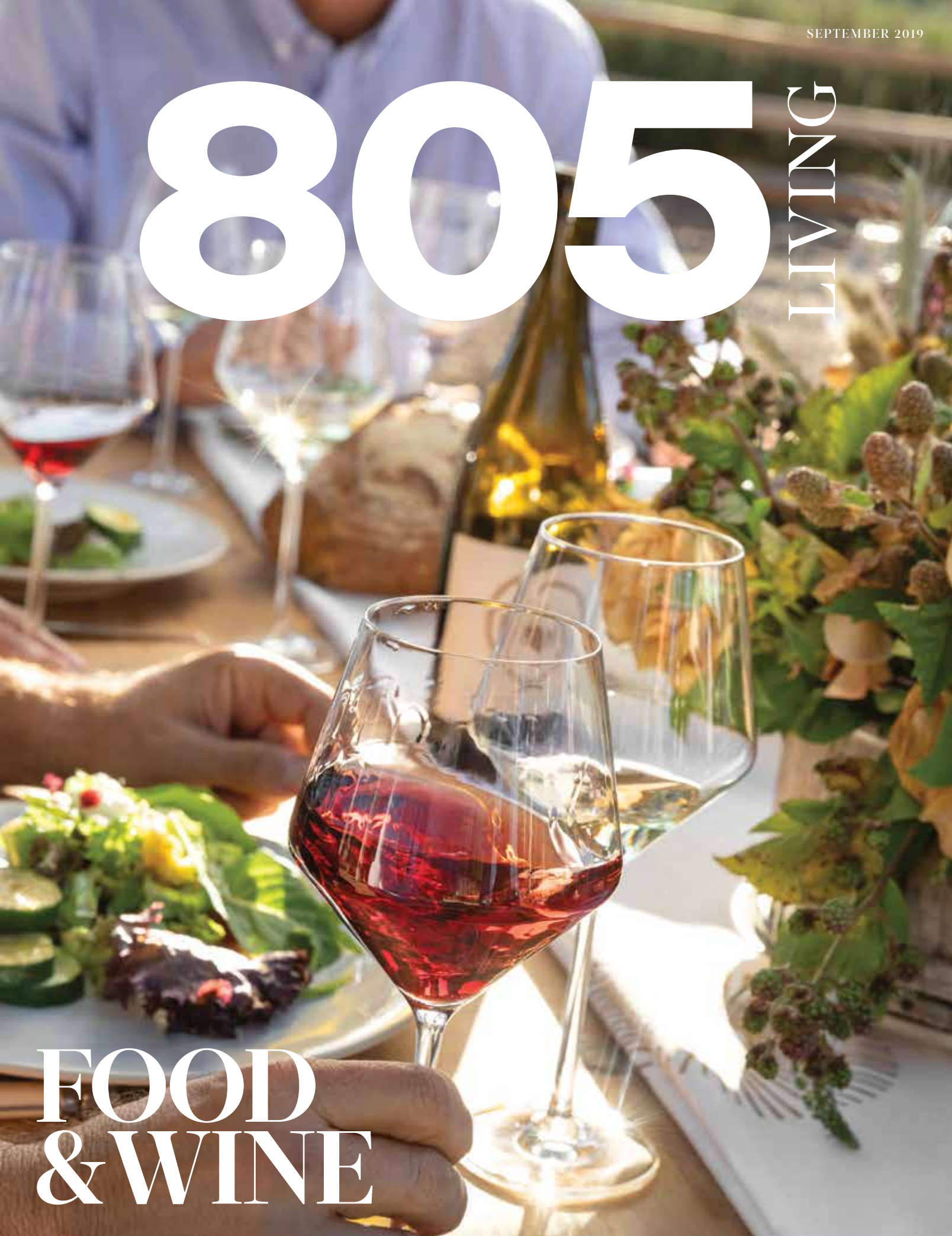


805

LIVING

FOOD
& WINE



Pulse

TRACKING THE BEAT OF THE 805



GROWTH EXPERIENCE

Urban agriculture is having a field day at **Funk Zone Farm** (Instagram: @funkzonefarm) in Santa Barbara, which opens its farm stand on the first and third Saturdays of each month in the Funk Zone. “The response has been nothing short of heartwarming,” says Carter Hallman, who runs the farm with Sami Weiss. The couple share a background deeply rooted in food and wine and a “passion for quality grown food and how food affects our environment, health, and culture,” says Hallman.

Created on unused land surrounding the Funk Zone’s Green House Studios artists’ workspace, the farm—which produces a wide variety of veggies, fruits, and flowers—comprises 30 raised beds and a small

greenhouse and involves 50 tons of soil and 30 tons of compost.

“We are hoping to influence and educate more people on what local really means on the Central Coast, how good farming affects flavors and nutrients in crops, and how good farming greatly affects our environment,” says Hallman.

“The biggest response is how joyful people look when they leave the farm. They share how we’ve inspired them to start their own backyard gardens [and] how they come back week after week to watch the crops grow, creating a connection and a newfound appreciation for what they’re eating.”

