

The following pages celebrate stories of the many brave pioneers who have taken risks to become leaders in the locavore movement. In doing so, they have supported the publication of *Edible Louisville*® & *the Bluegrass* with their precious marketing dollars because they want their message to reach out to you — our wonderful readership.

It is because of their dedicated efforts that Kentucky and Southern Indiana have gained national attention as foodie community, as well as a great place to live.

As you read these stories, we hope you will feel inspired to visit them, thus making an investment in your hometown with your dollars. No doubt you will discover new culinary delights, a few treasures, and make some new friends along the way.



Locally Owned & Locally Grown

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Why Buy Local Food



1 Locally grown food tastes better.

Food grown in your own community was probably picked within the past 24 hours. It's crisp, sweet and loaded with flavor. Produce flown or trucked in from California, Florida, Chile, or Holland is obviously much older. Several studies have shown that the average distance food travels is 1,500 miles in a week long or more delay from harvest to dinner table, sugars turn to starches, plant cells shrink and produce loses vitality. Tasteless but durable Florida tomatoes are the poster child for industrialized produce.



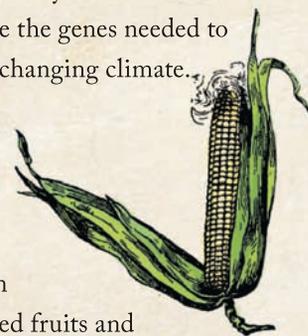
2 Local produce is better for you.

A recent study showed that fresh produce loses nutrients quickly. Food that is frozen or canned soon after the harvest is actually more nutritious than some "fresh" produce that has been on the truck or supermarket shelf for a week. Locally grown food, purchased soon after harvest retains its nutrients.



3 Local food preserves genetic diversity.

In the modern industrial agriculture system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment; for a tough skin that can survive packing and shipping, and for an ability to have a long shelf life in the store. Only a handful of hybrid varieties of fruits and vegetables meet these rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest; an array of eye-catching colors, and the best flavors. Many are heirlooms and these old varieties contain genetic material from hundreds or thousands of years of human selection; they may someday provide the genes needed to create varieties that will thrive in a changing climate.



4 GMO free.

Biotechnology companies have been commercializing genetically modified fruits and vegetables generally by licensing to large factory-style farms. Most farmers serving local farmers markets avoid GMOs. If you are concerned about genetically-modified foods, you can speak to local farmers about the seeds they use. And you can support organic practices in your region, the old-fashioned way as nature intended.



