick Theatre Presents. Jan. 7, YYNOT: Tribute to Rush, benefits Cedars Sinai; Jan. 13, Hollywood Nights: The Bob Seger Experience; Jan. 14, The Genesis Show; Jan. 20, Kashmir; Jan. 25, Jazz Is Dead; Jan. 27, The Purple Xperience: Prince Tribute; Jan. 28, Doug Church: The True Voice of Elvis; Feb. 3, Shangela. 291 N. Keswick Ave., Glenside. Times and tickets, KeswickTheatre.com.



#### JANUARY 13-FEBRUARY 4

At The Grand in Wilmington. Jan. 13, Richard Thompson; Feb. 3, David Bromberg Quintet; Feb. 4, Popovich Pet Theatre at Copeland Hall; Feb. 4, Mandy Petinkin in concert at The Playhouse. 818 N. Market St., Wilmington. TheGrandWilmington.org.

#### **Local Farm Markets**



Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. ArtisanExchange.net.

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station lot. Sat, 9 to 1. FarmŤoCitvMarkets.com.

**Downingtown Farmers Market, Kerr** Park, Log House Field, 28 E. Pennsylvania Ave. Sat, 9 to 1. No market 12/31. GrowingRootsPartners.com.

Eagleview Farmers Market, Eagleview Town Center, 570 Wellington Sq., Exton. Thurs, 3 to 6:30. No market 12/29. GrowingRootsPartners.com.

Kennett Square Farmers Market. 401 Birch St. Fri, 3 to 6. KSQFarmersMarket.com.

**Lancaster County Farmers** Market, 389 W. Lancaster Ave.,

Wavne, Wed, Fri & Sat, 6 to 4. LancasterCountyFarmersMarket.com.

Malvern Farmers Market. Burke Park. 26 S. Warren Ave. Sat, 9 to 1. No market 12/31. Growing Roots Partners.com.

Phoenixville Farmers Market, 200 Mill St. Sat. 10 to noon. PhoenixvilleFarmersMarket.org

Thornbury Farmers Market, 1256 Thornbury Rd., West Chester. Fri, noon to 6; Sat, 9 to 6; Sun, 11 to 5. ThornburyFarmCSA.com.

West Chester Growers Mkt.. Chestnut & Church Sts. Sat, 9 to 1. WestChesterGrowersMarket.com.

Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7; Sat, 8 to 4. WestChesterAmishMarket.com.



#### **JANUARY 13 & 14**

Lancaster Symphony Orchestra Masterworks Concert: Invocation. Featuring Albinoni's Adagio, Rodrigo's Concerto de Aranjuez and Mendelssohn's Symphony No. 5, Reformation. First Presbyterian Church, 140 E. Orange St., Lancaster. Times and tickets, 717-291-6440 LancasterSymphony.org.



#### JANUARY 26-FEBRUARY 5

Longwood Gardens Indoor Performance Series. Jan. 26, Dublin Guitar Quartet; Jan. 28, Midori; Feb. 4, An Evening with Fred Hersch and esperanza spalding; Feb. 5, Emerson String Quartet. 1001 Longwood Rd., Kennett Square. LongwoodGarden.org.

#### FEBRUARY 4

Main Line Singers Concert. The community chorus performs at St. Katherine of Sienna Church, 104 S. Aberdeen Ave., Wayne. 1:30 pm. Tickets, \$15 in advance through the website, \$20 at the door. MainLineSingers.org.

#### THEATER....

#### THROUGH JANUARY 1

Alice in Wonderland: A Musical Panto. The holiday tradition continues at People's Light in song, dance, hilarity and merriment. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

#### JANUARY 19-FEBRUARY 12

The Play That Goes Wrong at Fulton Theatre. This 1920s whodunit has everything you never wanted in a show—an unconscious leading lady, a corpse that can't play dead and actors who trip over everything (including their lines). The Fulton, 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

#### JANUARY 20-FEBRUARY 18

Murder on the Orient Express at Dutch Apple Dinner Theatre. Detective Hercule Poirot races to identify the killer before they strike again in Agatha Christie's plot-twist masterpiece that will keep you guessing "Whodunit?". 510 Centerville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.

#### JANUARY 22-FEBRUARY 27

Mamma Mia at The Candlelight Theatre. Nonstop laughs, heartwarming characters and explosive dance numbers propel this enchanting tale of love, laughter and friendship. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; CandlelightTheatreDelaware.org.

#### FEBRUARY 1-19

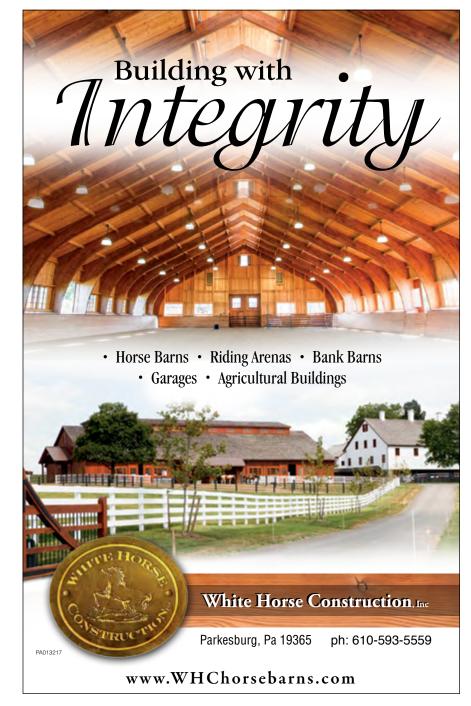
One Man, Two Guvnors at Delaware Theatre Company. Set in 1963 in Brighton and underscored by a live skiffle band, this hilarious play transforms Goldoni's 18th-century classic Servant of Two Masters into a fast-paced, satirical farce. 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

#### FEBRUARY 1-19

Andrew Llovd Webber's Aspects of Love at Media Theatre. Set against a background of post-war France and Italy, the play follows the changing relationships between three generations of a family and their artistic companions. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

#### FEBRUARY 1-26

The Mountaintop at Uptown! Knauer Performing Arts Center. This is a fictional reimagination of the evening of April 3, 1968, and a po-



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etic and gripping inspiration from Memphis-born playwright, journalist and actress, Katori Hall. 226 N. High St., West Chester. Times and tickets, 610-356-2787; UptownWestChester.org.

#### FEBRUARY 4-26

Junie B. Jones The Musical Jr. at Media Theatre. Join Junie B. on her first day of first grade, where many changes are in store. 104 E. State St., Media. Sat-Sun, 11:30. \$17-\$22. 610-891-0100; MediaTheatre.org.

#### FEBRUARY 8-26

**Hedgerow Theatre Company Presents** Ngozi Anyanwu's Good Grief. A regional premiere coming-of-self story that travels between 1992 and 2005. 64 Rose Valley Rd., Media. Times and tickets, HedgerowTheatre.org.

#### FFBRUARY 9-12

#### Anastasia at The Grand Opera House.

This dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s. 818 N. Market St., Wilmington. Times and tickets, 302-652-5577; TheGrand-Wilmington.org.

#### TOWNS, TALKS & TOURS ...

#### **THROUGH FEBRUARY 4**

Public Tours at Wolf Sanctuary of PA. Gray wolves roam their natural landscape once more. Take a guided public tour to see some of the packs, hear their stories and learn about wolf conservation and biology. 465 Speedwell Forge Rd., Lititz. Sat-Sun, from noon; Tues & Thurs, from 10 am. Res. req., \$13-\$15. WolfSanctuaryPA.org.

#### **JANUARY 6. 14. 19**

1st Fridays, 2nd Saturdays, 3rd Thursdays. First Fridays: Jan. 6, Lancaster City, 717-509-ARTS; VisitLancasterCity.com. Oxford, 610-998-9494; DowntownOxfordPA.org. Phoenixville, 610-933-3253; PhoenixvilleFirst.org. West Chester, 610-738-3350; DowntownWest-Chester.com. Wilmington Art Loop, 302-576-2135; CityFestWilm.com.

Second Saturday Virtual Arts Stroll: Jan,. 14, Media, MediaArtsCouncil.org.

Third Thursday Malvern Stroll: Jan. 19, MalvernBusiness.com. ♦

Stay in the know with everything going on in County Lines country. Sign up for our Events Newsletter (sent twice monthly) at Newsletter@VallevDel.com.

Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.

For more events visit:

CountyLinesMagazine.com

Mark your calendars for these fantastic food events. Many have a ★ because dates have not yet been set, so you should check websites and our monthly events section in the magazine, online and in our Events Newsletter regularly.

### **January**

#### 19 Taste of Phoenixville

Good Samaritan Services fundraiser. GoodSamServices.org/Events



#### 20-29 Harford County, MD Restaurant Week

Ten days of delicious dining. For a list of restaurants, VisitHarford. com/Restaurant-Week



#### 28 17th Annual Lemon Ball

Fundraiser at Springfield Country Club, 400 W. Sproul Rd., Springfield. AlexsLemonade.org

# **February**

#### 11 & 12, 18 & 19 Berks **County Wine Trail Chocolate** & Wine Weekends

Chocolates paired with wines of the Berks County region. BerksCountyWineTrail.com

#### 18 Philly Chocolate, Wine & **Whiskey Festival**

Unlimited tastings of chocolates, wine, craft spirits and more. Philly Expo Center, 100 Station Ave., Oaks. TasteUSA.com



#### 25-March 5 Annapolis **Restaurant Week**

Restaurants will offer prix fixe menus for you to enjoy. DowntownAnnapolisPartnership.org

#### March

#### 28 Chester County Community Foundation's **Sweet Charity**

Giving never tasted so good at this annual fundraiser at Chester County Food Bank, 650 Pennsylvania Dr., Exton. ChesCoCF.org



# **April**

### 2-8 Media Restaurant Week

Specials at area restaurants. 610-566-5039; VisitMediaPA.com

#### 24-29 City Restaurant Week in Wilmington

Prix fixe lunch and dinner menus at premier restaurants. CityRestaurantWeek.com

#### **30 Annual Celebrity** Chefs' Brunch

Benefits Meals On Wheels. DuPont Country Club, 1001 Rockland Rd., Wilmington. MealsOnWheelsDE.org



# \* King of Prussia Restaurant

Benefits Children's Hospital of Philadelphia. KOPRestaurant-Week.com

### May

### May-September, Wednesdays Media's Dining Under the

Restaurants offer outdoor dining on State St. VisitMediaPA.com



#### May-October Third Thursday on State St. **Kennett Square**

Outdoor dining, live music, shopping and family-friendly activities. KennettCollaborative.org

#### May-October **PXV Inside Out**

Dine outside or enjoy a drink with friends in downtown Phoenixville. PhoenixvilleFirst.org

#### \* FlavorFest at Mt. Hope **Estate & Winery**

Wineries, diverse food options, artisan crafts. PARenFaire.com

# \* Phoenixville Food Truck

30+ food trucks come to town offering globally influenced eats. PhoenixvilleFirst.com



#### **★ Willistown Conservation Trust Barns & BBO**

Tour of unique barns followed by a BBQ. WCTrust.org

### **June**

#### June-September Field to Fork Guest Chef Dinners at SIW Vegetables

Dine on the farm and enjoy justpicked produce in an idyllic setting. SIW-Vegetables.Blogspot.com

#### 5-10 Wilmington Greek **Festival**

Authentic food, cooking before your eyes. Facebook.com/ WilmGreekFest



#### 24 New Castle County **Old-Fashioned Ice Cream Festival**

Great food, ice cream, music.

Wilmington. VisitWilmingtonDE.com



#### \* Great Chefs Event for Alex's Lemonade Stand Fundraiser. Phila. 610-649-3034; AlexsLemonade.org



#### \* Rehoboth Beach, DE Restaurant Week

Restaurants in Rehoboth Beach, Dewey Beach, Lewes and coastal DE participate. Beach-Fun.com/ Restaurant-Week

#### \* St. Anthony's Italian **Festival**

A virtual tour of Italy at this annual fundraiser for St. Anthony of Padua in Wilmington. Facebook.com/StAnthonysWilm



#### \* Rotary Clubs of Thorndale & Downingtown's Mac-n-Cheese Cook-Off Benefits the Rotary club. MacNCheeseCookoff.com

#### July

**★ Willistown Conservation Trust Annual Tomato Tasting** Celebrate the tomato harvest from Rushton Farm. WCTrust.org

**★** – Dates To Be Determined.

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#### August

26 Delaware Burger Battle Top chefs compete at Rockford Tower in Wilmington. DEBurgerBattle.com

#### \* Rotary Club of Annapolis. **MD Crab Feast**

Benefits local community and cultural organizations. Annapolis-Rotary.org/CrabFeast



# September

#### 10 Festival Hispano Wilmington

A celebration of the diversity of the Hispanic culture with traditional food and an emphasis on Latino cuisine.

Wilmington.FestivalHispano.org

#### 15-17 Delaware Saengerbund Oktoberfest

German specialties and brews of

choice in Munich are served. DelawareSaengerbund.org/Oktoberfest

#### \* West Chester **Summer Soiree**

Benefits local charities. WCSummerSoiree.org

#### **★ West Chester's Annual** "Up On the Roof"

Music, heavy hors d'oeuvres and desserts, beer, wine and martinis. Promotes the beautification of downtown West Chester. DowntownWestChester.com



#### \* Kennett Square **Mushroom Festival** Fundraiser in Kennett Square.

#### MushroomFestival.org \* Chester County

**Restaurant Festival** 

More than 65 restaurants, caterers and food vendors gather in West Chester. Downtown West Chester.com

#### \* SHiNE in the Vines

Great food, beer and wine benefits The Abramson Center at Chester Co. Hospital. Location TBD. PatientShine.org

#### \* Shugart's Sunday BBO and Blues

Historic Sugartown hosts with all the fixings. HistoricSugartown.org

#### October

- \* Annual Media Food & **Crafts Festival** VisitMediaPA.com
- \* Chocolate Walk in Lititz Benefits children-focused charities in Lancaster County. LititzChocolateWalk.com
- \* Unite For HER Harvest **Chef & Wine Tasting Event** Fundraiser at Phoenixville Foundry. 717-461-6988; UniteForHer.org



#### \* West Chester **Rotary Chili Cook-Off** Fundraiser. 484-343-4577;

★ – Dates To Be Determined.

WestChesterChiliCookOff.com



\* Thorncroft Equestrian Center "Lobstah" Bake Fundraiser. Malvern. 610-644-1963; Thorncroft.org



#### November

5-11 Media **Restaurant Week** 

Specials at area restaurants. 610-566-5039; VisitMediaPA.com ♦

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# Senior Happenings

Retirement communities often hold events that are open to the public. Here are a few.

Acts Retirement-Life Communities Multiple locations. 888-521-3651 AboutActs.com/CountyLinesMag Learn how residents often find the Acts lifestyle allows them to rediscover an old passion or help spark inspiration for a new hobby. Discover the "New Year, New You" events by visiting AboutActs. com/JanuaryBeginnings Kendal Crosslands



1109 E. Baltimore Pk., Kennett Square 610-388-1441; KCArboretum.org Ongoing-The certified, accredited Arboretum on the grounds is typically open to the public 7 days a week. Visit their website and enjoy over 400 trees labeled on the 500-acre campus.



Friends Home in Kennett Phillies Home Opener Social 147 W. State St., Kennett Square 610-444-2577; FHKennett.org *Apr.* 6–Come for the Phillies home opener viewing party. Serving favorite stadium foods and drinks. Game and grub starts at 3. Tours available 10 to 3. Homestead Village Seminar Series 1800 Marietta Ave., Lancaster



717-923-5531; HomesteadVillage.org Jan. 27—Ready. Set. Sold. Real estate professional Mike Julian will deliver insider knowledge to help you feel prepared to take the next step in your real estate journey with confidence.



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101 Honeycroft Boulevard Cochranville, Pa 19330











# A Year's Joyride

# PEDALS WITH PETALS TOURS THE AREA

Carol Metzker

ANUARY 2022 FELT COLD, BLEAK AND UNCERtain. That is, until Instagram snaps filled with brilliant color and hope flashed up on my screen.

In a search for ways to help his wife whose memory was failing, a man in Amsterdam named Warren Gregory created a fleet's worth of bicycles adorned with blooms, butterflies and signs bearing the slogan "Love is the cure." He took photos and shared them on social media. Flowerbikeman, as Warren became known by a multitude of online fans, had a goal — to grow smiles.

I needed that. And so did West Chester and Chester County. With a nod and tips from Flowerbikeman, Pedals with Petals rolled





out in February for Valentine's Day and National Heart Month at the newly opened Kilwins candy shop in West Chester with the help of Mayor Lillian DeBaptiste. That was just the start.

Over the year the original bike and a tiny sidekick with training wheels changed bouquets, colors, causes and locations: honoring all Rosie the Riveters in red and white roses at the Chester County History Center, kicking off the West Chester Public Library's summer reading program, raising awareness of domestic violence with purple bows and blooms in Phoenixville this fall and more. Wishing families and teachers a successful academic year, the flower bike paraded through West Chester with artist David Gerbstadt and friends, then spent a few weeks at Uptown Knauer Performing Arts Center, earning a spot on the 6abc Action News "Be Kind" segment.

Decked in blue blossoms and a huge butterfly for freedom in January 2023, the flowerbike heads to the West Whiteland Township Building to call attention to National Human Trafficking Awareness and Prevention Month.

Pedals has brought lots of smiles to Chester County over the year. Check out the bike and keep a lookout for future stops and messages. •

Carol Metzker is a writer (including at County Lines), frequent speaker and community outreach professional. Using real-life stories to inspire and spark change, she's authored Facing the Monster: How One Person Can Fight Child Slavery, as well as other books and articles. Carol has also led local and international projects for anti-human trafficking, innovative change and wellness.



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# New Year, New Cookbooks

# HERE ARE A FEW SUGGESTIONS TO ADD TO YOUR COLLECTION SO YOU CAN GET COOKING!

Mimi Liberi, Wellington Square Bookshop

HAT BETTER TIME TO START AFRESH than this New Year? New ideas, new friendships and new experiences.

How about a few new recipes, too? Invite some healthy changes and less stress into your kitchen with the cookbooks featured here. These cookbooks satisfy many tastes and different lifestyles, including for those who've chosen to simplify and streamline how they spend time in the kitchen.

Happy reading and happy cooking!



#### **GO-TO DINNERS** by Ina Garten

Ina Garten — aka "America's Most Trusted Home Chef," "The Go-To Celebrity Chef," "A Guiding Light in the Kitchen" and "Patron Saint in Chambray" — has just released her 13th cookbook, and it does not disappoint!

Garten was inspired during the pandemic to create simple meals with satisfying flavors and recipes that were not complicated and easy to reproduce. And so, this cookbook includes Make Ahead, Freeze Ahead, Prep Ahead, Simply Assembled and Two-Fer recipes (the Two-Fers being when leftovers are used to create something different and delicious). The photography throughout is mouth-watering for every recipe.