—Leslie Dinaberg



EGGS OVER EASY

“It’s Easter every day around here,” says Hayden Clark, founder of **Cluck Farms** (cluckfarms.com), the Ventura County-based home to 2,000 very happy chickens, who spend their days running around outside, bathing in the dirt (they like that), and feeding on grass, fresh fruits, and vegetables.

The 23-year-old entrepreneur started his fresh-egg delivery business last spring and personally brings the naturally pastel-colored beauties to individuals and businesses from Los Angeles to Santa Barbara. “Local word of mouth has been great,” says Clark. “I really try to over-provide service and sometimes even give my customers extra eggs to share—and suggest they go meet their neighbors.” —L.D.



PUPPY LOVE

Are robot puppies the next frontier in dementia treatment? **Tombot, Inc.** (tombot.com) working with experts from Jim Henson’s Creature Shop has created a realistic robot companion that may help improve the quality of life for a senior who can no longer care for a pet.

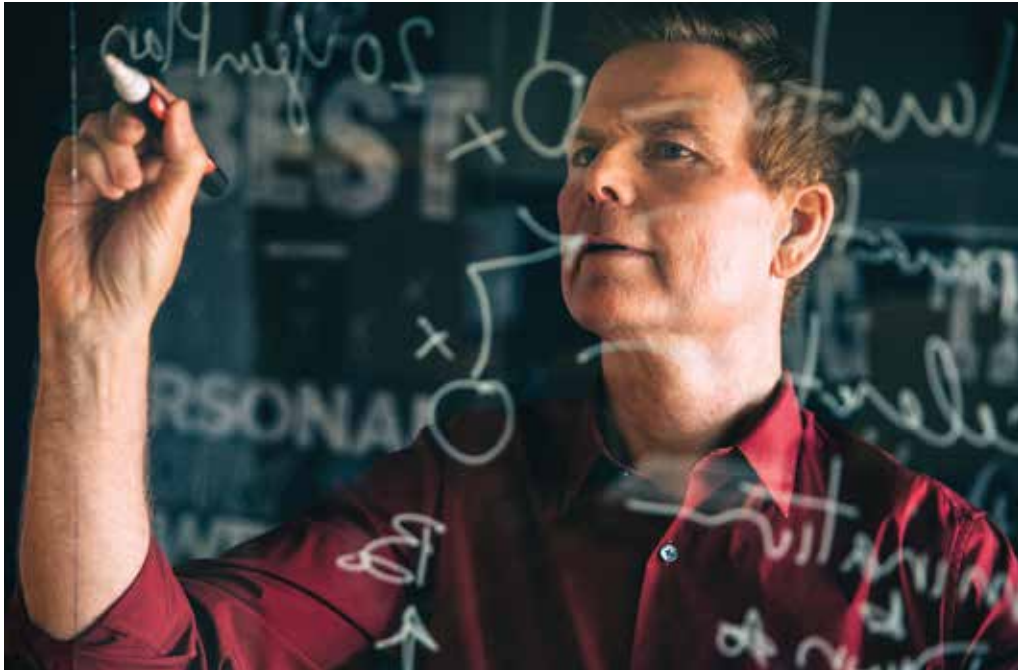
“Seniors in general and particularly seniors with dementia have been ignored by the tech world,” says Westlake Village-area resident Tom Stevens, founder and CEO of Tombot. Inspired in part by his mother’s battle with Alzheimer’s disease and subsequent need to give up her beloved dog, Stevens and his team have concluded a successful Kickstarter campaign and are now ruggedizing the design specs to ship their first robotic dogs in August 2020. The basic model bot costs \$450. With the World Health Organization reporting nearly 10 million new cases of dementia every year, the future looks bright for helping seniors with a new kind of puppy love. —L.D.

SPRITELY SPINS ON THE BLOODY MARY



The whimsically named **Fairy Blood Gourmet Bloody Mary Mix** (fairybloodmix.com) projects a sense of fun, but the owner of the brand, De Lonnie Kelly, is serious about the quality of his products. After growing up in Fullerton, Kelly started his business in Philadelphia and moved back west to Ventura in 2018. “It’s the perfect spot for allowing me to develop relationships with the farmers,” Kelly says.

Made in Ventura from locally sourced organic ingredients including tomatoes, garlic, onion, celery, and spices, the farm-to-bottle mixes are offered in flavors such as Sweet Hot Fenicx, a sweet-savory blend of roasted garlic, honey, and sriracha, and Bloody Unicorn, with horseradish, jalapeño, and Thai sweet basil. In addition to cocktails, the mixes add zip to marinades, sauces, ceviche, dips, and soups. Don’t miss the September flavor of the month: Voodoo Vindaloo. To sample the mix, order a Bloody Mary at Pacific by NoRu in Ventura. —Nancy Ransohoff



In his new book, *There's No Plan B for Your A-Game: Be the Best in the World at What You Do*, motivational speaker and former NFL player Bo Eason (left and with his family below) encourages others to do what it takes to be unrivaled in what they choose to do.



