

Bistro Danielle dishes up cash for Relay for Life



Bistro Danielle is the featured restaurant for Taste of Tahoe starting today. The Zephyr Cove restaurant will be donating 5 percent of its proceeds from now through May 29 to the South Lake Tahoe Relay for Life.

To make reservations, call (775) 586.1070.

To learn more more about Taste of Tahoe, [click here.](#)□

EDC seniors may qualify for farmers' market coupons

By Carlos Alcalá, Sacramento Bee

Seniors who meet income requirements can pick up \$20 farmers' market coupons at senior centers in Placerville and South Lake Tahoe.

The USDA coupons can be used for fresh fruits, vegetables and herbs at Certified Farmer's Markets and are distributed through the El Dorado County Department of Human Services.

Read the whole story

K's Kitchen: Hiker's veggie sandwich

By Kathryn Reed



For whatever reason, I seldom eat sandwiches. But I really like them. I may be on a roll, so to speak, since I've had one each of the last two weekends.

A week ago I had one of my favorites with my mom – avocado, tomato and lettuce on multigrain bread. I never get tired of this combo. Sometimes I add cheese. Mustard is usual.

Long ago I stopped putting mayonnaise on sandwiches. At some point I figured out the condiment is not the healthiest of choices. The other reason mayo can be bad is when the sandwich can't be kept chilled – like on a hike.

I was reminded of this last weekend as I was preparing food to take with me on a hike with friends. The plan was to stop for lunch along the way. Instead of bringing my normal sticks and twigs to snack on I decided to create a unique sandwich.

The night before the hike I steamed a little asparagus. I left it out overnight to cool, wanting it at room temperature and not chilled.

Because it wasn't a hot day I knew cream cheese would fine. I wouldn't use it if I were hiking in the middle of summer or lived someplace with a warmer climate. Low fat cream cheese tastes fine and means I don't have to hike as far to burn off the calories.

I put on one layer of roasted red peppers. Next time I'll add more. You could make your own. The jar variety works fine for me.

A flavorful cheese meant not needing to season the sandwich further. I think more slices would have overpowered the other ingredients.

Hiker's Veggie Sandwich

1 sourdough roll

3 cooked asparagus spears, cut in thirds

Roasted red peppers

Cream cheese

3 slices cheddar horseradish cheese

Steam asparagus until tender. This should take just a few minutes. Let cool.

Cut roll in half – just to make it easier to eat and for sharing. Put as much cream cheese on as you like. Layer with asparagus so it covers the bottom of the roll. Top with roasted red peppers. Add slices of cheese.

LTCC students preparing lunch for the public

Lake Tahoe Community College culinary arts students will be preparing three-course lunches to be served in the college's Creekside Room on Wednesdays from May 26 through June 16 from noon-1pm.

These lunches are open to the general public, but there is limited availability and reservations are required. To make a reservation, e-mail Culinary Arts instructor Steve Fernald at fernald@ltcc.edu or call Christina Proctor at (530) 541-4660, ext. 334.

The lunches are \$10.

Farmers' markets about to open in Lake Tahoe Basin

By Kathryn Reed

Farm fresh produce is headed to Lake Tahoe as the annual farmers' market season begins.

Tahoe City gets things going May 27 at Commons Beach. The 8am-1pm market is every Thursday through September.

South Lake Tahoe's market opens five days later – June 1 – in the parking lot of the American Legion on Highway 50. It, too, goes from 8am-1pm. The Tuesday event will run through Oct. 5.



Jim and Lois
Coalwell are
ready for
another season

to begin June
1 in South
Tahoe.
Photo/Kathryn
Reed

“It’s been cold down here so things are slow,” Jim Coalwell, who runs the South Lake Tahoe certified market, told *Lake Tahoe News* on Monday. He and his wife, Lois, run the Red Shack in Placerville. “We had a couple bouts of hail which probably did do damage.”

Coalwell has heard 30 percent of the cherry crop in El Dorado County has been damaged from the winter that won’t end. Some of the pears will have brown spots from the weather. They may not be pretty, but the flavor will be there, he said.

It is possible peach season will be delayed because the temperatures have been cool. Still, it’s peaches, cherries and greens that are expected to dominate the booths on opening day.

Vendors come from as far south as Fresno to sell their goods in Tahoe.

The South Tahoe market has room for 25 growers. However, several of them take two booth spaces.

“Because of the economy people are trying to get into farmers’ markets,” Coalwell said.

He has been fielding calls from all over the state from people wanting to get into the six markets the El Dorado County Certified Farmers Market Association puts on. The Placerville market opened May 15. New this year is one in Folsom.