Some words from this trusted home chef: "A Go-To recipe should be simple to follow and work every time. It must be easy to prepare and still delicious enough to get everyone to your table so you, too, can create a happy community of family and friends around yourself."

This is why we love Ina. She is all about creating memorable experiences around the dinner table.

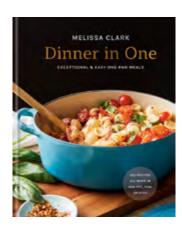


THE MEDITERRANEAN DISH by Suzy Karadsheh

You had me at falafel!

Karadsheh is the founder of the MediterraneanDish.com website, which has well over 3,000 followers. Her long-awaited debut cookbook was recently released and includes 120 recipes with easy to find ingredients and easy to follow instructions. Her approachable style will help you create delicious, healthy recipes full of flavor and spice. The photography throughout the book is tantalizing and evokes the aromas and colors of the Mediterranean.

The Mediterranean diet is now considered one of the world's healthiest diets, so start your New Year off in a healthy way by inviting Karadsheh into your kitchen.

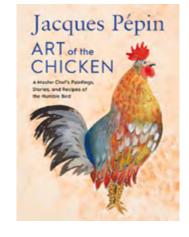


**DINNER IN ONE** by Melissa Clark

Known widely as a writer for the New York Times Food Section, Melissa Clark writes a column called "A Good Appetite" and has authored 42 cookbooks. Yes, 42!

Her latest cookbook was inspired by her years of working in a professional kitchen. Clark wanted to translate what the chefs did to create delicious meals but without using so many pots and pans. And who doesn't want less mess in the kitchen? Her streamlined recipes can be made in under an hour. There are even one-bowl cakes to satisfy your sweet tooth.

A brilliant idea that Clark included for many meals is the Swap It Out, Veg It Up and Vegetarian Upgrade options to meet the needs of everyone's diet. Grab one pot and one pan, and give her new cookbook a try!



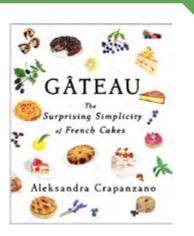
#### ART OF THE CHICKEN by Jacques Pépin

Master Chef Jacques Pépin is well respected and revered by many for his talent in the kitchen and in his cookbooks. As passionate as he is about cooking, his creativity doesn't end there. He's also been painting for five decades, with subjects ranging from still lifes to food, landscapes and abstract pieces.

One of Pépin's favorite subjects is chickens. His chickens are colorful, whimsical and cheerful. He's gathered many of these paintings into his latest cookbook, where he reminisces about his childhood, career and friendships along the way. His chicken and egg recipes are told in a narrative fashion, as he wants us to be inspired and create our own version.

The cookbook is filled with many little pearls of wisdom, such as "recipes should be simple," "taste trumps presentation" and "cook with your heart!" And a final pearl: "Cooking should be fun and relaxing, and to aid in this process, please cook with a glass of wine."

Cheers to Pépin and this gem of a book.

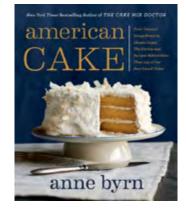


GÂTEAU by Aleksandra Crapanzano

When you think of French baking, do you immediately think difficult, involved and stressful? Aleksandra Crapanzano has demystified the process and made the recipes in this book practical, simple and easy to follow.

Each recipe begins with a little history and cultural relevance. Crapanzano writes, "Many of the recipes in this book date back, in some form or another, hundreds of years, some even to the Middle Ages. They have stood the test of time because they are inratables — foolproof." This enchanting book is full of whimsical illustrations and is a pure delight to read.

You'll be inspired to bake many of the hundred-plus recipes for your family, friends or just for yourself. It's a must-have for bakers, cookbook collectors and anyone who loves great writing.



#### AMERICAN CAKE by Anne Byrn

As we plod on through the winter and feel the chill in the air seep into our bones, many of us are drawn to baking. There's nothing quite as comforting as a warm cake on a winter evening.

This cookbook is well-researched, wellwritten and includes many a history lesson on cakes in America. Byrn starts in Early America (1650-1799) and continues into the New Millennium (2000-present). A bonus chapter on Frosting and Icings is sweet (yes, pun intended)! If you love history and love to bake, this book is a must for your collection.

Final note: For cookie lovers, American Cookie: The Snaps, Drops, Jumbles, Tea Cakes, Bars, and Brownies That We Have Loved for Generations is another wonderful cookbook by Anne Bryn. •

Wellington Square Bookshop is an award-winning bookshop in Eagleview Town Center. Patrons are primarily local, but many come from around the world to the thoughtfully curated shop with excellent service. There's a coffee and tea bar with cookies and biscotti, plus ozy spaces for curling up to read. Follow them on Instagram and visit Wellington SquareBooks.com. 549 Wellington Square, Exton.



# green ! resolutions !

**RESOLVE TO LIVE MORE SUSTAINABLY** THIS NEW YEAR

Shannon Montgomery

NOTHER JANUARY. THE TIME WHEN MANY OF us resolve to make big changes in our lives, from reevaluating career goals to living a healthier lifestyle.

This year, why not make a resolution that helps everyone? Resolve to help the planet. There are so many ways to reduce our environmental impact and make the world a better place to live — now and in the future.

Here are some ideas to help jump start your resolution to live a more sustainable life.

#### **REDUCE SINGLE-USE PRODUCTS**

We all know plastic waste is extremely harmful to the environment. Plastic never breaks down, pollutes waterways, kills wildlife and even ends up in our food supply. We also know the most popular ways to cut down on plastic use — drink tap water instead of bottled, avoid plastic straws and so forth.

These steps are all important, but there are even more ways to reduce our contribution to the plastic problem.

First, something familiar: reusable shopping bags. Americans use 100 billion plastic bags every year, which require 12 million barrels of oil to produce. The movement to switch to reusable bags is growing fast. In fact, plastic shopping bags are banned in 10 states and hundreds of municipalities across the U.S.

Plastic bag bans are gaining popularity in our area, too. Four

Chester County towns have banned them, starting with West Chester and growing to include West Goshen, Easttown and Tredyffrin (which also banned plastic straws and Styrofoam containers). Some bans were enacted last year and go into effect this January or later in 2023, so now is the perfect time to make the switch.

Another way to reduce your plastic consumption is to replace single-use household items with reusable alternatives. Besides keeping the products themselves out of landfills, this also decreases packaging waste.

Many local stores have solutions to help you. In Kennett Square, you can find fabric dish covers (an alternative to plastic wrap) and all-natural, organic wool dryer balls at Clean Slate Goods. Nearby Hilltop Flower Co. offers Goldrick Eco Sponge Cloths, a compostable and biodegradable alternative to paper towels. Phoenixville's Community Eco Store offers a variety of sustainable products, including SWEDEdishcloths (made from wood pulp cellulose) and Bee's Wrap (a reusable, fully biodegradable food wrap). Also in Phoenixville, Threads Marketplace offers flour sack tea towels from Noon Design. And Harvey Oak Mercantile in Swarthmore carries reusable linen coffee filters and tea bags, as well as Bee's Wrap.

Another way to reduce packaging waste is to visit a bulk refill station. These stores encourage you to bring your own container to fill with household and personal products, such as shampoo and conditioner, dish soap and laundry detergent. Find refill stations at the Community Eco Store, as well as SHIFT Sustainable Goods + Services in Narberth.

#### **SHOP SMART**

Shopping is another area where you can start new habits and make a difference. We always encourage shopping local, and it's for several good — and sustainable — reasons. Not only does it boost the local economy, but it's better for the environment. Free two-day delivery may be tempting, but it comes at a high cost to our environment. Shipping and returning products comprised 37% of greenhouse gas emissions in 2020.

When you go shopping, be mindful of what you're purchasing. Buy only what you need, and look for products with minimal packaging. According to the EPA, Americans throw away over 82.2 million tons of packaging every year — that's millions of tons of trash!

Buying secondhand is another effective way to reduce your impact on the environment (and your wallet!). When we think about shopping secondhand, we usually think about clothing. There are plenty of great consignment stores in our area, like Christine's Upscale Resale in West Chester and Bella Boutique Consignment in Exton, where you can get stylish clothes sustainably.

But clothing isn't the only product that can have a second life. Furnishing your home with antiques and gently used pieces from Downtown Thrift in Downingtown comes with the added benefit of supporting the Cystic Fibrosis Foundation. And books can have longer lives at Second Reading Bookstore, with two locations supporting the West Chester Area Senior Center, and the historic Baldwin Book Barn, specializing in rare and out-of-print books.

And, of course, be sure to donate or give away clothes, furniture and other items you no longer use rather than tossing them in the garbage and landfill. National charities with local branches (such as Goodwill or GreenDrop) accept donations, or you can find local organizations to donate to. The FreeStore in Media accepts everything from knick-knacks and home décor to small appliances and electronics, available for anyone to take what they need. Or check if your neighborhood has a Buy Nothing Facebook group, where community members find good homes for items they no longer need or want.

#### **EAT SUSTAINABLY**

From the amount of land and water required to produce it to the greenhouse gas emissions to get it to you, the food we eat has a major impact on the environment.



Fabric dish covers at Clean Slate Goods



Downtown Thrift



SWEDEdishcloths at Community Eco Store



Refill stations at SHIFT Sustainable Goods + Services



Swarthmore CO-OP



Kennett Square Farmers Market

For our part, *County Lines* is printed on Sustainable Forestry Initiative-certified paper, meaning our paper is sourced using sustainable foresting practices, with rigorous standards to protect wildlife and water quality as well as sustainable harvest levels. More at *SFIProgram.org*.

Changing your eating habits is one of the best and easiest ways to live more sustainably — and it's good for your health!

For starters, around 30% of the world's food supply is never eaten. In the U.S., this food waste comes primarily from consumers who buy too much food and retailers who discard it for aesthetic reasons. Do your best to buy only the food you need, and eat the food you buy. For food that does go uneaten, resolve to compost it.

It's also important to consider the kinds of food you're consuming. Meat, for instance, is much more environmentally taxing than plant-based alternatives. Livestock production accounts for about 15% of global greenhouse gas emissions and 75% of all agricultural land use. Because of this, environmental activists encourage people to cut back on meat.

Started in 2003 by the Johns Hopkins Center for a Livable Future, the Meatless Monday campaign encourages people not to eat meat one day each week. The Center reports that skipping one serving of beef every week for a year saves the equivalent emissions to driving 348 miles in a car. Just imagine the impact of three meatless meals per week! Plus, you get a personal bonus of health benefits, like better kidney health and reduced risk of heart disease and type 2 diabetes.

Don't know how to start? Visit one of the vegan restaurants in our area, including Love Again Local, a vegan deli and sandwich stop in West Chester, HipCityVeg with locations in Radnor and Ardmore, and SuTao Café in Malvern, a vegan Chinese restaurant. Lots of mainstream restaurants offer vegan and vegetarian options, too.

Another change is choosing more local, in-season produce. Buying local uses less energy to transport food, promotes sustainable growing practices, and helps preserve green space — if local farms go out of business, that land often gets developed. Plus, in-season produce tastes better and tends to be more nutritious.

Resolve this year to become a regular at the many farmers markets in our area, even in winter. Shop Growing Roots Partners' markets in Eagleview, Downingtown and Malvern, the Kennett Square Farmers Market and West Chester Growers Market. You'll find more farmers market locations listed in *County Lines*' Events section every month.

Or visit a food co-op, a community-owned grocery stocked with local foods. One of the oldest in the country, dating back to the Great Depression, Swarthmore CO-OP has a full butcher and seafood counter, deli with chef-prepared foods, large produce and grocery departments, and a variety of local cheeses and specialty products. And look for the West Chester Cooperative at local events, while it searches for a permanent store location. Consider becoming a member-owner to help make this a reality.

Finally, the most sustainable way to eat is to grow your own food. It's the best way to reduce energy use and to ensure your food doesn't come into contact with pesticides or other contaminants. Growing your own food is also incredibly satisfying! Check your local farmers market for seeds and advice on getting started this spring.

There are so many ways you can help the planet, both big and small. Resolving to adopt just one of these ideas can make a big impact.

We wish you a happy, healthy and greener New Year! •



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# **CHESTER COUNTY COMMUNITY FOUNDATION**

### **CONGRATULATIONS TO OUR NEWEST BOARD MEMBERS**







**SMART CHOICES MAKE FOR HEALTHIER DINING OUT** 

Julie Alliger, Chester County Hospital

OR MANY OF US, DINING OUT is about more than food. From a restaurant's atmosphere and menu to the service and other guests, dining out is all about the

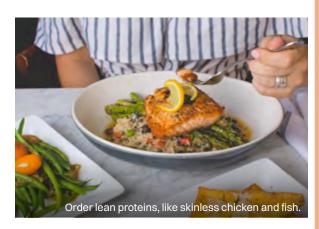
So, when it comes time to order, we often choose food to enhance the experience. But as great as our appetizers and main courses may taste, they may also be unhealthy. If you eat out regularly, the amount of fat, calories, sugar and salt can add up quickly.

The New Year is a great time to reassess your eating habits and find ways to develop healthier ones. The nutritionists at Chester County Hospital have gathered ways you can ditch unhealthy foods when dining out and replace them with healthy (but still delicious) options.

Here are a few ideas to get started.









#### WATCH PORTION SIZE

Restaurants often serve portions that can feed more than one person. When dining out, consider ordering smaller amounts (small plates), splitting your meal with another diner, or saving some for later to prevent overeating. You can ask the server to save half your meal to take home, even before it's brought out.

Some simple tactics to gauge healthy portion size include using the palm of your hand to estimate the correct serving size for boneless meat and a closed fist to estimate a cup of starch. And consider starting your meal with a salad and olive oil/vinaigrette dressing to help curb your hunger so you don't eat everything you're served.

# SWAP REFINED GRAINS FOR WHOLE GRAINS

Many plates at restaurants are centered around grains — from mashed potatoes to fries to pasta. But these are often refined grains that have less nutritional value than whole grains.

Refined grains include foods like white flour, white bread and white rice. Unfortunately, the process of refining grains takes away about a quarter of the protein and up to two-thirds of the nutrients.

When you can, swap out refined grains for whole grains, such as whole-wheat flour, oatmeal and brown rice. If you're feeling ambitious, opt for vegetable "grains," like cauliflower mashed potatoes, zucchini noodles or carrot fries.

#### **|| ADD MORE FRUITS AND VEGETABLES**

A simple way to improve your nutrition is to throw in more fruits and veggies. And even for a dinner entrée, fruits and vegetables should make up at least half of your plate.

Unless you're ordering a salad, restaurant entrées don't usually follow the half-plate rule, making them less nutritious. The solution: Add vegetables to your pasta. Mix fruit into your ice cream. Choose mushrooms and green peppers as pizza toppings. Order the seasonal vegetables as your side. Swap a beef patty for a veggie patty.

These aren't magical fixes and won't neutralize the high levels of some other unhealthy ingredients like sodium and sugar or the total calories. Still, fruits and veggies add a nutritional boost to an otherwise heavy meal.

#### | AVOID FRIED FOODS

Fried foods are a delicious part of many restaurant dishes (especially appetizers), but eating too many can be unhealthy. While frying food provides a different taste and texture, it also creates a different nutritional makeup.

Fried foods absorb oil, resulting in a high-fat product and increased calories. These foods are traditionally high in trans and saturated fats, which, if consumed excessively, can in-





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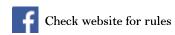
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# CHESTER COUNTY FOODIES PHOTO CONTEST

The winner receives a
Gift Certificate to a Local
Restaurant!

- 1. Like and follow us on Facebook, @CountyLinesMagazine.
- 2. Head to a local restaurant (See our "Best of the Best" for suggestions) and snap a photo of your meal.
- 3. Upload & hashtag your **one** photo **#ChesterCountyFoodies** OR send it to **Info@ValleyDel.com.**
- 4. Tell us where the photo was taken and the name of the dish.



ENTRIES MUST BE RECEIVED BY **FEBRUARY 5, 2023.** 

COUNTY LINES



crease blood cholesterol levels and potentially damage the walls of your arteries.

Saying goodbye to fried foods can be difficult, but there are plenty of healthier options. For example, consider these swaps:

- Shrimp cocktail instead of fried calamari
- Grilled or baked chicken instead of fried chicken
- Vegetable or fruit side orders instead of French fries
- · Stir-fried chicken and veggies instead of deep-fried foods
- Fresh spring rolls instead of traditional fried spring rolls

#### CHOOSE HEALTHIER MEATS

Fried chicken and cheeseburgers might be your go-to when dining out, but they aren't the healthiest choices. For instance, both fried foods and beef tend to be high in saturated (bad) fat.

Instead, choose lean meats like skinless poultry (chicken or turkey) or fish, and get the bonus of lean protein, zinc, iron and B vitamins — and less fat. A ground turkey patty contains just 3% of the average daily fat value, while a beef burger can be nearly 20%.

Also, rather than ordering fried meat, opt for healthier preparations, like baked, broiled, roasted, stir-fried or air-fried. For instance, roasted chicken and a grilled turkey burger keep plenty of taste without the added fat.

#### **|| SELECT HEALTHIER DRINKS**

If you're trying to cut down on calories, be mindful of what you're drinking and when you're drinking it.

It's best to fill up on water before and during a meal. Or drink fruit-flavored sparkling water, which can also be a terrific substitute for bubbly, alcoholic beverages.

Soft drinks and alcoholic beverages can significantly increase the calories and sugar in your meal. By ordering smaller drink portions, like a small glass of wine, you can save the extra calories while still enjoying a drink. If you choose cocktails containing spirits like gin, vodka or whiskey, consider blending the alcohol with a diet drink rather than fruit juice or a mixer with added sugar.

You can also opt to nix the alcohol altogether. Today, many restaurants have mocktails on their drinks menus. And if you don't see mocktails listed, ask the bartender to hold the alcohol while making a traditional cocktail.

#### **|| ORDER HEALTHY DESSERTS**

If dessert is what puts the cherry on top of your meal, you're not alone. Many people want sweets to cap a delicious dinner out — maybe ice cream, cake or crème brûlée.

You can avoid overloading with sugar by finding healthier alternatives. Some ideas include:

- Low-sugar and dairy-free options
- Sorbets instead of ice cream
- Fruit-based desserts or desserts topped with fruits
- Dipped or drizzled chocolate instead of chocolate covered
- Baked desserts instead of fried

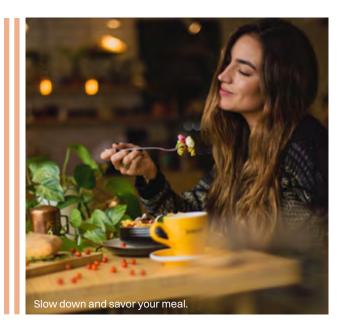
By tricking your mind into thinking you're indulging in the sweetest desserts, you can meet your sweet tooth's needs without consuming excessive sugar.