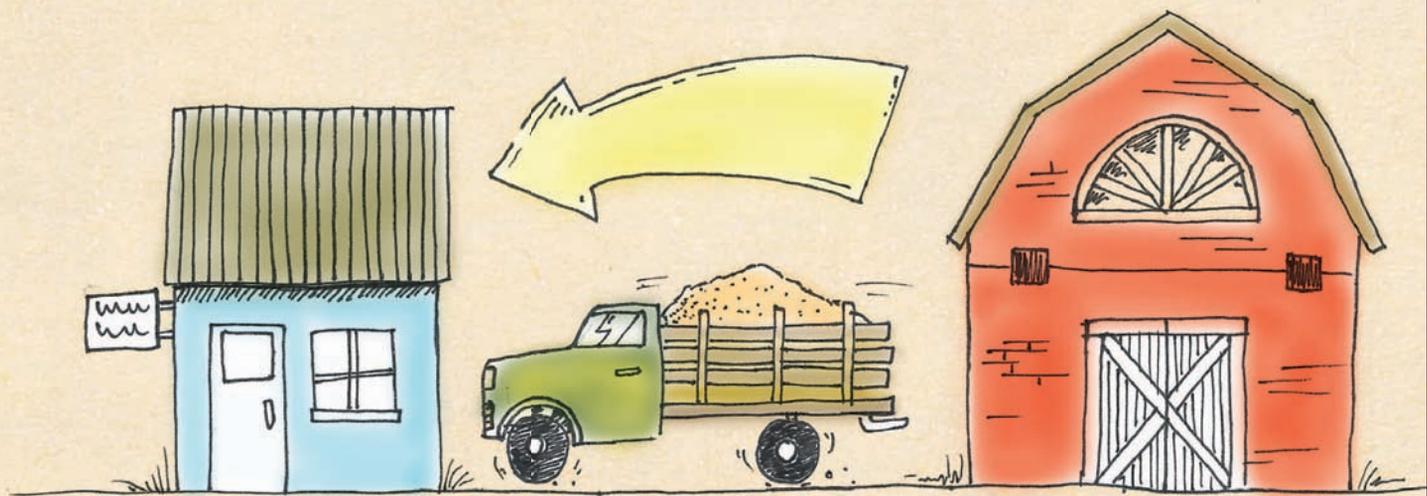


Illustration: Andrew Spalding

5 Local food supports local farm families.

With fewer than one million Americans now claiming farming as their primary occupation, farmers have become a vanishing breed. Commodity prices are low compared to the cost of production. Reportedly the farmer often gets less than 10 cents on the retailer food dollar. Local farmers who sell direct to consumers cut out the middle man and get full retail prices for their food — which means families can afford to stay on the farm, doing the work they love.

When you buy from a local producer, you are not helping to improve the stock portfolio of CEO and shareholders that lives in another state or possibly another country. You are helping someone who lives in your region put food on the table and you help them sustain their family. People who farm are doing it out of passion, not out of a need to be rich.

6 Local food builds community.

When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower. Knowing the farmer gives you insight into the seasons, the weather, and the miracle of raising food. Compare the number of conversations that take place at a farmers market as opposed to shopping at a super-store.

7 Local food preserves open space.

As the value of direct marketed fruits & vegetables increases, selling farmland for development becomes less likely. Appreciate driving out into the country and observing the fields of crop, the meadows of wildflowers, and the picturesque barns. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

8 Local food supports a clean environment.

A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent soil erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help control global warming. According to some estimates, farmers who practice conservation tillage could sequester 12-14% of the carbon emitted by vehicles and industry. In addition, the patchwork of fields, meadows, woods, ponds and buildings — is the perfect environment for many species of wildlife.

Located in downtown's 21c Museum Hotel, **Proof on Main**'s menu is a showcase for the bounty of the Ohio River Valley, featuring Executive Chef Mike Wajda's soulful, ingredient driven food. Fresh, local and seasonal ingredients inspire the ever evolving menu. What cannot be used immediately is pickled or preserved and saved. In addition to partnerships with regional farmers and producers, Proof on Main's unique relationship with Woodland Farm allows diners to eat locally raised heritage meats and to sample the season's best produce. Woodland Farm, located 24 miles east of the restaurant, is owned by 21c founders Laura Lee Brown and Steve Wilson. Preserving the farmland of Kentucky and bringing heritage foods back to the table are among the couple's greatest passions. Brown and Wilson collaborate with Wajda to provide the restaurant with sustainably grown heirloom fruits and vegetables, heritage breed chickens, and Hereford and Mulefoot hogs. The farm is also home to the couple's sustainable bison operation, Kentucky Bison Company, which supplies Proof on



Photo: Magnus Lindqvist

Main and other restaurants around Louisville with hormone-free, grass-fed bison. To complement the culinary creativity, Proof on Main's signature cocktail list includes original recipes inspired by the season (and sometimes Current Exhibitions), using fresh juices, inventive infusions and

house made tonics. Proof on Main's spirit collection emphasizes small batch, artisanal craftsmanship from around the world and includes an impressive selection of more than 120 of Kentucky's finest Bourbons, some bottled exclusively for Proof on Main as part of the 21c Selects private spirits program.