REACH BEYOND YOUR GRASP

Bo Eason doesn't believe in instant rewards. When the former NFL safety and erstwhile actor steps onto the motivational speaker's stage, he doesn't sugarcoat the hard work needed to achieve a dream. But he sincerely believes that it's possible



for everyone to excel at whatever they want to do. That's the tough-love inspiration he imparts in his new book, *There's No Plan B for Your A-Game: Be the Best in the World at What You Do* (St. Martin's Press, 2019).

Eason, who moved to the 805 area with his wife, Dawn, and their kids a decade ago, draws on his own story as well as the stories of others to encourage readers to set a two-decade timeline and relentlessly put in the preparation and practice to dominate whatever field they choose.

"People think they don't have time," Eason says. "But why not use 20 years to make myself the best at

something—best husband, or parent, or anything?" Also important: going beyond one's comfort zone and building a network of support. As for his goal for the next two decades, Eason aims "to be the best at teaching people to be the best.

"You're not made for mediocrity," he adds. "If you think it's hard to be the best, just try to be mediocre. That's really hard." —Joan Tapper

A book signing and Q&A with Bo Eason takes place at the Barnes & Noble at The Promenade at Westlake, Westlake Village, on September 7 at 3 p.m.



BACK TO BASICS WITH STYLE

For the last few years Ashley Moore, Lauren Malloy, and Emma Rollin Moore, the three women behind Women's Heritage, a Carpinteria organization dedicated to perpetuating skills from decades past, have introduced their followers to homestead-based foods and crafts, delving into topics like brining, herbal lore, weaving, and animal care. Now Malloy and Rollin Moore are broadening their approach and teaming up with the Ojai Valley Inn for a three-day immersive experience in back-to-roots living at the resort's new Farmhouse venue.

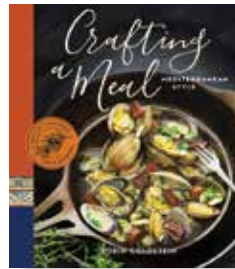
The Ojai Heritage Gathering (ojaivalleyinn.com/farmhouse) "is like having a homecoming," says Rollin Moore. "It's a culinary experience with multiple instructors in a beautiful setting." The 20-plus classes and workshops teach soapmaking, live-fire cooking, spoon carving, keeping backyard chickens, and other skills. "Ojai will take what we do to the next level," she says.

The event is aimed at an audience with an interest in culinary matters and making things by hand, says Rollin Moore. "It's also a getaway. We want to offer a deeper experience for the participants, both men and women," she says, adding that it's an opportunity "to move inside oneself, learn skills from the past, and connect with new people." —J.T.

The Ojai Heritage Gathering takes place October 4 through 6; tickets are \$1,250 and include all meals and classes. Accommodations for the event may be booked at the inn separately, starting at a special rate of \$400 per night.

CELEBRATING MEDITERRANEAN FOODWAYS

Bring a taste of the Mediterranean home with Ojai Valley private chef Robin Goldstein's new cookbook, *Crafting a Meal Mediterranean Style* (M27, September 2019; privatechefrobin.com). "Crafting a meal means



more than just recreating recipes," Goldstein explains. "For me, kitchens are magical places. I love entertaining, and it's a great way to get everyone together for a relaxing evening in the comfort of your own home. Simplified home cook-friendly recipes can be adapted to your tastes and what's in season." Her latest collection includes recipes for busy family weeknights as well as weekend entertaining with shared platters and tapas—foods, Goldstein says, "your guests will truly enjoy."

For this edition, Goldstein handpicked her favorite dishes from the coasts of Spain, the Provence region of France, Italy, the Greek Islands, the Middle East, and Morocco. "Each culinary influence adds another dimension to the whole," she says. She shares this recipe from its pages:

GREEN SHAKSHUKA

Traditionally eggs poached in a spicy chili tomato sauce, this savory green shakshuka is a slightly different take on the classic Middle Eastern dish. In Israel it's breakfast food, a one-skillet recipe of baked eggs to start the day with, a perfect way to celebrate garden greens. Serve it with a pile of pita or challah on the side.

Serves 4

- 1 bunch of leeks, sliced thin (about 2 cups) and washed well
- 2 tablespoons olive oil
- 3 garlic cloves, sliced
- 6 cups washed and chopped mixed kale, Swiss chard, and spinach
- ½ cup chopped fresh cilantro
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh oregano
- 1 teaspoon red chile flakes
- Pinch of nutmeg
- 1 teaspoon sea salt
- Ground black pepper
- 8 eggs
- ½ cup crumbled feta
- 2 tablespoons za'atar spice blend



Shake water off the leeks and sauté in an ovenproof frying pan with olive oil until leeks are soft, about 10 minutes. Add the garlic and cook an additional minute. Stir in the chopped greens and cook until leaves are wilted, 4 to 5 minutes, stirring occasionally. Add the fresh chopped herbs, red chile flakes, nutmeg, salt, and a few grinds of pepper.

Preheat oven to 400°F. In the same pan, create eight nests of greens, break an egg into each well, and top with crumbled feta. Bake for 5 to 10 minutes or until eggs are done to your liking. Scatter with za'atar spices and serve immediately. ♦

—L.D.

Recipe adapted with permission from Robin Goldstein, Crafting a Meal Mediterranean Style (M27 Editions, 2019).