#### | SLOW DOWN AT MEALTIME

It's fine to enjoy dining out. But be aware it can be too easy to overindulge in appetizers, large plates and those French fries that automatically come as a side. When you're not paying attention to what you're eating, you may end up eating way more than you ever intended.

So, if you decide to order your favorite heavier dish, be sure to take the time to enjoy it. Savor the flavors, and don't rush through your meal. That way, you can enjoy a reasonable amount without overdoing it.

Dining out is a treat. You shouldn't feel that you can't enjoy your meal because you want to be healthy. With a bit of planning, you can choose healthier options without sacrificing the deliciousness of your meal. And by finding ways to make your dining experience a little more nutritious, you can help ensure your body is healthy for many years to come. •



Julie Alliger, RD, LDN, CDCES, is a Certified Diabetes Care and Education Specialist at Chester County Hospital. As a member of the Nutrition and

Diabetes Services team, she provides both individual and group diabetes education. Julie educates clients in healthy eating, including weight management, heart health, vegetarian and plant-based nutrition, as well as nutrition for chronic pain.

If you want to learn more about improving your nutrition, Chester County Hospital's Outpatient Nutrition team has the expertise and programs to help. Visit Chester County Hospital. org/Wellness for more.



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#### THE STAR

#### Andiario

106 W. Gay St., West Chester 484-887-0919 / Andiario.com

hat can you say about Andiario? That it's been a top restaurant since its 2018 opening? That it continues to attract press for its food and its chef, Anthony Andiario (57.5k Instagram followers)? That the *New York Times*' recent recognition (top 50 restaurants in America) turned West Chester from a dining destination to destination dining? There's so much to say. Their weekly set dinner menus (\$75+, wine pairings, options or BYOB; and always including pasta) still highlight "the bounty of Pennsylvania produce." Book your table (online only) starting the 20th of each month for the following month's dinner, Wednesdays–Saturdays. January 20th is the next menu posting. Set a reminder!

# NEW & NOTABLE

#### **Fiore Rosso**

915 Lancaster Ave., Bryn Mawr 484-380-2059 / FioreRossoPHL.com

The most polished addition to our restaurant scene is a steakhouse from acclaimed restauranteur Marc Vetri (Vetri Cucina, Fiorella). Fiore Rosso (red flower) transformed the Enoteca Tredici space by opening it up, removing the tree and hanging serious art — Picasso, Miro — to compete for attention with the towering meat-aging case. Options range from a Creekstone Farms 40-oz. bistecca alla fiorentina to 8-oz. Snake River Farms wagyu rib cap (\$168 to \$85). Some diners split a steak and add a pasta, signature warm salad (pancetta, egg) and focaccia from the short-ish menu, as compared with nine pages of wines and spirits. Don't expect baked potatoes and wedge salads at this splurge destination, but do order the sublime budino.

#### Bardea Steak

608 N. Market St., Wilmington 302-550-9600 / BardeaSteak.com

ne of America's most anticipated restaurant openings in 2022" is how *Vogue* announced the arrival of Bardea Food & Drink's sister (James Beard semifinalist), next door in Wilmington. Chef Antonio DiMeo (also a James Beard semifinalist) dubbed Bardea Steak a "Kingdom of Meat," with a lengthy menu describing five types of cattle (including Chianina) and nine cuts of beef (sold by the ounce, ask your meat sommelier), as well as kangaroo, elk, bison and ostrich options. Chef DiMeo's artistic flair, inventive techniques (koji aging) and show-stopping presentation (lychee foam, tableside prep, cocktails with sparklers) contrast with Vetri's approach at Fiore Rosso. Sample the \$90 flat iron flight from three different breeds with dishes from the menu next door for double dining delight plus great dining theater.

#### **Quoin Restaurant**

519 N. Market St., Wilmington 302-446-5600 / TheQuoinHotel.com

We love hotels with onsite bars and restaurants, so we look forward to seeing what develops at the new downtown Quoin Hotel in the former Security Trust & Safe Deposit Com-

pany Building. This Victorian Romanesque brownstone houses 24 unique rooms along with three public eating and drinking options. The 155-seat cozy restaurant, with banquettes and courtyard dining, serves up a mix of southern French/northern Italian fare, much wood fired, complemented with old-world wines. Downstairs in the former money room is the Simmer Down, with a speakeasy vibe, the place for classic cocktails. And on the penthouse level is Wilmington's first and only rooftop lounge boasting views of the Old Town Hall steeple and sunsets.

#### Buena Onda

220 N. Radnor Chester Rd., Radnor 484-430-4900 / BuenaOndaTacos.com

The concept for the new Buena Onda (good vibes) is beachside surf shack, though it's in a Radnor strip mall between Estia Taverna and Honeygrow. This Baja-themed sister restaurant (Rittenhouse, Fairmount) from Iron Chef Jose Garces brings plenty of specialty seafood — batter fried and grilled fresh fish and shrimp — as well as tacos, burritos and bowls filled with chicken, pork, short rib and mushrooms. The fast-casual eatery has something for everyone — beer, sangria and margaritas for adults, plus a kids' menu and churros for everyone. Pick up, delivery and franchising available.

#### The Pullman Restaurant

39 Morris Ave., Bryn Mawr
610-727-0777 / ThePullmanRestaurant.com
A rail car dining experience on the south side
of SEPTA's Bryn Mawr station? Perfect form
meets function at this new incarnation of the

former Tango location from the mother-daughter team, Roni and Jennifer Hammer. Look for a sleek, retro ambiance in the 7,000-square-foot renovated space, with mahogany, brass and crystal details. Velvet upholstery defines cozy nooks in the 145-seat restaurant with 21-seat bar. The lunch and dinner menus are mainly American food, with twists and old-school flair — foie gras, 16-oz. tomahawk steak, sturgeon caviar. Order from the Portfolio cocktails — Vespers martini, Bee's Knees and, of course, the SIdecar. Now imagine you're on the Orient Express.

#### Two Fourteen

214 W. State St., Media

724-904-9139 / TwoFourteenRestaurant.com
The chic, modern redo of Diego's Cantina by veterans Loic Barnieu (Sterling Pig) and Chef Mike Hackett (House) has an almost Center City vibe. Snag a booth, table, outdoor seat or stool at the bar for brunch, lunch, happy hour or dinner. Cocktails, curated by the Split Rail Tavern team, include the Media Mule, County Wide, and Sweater Weather plus 214-styled mocktails, wine and, of course, Sterling Pig brews. Brunch fans love lobster frittatas and Moroccan Benedict. The 214 wagyu burger with bourbon bacon jam, 12-oz. ribeye and crispy duck breast are other hits. A welcome addition to dining on State Street.

#### Bierhaul

341 Thornton Rd., Thornton 610-550-3440 / Bierhaul.com

We're happy to see an 18th-century stone landmark (hospital, post office, Pace One Restaurant) find new life as a sprawling Europe-

an-style beer garden under James Mullally and Loic Barnieu (busy guy). Open last summer, this indoor-outdoor spot hosts events, music, comedy, cornhole and more action. Don't look for typical bar food or local craft beer here. The 20-some taps lean toward European brews, and the menu spans dishes from a charcuterie board, lobster grilled cheese, bier-braised bratwurst and steamed mussels to fish and chips and creative cocktails (S'mores Old Fashioned, Smoke Show, Supreme Port Justice). Makes you yearn for warm weather.

#### VK Brewing Co. & Eatery

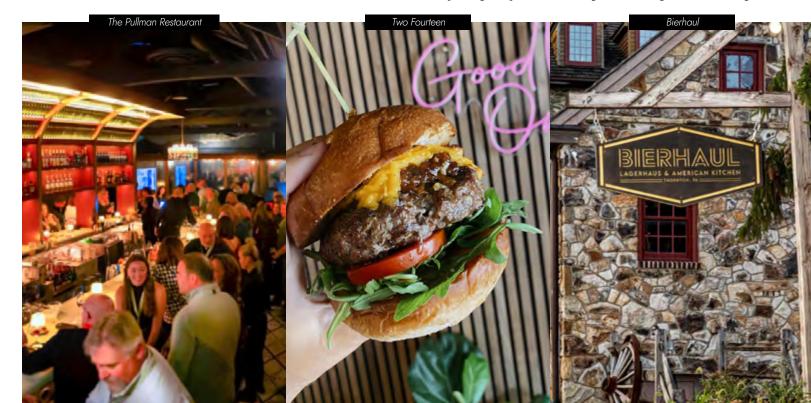
693 E. Lincoln Hwy., Exton 484-873-3199 / VKBrewing.com

The historic Ship Inn building sails on, but under the flag of VK Brewing Co. & Eatery, a veteran-owned business offering hand-crafted beer, delicious food and friendly atmosphere. The main restaurant space seats about 100, with brewing happening in the nearby former stables building. Look for classic styles, including IPAs, and many ale styles such as stouts, porters, Belgian-styles and wheat beers. Food testing (upscale pub, pizzas and more) and construction of the raw bar were completed in advance of their late November opening.

#### Will's and Bill's

324 Swedesford Rd., Berwyn 484-318-8538 / Wills-Bills.com

hen office workers stopped lunch and happy hour visits to the former McKenzie Brewhouse near Route 202 in Berwyn, the father-son owners pivoted and created Will's and Bill's, a neighborhood hangout with a ski-lodge



Best of the Best

City Buns

feel (two fireplaces, taxidermy wall decor and fondue on the menu). The 200-seat restaurant/ bar/brewery exudes a family-friendly atmosphere now with its tartan plaid upholstery, piano music and Sunday meal menu (chicken parm, Caesar salad, gelato, glass of wine all for \$25). A broad, yet upscale menu (duck eggrolls, truffle fries) ranges from raw bar selections to burgers to 16-oz. ribeye. Sip 12 house beers, an impressive lineup of aged whiskeys, bourbons and more, plus a selection of wine and cocktails as you try to identify the Wills and Bills in the portraits that are hanging on the walls.

#### Tratorria La Tavola

127 State St., Kennett Sauare 484-731-4176 / TrattoriaLaTavola. Wixsite.com ↑ dd another Italian eatery to Kennett's dining scene — this one across the street from longtime favorite La Verona. Promising the culinary traditions of Italy enriched by modern flavors, with pasta and bread made onsite, Tratorria La Tavola (meaning "table set for a meal") in the former Byrsa Bistro space has been getting strong reviews. Choose antipasti, salads and pizzas along with prix fixe proteins (chicken and veal parm) and pastas (spaghetti carbonara, penne alla vodka), seafood (branzino, salmon), plus gnocchi and risotto (with local mushrooms, of course) at this BYOB. The specials get raves as does the patio

#### Twenty One Pips

dining, in season.

24 Cricket Ave., Ardmore 610-228-2711 / TwentyOnePips.com

atisfy your brain and your palate at this board game restaurant (21 dots or pips are on a six-sided die). Yes, games and grub. Head to Ardmore for a meal or just a coffee or cocktail and some friendly competition playing over 600 board and card games, or at two Skee-Ball lanes, Pong

and arcade games. Pick your own game or get a Gametender's recommendation and help with the rules. Food is mostly sharables and pub fare (chicken pips, flatbreads, salads), Herman's coffee, themed cocktails (Professor Plum) and a Pips-Squeak menu for kiddos. \$5 per person gets you two hours of Candyland, Trivial Pursuit or a new obsession.

#### Persis Indian Grill

541 Wellington Sq., Exton 484-341-8445 / PersisExton.com

agleview's Restaurant Row added some spice to its lineup (Al Pastor, Bluefin, Suburban) with Persis Indian Grill, part of a national franchise and first PA location. With a menu heavy on vegetarian options (more veggie apps than non-veggie!), Persis gets rave reviews from vegans and vegetarians on websites like Happy Cow. The authentic dishes go beyond curries, featuring chefs specially trained in preparing biryani in the traditional way. You'll find your favorites - samosas, curry, vindaloo, tikka masala, butter chicken, choices of naans and roti, lassis and Indian desserts. All in the former Nudy's Café space.

#### King's Tavern

313 W. Kings Hwy., Coatesville 484-786-8120 / KingsTavern.net

he couple behind Chadds Ford Tavern's revival have a new challenge: changing Mr. E's Tavern & Fine Food into a white-tablecloth restaurant off Kings Highway in Coatesville. Chef Phil Ferro and fiancée, Kate Hussey, oversee an extensive menu of fresh food made onsite - prime rib eggrolls, smokehouse BBQ, chicken parm, stuffed lobster tails and a 40-oz. tomahawk ribeye, for example. But it's the weekly specials that caught our eye: Martini Mondays, Buck-a-Shuck Thursdays, Sunday Funday (burgers and bourbon), along with Tomahawk Tuesdays, when for \$100, two can dine on an appetizer, salad, French beans and that 40-oz. steak, plus dessert (as if that's possible). Watch America's Best Restaurants on YouTube for more.

#### Record Kitchen + Bar

206 E. Lincoln Hwy., Coatesville

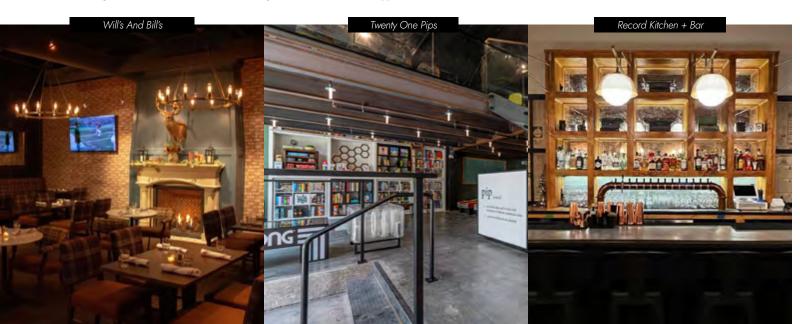
484-784-5483 / TheRecordCoatesville.com pened in November, a second restaurant adds to Coatesville's revitalization buzz, a few blocks from Midway Arts and two miles from Kings Tavern. Located in the former office of the Coatesville Record and boasting a wall of framed newspaper front pages, this is the latest venture from the Mark Lane Property group, which has three other restaurants in East Falls, Philadelphia (In Riva). Serving contemporary food highlighting wood-fired pizzas, pasta and sandwiches, this spot stays on theme with menu sections (Headlining, Hot Off the Presses, Featuring) and themed drinks (Pulitzer, Page Six, Centerfold). There's beer on tap (2SP, Victory, plus national brands),

#### MaGerk's Pub & Grille

plus cider, seltzer, spiked tea and wine.

174 Eagleview Blvd., Exton 267-946-5777 / MaGerksPub.com

We needed another sports bar, right? With lots of TVs, game-day ambiance and a full pub-grub menu? MaGerk's (named after the owner's daughters), the sixth in this Baltimore-based chain and third in PA, started with the goal of serving great cheesesteaks. And there are several on the menu, including a hoagie version (with tomato, lettuce, onion, mayo), chicken cheesesteak and the Pounder (16 oz. of ribeye steak). Expect plenty of apps (jumbo crab pretzel, even a healthy Med platter), tons of tacos, sandwiches, burgers, entrees and more. Broad beer selection, from Bud Lite to Blue Moon to Guinness, plus a few locals (Levante, 12 Stables), wine and cocktails.





#### Rivertown Taps

226 Bridge St., Phoenixville RivertownTaps.com

hey had us at self-pour tap wall! Yes, another place for beer in Phoenixville. This family-owned business, headed by Lewis Leiterman, winner on Guy Fieri's Food Network show, "Guy's Grocery Games," opened in November across from the Colonial Theatre. The lively menu includes small plates such as cheesy birria quesadilla, truffle poutine fries, plus salads, No Fork Needed and main courses. Choose from branzino to cassoulet to farrotto (farro risotto) and Phoenixville Hot Chicken & Waffles (what Nashville wishes it was). Cocktail list features the trendy Negroni Sbagliato and one called "Needs a Name," with pickled ginger, pear and Revivalist gin. About that tap wall — it serves beer, wine, cider and kombucha, sold by the ounce with a smart card.

#### City Buns

34 S. High St., West Chester 484-623-2068 / CityBuns.com

We like big buns, and we cannot lie. And City Buns has ginormous cinnamon buns plus unique variations on classic flavors (lemon blueberry, pistachio sticky, Nutella s'mores, pumpkin spice latte, cookie butter & jelly check Instagram for availability). A half dozen sets you back \$30 but sets you up with plenty of gooey goodness to share. Baked fresh daily from scratch and sourced mainly locally, the buns have been available 8 to 4 (closed Tues.) since the September 2022 opening. Chester County native and baker Vicky Lambert recommends ordering early online to get your faves.

#### Salty Paws

27 W. Gay St., West Chester 484-667-7122 / SaltyPawsIceCream.com \/es, we know this is an ice cream shop for ... dogs. But it's part of the first doggie ice cream shop group in the county, according to their website, with a Rehoboth Beach location opening five years ago and more outlets nationwide. Pamper your pup (or cat) with cones, waffle bowls or dishes full of dog-friendly ice cream (peanut butter, bacon, pumpkin spice and more) with toppings (chicken, steak, venison) along with bakery goodies. Come for birthday parties, ice cream socials and yappy hours. More merchandise — spa products, doggie beer, treats — are also available.

#### De La Terre BYOB

47 W. Lancaster Ave., Downingtown 610-269-2431 / DeLaTerreBYOB.com

ot much more than a Facebook post and website with menu at press time, but the promise of a neighborhood bistro in the heart of historic Downingtown pairing warm charm and intimacy with French classics and inventive regional fare sounds worth waiting for. Scheduled for a December 13 opening.

#### La Scala's Fire

44 W. Gay St., West Chester LaScalasFire.com

A ore Italian food coming to West Chester! Not sure when, but it will have a great location on the plaza with the fountain on West Gay that's been home to Sedona Taphouse. Other locations in Villanova, Philly and New Jersey.

# **NEW LOCATIONS EXPANSIONS**

#### Hank's Place

201 Birch St., Kennett Square 610-448-9988 / HanksPlaceChaddsFord.com // \rt, handcrafted food and history" continue to meet but now temporarily in Kennett Square, a few miles from the iconic Hank's Place

in Chadds Ford that was devastated by the floodwaters of tropical storm Ida in 2021. Honoring its 70-some-year history, Hank's is still the place where friendly people meet and hungry people eat, temporarily from a food truck and now in leased space during reconstruction. Reopened in October 2022, initially for breakfast and lunch, with plans to add dinner service. Locals show up for scratch comfort food from menus filled with categories like Basics, Old-Fashioned Breakfast and Hank's Classics. Stop by to support this local classic.

#### **Byrsa West Chester**

34 Street Rd., West Chester

610-701-8969 / WestChester.BvrsaBistro.com The newest location from the folks at Byrsa

Bistro, formerly on State Street in Kennett Square and currently also in the train station in Glen Mills, Byrsa West Chester offers the beloved western Mediterranean cuisine, with plenty of vegetarian, vegan and gluten-free options. Housemade pasta specialties, handmade brick-oven pizzas and flatbreads. Order from the bar, sip their Byrsa-label wine or BYOB.