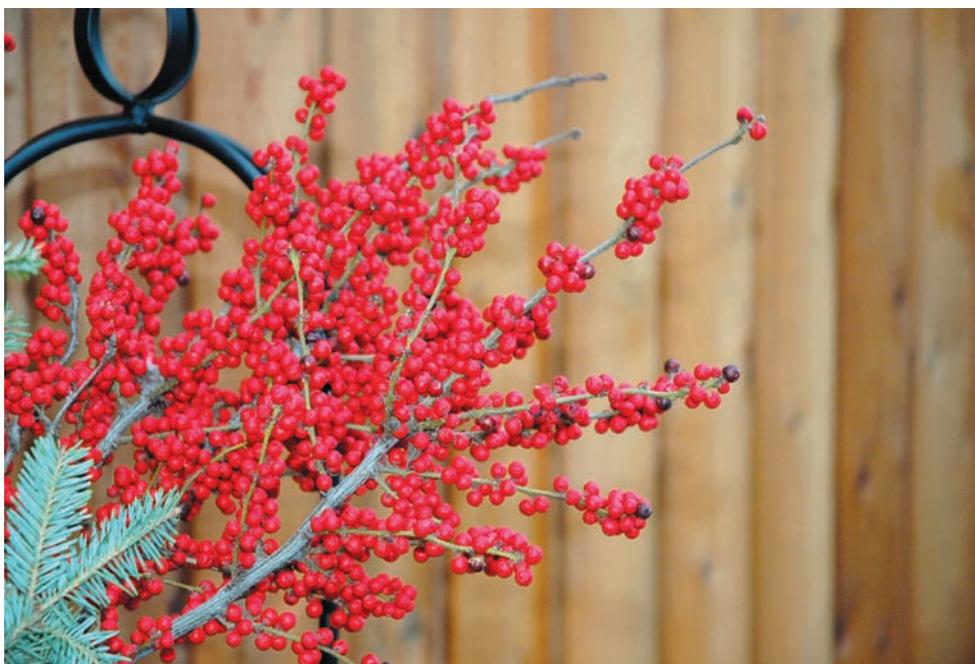
Photo: Magnus Lindqvist

PROOF
ON MAIN

Proof on Main

702 West Main Street
Louisville, KY 40202

502-217-6360
www.proofonmain.com



A passion for growing the finest plant collections is what rooted **Wilson Nurseries** into Central Kentucky as THE place to go for plants for over 30 years. An inspiring destination garden center and nursery, the flagship location in Frankfort is a green get-away. It features a glass greenhouse conservatory filled year-round with an unsurpassed selection of usual and unique plant varieties, locally grown in 4-acres of greenhouses. Wilson's Lexington counterpart is a tranquil respite with a distinct urban vibe and a plant shoppe lush with on-trend and classic foliage.

Sage Garden Café, the on-site garden-to-table restaurant, features regional, fresh favorites, combining homegrown with homemade for brunch & lunch, 7 days a week. Local wines and craft beers enliven and enhance a natural indoor & outdoor dining experience unique to the Bluegrass. In the space of Wilson's original garden center, the horticultural heritage of Sage is reinforced with plants and flowers from the adjoining gardens, greenhouse & nursery.

Plants. Plants. Plants.

Annuals | Perennials
Herbs | Vegetables
Edibles | Heirlooms
Fruits | Berries
Trees | Shrubs
Natives | Grasses
Roses | Peonies
Flowering Tropicals | Foliage
Succulents | Houseplants



Wilson Nurseries

3690 East West Connector
Frankfort, KY 40601
502-223-1488

2700 Palumbo Drive
Lexington, KY 40509
859-269-5795

[www. WilsonNurseriesKy.com](http://www.WilsonNurseriesKy.com)



Sage Garden Café

3690 East West Connector
Frankfort, KY 40601
502-352-2725

[www.WilsonNurseriesKy.com/
Sage-Garden-Café/](http://www.WilsonNurseriesKy.com/Sage-Garden-Café/)



Local is at the center of the **Good Foods Co-op** story and mission. Founded 45 years ago by a group of Lexington college students who wanted to know where their food came from, how it was made and who was making it, the Co-op has been working closely with Kentucky Proud farmers and producers ever since. Hundreds of them, to be exact.

Good Foods Co-op is the only community-owned, cooperative grocery store in the state of Kentucky, truly embodying the meaning of sharing a “commonwealth”. With nearly 8,000 owners to date, Good Foods is answerable only to those shoppers, not to board rooms and corporate interests in other states. That allows them to focus their work in ways that benefit their community.

That includes rounding up at the register for a different charitable organization each month, offering classes and events at the Co-op, and going into the community to teach the basics of nutrition and wellness.

It turns out that the Co-op’s concern for community is also delicious; it just so happens that Kentucky produces plentiful fruits and vegetables, fresh-from-the-farm eggs and dairy, and an assortment of humanely-raised meats. Good Foods Co-op is proud to offer these and many more Kentucky products on their shelves every day, and feature them in their famous Café hot bar, salad bar and bakery.

Good Foods Co-op

455-D Southland Drive
Lexington, KY 40503

859.278.1813

www.goodfoods.coop
goodfoods@goodfoods.coop



Elmwood Stock Farm



Evermore Farm



Stone Fall Farm





Recent winner of the Leo Choice Awards “Best New Restaurant”, as well as “Top Three Louisville Chefs”, **Portage House** is the brainchild of chef Paul Skulas and Alex Tinker whose DOERS Group (Citizen 7, Parlour Pizza, and Commonwealth Tap) bring a wealth of knowledge in developing successful establishments.