Growers aren’t sure what to expect from the clientele in Tahoe. On the South Shore the numbers were down in 2009 compared to other years.

“It didn’t seem to have the enthusiasm it’s had. We had our regulars, but it didn’t have as much of a community event type feel,” Coalwell said of the market last year. “I think people were hurting.”

With the unemployment rate in the city nearing 18 percent, it’s likely people may not be shopping for fresh, farm grown produce like they have in the past. Plus, the population seems to keep dwindling.

Another 19 spaces in South Tahoe are for prepared food and other vendors. Bread, cheese, tamales, lavender, jams-jellies, salsa, fish, kettle corn, pottery, photography – all will be available.

Market organizers are going to help with the plastic bag conundrum. Coalwell has bags that say “please reuse” on them. A barrel will be at the market for people to recycle their bags.

The Foothills Farmers Market runs the Tahoe City market, as well as the one in Tahoe Donner on Tuesdays; and the Thursday markets in Truckee and Kings Beach.

Sushi Pier steps up as Taste of Tahoe’s featured restaurant



As the Taste of Tahoe featured restaurant this week, Sushi Pier will donate a portion of sales through May 22 to South Lake Tahoe Relay for Life and the American Cancer Society.

Sushi Pier welcomes people to visit Tahoe's newest sushi restaurant for all-you-can-eat sushi and 2-for-1 drink specials from 2-6pm to support the fight against cancer.

Sushi Pier is at 177 Lake Tahoe Blvd., Stateline.

Click [here](#) for more details, a schedule of events and a list of the generous business, media and restaurant sponsors.

Yacht Club cookbook provides cash to Tahoe charities

South Lake Tahoe Yacht Club's first publishing endeavor is "Our Favorite Recipe Book".

The purpose of this project is put the group's recipes into an easy to use collection, while supporting local charities. All profits this year will be directed to the Lake Tahoe Boys & Girl's Club, CASA and the South Lake Tahoe Women's Center.

The Yacht Club has a number of gourmet cooks as well as professional restaurant owners who have contributed recipes to the book. These include favorites from Evan's, Nepheles, Tep's Villa Roma and the Cantina.

The request to members was for "special" recipes. Many have been passed down through generations.

The pages are printed in black and white and color, with a focus on the natural beauty of Lake Tahoe. The original drawings by local artist and club member Nancy Farmer add to the recipe pages.

Cookbooks are \$20. For information on ordering copies of

“South Lake Tahoe Yacht Club; Our Favorite Recipes!” e-mail sharonlschultz@charter.net, or tahoekahler@aol.com or call Sharon at (530) 545.0065 or Jerry at (530) 541.1120. Contact information is also at www.SouthLakeTahoeYachtClub.com, select RECIPE BOOK.

Slice of profits from Brook's Sports Bar help fight cancer

Time is running out to participate in the initial week of Taste of Tahoe.

Brook's Sports Bar at Edgewood Tahoe Golf Course in Stateline is donating 10 percent of its proceeds through May 15 to the South Shore's Relay for Life.



Dining at Brook's Sports Bar benefits Relay for Life.

Photo/Provided

Relay for Lifes occur all over the country as a way to raise money for the American Cancer Society.

Click on schedule to find out which restaurants are participating and when.

Relay for Life is Aug. 7-8 at Kahle Community Park in Stateline.

Backyard Brawl celebrity chef event in Reno

By Mel Shields, Sacramento Bee

Celebrity chef Charlie Palmer will host his version of “Top Chef” next weekend at the Grand Sierra Resort, in which he operates three restaurants. Napa’s Backyard is a culinary event celebrating the Sierra’s easy access to wine country.

Charlie Palmer Group chefs will battle it out in several events and contests that will allow guests chances to toast and taste.

The Backyard Brawl, from 6-9 p.m. Friday in the Summit Pavilion, is a tasting matchup to award the best pairing of wine and food. Vintages of 60 Northern California’s wineries will be paired with 20 dishes created by Palmer chefs.

There will be people’s choice and media top pairing awards (\$60).

Read the whole story

Edgewood's sports bar kicks off Taste of Tahoe



As the Taste of Tahoe featured restaurant this week, Edgewood Brooks Bar and Deck in Stateline will donate 10 percent of sales through May 15 to South Lake Tahoe Relay for Life and the American Cancer Society.

Edgewood welcomes everyone to enjoy the new menu and fire pit. Join friends, family members, coworkers and neighbors for food and drinks and to support the fight against cancer.

Visit www.RelayForLifeTasteOfTahoe.com for more details, a schedule of events and a list of business, media and restaurant sponsors.