#### Mercato Ristorante & Bar

4799 West Chester Pk., Newtown Square 610-723-6589 / MercatoNewtown.com

Ded sauce fans mourned the closing of Edgemont Square's sprawling institution, Tratorria Guiseppe. With a planned revival in 2021 under the name Toscana Modern Italian Steakhouse, fall 2022 saw the current reincarnation as Mercato Ristorante & Bar, from the folks behind the popular Italian spot with one of the liveliest patios in West Chester. Look for modern Italian with casual yet refined atmosphere and a menu with plenty of pasta, Italian American dishes, main courses (stuffed pork chop, brick chicken, salmon), dry-aged meats and pizzas.

#### White Dog Café

192 E. Welsh Pool Rd., Exton

WhiteDog.com / ChesterSprings

The latest news about the much-anticipated opening of the newest pup in the White Dog franchise — this one saving the former historic Vickers Restaurant location — is early 2023. This fifth addition to the litter is taking some time refurbishing the 1820s farmhouse and stop on the Underground Railroad. Expect the same quaint rooms, canine portraits and American fare that characterize other branches of the Fearless Restaurant group.

#### **Ground Provisions: Market & Dining**

1388 Old Wilmington Pk., West Chester On Facebook

The former Dilworthtown Innkeeper's Kitchen space is being reinvented by the owners of Philly's vegetarian mecca and award winner, Vedge. A plant-based market-restaurant will be part country store and wine shop, part eight-table restaurant (plus patio dining). Expect Vedge-style specialty groceries and local products, grab-and-go options and other takeout, including veggie charcuterie, pickles, olives and dips, as well as breads, much made in house. The farmhouse cuisine restaurant will serve five to six courses of rustic, elegant yet modern fare (\$75), featuring local, seasonal, organic vegetables, some from the owners' nearby micro farm, Lost Glove Garden. Natural wines, beer and cocktails.

#### Amada Radnor

555 E. Lancaster Ave., Radnor GarcesEvents.com / Amada-Radnor

ouble the pleasure with a second Radnor restaurant from Jose Garces, James Beard Award-winning Iron Chef. In addition to the more informal Buena Onda (see New & Noteworthy), a new Amada is planned to open in early 2023 in the former Harvest Seasonal Grille location, with room for 200 diners inside and more on two patios. Sharing the same concept as Garces' 2005 hit Amada in Philadelphia's Old City, the new spot will have an open kitchen, wood-fired ovens and classic Amada dishes (Andalusian cuisine, traditional empanadas, paella Valenciana), plus new onsite exclusive dishes. Sip 100 Spanish wines, red and white sangrias, and cocktails inspired by Spanish ingredients, seven days a week.

#### Santino's Tap and Table

40 E. Market St., West Chester 610-738-5491 / SantinosTapAndTable.com

Taking over longtime West Chester neighborhood bar, Rams Head, Folsom-based Santino's will bring it's old-school Italian "gravy, not sauce" menu to town. New owners, the DeMarco family,

have restaurant roots in Delco dating back to father Charlie's 1987 eponymous restaurant. But it's son C.J. who brings family recipes to West Chester. The menu is stacked with Italian classic comfort food, from chicken parm eggrolls to short rib ravioli. And the Rams Head spirit lives on in The Rathskeller, a BYOF operation downstairs.

# INSTAGRAMMABLE

#### At The Table

11 Louella Ct., Wayne 610-964-9700 / AtTheTableBYOB.com

nvision escargot au champagne on golden brioche crowned with fresh green nasturtium leaves. Perfect venison with white duck fat snow and Brussels sprout leaves. If ever there was exquisitely beautiful, photogenic and sublimely delicious food to be found, it's at the six-course tastings of At The Table. Now six years old, the Wayne BYOB graced by husband-wife team, Chefs Alex and Tara Buzan Hardy, offers award-winning luxurious dining for your eye and palate. Ever-changing masterpieces include foie gras with orange marmalade, honeycomb and pale heart of palm, plus for dessert — chocolate pots de crème with glistening berries. Bon appetit! And don't be embarrassed to take a quick pic.

#### Bluefin Sushi & Asian Cuisine

555 Wellington Sa., Exton 610-458-3234 / BlueFinEagleview.com

hef Yong Kim's creative signature sushi rolls → are in a class of their own. In Eagleview's Restaurant Row, Bluefin's delicacies - some named after streets near the restaurant — set the highest bar for color, texture, presentation and

taste. The Wharton rolls' green avocado, orange salmon, pink tuna, (mango) mango and red roe are a rainbow for your eyes and sunshine for your palate. The Wellington's crunchy tempura chips, spicy tuna and more are exceptional. The shrimp sundae — created to look like the ice cream treat, topped with peanuts and cherry red roe delights as appetizer or dessert. Take your phone camera and an appetite!

#### Le Cavalier

42 W. 11th St., Wilmington 302-594-3154 / LeCavalierDE.com

hef Tyler Akin has settled into the Hotel → DuPont's fabled Green Room redo and serves up food as gorgeous as the setting — OpenTable dubbed it one of the most beautiful restaurants in the U.S. and Canada. Whether it's classic steak frites, foie gras mousse with blood orange marmalade, a shrimp-topped bloody Mary at the opulent bar, or an upscale take on a Big Mac, try to get a glimpse of the stunning restaurant in the background of your food photos. La Cav's mosaic floor, light fixtures, wood paneling are highly Instagrammable. And did we mention the bar?

#### Turk's Head Café

111 N. Church St., West Chester 610-241-1666 / TurksHeadCoffee.com

If you're one to snap and share every great cup of coffee in every great café, you already know and love the new Turk's Head Café. Their latte art enchants both morning larks and groggy owls. Smile back at the frothy, grinning monkey face on a cup of Funky Monkey while you park yourself and your computer at a long wooden table. Ask for a tulip on your mocha to sip under a red umbrella in the outdoor nook. Whether sipping a nitro cold brew, iced mocha, steaming latte or Americano, you'll have a better morning — better tasting and looking — at Turk's Head. Post it to make it so.

# **OUINTESSENTIAL** CHESTER COUNTY

#### Birchrunville Store Café

1403 Hollow Rd., Birchrunville

610-827-9002 / BirchrunvilleStoreCafe.com \/ou'll probably need Waze to find Birchrunville, let alone Birchrunville Store Café, After driving through rolling hills, you'll find an intimate space with country furnishings, candles and corks from wine bottles — it's BYOB. Let Chef Francis Pascal set a French-Italian table that's unique in Chester County. For years, it's been local destination dining at its finest, and reservations still require planning ahead. Feast on crispy pheasant or beef carpaccio for openers. Add fresh oysters, if you like. Choose a salad, with every element absolutely fresh. For mains, there's seafood, veal, pork, lamb and steak, all prepared to perfection. If you're nearby during the day, stop in at the ButterScotch Pastry Shop across the street. Chef Francis is married to its owner, Nui.

#### Bloom Southern Kitchen

123 Pottstown Pk., Chester Springs 484-359-4144 / BloomSouthernKitchen.com

espite the huge blossoms painted on the exterior, many folks still think of the building at the crossroads of Pottstown Pike and Little Conestoga Road as the Old Eagle Tavern. After all, it's been around since the early 18th century. But several recent reincarnations lightened, brightened and updated the landmark as a prime example of adaptive reuse. The redone interior still radiates the historic feel where fried chicken (aka happiness on a plate) is served alongside gumbo, shrimp and grits, hush puppies and cornbread from the Southern-themed menu. Warm hospitality and a very strong bourbon selection (three tiers, plus premier) continue making fans. This spring, look for an expansion to the nearby Stables Kitchen and Beer Garden.

#### Catherine's Restaurant

1701 W. Doe Run Rd., Kennett Sauare 610-347-2227 / CatherinesRestaurant.com

very season of every year, when nearby fields are alive with equestrian events and bordered by fall foliage or dusted with snow, Catherine's county charm and fabulous food, especially seafood, leave us glowing. Devour brunchtime lump crab cakes with arugula and grilled asparagus on the patio with urns of sunflowers and table ferns. Savor goat cheese ravioli with scallops in a complex pine nut crème at winter candlelight dinners. Save room for key lime pie topped with swirls and plated with fresh berries, or chocolate layer cake with Baileys. Take home Chester County's best mushroom soup with crab, rich enough for royalty, along with Chester County charm.

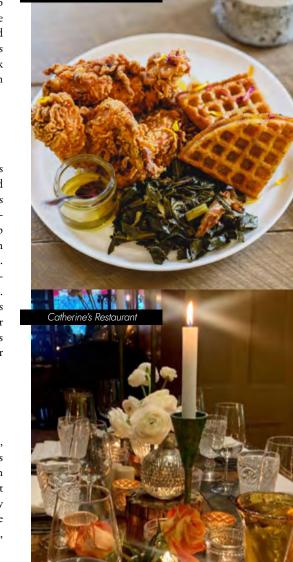
#### Four Dogs Tavern

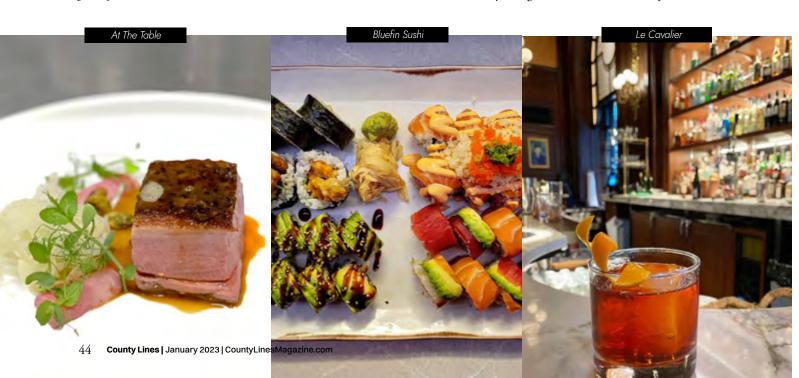
1300 W. Strasburg Rd., West Chester 610-692-4367 / TheFourDogsTavern.com

et in the quaint, historic town of Marshallton, Outside West Chester, Four Dogs Tavern was originally the stables of the adjacent Marshalton Inn (one L). The tavern was named for a print of four foxhounds found on site, painted by 19th-century artist Louis Godefroy Jadin. The dogs live on in the sign outside. Chef David Cox,



Best of the Best





West Chester native and Johnson & Wales grad, has been the owner since 2006 and serves scores of loyal fans. Expect elevated sandwiches, pasta, flatbreads, soups, salads, mains and wonderful desserts. Rustic, warm and friendly (for you and your dog) by the fireplace, at the friendly bar or outside on the tented and open patios, Four Dogs is as fine a place to enjoy Chester County's hospitality as any around.

#### The Whip Tavern

1383 N. Chatham Rd., Coatesville 610-383-0600 / TheWhipTavern.com

hether you're in wellies, dashing in under your brolley, or still in riding gear after a sunny gallop, look no further than The Whip for an authentic English pub in Southern Chester County. Turn at the "Blow Horn" sign, park in the lot or by the bucolic field, and enter the tavern where the fire is warm and the beer is cold. Among the menu's traditional bangers and mash, bubble and squeak, fish and chips, Scotch egg and sticky toffee pudding, find bread pudding made with local Highland Orchards cider and a cheese board featuring nearby Doe Run cheeses and Swarmbustin honey. Always brilliant!

#### IN DOWNINGTOWN

#### Amani's BYOB

105 E. Lancaster Ave. 484-237-8179 / AmanisBYOB.com

or over 10 years, Chef Jonathan Amann (Johnson & Wales grad) has helmed the ambitious kitchen, while wife Jeanine, a Downingtown native, has handled the front of the house. Their creative appetizers draw heavily from the sea - calamari, escargot, oysters, octopus. Entrees will appeal to a landlocked mariner, with crab cakes, lobster crepes, shrimp and scallop ramen and Parmesan-crusted monkfish. Landlubbers get love with short ribs, pork porterhouse and lamb ragout. The desserts — pecan pie, espresso crème brûlée — and drinks (more than BYOB) — Sazerac, key lime martini, chocolate cherry Manhattan — further demonstrate the surprisingly sophisticated cooking here. Note: Upstairs is new-ish Amani's North with craft cocktails and small plates.

#### Station Taproom

207 W. Lancaster Ave. 484-593-0560 / StationTaproom.com

It takes over an hour to travel by rail from Suburban Station to Downingtown. When you get off the train, you'll likely be mighty thirsty. Thankfully, Station Taproom awaits, right across the street, with 16 ice cold beers on tap, ranging from Root Down Berliner Weisse at 4.6% ABV to Mainstay Eurodeath, an imperial stoutat 9%. And, while you're sipping a cold one, sample from the Taproom's soul-satisfying food menu — try Buffalo wings and wonton nachos. Step up to brisket, birria panini, red curry or dan dan noodles. In other words, don't be surprised if your "beer after work" becomes a full meal. The Bottle Room next door offers six-packs of your favorite.

#### **Victory Brewing**

420 Acorn Ln.

610-873-0881 / Taprooms. VictoryBeer.com

ow part of Artisanal Brewing Ventures, Victory Brewing was founded in Downingtown by Ron Barchet and Bill Covaleski in 1996 and is among the top ten craft brewers in the U.S., as well as a destination brewery for beer fans. Drink the classics — Hop Devil, Prima Pils, Golden Monkey, Storm King — or others on tap at the place where they're made. In its onsite restaurant, tuck into a variety of shareable foods — fried pickles, popcorn shrimp — plus wings with several sauces, about ten different sandwiches, four pizzas in two sizes, and four entrees, including fish-n-chips and pork tacos. Every day except Saturday, Victory offers discount specials to complete this beer mecca.

#### Pomod'oro Pizza & Italian Restaurant

200 Chestnut St.

610-873-0405 / PomodoroDowninatown.com

Inside, the warmth and aromas of a traditional oldschool Italian kitchen prevail. Inspired by memories of his youth, Tony Cataldo learned his passion for cooking in Sicily, watching his parents and siblings prepare pastas, risottos, stromboli and pizzas. Now he uses fine local cheeses — mozzarella, ricotta, feta, pecorino Romano - plus the best vegetables and herbs from the garden - plum tomatoes, roasted red peppers, artichoke hearts, sweet basil and Kalamata olives — combined with a range of proteins — chicken, veal, beef, clams, mussels, calamari and other seafood. More than 40 years later, Tony and wife Claudia have perfected the cuisine, served with love and wine, and oversee a bakery, too. It's where to go for satisfying Italian goodness.

#### La Sponda

20 E. Lancaster Ave. 484-593-4488 / LaSponda.com

It's a beautiful, albeit unlucky, spot on the banks of the East Branch of Brandywine River. Hurricane Ida closed the restaurant temporarily in 2021. Before that, several restaurants — not to mention a historic paper mill opened and closed there. But the delicious food, friendly service and inviting ambience of La Sponda all portend a bright future. Start your meal by selecting from a long list of largely Italian wines. Then an appetizer, maybe polenta, grilled octopus, beef carpaccio or about ten others. Follow with veal saltimbocca, eggplant rollatini, grilled branzino or over 15 pastas. Owner Julian Mene has created a wonderful dining experience inside the historic space and on the patio with the best views in Downingtown.



#### Estrella Tacos y Mas

202 E. Lancaster Ave. 484-237-2423 / EstrellaTacoBar.com

The taco — it's come a long way from ground beef between a stale cornmeal folder. Estrella Tacos y Mas offers what may be some of the best tacos around. Megan and C.W. Bruton quit positions as corporate restaurateurs, called on Megan's roots in Austin and C.W.'s roots in Downingtown, moved into an old firehouse and started what's become a destination for Tex-Mex in Chester County. The tortillas are homemade, warm and filled with smoked brisket or pork, Southern fried chicken, beer-battered fish, blackened shrimp, braised black beans, roasted cauliflower or fried avocado. Quench your thirst with a massive margarita or seasonal drink (e.g., watermelon, blackberry). And relax.

#### IN EXTON

#### Ron's Original Bar & Grille

74 E. Uwchlan Ave.

610-594-9900 / RonsOriginal.com

resh ingredients. Made from scratch. Local. No preservatives, high-fructose, MSG, GMO, added hormones or antibiotics. No bad ingredients in this food! But it's not a typical "health-food" restaurant and sure doesn't taste like one. Here the flavors are very Italian, coming from over 30 years of cooking by Ron Inverso as he serves up pizzas (and specialty ovals), stromboli, piadini, pastas, soups, steaks, chicken, seafood and more. It's a very large, very diverse menu., along with a kids' menu and an extremely friendly bar with 20 craft beers on tap, an extensive bottle list, many wines and a host of signature cocktails. Catch live music on weekends. And remember Ron's motto: "If I wouldn't eat it, I won't serve it."

#### Appetites on Main

286 Main St.

610-594-2030 / AppetitesOnMain.com

oports fans' heaven! Not a man-cave, given the floor-to-Oceiling windows looking out on Exton's Main Street shopping thoroughfare and the female patrons. There are 18 TVs, lots of beer — 14 on tap, 60+ in bottles immense cocktails and huge portions. Especially recommended is the Reuben sandwich, but it's hard to pass up the Pastraminator, the Dave W, the Buffalo chicken grinder. Wings are a specialty, with a dozen sauces and rubs, plus fries topped with bacon and cheese, short rib or served NOLA style. So much finger food. Weather permitting, kids, dogs and others enjoy the 80-seat open-air patio. Worth noting: Brad Weinstein is celebrating 20 years there. We wish him 20+ more.

#### Iron Hill Brewery Taphouse

has about 20 other locations, mostly in the mid-At-

260 Eagleview Blvd.

484-874-2897 / IronHillBrewery.com The Taphouse is a new concept for Iron Hill, which lantic, that have been attracting fans for over 25 years. This taphouse/production brewery/restaurant in an industrial chic 4,500-square-foot space caters to those looking for award-winning beer and hospitality. The food menu here is abbreviated compared to its sister sites, instead emphasizing shareables, salads, burgers and flatbreads. But the beer menu is big, with 26 brews on tap — Engine 47, Brambleberry, Pig Iron Porter — and many more in bottles. A portion of proceeds from Engine 47 Pilsner is donated to ionville Fire Company. Honor the men in red. They'll be stopping by for a cold one. Join them!