Chef Skulas brings with him his experience of growing up in Northwest Ohio where he first fell in love with cooking under his mother’s tutelage and later under James Beard Award-winner chef John Currence of City Grocery.

Portage House aims to deliver locally-sourced Indiana meat and produce and fresh seafood. The menu concept is simple, approachable midwestern-fare featuring fine country hams, whole fish, oysters and big steaks. The idea is to elevate those foods and flavors we’re familiar with.



Portage House

117 E. Riverside Dr.
Jeffersonville, IN 47130

mike@eatportagehouse.com

Hours:
Tuesday through Saturday
11am-2pm / 4pm-10pm / bar open late
Sunday 11am-8pm (lunch menu only)





Photo: Christopher Shadix

Foxhollow Farm, a biodynamic 1,300 acre farm in Crestwood, KY, is bridging the gap between farmer and family and connecting the community to sustainably-raised food. As the weather grows colder, Foxhollow Farm is offering 100% Grassfed Beef Shares — from our family to yours. Beef bundles include 1/8, 1/4, 1/2 or whole shares of beef to enjoy with friends and family throughout the year. The benefits of Foxhollow's 100% Grassfed Beef include no added hormones or antibiotics, higher levels of Omega 3's, lower calories, and rich and complex taste.

Photo: Ewan Lu



Buying whole and half animals is connected to the rhythms of Kentucky farmland. Traditionally, pastures are at their peak in the fall so the high protein content of the grass makes for a deliciously finished animal. "With this service, we want to provide our community with a simple way to purchase high quality 100% Grassfed Beef," says Maggie Keith, 4th generation land steward of Foxhollow Farm. "This will hopefully make meal planning easier and more convenient while also supporting local farmers."

Photo: Ewan Lu



Foxhollow Farm

8905 Highway 329,
Crestwood, KY 40014

(502) 241-9674
foxhollow.com
info@foxhollow.com

8am-4pm M-F

ROC Restaurant is a chic Italian restaurant filled with high energy located in the heart of “The Highlands” on Bardstown Road, featuring a stunning outdoor pergola. Originating in Tribeca, NYC for the last 17 years, Rocco and Stacy Cadolini have moved this local favorite hot spot to Louisville, Kentucky.

ROC serves authentic Italian food including fresh homemade pasta, specializing in seafood. Rocco was born and raised in Sorrento, Italy, Stacy a native New Yorker, our Executive Chef, Giovanni Tenace and General Manager Gianfranco Vecchio from Puglia, Italy are waiting to cook and serve the BEST Italian meal and experience for you.

Stunning private party rooms available for all celebrations, parties, holidays and meetings. Projector screen available.

Come enjoy our traditional Italian cocktails, wines from Italy, and of course, a large selection of bourbon. We look forward to giving you a true “ROC” experience!

Now open for brunch, lunch and Saturday late night lounge.

Check out our menus and hours on our website.
www.rocrestaurant.com



ROC Restaurant

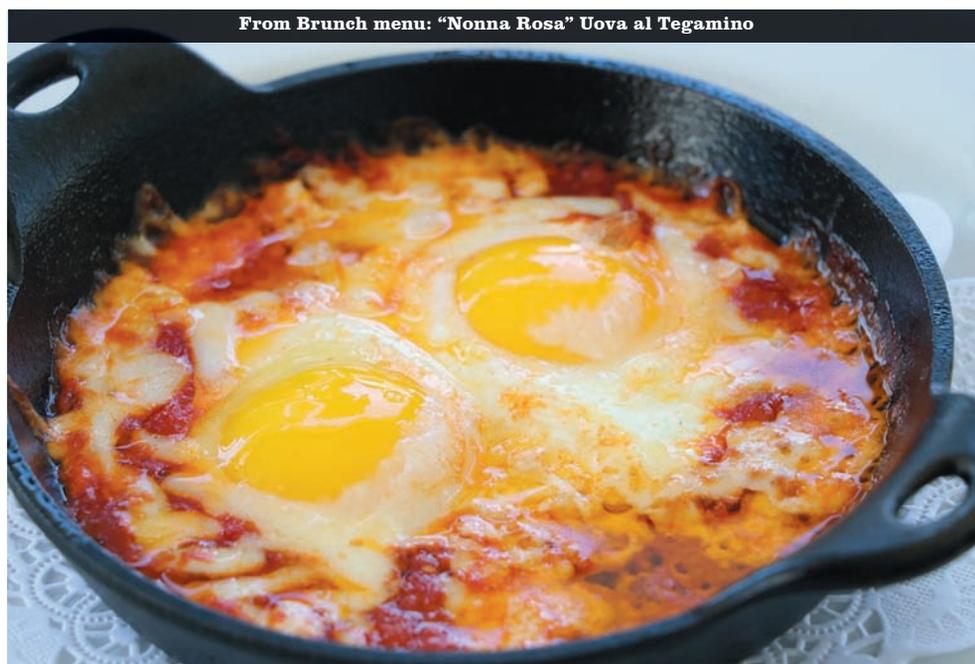
1327 Bardstown Road
“The Highlands”
Louisville, Kentucky 40204
502 459 7878
www.rocrestaurant.com