#### Mama Wong

268 Eagleview Blvd. 484-713-8888 / BestMamaWong.com

If there's one thing Chester County needed a few years ago, it was an authentic, no-frills Chinese restaurant. No longer. Mama Wong filled that niche when local executive Song Li created a place for his many Chinese employees to savor the taste of home - just "a bowl of noodles, a few dumplings, a cup of soup." Head Chef Hongbin Luo (of Han Dynasty, one of CNN's top 50 Chinese restaurants) has brought those signature tastes and flavors to all of us. Known for hot and spicy Szechuan dishes, Mama Wong also features Cantonese and Shanghai styles. Sage advice though: pick carefully from the diverse menu. You'll feel

#### Taco Maya Mexican Grill

250 Eagleview Blvd. 610-363-3081 / Taco-Maya.com

acos, burritos, quesadillas. The Mayan pork is other worldly. The chorizo, smoky and sweet, is muy bueno. Barbacoa ... well, you get the picture. Also, chile rellenos, nachos, taco salad, taquitos and tamales. Great guac. Delectable queso. Savory salsa. Mini burritos and quesadillas for the kids. Rated #1 by TripAdvisor, the popular Taco Maya gets rave reviews for authenticity, freshness and the friendliness of it its staff. One customer said he'd eat there again "even if I wasn't hungry." Owned by Erick del Angel, it's been in business for 10 years, and is good for at least

# IN KENNETT SOUARE

#### Talula's Table

102 W. State St.

610-444-8255 / TalulasTable.com

ne of the best tables in Chester County, if you can wait for it, is Talula's Farm Table. The gourmet foodstore-by-day transforms at night and continues to book the Farm Table a year in advance, with only a few openings through December 2023. Treat eight to 12 foodie friends (four to eight at the Nook Table) to seven courses of exquisite cuisine (\$125, BYOB). The current menu includes lox and latkes, figs, pate, ricotta gnudi, scallops béarnaise, crispy duck mole, truffle crepes and ginger



crisp. For the impatient, shop at Talula's Market to sample baked goods, cheeses, charcuterie, pastas and a changing variety of delicious to-go foods. A landmark under the striped awning for over 15 years in historic Kennett Square.

#### La Verona

114 E. State St.

610-444-2244 / LaVeronaPA.com

State Street past diners already under the stars and shoppers scurrying to stow packages before stopping in for drinks. Enter the pretty glasspaned doors to one of the town's favorites: La Verona. The gourmet Italian food with superbingredients is consistently wonderful: calamari, artichokes, truffle oil, mushrooms, fresh pasta and plump red tomatoes. The bustling bar with sparkling glassware is always great for stellar pizza and antipasti classico to accompany a nice selection of wines, whiskey and cocktails, including spiced pear and limoncello martinis. Order extra tiramisu for the table — it's too good to share.

#### Sovana Bistro

696 Unionville Rd.

610-444-5600 / SovanaBistro.com

A fter a fire and a pandemic that kept us away for almost two years, like a phoenix, Sovana Bistro rose back better than ever. Friendly staff — as genuinely happy to see us as we are to see them — greet, seat and serve us, then ensure a perfect meal. In house Sovana brines the dill caperberries and bakes the bread, bagels and biscotti that arrive on the saucer with coffee. Woodfired pizzas, cheese flights and salmon are always a hit, as are apple tarts and crème brûlée. For extra smiles, visit at holidays when staff members wear Halloween costumes and Christmas-y Santa hats.

#### Grain Craft Bar & Kitchen

108 W. State St.

484-886-4154 / MeetAtGrain.com

pened in 2017 as one of several area locations, Grain makes the most of its rooftop level, with a retractable glass wall to extend the pleasure of that special spot. This casual gastropub, with a full bar and 20+ taps (half always local), is an inviting option for brunch, lunch or dinner, with live music, bingo and trivia nights. The menu is filled with appealing pub grub, from cream of mushroom soup and pork belly sliders to short rib grilled cheese and bourbon glazed salmon, with yummy brunch dishes (hot cocoa pancakes!). Stop by during the golden hour — in winter that's during the 3 to 6 p.m. Happy Hour. And feel free to buy the hardworking kitchen staff a drink (\$10).

#### The Creamery of Kennett Square

401 Birch St.

484-732-7040 / KennettCreamery.com

A century ago, the son of The Creamery's onetime owner, Herb Pennock, a pitcher for the New York Yankees, reputedly hung out there with Babe Ruth. Originally built as the Eastern Condensed Milk Company, then a mushroom cannery, The Creamery was reimagined in 2016 and today has become a community gathering space that's also the site of countless events. Friendly, open, inviting, the cavernous wooden structure is a comfortable place to enjoy a beer, sip wine or sample a cocktail with friends. Enjoy live music on weekends and order a bucket of wings or choose from a variety of flatbreads, salads or burgers, and take in the vibe.

#### Letty's Tavern

201 E. State St.

610-444-5688 / On Facebook

ross the threshold into an old inn with fresh food and style: Letty's Tavern. The food is fabulous, drinks are divine and the comfortable setting is perfect for a lively evening on the town. The tavern serves up traditional pub grub favorites — fish and chips, burgers, pizza and beer — and upscale fare for foodies —halibut, vegetarian eggplant medallions, chocolate mousse cake with a hint of cherry. Cocktails, anyone? Try a zingy Paper Plane or a sweet, creamy Bee's Kiss. At Halloween, skeletons lounge by the fireplace, perhaps awaiting a visit from Letty, the ghost who lends her name to the establishment.

# IN MEDIA

#### Ariano

114 S. Olive St.

610-892-6944 / ArianoMedia.com

riano is a labor of love and tribute to family. Owner Anthony Bellapigna and his father, Otino, built the restaurant themselves — from the Tuscan clay wood-fired oven to the hand-hammered copper tables. On the second floor, look up at the stunning mural on the ceiling depicting the Bellapigna family story in their hometown of Ariano Irpino. Known for their thin-crust pizzas, Ariano has expanded its menu to include Italian entrees (chicken cacciatore, pistachio-crusted salmon) and paninis, though you'll have to go to sister restaurant Fellini Café for pasta. Pair your meal with a handcrafted cocktail and end with authentic Italian gelato made onsite.

#### Azie

217 W. State St. 610-566-4750 / Azie-Restaurant.com The chic, Center-City-meets-Tokyo vibe here is reflected in both the decor and the menu. Azie is known as a leader of the New Asian movement, bringing American and European influences to Southeast Asian cuisine. Order sushi, sashimi and maki rolls that are as beautiful (and photo contest-worthy) as they are delicious. Or try inventive dishes like Kobe beef carpaccio, bibimbap with red-wine braised short ribs, or bulgogi spring rolls with Peruvian sauce. Then enjoy a drink on their award-winning rooftop deck — seasonal craft cocktails, premium sakes and Asian beers — as you take in the action on State Street from above.

#### Brick & Brew

26 W. State St.

484-443-8441 / BrickNBrewPub.com/Media ach of the three Brick & Brew locations (Havertown, Malvern) has a unique feel in its classic American bar food venue, and the newly renovated Media restaurant is no exception. Check out the underground distillery ambiance, enhanced by shelves full of bourbon behind the bar. There's also plenty of craft beer on tap, as well as unique cocktails and wine. The menu is full of upscale bar food made from scratch, from inventive sandwiches to, as the name suggests, brick-oven pizzas. But the real standouts are the apps, called "sociables." Share an order of short rib lollipops with friends, or try the grilled octopus salad with smoked paprika sherry vinaigrette. With a brew, of course.

#### **Desert Rose**

305 W. State St.

484-442-8012 / DesertRoseMediaPA.com

For authentic Mediterranean and Middle Eastern street food, look no further than Desert Rose, which celebrated 10 years on State Street last March. Everything here is made fresh daily, from house-baked pita to hand-scooped falafel and chicken shawarma piled high. The hummus — traditional Israeli-style with tahini and olive oil or warm with eggplant and a poached egg — will transport you from State Street to the streets of Israel. Be sure to get there early, as they've been known to sell out before closing!

#### Tom's Dim Sum & Dim Sum Mania

Tom's Dim Sum: 13 E. State St.
610-566-6688 / TomsDimSum.com/Store2.html
Dim Sum Mania: 17–19 E. State St.
610-557-8757 / DimSumMania.com
Three years after Chinatown staple Tom's Dim

Three years after Chinatown staple Tom's Dim Sum opened a location in Media, we were

surprised to see Dim Sum Mania appear just two doors down the street. Turns out that Tom Guo, namesake of Tom's Dim Sum, parted ways with his partners to open Dim Sum Mania. Both serve Shanghai-style dim sum — think soup dumplings and scallion pancakes — at similar price points and share a sleek, modern atmosphere. Though many have chosen a side in the dim sum turf war — from Yelp reviewers to the *Inquirer's* Craig LaBan — we say that both are delicious and worth sampling.

#### Shere-E-Punjab

210 W. State St.

610-891-0400 / Shere-E-Punjab.com

This is a top go-to spot for authentic cuisine from India and Pakistan. Freshly baked naan, chicken and fish tikka, tandoori entrees and biryani rice dishes round out the menu and bring that distinctly Punjab flavor to State Street. Plenty of vegetarian and gluten-free options, too. Finish your meal with a classic Indian dessert — kheer, gulab jamun or kulfi to name a few. Come for the popular lunch buffet on weekdays, or drop by Thursday through Saturday nights for Punjab Live, open mic nights and live performances exclusive to the Media location (another location in Glen Mills).

#### The Towne House

117 Veterans Sq.

484-445-2041 / TowneHousePA.com

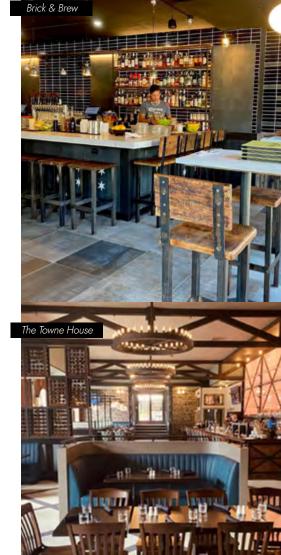
All of Delco rejoiced when the iconic Towne House reopened in 2020. Native Irishman Brian McLaughlin breathed new life into the restaurant, creating five unique dining rooms, each with its own menu and theme. Choose among over 300 whiskeys at The Shebeen, sip seasonal cocktails in Idlewild's open-air courtyard, unwind at the Colony Cocktail Club's velvet lounge, host your next event at the Towne Hall or check out the farm-to-table Towne House — order the Irish breakfast for brunch or overnight Guinness short ribs for dinner. No matter which dining room you choose, this Media landmark continues to satisfy.

#### Rye BYOB

112 W. State St. 610-263-7832 / RyeBYOB.com

Two years after its highly anticipated opening, Rye BYOB still lives up to the hype for New American food made from scratch. Decorated with local art, Rye's atmosphere is comfortable and inviting for both special occasions and casual nights out. Enjoy a menu emphasizing small plates that encourages diners to mix and match for a customizable experience. Highlights include protein





dishes, including chicken Milanese and baked cod with bamboo rice, and pasta made onsite, like the saffron mafalde with shrimp scampi. And with a focus on local and sustainable ingredients, Rye lets you feel good about eating out.

#### Pinocchio's Restaurant

131 E. Baltimore Ave. 610-566-7767 / PinPizza.com

Serving up pies since 1955, Pinocchio's is a go-to destination. Delco's first pizzeria and Media's oldest restaurant is now run by its third-generation owners who brought something new to the table: the award-winning Beer Garden To Go. Beer connoisseurs come for over 1,000 specialty beers, including 200 from craft or international breweries. Mix and match six-packs or fill up a growler or crowler from their 25 rotating taps. New beers arrive daily, so be sure to come back again and again for the latest brews.

#### IN PHOENIXVILLE

#### Avlos

258 Bridge St.

610-455-4110 / AvlosGr.com

Thanks to sisters Nikoleta and Katerina Skartsila, you don't need a passport to experience great Greek food in Chester County. They've brought their home village's cuisine to Phoenix-ville. While crowds pour in for octopus and lamb, their chicken with chickpeas is also delicious, as is the beef with tomato and pasta with notes of cinnamon. Desserts conjure up an island vacation: honey-drenched baklava with Greek coffee, popular walnut cake or *Ekmek Tsoureki* (Easter bread slathered in whipped cream, vanilla custard and honey syrup). Dine in, eat outdoors or attend a Greek evening at the Colonial Theatre when Avlos' food is paired with a film. A great addition to the community.

#### Paloma's Restaurant & Market

101 Bridge St.

585-472-4295 / ILovePalomas.com

hoenixville dining has changed dramatically over the past 25 years and now welcomes a broad array of options for the hungry. A recent notable addition with a modern European take, Paloma's shows off a bit of sparkle from its site in the town's oldest building, enriching the community with culture, cuisine and hospitality. Chef Chris Siropaides (Culinary Institute of America grad, Brasserie Perrier, Georges') heads the kitchen that turns out impressive fare like filet mignon,

striped bass and Stanley Tucci's Spaghetti Alla Nerano. For your drink, try Fear and Loathing in Phoenixville. A new take on this old steel town.

#### Sedona Taphouse

131 Bridge St. 484-302-5714 / SedonaTaphouse.com

every hour is Happy Hour with Sedona Taphouse's Southwest cuisine. And there's no better place to hang with your crowd. Its inventive menu includes canyon nachos, shrimp and grits with a jalapeño kick, burgers with chili glaze and pepper jack, mojitos, prickly pear margaritas and cactus lemonade. Explore a long list of craft beers and ales, or autumn's ciders — pumpkin and traditional apple — on the patio with heaters to extend the season. If there's no space left after the great food and libations, take home amaretto liqueur cake: locally made liqueur, chocolate and almonds. You'll thank yourself later.

#### Great American Pub

148 Bridge St.

610-917-3333 / TheGreatAmericanPub.com

The party rocks at the Great American Pub on Bridge Street, sometimes spilling through the doors, past outdoor seating and beyond. The upbeat music matches the mood, drinks flow and the food — vegan, gluten-free and other options — is all festive. Large portions of brisket tacos, chicken and waffles, cheese fries, cheesesteak spring rolls and wings mean there's plenty to share with friends. The Impossible quesadillas and burgers get great reviews, too. If your pup is part of your fun-loving crowd, she can join you at your outdoor private table. But maybe leave the kids with grandpa — this is a rollicking spot.

#### Bistro on Bridge

212 Bridge St.

610-935-7141 / BistroOnBridge.com

A rooftop beer garden with a VW beer bus, arcade games, tabletop shuffleboard, fire-place, huge wall murals, live music on weekends. and a sparkling bar. So many reasons to go to Bistro on Bridge and get together with friends. The menu has 24 beers with more on deck, plus an extensive list of bourbon, rye, scotch and whiskey. Or order a flight, but just don't drive afterward. This fun spot has all kinds of apps and bar food — cheesesteak egg rolls, crispy ribs, eight flavors of wings, four of fries, bowls, salads, soups, sandwiches, burgers. Zack and Seth Hoffman have built a place that perfectly captures the feel of Phoenixville.

#### Steel City & Mont Clare Deli

Steel City: 203 Bridge St. 484-924-8425 / SteelCityBrews.com Mont Clare Deli: 500 Bridge St., Mont Clare 610-935-8773 / MontClareDeli.com

It's no wonder that Steel City Coffeehouse and Brewery is the heart of Phoenixville, and the new Mont Clare Deli is becoming another community hub. Co-owners Laura Vernola and Ed Simpson, as well as staff, greet customers like family and continually add music, menu and market offerings to serve the community's needs and tastes. At Steel City, grab flatbreads, Mexican street corn salad, vegan breakfast burritos and bowls, plus great cups of coffee, of course. At Mont Clare, find donuts, soups, salads and delicious, thick sandwiches including a fried PB&J. Pick up Steel City's Phoenix Rising artisan beer at both. Cheers!

# ON THE MAIN LINE

#### DiBruno's Alimentari

385 W. Lancaster Ave., Wayne 484-581-7888

DiBruno.com/Locations/Wayne

The shopping center's exterior looks unassuming, but shiny rows of Mercedes, Audis and BMWs say something interesting is going on inside. That something is the Alimentari bar inside the Main Line's DiBruno Bros. It's quite the place to see and be seen, celebrating with champagne or kicking back over red, orange, white and rose wines or classic and curated cocktails. The menu offers tasty bites including house-made focaccia with Sicilian olive oil, beef and pork meatballs, pan-seared octopus, salads and not-remotely-ordinary grilled cheese sandwiches, all surrounded by the market's best gourmet Italian foods to be found. Do a little shopping on your way out.

#### Autograph Brasserie

503 W. Lancaster Ave., Wayne 610-964-2588 / AutographBrasserie.com

ander the many star-studded rooms at Autograph Brasserie and gaze at 1,000 vintage photos on its walls, from Marilyn to Kiss, Sting to Audrey Hepburn and Keith Richards to James Gandolfino. After work, on weeknights 4 to 6 (or until 9 for women on Wednesdays) enjoy a great Happy Hour. The wine list tops out at over \$500 a bottle, but you can find many affordable by-the-glass options. In warmer months, on Tuesday and Thursday evenings, there's live music. Meanwhile, Execu-



tive Chef Jim Davidson invites you to savor his fine steaks, luscious seafood, delectable sushi and pasta dishes, topped off with apple crisp cheesecake. For Marty Grims of Fearless Restaurant, it's another success story.

#### Rosalie

#### White Dog Café

200 W. Lancaster Ave., Wayne 610-225-3700 / WhiteDog.com/Wayne

Yes, yet another Fearless Restaurant, White Dog Café was originally founded in University City by Judy Wicks, a pioneer of the farm-to-table movement. Now there are five locations — adding in Glen Mills, Haverford and the Vickers Tavern transformation in Exton, coming soon — all still supporting sustainable food. At Wayne, choose from four artfully and whimsically appointed rooms plus outdoor patio. The welcoming bar is festooned with dogs — portraits on the walls, on the pillows. Chef Greg Maloney turns out seasonal fare — Kennett Square mushroom omelet, oysters, lamb Bolog-

nese, for example. All very fresh and sustainably raised. And always a delightful dining experience.

#### Nectar

1091 Lancaster Ave., Berwyn 610-725-9000 / TasteNectar.com

As a kid, we "had Chinese" every Sunday night, picking from well-worn menus. But Nectar's Pan Asian cuisine is quantum leaps beyond that experience. Sample starters include crispy calamari, steamed pork buns, lobster sliders. A long list of sushi and sashimi — tuna, striped bass, flying fish roe. Or, try the King Kong Roll, with filet mignon and lobster. For entrees, moo shu pork, grilled tea-smoked salmon or pan-seared wild Alaskan halibut are tempting. Kenny Huang and the late Patrick Feury fused French and Asian cuisines, inspiring a cascade of tastes and aromas, matched with Nectar's impeccable service. A towering silk-screened Buddha discreetly monitors your meal ... and smiles. You will, too.

#### La Cabra Brewing

642 Lancaster Ave., Berwyn 610-240-7908 / LaCabraBrewing.com

ith over a dozen beers on tap — including a favorite dark bourbon-bar-rel-aged Kosta (a Russian imperial stout) — Head Brewer Chris Young produces some of the best beer in Chester County. A hop-forward pilsner, complex farmhouse ale, full-bodied wheat beer, malty lager, English barleywine and a few amazing sours, all from a seven-barrel brewhouse with a seasonally adjusted lineup. Executive Chef Patrick Seyfried supplements the brews with a host of bar bites, small plates, salads, tacos and sandwiches. Try the Cubano, al pastor burger or blackened shrimp taco. La Cabra's mission is

to be a great neighbor and their good food and community events — Oktoberfest and beyond — are making that a reality.

Best of the Best

#### Malvern Buttery

233 E. King St., Malvern 610-296-2534 / MalvernButtery.com

Vour mouth waters as the door opens to Malvern Buttery. The aroma of fresh coffee and baked goods is just one reason it's a favorite year after year. Now open seven days a week, the Buttery makes it worth opening your eyes early to get warm sticky buns covered in nuts, hot pesto and egg sandwiches, and light flaky croissants — regular, sweet-filled or savory with herbs and feta. The ultimate to savor by the sunny windows or under outside umbrellas — the Buttery's cuffin: croissant pastry filled with chocolate ganache and topped with hazelnuts. No wonder we keep returning to this neighborhood treasure.

#### A Taste of Britain

503 W. Lancaster Ave., Wayne 610-971-0390 / ATOBritain.com

ancy a cuppa? We highly recommend heading for A Taste of Britain. You'll find over a dozen black teas, flavored and unflavored, another dozen green and white teas, even more decaffeinated and herbal options. Complement your tea with warm scones, Welsh Rarebit or a Ploughman's Platter cheese board, featuring Stilton, Leicester and cranberry Wensleydale. Or choose lovely salads, soups, sandwiches, pasties — Cornish or cheese and onion — and chicken pot pie. For dessert, savor grapefruit posset pudding or a slice of chocolate Guinness or orange marmalade cake. All fit for a king. Be assured, owners Debbie Heth and Edward Pierce will serve you royally, especially

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with the recently expanded space featuring British home goods and gifts, plus an extensive British grocery market.

#### Terrain Garden Café

138 W. Lancaster Ave., Devon 610-590-4675 / ShopTerrain.com Devon-Restaurant

utdoors comes indoors and indoors appears as outdoors at Terrain Garden Café. Any meal becomes an elegant picnic in a charming Woodland Village tent in the nursery or greenhouse where ivy, succulents, hanging floral baskets and hungry patrons thrive. Baked bread arrives at the table in a customary flowerpot — very on theme. Edible blossoms garnish artisanal cheese boards. Soups, salads, bowls and plates incorporate fresh local produce. In addition to the Garden Sips menu, garden spritzers include

rose, lavender and elderflower flavors. Dessert offers a delightful terrarium — a glass bowl filled

#### Tonino's Pizza & Pasta Co.

with tasty chocolate cake, mousse and ganache

sprouting from matcha crunch "earth." Paradise.

235 Lancaster Ave., Malvern 610-240-9566 / ToninosPizzaAndPasta.com

The setting may be modest — located in the Lincoln Court Shopping Center in Malvern. But the Scotto family — four children, plus inspiration from their father, Nonno Tony — produces excellent and satisfying pizzas along with Italian chicken and veal specialties from this convenient spot. Pizza with thin caramelized crust, luscious, savory and expertly seasoned tomato sauce, the finest mozzarella ... Mmm! And the toppings pepperoni, meatballs, sausage, peppers, artichokes, eggplant, mushrooms, pesto ... Plus there's so much more than pizza — semolina pastas, eggplant parmigiana, lasagna, fettuccini, for example. The pizza's so good, you may miss the Pasta Company part of the name at this BYOB with separate dining room.

# IN DELAWARE

#### **Buckley's Tavern**

5812 Kennett Pike, Wilmington 302-656-9776 / BuckleysTavern.com

lmost 100 years after its culinary opening, Buckley's Tavern still attracts fans to sit at barstools, fireside tables and porch seats by the garden. Cross the state line into Delaware for Sunday brunch hot cakes, seafood Florentine omelets, lip-smacking cheese potatoes and family-style meat plates. Return later for salmon cakes topped with sesame seeds, mushroom soup,

burgers and ahi in the laidback atmosphere of a historic home. At the bar or table, beer always flows - Old Speckled Hen from England or local Krauch's Creation by Wilmington Brew Works. Or try a cocktail to match your mood — Steel Blu Spring Water with Delaware vodka or a Spicy Margarita. It's what keeps a tradition going.

#### La Fia

421 N. Market St., Wilmington 302-543-4474 / LaFiaWilmington.com

a Fia is known as one of the best restaurants Lin Wilmington for a host of good reasons. Every course on the prix fixe menu that changes seasonally with sustainable ingredients and creative combinations from Chef Bryan Sikora is exceptional. First course duck leg confit with pomegranate and sesame granola gets kudos from fans, as does second course ribeye cap steak with mushrooms and miso caramel. And where else will you find divine sweet potato and orange cake with blood orange mousse and hazelnuts? In the bistro's warm ambiance in the historic district, knowledgeable staff can help you pair a perfect wine with each dish.◆

The local dining scene is changing rapidly, so check websites and other sources for up-to-date information. And for more great places to eat, read the Dining Guide in this issue, our monthly Food News columns and on our website, CountyLinesMagazine.com.

# Drinks

In addition to a bounty of food news, there's also a big worth of developments for the sippers among us.

- Famed Amani's BYOB in Downingtown opened Amani's North, upstairs, as a craft cocktail bar also serving local beer and select wines, alongside small plates. Partnering with Boardroom Spirits, they bring a creative cocktail menu (blood orange cinnamon smoked old fashioned, others with smoke bubbles), elevated bar food (prosciutto & fig flatbread), special events (rum cocktail classes, bourbon tastings) and generous Happy Hours (Mon.-Fri., 4 to 6; Sat. & Sun. 1 to 3).
- This time downstairs from the anchor restaurant (Stove & Tap), Good, Bad & Ugly is a modern twist on an old-fashioned dive bar (though decidedly upscale and not very dive-y), with a western saloon vibe emanating from imposing murals of Clint Eastwood, cowboys and horses. There are games (pool, foosball, shuffleboard), music, sports (six 60-inch TVs) and drinks. Sample a dozen beers on taps at the 80-foot bar, or quick cocktails (lots of tequila, WC Ranch Water) and bar food (try the Tap Fries).
- Manatawny Stillworks, from the Lenape meaning "the place we meet to drink," added a new spot to sip their small-bath American whiskeys and other spirts in Ardmore, expanding from the Pottstown Circle of Progress, Passyunk and Fishtown locations. The eastern Main Line bar, tasting room and bottle shop promises the craftiest cocktails in their space for 50 guests. Maple whiskey and apple brandy are just two options to warm you up this winter.
- Also in Ardmore, Char & Stave Coffee Roasters, an all-day café and cocktail bar, serves up coffee made by whiskey people, the Bluebird Distilling folks. So, it's coffee by day and cocktails, music, poetry and more by night. Wondering about the name? Stave is the word for the wooden pieces that make up the bourbon barrels and char is the process of burning the inside of the barrels to impart flavor as the bourbon ages. Caffe Negroni, anyone?
- We've always been pushovers for beer gardens, but Longwood Gardens' version was a special treat, especially for throngs of thirsty visitors to the Bruce Munro light installation. String lights over picnic tables set the mood in warmer weather (closed Nov. 13). Local craft beer (Levante, Sly Fox, Victory, Yards and two Longwood flavors) plus pizzas and pub grub available, with heartier fare at the adjacent Café (mushroom soup, salmon). Hoping for its return in 2023.
- · A third brewery plans to open in Downingtown. Dublin Brewing, helmed by Ireland-born owner and brewer Brendan Fitzgerald (a 30-year home brewer), will produce a variety of styles: Irish dry stouts, IPAs, saisons, red ales, lagers and barrel-aged beers in their large space comprised of taproom, brewhouse, fermentation and kitchen (healthy, Mediterranean food) plus a winemaker. Look for a 30-foot bar, games, indoor-outdoor beer garden, deck and stage. Fitzgerald is DIYing it, so it's a process.



- Coatesville-based Animated Brewing Company expanded with a second location — this one in Parkesburg. It's late November opening on Drinksgiving (day before Thanksgiving) was well attended by local beer fans. Located on busy West First Ave., the thousand-square-foot taproom and former gas station has inside seats for 35 to enjoy 40 craft beers, with 12 on tap. Food trucks will provide the eats to accompany your choice of brew, like the namesake Animated Pale Ale, dry hopped 5% ABV and \$6 pint.
- In wine news, West Grove's Kruetz Creek Vineyards was bought by Kyle Jones, formerly of Nissley Vineyards & Winery in Lancaster County. The Kirkpatricks retired after 25 year of winemaking, selling their eight acres, now named The Acadian Wine Company. The initial wine release and Acadian tasting room opened in May 2022, offering wines from the Estate Selection, Regional Curation and Pride of the Lake Side (that's Lake Erie), including red blends, Crown Red and Tidal Red.
- Finally, bubble tea news is ... bubbling, especially in West Chester, which last August added Kung Fu Tea (in the former Starbucks location) to Tsaocaa (around the corner) and One Zo to the east, making a trifecta of options in one town. And we admit it — we don't get the fascination, even after researching it. Yes, it's a highly customizable Taiwanese drink with several names (milk tea, boba) that blends a tea base with choice of milk, fruit and fruit juices, plus the signature "bubbles" of soft chewy tapioca pearls that sit on the bottom but get slurped up through the wide straw. Maybe if we Instagrammed our technicolor order? •

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302.472.2433 | RockwoodCarriageHouse.com 4671 Washington St. Ext. | Wilmington, De 19809



PrimeHospitalityCatering.com





# GRAIN

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108 W State St Kennett Square

MeetAtGrain.com

# COUNTY LI Our guide to great local dining. Be sure to check websites before venturing out to check hours and locations.

**COUNTY LINES** 

### SOME OF OUR FAVORITES

# PENNSYLVANIA

#### Avondale

#### \* The Farmhouse Restaurant at Loch Nairn

514 McCue Rd. 610-268-2235: LochNairn.com

#### Berwyn

#### ★ La Cabra Brewing

642 Lancaster Ave. 610-240-7908; LaCabraBrewing.com

#### **★** Nectar

1091 Lancaster Ave. 610-725-9000; TasteNectar.com

#### **Birchrunville**

#### \* Birchrunville Store Cafe

1403 Hollow Rd 610-827-9002; BirchrunvilleStoreCafe.com

#### **Chadds Ford**

#### \* Brandywine Prime

1617 Baltimore Pk. (Rts. 1 & 100) 610-388-8088; BrandywinePrime.com RockwoodCarriageHouse.com

Brandywine Prime's rustic charm and casual atmosphere can be attributed to the fact that it's situated in a beautifully restored 300-year-old inn. Chef Jason Barrowcliff's superb traditional American fare includes steaks, chops and seafood. There are also great spaces for large gatherings with private rooms and a new full service catering menu for a location of your choice.

#### \* The Gables at Chadds Ford

423 Baltimore Pk. 610-388-7700; TheGablesAtChaddsFord.com

#### **Chester Springs**

#### \* Bloom Southern Kitchen

123 Pottstown Pk. 484-359-4144: BloomSouthernKitchen.com

#### **Epicurean Garage**

570 Simpson Dr. 610-615-5189; EpicureanGarage.com

#### Liberty Union Bar and Grill

325 Simpson Dr. 484-359-4061; LibertyUnionBar.com

#### **Limoncello Chester Springs**

499 W. Uwchlan Ave. 610-524-3112: LimoncelloRestaurant.com

#### Revival Pizza Pub

240 Windgate Dr., Suite A7 610-947-0999; RevivalPizzaPub.com

#### Coatesville

#### \* Stottsville Inn Restaurant, Hotel & Bar

3512 Strasburg Rd. 484-718-5121: StottsvilleInn.com

#### Devon

#### \* Amis Trattoria

138 W. Lancaster Ave. 610-590-4782: AmisTrattoria.com

#### Pizzeria Vetri

138 W. Lancaster Ave. 484-207-6663; PizzeriaVetri.com

#### ★ Terrain Café at Devon

138 W. Lancaster Ave.: 610-590-4675 ShopTerrain.com/Devon-Restaurant

#### Downingtown

#### ★ Amani's BYOB

105 E. Lancaster Ave. 484-237-8179: AmanisBYOB.com

#### ★ Estrella Tacos y Mas

202 E. Lancaster Ave. 484-237-2423: EstrellaTacoBar.com

#### ★ La Sponda

20 E. Lancaster Ave. 484-593-4488; LaSponda.com

#### The Social on 30

541 W. Lancaster Ave. 484-593-4113; SocialOn30.com

#### Santucci's Pizza

379 W. Uwchlan Ave.; 610-664-8100 SantuccisPizza.com/Santuccis-Downingtown

#### ★ Station Taproom

207 W. Lancaster Ave. 484-593-0560; StationTaproom.com

#### ★ Victory Brewing Company

420 Acorn Ln. 610-873-0881; VictoryBeer.com

#### Exton

#### ★ Appetites on Main

Main Street at Exton, 286 Main St. 610-594-2030; AppetitesOnMain.com

Serving casual American comfort food at a good value with a full service bar with 14 taps and over 60 bottlescans. Choose taproom atmosphere in





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front or family/quieter section in back. In warmer months, enjoy the open air, pet-friendly outdoor patio. Daily Happy Hour, 4 to 6, with discounted drinks and appetizers, and Sunday NFL ticket. Dine-in, takeout, delivery, online ordering available. Mon-Thurs, 11:30 to 12 am; Fri-Sat, 11 to 1 am (kitchen 12:30 am), Sun, 11 to 12 am.

#### ChopHouse Grille

301 N. Pottstown Pk. 484-875-6700: ChopHouseGrille.com

#### \* Duling-Kurtz House & Country Inn

146 S. Whitford Rd. 610-524-1830; DulingKurtz.com

#### ★ Iron Hill Brewery Taphouse

260 Eagleview Blvd. 484-874-2897; IronHillBrewery.com/Exton-PA

#### ★ Ron's Original Bar & Grille

74 E. Uwchlan Ave. (Rt. 113) 610-594-9900; RonsOriginal.com

Serving real food, for the health of it! Delicious meals prepared from scratch, on site daily, with all natural ingredients. American/Italian cuisine with something for everyone. Open Sun-Thurs, 11 am to 9:30 pm, Fri-Sat, 11 am to 11 pm. Curbside pickup daily, 4 pm to 8:30 pm.

#### ★ VK Brewing Co. & Eatery

693 E. Lincoln Hwy. 484-873-3199; VKBrewing.com

#### ★ Mama Wong

268 Eagleview Blvd. 484-713-8888; BestMamaWong.com

#### **Eagleview Town Center Restaurant Row**

#### ★ Bluefin Eagleview

610-458-3234; BlueFinEagleview.com

#### **Brickside Grille**

610-321-1600; BricksideGrille.com

#### ★ Persis Indian Grill

541 Wellington Sq., Exton 484-341-8445: PersisExton.com

#### Suburban Restaurant & Beer Garden

610-458-2337; SuburbanBG.com

#### **Glen Mills**

#### Byrsa Bistro

128 Glen Mills Rd. 610-558-4700; ByrsaBistro.com

#### Harvest Seasonal Grill & Wine Bar

549 Wilmington-West Chester Pk 610-358-1005; HarvestSeasonalGrill.com

#### Terrain Garden Café

914 Baltimore Pk.; 610-459-6030 ShopTerrain.com/Glen-Mills-Restaurant

#### White Dog Café

981 Baltimore Pk. 610-822-2100; WhiteDog.com/GlenMills

#### Glenmoore

#### Ludwig's Grill & Oyster Bar

2904 Conestoga Rd. 610-458-5336; LudwigsOysterBar.com

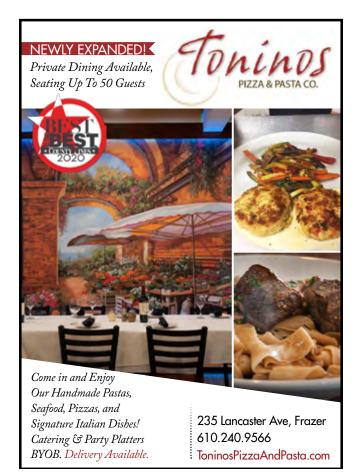
#### **Kennett Square**

#### \* Grain Craft Bar + Kitchen

108 W. State St.

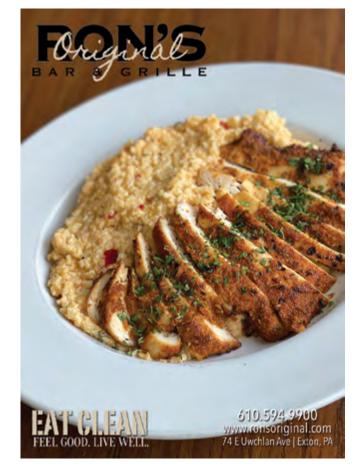
610-444-7232; MeetAtGrain.com

Rooftop dining at its finest. Enjoy over 20 taps of regional craft beers, cocktails and great food in a polished, casual atmosphere. Open for dinner and weekend brunch, Grain offers something for everyone in the family, including their award-winning crab nachos and mushroom





















soup. Dine downstairs or upstairs in the heated patio overlooking Kennett Square.

#### ★ Hank's Place Kennett Square

201 Birch St.

610-448-9988; HanksPlaceChaddsFord.com Since the 1950s, Hank's Place has been "Where

Friendly People Meet and Hungry People Eat," and has now opened a location in Kennett Square. Serving handcrafted homestyle cooking in a warm welcoming atmosphere with professional service for over 70 years. Open daily 7 am to 3 pm (closed Tuesday) for dine-in or takeout breakfast and lunch. Original location in Chadds Ford is temporarily closed while rebuilding.

#### Hearth Kitchen Shoppes at Longwood Village

484-732-8320: HearthKennettSquare.com

#### ★ La Verona

114 F State St

610-444-2244; LaVeronaPA.com

Using only the finest and freshest ingredients, highlighting the northern region of Italy, La Verona is committed to making your meal a memorable one, with professional service in a warm, welcoming social atmosphere. Whether you're looking for an intimate dinner with friends or planning a celebration, this is a perfect choice. Keep them in mind for private parties up to 65. They also have takeout available for you to enjoy your delicious meal at home.