Owner Rocco Cadolini



**From Lunch menu:
Sausage and Broccoli Rabe Sandwich**



From Brunch menu: “Nonna Rosa” Uova al Tegamino



Located in a historic landmark in downtown Lexington, **Coles 735 Main** offers guests an unforgettable dining experience every time. Led by Executive Chef Cole Arimes, the Coles team sources the freshest ingredients for a diverse and ever-changing menu. From curing and preparing locally-raised meats to handcrafting cocktail ingredients in-house, every step of the menu is prepared with care and creativity.

Since it's opening in 2012, Coles 735 Main has been renowned for friendly, intimate customer service and Southern hospitality. The charming dining room and cozy bar space offer the perfect setting for a romantic dinner, celebration, or just to unwind. And with an extensive bourbon list and one of the best wine programs in the Bluegrass, guests are sure to discover something new with each visit.



Coles 735 Main

735 East Main Street
Lexington, Kentucky 40502

Coles735Main.com
859.266.9000

Valley Spirit and **Pink Elephant**—two Henry County farms—are partnering to offer an array of sustainably and intentionally produced whole foods, all delivered to your door in one convenient package.

This is a Full Diet, Free Choice, Nutrient Dense CSA.

FULL DIET: Between our two farms, we are able to offer a wide assortment of veggies, herbs, fruit, beef, pork, raw dairy, eggs, cooking fats, fermented items and more! Plus we will be sending plenty of recipes and cooking tips.

FREE CHOICE: With this CSA you build your own box each week from an online ordering system, selecting from all items available. Then we pack it and deliver it to your door. Want breakfast sausage and a beef roast? No problem. Extra kale for a new recipe? You got it! You have full control over exactly what you receive in your CSA.

NUTRIENT DENSE: We believe food is a powerful and essential component to good health. All animals are on pasture, and produce is raised in healthy soil with Organic and Biodynamic growing standards.

CSA: Becoming a member of our farm through the CSA means you are supporting local, sustainable agriculture, and substantially supporting three farm families so we can each continue taking care of our land.

We would love to help fill your table with everything local. Join today! We are delivering every other week from December–March, then will begin weekly delivery in April.

Visit our websites or contact us for more information.



Pink Elephant Farm

Dairy, Eggs, Produce,
Blueberries
PinkElephantFarm.com



Valley Spirit Farm

Beef, Pork, Produce,
Mushrooms
ValleySpiritFarm.com





Garage Bar—This casual neighborhood spot features Neapolitan-style pizzas from a wood-fired red brick oven, country ham, freshly shucked oysters and a rotating selection of Southern-inspired snacks and specialties, with an emphasis on fresh, local ingredients. Garage Bar is housed in a former auto service station and historic saloon in downtown Louisville's vibrant East Market/NuLu neighborhood. A nod to its roots, Garage Bar serves up an eclectic list of draft and bottled craft brews, Kentucky Bourbons, seasonal cocktails and wine. Grab a seat at the bar for some grub or take a beer outside to the pet-friendly patio. Lounge on the astroturf seating in between ping pong matches. Garage Bar is open daily, with select lunch and brunch hours and extended summer hours.