#### ★ Letty's Tavern

201 E. State St. 610-444-5688; LettysTavern.com

#### Lily Asian Cuisine Sushi and Grill

104 W State St

610-925-3700; LilySushiAndGrill.com



#### The Naked Olive

759 W. Cypress St. 610-444-2424; Facebook.com/TheNakedOlivePA

#### Portabello's

108 E. State St.: 610-925-4984 PortabellosOfKennettSquare.com

#### \* Sovana Bistro

696 Unionville Rd. 610-444-5600; SovanaBistro.com

#### ★ Talula's Table

102 W. State St. 610-444-8255: TalulasTable.com

#### Two Stones Pub

843 E. Baltimore Pk. 610-444-3940; TwoStonesPub.com

#### **Kimberton**

#### The Kimberton Inn

2105 Kimberton Rd. 610-933-8148; KimbertonInn.com

#### Stone House Grille

1300 Hares Hill Rd. 610-933-1147; StoneHouseGrillePA.com

#### Malvern

#### **BOMBA Taco + Bar**

10 Liberty Blvd. 610-727-5253; BombaTacos.com

#### **Brick & Brew**

400 E. King St.

484-320-8688; BrickNBrewPub.com



#### The Classic Diner

352 W. Lancaster Ave. 610-725-0515; TheClassicDinerPA.com

#### Dixie Picnic

215 Lancaster Ave. 484-3208024; DixiePicnic.com

#### \* The Farmhouse Bistro

39 Conestoga Rd. 610-647-8060: TheFarmhouseBistro.com

#### The Flying Pig Saloon

121 E. King St.; 610-578-9208 Facebook.com/TheFlyingPigSaloon

#### **\* General Warren**

9 Old Lancaster Rd. 610-296-3637; GeneralWarren.com

#### ★ Malvern Buttery

233 E. King St. 610-296-2534; MalvernButtery.com

#### Restaurant Alba

7 W. King St. 610-644-4009: RestaurantAlba.com

#### Stove & Tap

245 Lancaster Ave. 215-393-8277; StoveAndTap.com

#### ★ Tonino's Pizza & Pasta Co.

235 Lancaster Ave.

610-240-9566: ToninosPizzaAndPasta.com

A family-run business that prides itself on using the freshest ingredients to make authentic homemade Neapolitan pizza, pasta and signature Italian dishes. Come in and dine, BYOB, Tues-Fri, 10 to 9; Sat, 11 to 9; Sun, noon to 9 pm. Takeout, delivery and curbside pickup available.

#### Media

#### \* Ariano Restaurant & Bar

114 S. Olive St. 610-892-6944; Ariano.net

#### \* Azie Media

217 W State St 610-566-4750; Azie-Restaurant.com

#### ★ Brick & Brew

26 W. State St. 484-443-8441: BrickNBrewPub.com

#### ★ Dim Sum Mania

17-19 E. State St. 610-557-8757: DimSumMania.com

#### Iron Hill Brewery & Restaurant

30 E. State St.; 610-627-9000 IronHillBrewery.com

#### ★ Pinocchio's Restaurant

131 E. Baltimore Ave. 610-566-7767; PinPizza.com

#### ★ Rve BYOB

112 W. State St. 610-263-7832; RyeBYOB.com

#### ★ Shere-E-Punjab

210 W. State St. 610-891-0400; Shere-E-Punjab.com

#### ★ Tom's Dim Sum

13 E. State St. 610-566-6688; TomsDimSum.com

#### **★** The Towne House

117 Veterans Sa. 484-445-2041: TowneHousePA.com

#### **Newtown Square**

#### Firepoint Grill

3739 West Chester Pk. 484-428-3093: FirepointGrill.com

#### \* Ristorante La Locanda

4989 West Chester Pk. 610-353-7033; LaLocandaPA.com

#### Teca Newtown Square

191 Newtown Street Rd. 484-420-4010; TecaNewtownSquare.com

#### Teikoku

5492 West Chester Pk. 610-644-8270: TeikokuRestaurant.com

#### **Paoli**

Cup of Dreams Coffee and Tea

5 Paoli Plaza, 484-285-3122 CupOfDreamsCoffeeAndTea.com

New coffee and bubble tea shop in the Paoli Village Shoppes right next to Paoli Train Station. Choose from one of their specialty coffees, award-winning bubble teas, seasonal drinks and pair with a delicious breakfast sandwich (served all day long), bakery item or seasonal snack.

#### **Great American Pub**

516 E. King Rd.

610-843-0000: GreatAmericanPubPaoli.com

#### Trattoria San Nicola

4 Manor Rd. 610-695-8990: SanNicola.net

#### **Phoenixville**

#### ★ Avlos Greek Cuisine

258 Bridge St. 610-455-4110; AvlosGr.com

#### ★ Bistro On Bridge

210 Bridge St.

610-935-7141; BistroOnBridge.com

#### Bistro Dos

400 Bridge St. 484-302-5637; BistroOnBridge.com

#### Black Lab Bistro

248 Bridge St.

610-935-5988: BlackLabBistro.net

#### \* Great American Pub Bar & Grill

148 Bridge St.

610-917-3333; GreatAmericanPub.com

#### Iron Hill Brewery & Restaurant

130 E. Bridge St. 610-983-9333; IronHillBrewery.com

#### ★ Paloma's

101 Bridge St. 484-302-7830: ILovePalomas.com

#### ★ Rivertown Taps

226 Bridge St. RivertownTaps.com

#### ★ Sedona Taphouse

131 Bridge St. 484-302-5714; SedonaTaphouse.com

#### \* Seven Stars Inn

263 Hoffecker Rd. 610-495-5205: SevenStarsInn.com

#### Sly Fox Brewhouse & Eatery

520 Kimberton Rd. 610-935-4540; SlyFoxBeer.com

#### ★ Steel City Coffeehouse & Brewery

203 Bridge St. 484-924-8425; SteelCityCoffeehouse.com

#### Tai Me Up

301 Bridge St. 484-302-5141; TaiMeUp.com

#### Pottstown

#### The Blue Elephant

152 E. High St. 484-949-9084; BlueElephantBar.com

#### La Maison

1470 Old Ridge Rd. 484-680-2631: MartinsKitchen.com

#### **Springfield**

#### Tavola Restaurant + Bar

400 W. Sproul Rd. Springfield Country Club 610-543-2100; Tavolas.com

#### Unionville

#### ★ Catherine's Restaurant

1701 W. Doe Run Rd. 610-347-2227; CatherinesRestaurant.com

#### \* Foxfire at The Stone Barn

Rt. 842, (3 mi. N. of Rt. 1) 610-347-2414; TheStoneBarn.com

#### Villanova

#### Azie On Main

789 E. Lancaster Ave. 610-527-5700; AzieOnMain.com

#### The Refectory

862 E. Lancaster Ave. 610-519-5786; RefectoryNova.com

### Wavne

#### 118 North

118 N. Wayne Ave. 610-971-2628; 118NorthWayne.com

#### ★ A Taste of Britain

503 Lancaster Ave. 610-971-0390; ATOBritain.com

#### \* Autograph Brasserie

503 W. Lancaster Ave. 610-964-2588; AutographBrasserie.com

### \* Black Powder Tavern

1164 Valley Forge Rd. 610-293-9333: BlackPowderTayern.com

#### Christopher's A Neighborhood Place

108 N. Wayne Ave.; 610-687-6558 ChristophersANeighborhoodPlace.com

#### DanDan Wayne

214 Sugartown Rd. 484-580-8558; DanDanRestaurant.com

#### ★ Di Bruno Brothers

385 W. Lancaster Ave. Strafford Shopping Ctr. 484-581-7888; DiBruno.com/Locations/Wayne

#### The Goat's Beard

103 N. Wayne Ave. 484-584-4979; TheGoatsBeardWayne.com



#### ★ \* Rosalie

Wayne Hotel, 139 E. Lancaster Ave. 610-687-5000; RosalieWayne.com

#### Teresa's Café and Next Door Bar

120-126 N. Wayne Ave. 610-293-9909; Teresas-Cafe.com

#### ★ White Dog Café

200 W. Lancaster Ave. 610-225-3700; WhiteDog.com/Wayne

#### **West Chester**

(See the West Chester article in this issue for more dining options.)

#### ★ Más Mexicali Cantina

102 F Market St

610-918-6280; MasMexicali.com

Celebrating 13 years in West Chester, this family-owned and operated hot spot continues to please the masses. Serving up award-winning tacos and margaritas along with chef-inspired specialty dishes, the menu has something for everyone. Offering three floors of fun, vibrant decor, Más is a perfect spot for date nights, birthday parties and private events. Full catering menu available, and be sure to take home your favorite Más Mexicali Fresh salsas and dressings!

#### \* Pietro's Prime Steakhouse & Martini Bar

125 W. Market St.

484-760-6100: PietrosPrime.com

Family-owned and operated, Pietro's Prime is the place to eat in West Chester, serving nothing but prime beef and fresh seafood in a casual, comfortable atmosphere. Live music Wed, Fri and Sat. Lunch Mon-Sat, 11 to 4. Dinner Sun-Sat, 4 until .... Come have a drink and a bite to see what you're missing.

### **West Marlborough**

#### ★ The Whip Tavern

1383 N. Chatham Rd. 610-383-0600: TheWhipTayern.com

# DELAWARE

Dining Guide 2023

#### Centreville

\* Buckley's Tavern

5812 Kennett Pk. 302-656-9776; BuckleysTavern.com

\* The Centreville Cafe & Montrachet Fine Foods & Caterers

5800 Kennett Pk. 302-777-4911: CentrevilleCafe.com

\* Krazy Kat's Rt. 100 & Kirk Rd.

At the Inn at Montchanin Village 302-888-4200; KrazyKatsRestaurant.com

# Wilmington

Montchanin

#### Banks Seafood Kitchen & Raw Bar

101 S. Market St. 302-777-1500; BanksSeafoodKitchen.com

#### ★ Bardea Steak

608 N. Market St., Wilmington 302-550-9600; BardeaSteak.com

#### Chelsea Tavern

Columbus Inn

821 N. Market St. 302-482-3333; ChelseaTavern.com

#### 2216 Pennsylvania Ave. 302-571-1492; ColumbusInn.net

★ La Fia 421 N. Market St. 302-543-5574; LaFiaWilmington.com

#### ★ Le Cavalier at the Green Room

11th & Market Sts.; 302-594-3154 HotelduPont.com/Dining/Green-Room

#### ★ Quoin Restaurant

519 N. Market St., Wilmington 302-446-5600: TheQuoinHotel.com ◆

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Iron Hill Brewery

# West Chester Dining

Cara Corridoni

THE STORY FROM THE OGS TO THE NEWBIES AND MORE

Y NOW YOU'VE PROBABLY HEARD the story of West Chester's transformation from sleepy county seat to busy dining destination. As the story goes, on a fateful day in 1998, and with the help of West Chester Mayor Dr. Clifford DeBaptiste, Iron Hill owners Kevin Finn, Mark Edelson and Kevin Davies signed a lease for the vacant Woolworth Building, thus changing the course of local dining history. Since then, dozens of restaurants have come and gone from the Borough.

From those pioneers who first saw the potential, to the second generation who added diversity, to the new restaurants who explored refined dining, and the many bars in this college town, here's our look at the best of West Chester dining as it stands today.











#### **THE OGs**

Downtown West Chester's 20-some blocks are home to more than 60 restaurants. In a town of only 18,000, that's one restaurant per 300 residents. It's a diverse dining scene that would not be here if it weren't for some dreamers with big ideas and high risk tolerance.

By the time the tanks began arriving at 3 West Gay Street, the revolution was already in motion. The newly adapted Woolworth Building would not only mark a fresh start for the Borough, it would be the first Iron Hill location to include a full brewery setup.

Opening its doors during the West Chester Restaurant Fest (now the Chester County Restaurant Festival), the new brewery drew a crowd so large it had to close for a few days to restock inventory. More than 20 years later, Iron Hill remains a West Chester icon. Grab a seat in the newly renovated bar and enjoy one of their many award-winning brews. And bring the kiddos for family dining.

Avalon, as it was known during the early days of the 2000s, was initially located on South High Street. This Italian BYOB serendipitously ended up in the hands of the restaurant's website designer, now owner John Brandt-Lee, after the former owner abruptly left. After securing an elusive Borough liquor license, Brandt-Lee worked hard to create an elegant dining experience in the renamed Bar Avalon that still pleases two decades later. If you get the chance, try the four-course chef tasting menu.

Although Iron Hill is often credited with launching the downtown revitalization, Spence Cafe is the original OG, named after the Spence family that ran oyster houses and restaurants catering to local elite from 1840 to 1910. True, this was not the Original Spence Cafe that sits today across the street from the Hotel Warner, but acclaimed Chef Andrew Patton's first restaurant, named Spence Cafe, opened on Gay Street in 1996.

Chef Patton revived and reimagined his concept another time or two before landing at 131 North High Street with an update on the original. It's a refinement that earned him a 2021 OpenTable Top 100 Restaurant distinction. The Spence lump crab cakes are a must, as is the house-favorite crème brûlée.

In 1999, if you headed to North Walnut Street, you might have felt you were outside the downtown district. Those once desolate blocks, however, were later graced with a place for a delicious homemade Italian dinner celebrated with a Limoncello toast, compliments of the Mingrino family.

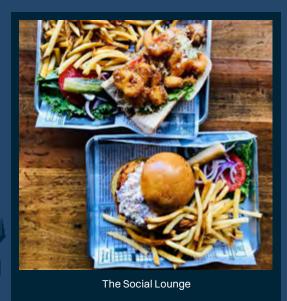
Today, the Limoncello experience remains much the same. Meals are still prepared using the family's generations-old recipes and still end with the namesake liqueur. If you're a first-timer, try the chicken limoncello — egg-dipped chicken in a lemon, white wine sauce, served with lump crab and asparagus.

If Limoncello is family-style Italian, Teca counters with a more modern, small-plate approach and an extensive wine bar. Opened in 2002 by established Delaware Valley restaurateur Alberto Guadagnini and his son Roberto, Teca has been the Borough's go-to place to meet up with old friends. If you can, grab a seat at the lively bar, put in an order for a glass of red and the burrata di Giorno, a shareable plate of fresh house-made cheese. Then leisurely enjoy both while you peruse the rest of the menu.

With a selection of established Italian options and a beer scene filling in, Kooma arrived on Gay Street in 2002 as something different. Bringing an Asian-fusion menu with solid sushi offerings and a modern cocktail menu full of "tinis," it quickly became a hit with residents and West







Chester University students alike. In 2013, Kooma relocated to a larger space on Church Street. With its modern, neon-dotted interior and an expansive bar, it's still a fun place to start out your night in West Chester.

#### SECOND GENERATION

If the early aughts set the core of West Chester's restaurant landscape, the next two decades would be marked by expansion, diversification and closings. Many restaurants would come and go trying to secure their space in the suddenly popular downtown dining scene.

No downtown dining experience would be complete without a steakhouse and martini bar. West Chester got one in 2007. Opened by Sean and Marisa Powell, Pietro's Prime offers steakhouse dining without the pretense. "It's not the white tablecloth thing," Marisa once said in an interview. "If you're looking for that whole stuffy thing, you probably want to go somewhere else." Do try the creamed corn, the espresso martini and any of the richly marbled, premium black Angus steaks.

There are no two ways about it, West Chester loves a good Italian restaurant. The argument may be — don't we have enough already? Then someone comes along with another twist on the iconic cuisine, and we fall in love all over again. As was the case with Mercato Ristorante & Bar, when well-established restauranteurs Alfredo and Barbara Giannaccari opened their rustic take on Neapolitan cuisine in 2014. Try the zuppa di pesce with a slice of tiramisu to finish in the warmth of their stone and wood interior.

In the 2000s, farm-to-table restaurants started to pop up all over the country, anchored by a message of farm-fresh taste and lowered environmental impact. Roots Cafe brought the concept to West Chester. All the products, proteins and produce used by the Gay Street bistro are carefully chosen for sustainability and proximity. Make your midday meal something special with a Roots hot chicken sandwich washed down with a tall glass of house-steeped passion berry iced tea.

When The Social Lounge first came to West Chester, it was hard to separate the potential of the new venue from the ghosts of West Chester restaurants' past. Owner Donnie Moore, who previously operated West Chester's only music venue, The Note, first opened The Social where Spence Cafe once was, then moved to a new location that once housed Doc Magrogan's Oyster House. But, the longer the Social Lounge and Chef Dan Funk's Southern-inspired menu remain in the Borough, the fainter the imprints of the past remain on the rich wood walls.

#### **NEWBIES**

As it passes into its third decade of dining success, West Chester is less a place to take a chance but one where reputations are made. Just look at award-winning Andiario (see "Best of the Best" in this issue). While the Borough is starting to catch the eye of established industry professionals, it's still a place for a chef with a dream.

# Local Charm

There are fine dining, casual dining and grab-and-go eateries. There are high-end lounges, European-style pubs and corner bars for a pilsner and a special. But what makes West Chester unique is places that refuse to be typecast.

When Speer Madanat opened Pizza West Chester, he was determined to do things his own way. There would be no website, no phone, no credit cards. Just exceptional pizza. It was a risk that paid off. Buzz around the pizza grew so great, it drew the attention of Barstool Sports' David Portnoy, who drove from Philly to give his popular one-bite review. The result was a solid 8.4 score. "If you know my scale," he told his followers, "you know that's a ridiculously high score."

For the last five years, Miss Winnie's has brought the tropics to West Chester by way of delicious Caribbean cuisine, which is the hallmark of first-generation Jamaican-American Chef Bertie Johnston. If you can stand the heat, order the jerk chicken sandwich with a side of fried plantains for a true taste of the islands.

There are college bars where you drink and college bars where legends are made. Jake's Bar is the latter. Opened in 1938 on the eastern edge of the West Chester University campus, Jake's is the home of \$1 beers and countless stories. Last winter the pub landed in the Final Four of the Barstool Sports Best College Bar challenge. Friday and Saturday nights can get crazy, but midweek, midday all are welcome.

Opened by friends Kostas Botos and Savvas Navrozidis in 2016, Opa Opa brought satisfying portions of homemade Greek staples to the Borough. It was casual dining, and it was a hit. Then in 2019, Opa grew up and became Opa Taverna. Gone was the cliche blueand-white décor. In its place were elegant, neutral tiled walls, fully operational floor-to-ceiling windows, and some of the region's best Pan-Hellenic dishes. Get started with the pikilia spread, a three-sauce sampler served with freshly baked pita, as you take in the menu.

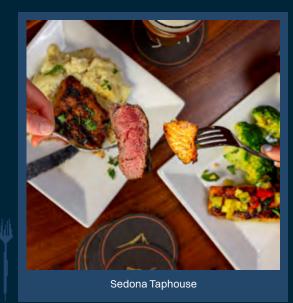
After years of leading the kitchens of top area restaurants like Dilworthtown Inn and Duling-Kurtz, Chef Josh Taggert decided to take a chance on his own talents, opening a farm-to-table BYOB in the heart of town. Specializing in seasonal cuisine served in a warm, rustic environment, Mae's likes to treat you to a personalized meal. Go anytime, but in the spring, when the weather warms, dining spills out into the street, where dressed-up picnic tables greet guests amid a fountain backdrop.

If Mae's and Opa Taverna represent West Chester's entrepreneurial spirit, Sedona Taphouse is among a new breed of established restaurants being drawn to the Borough. The 16th location from the Virginia-based chain, the West Chester Sedona is spacious and comfortable, with large windows, roomy leather booths and a view into the kitchen. While "chain" can be a dirty word in a town like West Chester, there's something to be said for consistency of quality. Open a year, Sedona Taphouse has quickly become one of the toughest reservations in the Borough.

Much like Sedona, Stove & Tap is another new restaurant whose reputation proceeded its arrival. Co-owners Justin Weathers and Matt Moyer opened their first Stove & Tap in Landsdale in 2016,



Mae's



Stove & Tap

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Levante Brewing Company



Más Mexicali Cantina

and another in Malvern. Situated in the spacious former home of Landmark Bar and Grill on the corner of West Gay and South Darlington Streets, Stove & Tap serves farm-to-table pub fare amid a rustic American backdrop. Try their famous deviled eggs to start.

#### **BARS AND PUBS**

Home to West Chester University, the Borough is also known for its lively bar scene. It's a reputation that can be off-putting to those not seeking a techno-dance beat and a drink special. But, don't worry. If you know where to look, West Chester has an option for everyone.

Yes, West Chester had early pioneer Iron Hill, but by 2015, it had lost much of its craft brew cred. Enter Eric Santostefano and Tim Floros, founders of Levante Brewing Company, outside the downtown area. Over the years, Levante has refined its recipes and pushed the limits of what you can do with beer. You probably know Cloudy & Cumbersome, their popular NEIPA. So, settle into their lowkey Carter Drive taproom with a Philly Twist, a pilsner ode to our neighboring city, while you discuss your next selection with your knowledgeable bartender.

Is there a more universal symbol for hearty food, drink and a laugh than an authentic Irish pub? Opened in 2003, Kildare's Irish Pub has played that role in the Borough for the last two decades. Designed and built in Ireland, the bar was literally shipped to Gay Street from overseas and reassembled. Come for soccer matches, a perfectly poured Guinness and a lively debate over who has the best backfield in the EU.

If there's no better place on a cold winter evening than Kildare's rich mahogany bar, on a Saturday in the summer, Más Mexicali Cantina's rooftop with a pitcher of margaritas is where you want to be. With strings of lights and a bird's-eye view of downtown, it's become a seasonal destination without match. Opened in 2009, Más specializes in modern Tex-Mex fare to go with your tequila-infused sunset watching.

No tour of the West Chester pub scene would be complete without a trip to Barnaby's of West Chester. With seven bars and 50 TVs, it's a great (and sometimes only) place to catch a game on a Sunday afternoon. It's also a good place for celebrity spotting. Over the years, Philly greats such as Cole Hamels, Roy Halladay and Jayson Werth have all been seen there.

And if you like all kinds of beer, you'll like Side Bar & Restaurant. Featuring nearly 200 different beers to choose from, Side Bar offers one of the most extensive craft beer menus in the Borough. With three bars on two floors and a relaxed vibe, Side Bar aims to be your neighborhood bar. A place as they say, "where everyone knows your name." And at that, they succeed.

And those stories are just a few of the reasons we love West Chester dining and think you will, too! ◆

Cara Corridoni lives in West Chester and is a huge fan of the Borough. She writes the weekly e-newsletter, "Hello, West Chester."





# Other Dining Options in West Chester

#### **BREAKFAST, LUNCH AND MORE**

Blazin' J's (39 W. Gay St., Blazin Js.com) serves fresh, spicy chicken with different degrees of heat to cater to every preference.

Buddy's Burgers, Breasts & Fries (11 W. Gay St., BuddysBBF.com) makes great burgers, boardwalk-quality fries, chicken sandwiches and thick milkshakes.

The Couch Tomato Café (31 W. Gay St., The Couch Tomato.com) offers soups, sandwiches, pizza and snacks that are organic, all-natural and non-GMO.

FIRE Nashville Hot Chicken (126 E. Gay St., FireHotChicken.com) serves everything from Nashville's hot chicken wings to desserts from family recipes.

La Baguette Magique (202 W. Market St., MagicBaguette.com) is a traditional French bakery and café with handmade breads, pastries, desserts and more.

Lorenzo and Sons Pizza (27 N. High St., LorenzoAndSons.com) is known for their giant slices of pizza, extra large pies, specialty sandwiches and more.

Love Again Local (18 S. Church St., LoveAgainLocal.com) serves plant-based, healthy food—vegan, GMO-free meats, cheeses and Love Chunk Vegan Cookies.

Market Street Grill (6 W. Market St., MarketStreetGrillWC.com) is a popular breakfast & lunch café getting raves for avocado omelettes and breakfast burritos.

Nudy's Café (300 W. Market St., NudysCafes.com) is a crowd-pleasing local breakfast and lunch chain with tons of choices.

Penn's Table (100 W. Gay St., PennsTableRestaurant.com) serves breakfast and lunch in a warm, comfortable atmosphere.

Poke Bros (124 E. Market St., EatPokeBros.com) serves sushi-grade fish and farm-fresh veggies in an authentic Hawaiian poké bowl.

Rize Pizza (124 E. Market St., RizePizza.com) offers the "Rize"-style crust, light and airy with a toasted sesame seed bottom. Plus sandwiches, salads and more. Turk's Head Café (111 N. Church St., TurksHeadCoffee.com) pours espresso shots, nitro cold brews, coffee and teas, smoothies, frappes and serves baked goods.

#### AND FOR DINNER ...

Andiario (106 W. Gay St., Andiario.com) is an award-winning, intimate restaurant offering a focused and evolving menu celebrating the best local ingredients.

#### INTERNATIONAL CHOICES

La Scala's Fire (40 W. Gay St., LaScalasFire.com) coming soon, offering woodfired Italian classics with a modern twist.

La Tartine (109 W. Gay St.) has everything from crepes to falafel and from

The Mediterranean (150 W. Gay St., TheMedWCPA.com) is a comfortable BYOB known for authentic ethnic dishes.

Pho Life (237 E. Gay St., PhoXuaNoodles.com) specializes in pho, banh mi, spring rolls, egg rolls, Vietnamese coffee, black bubble milk tea and more.

Rai Rai Ramen & Hawaiian BBQ (124 E. Market St., On Facebook) serves ramen noodles and Hawaiian barbecue (as its name suggests).

Santino's Tap & Table (40 E. Market St., Santinos Tap And Table.com) offers fine Italian cuisine with outdoor seating and take out.

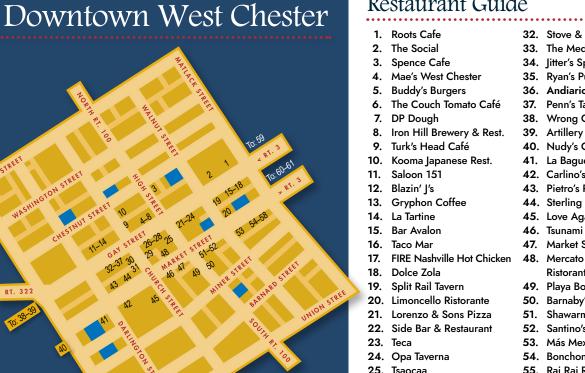
**Taco Mar** (122 E. Gay St., TacoMar.com) offers delicious Mexican food in three convenient ways: Burrito Bar, Taco Stand and Baja Grill.

Tsunami Bistro (10 W. Market St., TsunamiBistro.com) serves Japanese and Thai cuisine in a casual environment.

See the 2023 Dining Guide in this issue and our website, CountyLinesMagazine.com for more local dining destinations.

### Restaurant Guide

30. Slow Hand



Parking Lot or Garage



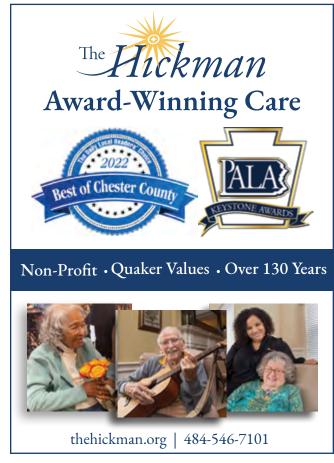
32. Stove & Tap

33. The Mediterranean

35. Rvan's Pub & Restaurant

34. Jitter's Sports Bar







**COUNTY LINES** 



#### A TRIBUTE TO FOODS THAT NOURISH US FROM THE INSIDE OUT

Alyssa Thayer

HENEVER I SEE COMFORT FOOD ON A menu, it's often accompanied by some version of mac 'n' cheese or chicken pot pie. While these are undeniably delicious, they're not necessarily my comfort foods. For me, no matter the time of day, season or meal, my go-to is fried egg and rice. For my husband, it's perfectly crisp sourdough grilled cheese. As

a rule, comfort foods tend to be unpretentious, simple to make and deeply satisfying.

The interesting thing about the category of "comfort food" is it isn't one size fits all. It's uniquely suited to each individual. It's the foods we turn to when we're in need of respite, in search of celebration, or feeling a little under the weather. They are a full sensory experience of smells and flavors that evoke "home" and the people who've cared for us along the way.



I recently spoke to a fellow foodie friend on her 42nd birthday and asked her how she was celebrating. She laughed and said, "I've asked my mom to make me turkey meatballs. I just love them — she used to make them for me when I was little."

For many of us, food memories transcend time and space. Just one whiff of cinnamon and apples and I'm standing on a chair stirring applesauce in my childhood home. One bite of sweet potato casserole



Alyssa and Baya eating popcorn out of recycled yogurt containers

and I'm sitting on a vinyl banquet watching the 49ers with my dad. The power of these memories comes from their associations. They evolve way beyond just delightful dishes to become living tributes to all that we hold dear.

While everyone's discrete web of lineage and

memories ultimately defines their comfort foods, there seem to be a few that are universally accepted. Most cultures have some version of grandma's chicken soup. No matter whether it came from a Nonna, an Abuela or an Oma, whether it was veggie broth, bone broth or anything in between, the sentiment remains the same. My grandma's signature was a salty chicken broth poured over fluffy little homemade matzo balls. The combination was divine, like a steaming hot bowl of pure love.

With each chapter of our lives comes a changing set of circumstances: new people, new jobs and new communities. When things feel foreign and unfamiliar, these recipes become wells of comfort we can dip into at any time.

Whenever I got a cold as a child, my mom would bring me umami-filled miso soup. And to this day, if I start to feel a sore throat coming on, I check the fridge to ensure I have a good supply of red miso paste. During the chillier months, I make this soup for my husband and add rice noodles for my kids, which they slurp up like noisy little piglets. In this way, the tradition and recipe live on. And perhaps one day when my boys are older, they, too, might comfort someone they love with their own rendition of the dish.

Often, my food memories are sparked by a time of year. A crisp autumn day with a hint of wood fire in the air tells me it's time to

put tamale pie on my menu. And during dark winter months, I find solace in buying a big bright box of clementines, reminding me of days spent on the ski mountain with my grandfather. We would pack our lunch of fresh bread and cheese into his "rucksack" and punctuate each meal with segments of juicy sweet clementines and hunks of dark chocolate.

One of my favorite parts about writing this column over the last few years has been hearing about family traditions and tastes of home, from my very first article in County Lines about Mariella Frazier of Heritage Flour Baking Company, who began her business by recreating the Maltese pastries she so fondly remembered from her youth, to my recent article with Denise Schatz of Aunt Mamie's Italian Specialties, who spoke of her grandmother's special "Sunday Sauce," which was always simmering away on the stove when she visited. Both these women, as well as countless others, were inspired by the power of food to heal us, bring us together and ground us in our heritage.

As we turn the page into the fresh New Year, let's find comfort in the foods that nourish our souls and the openness and pride to share them with others. We don't all have to love the same foods, but beautiful things happen when we get around the table!

#### Recipes

Here are three wonderful recipes to try. Each has its own origin story and has been made countless times for family and friends. Try them, share them and make them your own!

#### **Hippy Pop**

Growing up, my life was pretty simple and pretty analog. Long before it was trendy, my family ate from the land and cooked from scratch. We didn't have a microwave or a dishwasher, you'd be hardpressed to find processed foods lying around and our pantry staples came from the bulk bins at the local health food store.

Often, making the food was as much of an activity as eating it —



Hunter learning to grate cheese



Gavin and Hunter try nutritional yeast on popcorn

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from pressing our own tortillas to rolling our own sushi to popping our own popcorn on the stove. So, while most of my friends were unwrapping bags of butter-flavored popcorn and tossing them into the microwave, we were measuring kernels into a cast iron skillet and shaking it over a flame until the popping had stopped. After the popcorn was popped, we would top it with tamari and nutritional yeast (also not your typical household ingredients at this time) and enjoy it one heaping handful at a time.

Recently, I found a recipe from the New York Times for a similar dish called "hippie popcorn." It made me chuckle and think my mama had been onto something, just ahead of the times.

#### Serves 3-4

- ½ C. popcorn kernels
- 2 T. high heat oil (coconut, canola or avocado work well)
- 2-3 T. tamari
- 3 T. nutritional yeast (plus more as you go)

Warm a heavy-bottom pan or skillet over medium-high heat, add oil and wait for it to start to simmer. Pour in your kernels and place a lid over the pan.

Note: If you're like me and don't have a perfect fitting lid for your cast iron pan, don't worry. It doesn't need to be a tight seal; it just needs to cover the pan enough to keep the popcorn from flying out.

As you begin to hear the popping, start to carefully shake/agitate the pan. This will help the kernels heat evenly and ensure they're not burning on one side.

The popping will increase and then finally peter out after a few minutes.

Once the popping comes to a halt, carefully remove lid and transfer the popcorn into a large bowl.

Note: It's not uncommon for there to be a few final rogue pops that send things flying (this always makes me jump and gets full belly laughs from my kids). It's all part of the fun.

Carefully drizzle tamari over top and sprinkle nutritional yeast all around. Toss until well coated. Try to spread the tamari out when pouring, otherwise you'll have a few pieces that are extremely salty and the rest with no flavor.

I often do a few cycles of flavoring, tossing and eating as I go.

And if you'd like to add a little melted butter or oil to help the nutritional yeast stick to your popcorn, go right ahead. There are no hard and fast rules, as long as you devour it contentedly in front of a favorite flick.

Air Popper: If you happen to own a super cool air popper, you can make the popcorn that way and simply top it with the tamari and nutritional yeast after.

#### Yellow Springs Farm — Ricotta Ravioli

This ricotta ravioli pays homage to our Sicilian grandparents, our travels to Sicily, and the steamy days spent producing goat milk ricotta at Yellow Springs Farm. We prepare it with a cherished wooden board made for us by family now passed. The picture shows part of the process of how we make it. It takes a while, but it's totally worth it!

> ~ Catherine Renzi, former cheese maker and owner of Yellow Springs Farm

#### Serves 4

#### For the ravioli filling:

- 1, 1b. fresh goat milk ricotta, drained overnight if wet Pinch of freshly grated nutmeg
- 1 tsp. freshly grated lemon zest (from about half a lemon)
- 1 C. freshly grated Parmigiano-Reggiano, plus more for serving
- 1 large egg, plus 1 large egg lightly beaten with 2 T. water Salt and freshly ground black pepper

#### For the ravioli dough:

- 3 C. all-purpose flour (Tip: 00 flour makes a softer, tender pasta)
- 2 large eggs
- 2 egg yolks
- 1 T. olive oil (optional)



#### Step 1: Make the filling:

In a large bowl combine ricotta, nutmeg, lemon zest, cheese and one beaten egg. Season to taste with salt and pepper, stir well and set aside.

#### Step 2: Make the dough:

Mound the flour on a clean work surface, such as a wooden board, and create a well in the center. Place eggs, egg yolks and oil (if using) in the center. Using a fork, whisk the eggs and oil together and slowly start dragging the flour into the egg mixture. Knead by hand until all the ingredients are well combined and the dough is smooth and elastic, about 10 minutes.

Alternatively: Place all the ingredients in the bowl of a stand mixer fitted with a dough hook. With the mixer on medium speed, knead the dough until smooth and elastic, about 5 minutes. Wrap the dough in plastic wrap or place it in a covered bowl and let it rest at room temperature for at least 30 minutes.



#### Step 3: Roll out the pasta:

Set up a pasta machine and turn it to the largest opening. Cut off pieces of dough about the size of an egg. Working with one piece of dough at a time, roll the dough into sheets about 1/8-inch thick. You can also use a floured wooden rolling pin.

#### Step 4: Assemble the Ravioli:

Lay one pasta sheet flat on a lightly floured work surface and determine approximately where the halfway point is lengthwise. Use a pastry brush to lightly wet half the dough with the remaining egg (lightly beaten with water). Spoon mounds of the filling, about 2 teaspoons each, onto half of the wet side of the dough, leaving about a half inch between the mounds. Fold the dry half of the sheet over lengthwise to cover the filling.

Press the pasta sheets together to seal the edges around the filling and press out any excess air. Use a pastry cutter or knife to cut individual ravioli. As you cut out the ravioli, place them on a plate or baking sheet sprinkled with flour to keep them from sticking. Repeat with the remaining pasta and filling.

#### Step 5: Cook the Ravioli

Bring a large pot of salted water to a boil. Add the ravioli all at once and stir a few times to submerge and separate them. Cook uncovered at a gentle boil until the pasta is just tender to the bite, 2 to 3 minutes.

Remove the ravioli with a slotted spoon when ready. They will break easily if you use a sieve or strainer.

Drain the ravioli thoroughly and serve with desired sauce. You can top it with a fresh tomato sauce or browned butter and sage with grated cheese.

#### **Kimberton Whole Foods** White Bean and Kale Soup

Wonderfully warming and filling, this soup came about when my son, Colin, and I were trying out different soup recipes in the cafe, and he perfected this to be a customer favorite.

When our five children were young, the vegetables in our garden would always get put to good use in a big pot of soup to enjoy around the family table. I truly enjoy making soups and stews. The delicious aromas fill the whole house and provide such a comforting meal. We are happy to share this recipe with you.

> -Pat Brett, co-founder of Kimberton Whole Foods and co-author of the Kimberton Whole Foods Cookbook with Courtney Diener-Stokes

#### White Bean and Kale Soup

Featured in the Kimberton Whole Foods Cookbook: A Family History with Recipes (Hickory Grove Publishing).

#### Serves 8-10

- 2 C. dried white lima beans, soaked and drained
- 2-3 T. extra virgin olive oil
- 1 large yellow onion, chopped small
- 2 C. celery, thinly sliced, including some leaves for extra flavor
- 4 small carrots (or 2 large), sliced into coins
- 6 C. water or vegetable broth
- 1 T. Himalayan pink salt, plus more to taste
- 1 tsp. freshly ground black pepper
- 1 whole nutmeg, grated or 1/2 tsp. dried nutmeg
- 1 bunch of curly green or Lacinato (or Tuscan) kale, stripped from stems and sliced in ribbons

Begin by soaking the dried lima beans overnight or for at least

In a large stockpot, heat a thin layer of olive oil over medium heat. Add onions, celery and carrots and cook for about 5 minutes, until softened but not browned. Add water or broth, lima beans, salt and pepper. Grate in about half of the whole nutmeg. Bring to a boil, stir well, and reduce heat to simmer.

Check soup at 15-minute intervals, stirring occasionally, until the

beans are soft to the bite. Add kale and more salt to taste. Stir well and simmer for another 15 minutes.

Grate a bit of fresh nutmeg over top of soup when you serve for extra aroma and flavor.

Alyssa Thayer found her love of food at an early age, frolicking around her mother's organic farm and eating her weight in berries and snap peas each summer. She is a self-proclaimed urban farm girl, whose mission is to bring inspired ideas to life, passionate people together, and good food to every table. This is her last column.



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