Photo: Magnus Lindqvist



Garage Bar

700 East Market Street
 Louisville, KY 40202
 502.749.7100
 servicedept@garageonmarket.com
 garageonmarket.com

Dinner
 Monday – Thursday: 5pm to 10pm
 Friday – Saturday: 4pm to 11pm
 Sunday: 4pm to 10pm
 Friday Lunch: 11am to 4pm
 Weekend Brunch
 Saturday & Sunday: 11am to 4pm





Since 1792, **Locust Grove** has been a place of beginnings. This house was here at the beginning of Louisville as a city and Kentucky as a state. Open for tours from February through December, Locust Grove is the perfect spot to explore the early nineteenth century through the daily lives of the Croghan and Clark families who lived here and the enslaved families who worked here. Events throughout the year capture the spirit of the past, from the Gardeners' Fair in May which connects 19th century farming to 21st century gardens, to the sights and sounds of the 18th Century Market Fair in October, with everything from authentically made breads to traditional entertainments. Special events may also feature demonstrations in our farm distillery and hearth kitchen. We invite you to begin your journey to the past with us!

Historic Locust Grove is a 55-acre 18th century historic site located at 561 Blankenbaker Lane. For more information, visit locustgrove.org



Historic Locust Grove

561 Blankenbaker Lane
Louisville, KY 40207

locustgrove.org

Nestled in the heart of the Irish Hill Neighborhood, **Ciao Ristorante** celebrates it's One Year Anniversary! We have proudly served Kentuckiana with authentic Italian fare, an extensive Italian forward Wine and Spirits menu and Craft Cocktails. Our chic, modern atmosphere provides a warm and welcoming dining experience for guests. Bridgette Pizzonia, owner, brought her Italian roots from The Bronx, NY to Louisville, KY and has stunned the city with her family recipes. Chef Helen Impellizzeri's creative mind allows for Ciao to perfect classic dishes while offering out-of-the-box nightly specials. Ashley Towning, Bar Manager, has brought a unique bar program to Louisville with her exotic flavor pairings in cocktails, "Italian Handshakes" and plethora of original Libations. She chose an eclectic variety of Italian Wines that pair seamlessly with our dinner menu. Patrons come hungry, leave happy and continue coming back for more. Make your reservation today!

Ciao
RISTORANTE

Ciao Ristorante

1201 Payne St
Louisville, KY 40204
502-690-3532

www.ciaoulouisville.com
ciaoristorante.ky@gmail.com

M-Th 11am-10pm; F-Sa 11am-2am;
Su Closed





Tradition. Heritage. Family. Words that are often used to describe what you feel when you visit the grounds of **Huber's Orchard, Winery, and Vineyards** in beautiful Starlight, Indiana. Huber's Starlight Distillery is also located on the property. Explore our 650 acres of orchards and vineyards, tour our award-winning winery, sample our wines and spirits, pick your own fruits and vegetables from the fields of one of the largest farms in Southern Indiana, and have lunch at the Starlight Café. Starlight Distillery has been producing brandy since 2001, but in 2015

expanded to spirits that include bourbon whiskey, rye whiskey, vodka, gins, and rums. Words can't describe the memories that will be made when you visit., there is truly something for everyone to enjoy. So little time and yet so much to explore at this historic family business that was established in 1843! Event space is also available in our Plantation Hall, the perfect space for weddings, receptions, special events, holiday parties, and more. For more information about the numerous things to do at Huber's Orchard, Winery, and Vineyards—visit our website at www.huberwinery.com.

Huber's
ORCHARD, WINERY & VINEYARDS

**Huber's Orchard,
Winery & Vineyards**

Starlight Distillery

19816 Huber Road,
Borden, IN 47106
812.923.9463
www.huberwinery.com

Monday thru Saturday | 10am-6pm
Sunday | Noon-6pm
(Hours vary by season)

Winery and Distillery tours offered daily. Call to schedule a tour!



Photos | News and Tribune



Shelbyville and **Simpsonville** are home to some outstanding local restaurants that have cozy and inviting atmospheres — the perfect setting to linger over a local specialty dish or regional favorite — like the legendary Kentucky Hot Brown — with family and friends

Share a family-style dinner at Claudia Sanders Dinner House, with all-you-can-eat, made-from-scratch veggies surrounding an entrée of crispy fried chicken, Kentucky country ham or grilled pork chops. At Eleanor Hamilton's Old Stone Inn, a comfort food menu entices with its traditional Hot Brown, crab cakes, and filet wrapped in smoked applewood bacon, all in a setting equally at ease — a former stagecoach stop that is now a National Historic Landmark. Here in the Saddlebred Capital of the World, our Small-town charm complements our unique dining landscape including culinary icons such as Science Hill Inn and Bell House Restaurant.

ShelbyKY Tourism

1011 Main Street
Shelbyville, KY 40065
www.VisitShelbyKY.com
502.633.6388





Lockbox

167 West Main St.
Lexington, KY 40507
859.899.6800
Lockboxlex.com

LOCKBOX

Located in Lexington's 21c Museum Hotel, **Lockbox** showcases a commitment to sourcing local, high-quality ingredients. Led by executive chef Jonathan Searle, Lockbox uses thoughtful yet simple preparations and cooking techniques in a contemporary brasserie setting. Designed by Deborah Berke Partners, the Lockbox space highlights historic features like original marble floors, decorative plaster details, large arched windows and even a historic safe deposit vault that is used for private dining. Communal tables in both the dining room and the lounge will provide opportunities for large groups to dine together, or for individual guests to meet new people while they dine. Visit 21cLexington.com for more details.



Help us
keep growing
by donating today at
waterfrontgardens.org



WATERFRONT BOTANICAL GARDENS

Waterfront Botanical Gardens

PO Box 5056
Louisville, KY 40255-0056
502-276-5404
info@waterfrontgardens.org
waterfrontgardens.org

The Waterfront Botanical Gardens Education Pavilion and Gardens will provide an outdoor classroom and laboratory where students of all ages will be able to further their understanding of plants and their role in the environment.

The pollinator gardens will allow students to explore the symbiotic relationship between plants and butterflies, bees and other insects. The woodland gardens will be a model of a temperate deciduous forest. The natives garden will allow students to appreciate plants that are often thought of as weeds. The edible gardens will demonstrate how humans are sustained by plants.

All of these spaces will work together to create a comprehensive tapestry of our botanical world that will give students the opportunity to unplug and explore a true 3D environment that affects their lives every day.

You can support the building of the Education Pavilion through the Education 100, a campaign to raise \$1 million toward the construction of the building. Find out how you can be recognized in this amazing building at waterfrontgardens.org or call 502-276-5404.



Food photos: Mo McKnight Howe

Born out of a passion for exceptional food and gracious service, Ward 426 brings an easygoing elegance to one of Louisville's historic neighborhoods. Chef Shawn Ward's down-to-earth approach to upscale dining utilizes the freshest local ingredients in dishes that showcase the peak flavors of the season in simple yet unexpected ways.

Lunch and dinner menus are accompanied by a full complement of wines and seasonally changing cocktails, while an extensive beer list features selections from some of the area's outstanding microbreweries. Guests are invited to enjoy drinks and a small plate menu in the restaurant's lounge and patio areas.

Lunch:
 Monday-Friday 11–2:30 pm
 Dinner:
 Monday-Thursday 5–10 pm
 Friday & Saturday 5–11 pm
 Sunday 5–10 pm
 Happy Hours:
 Monday-Friday 4–6 pm



Ward 426
 426 Baxter Ave
 Louisville, KY 40204
 (502) 365-2505
 www.ward426.com



Local Feed feeds Kentucky | Georgetown, Ky

Local Feed, a Kentucky Proud restaurant in a former 1890s ice house, lives up to its name with a menu showcasing scratch-made, farm-to-table delicacies. Located in the heart of Georgetown, Kentucky, this elegant eatery is the perfect place to start or finish a picturesque stroll through the town's antique district. Across from Local Feed is where Rev. Elijah Craig is said to have pulled water to produce the first batch of Kentucky bourbon making the restaurant suitable for inventive cocktails. In addition to being Local Feed's owner and executive chef, Justin Thompson presents a yearly Seed to Feed dinner series in partnership with Georgetown Tourism featuring multi-course meals prepared with locally sourced ingredients. Between roasted brussel sprouts complimenting an over-easy egg, to an elaborate brunch menu highlighting tasteful benedicts, Local Feed satisfies any foodie. Savor in Local Feed or Georgetown's many other culinary delights during your visit to the area.



Local Feed
 214 S. Water St.
 Georgetown, KY
 502-642-8998
 www.localfeedky.com



Mi Cocina on Fourth Mexican Cuisine

520 South 4th St. | Louisville, KY 40202

502-315-0666

MiCocina4th.com

Hours: Mon-Sat 11am-10pm

2060 S. Hurstbourne Pkwy | Louisville, KY 40220

502-890-3315

Mon-Sun 11am-10pm

If you are looking for authentic Mexican cuisine, take a trip to **Mi Cocina on Fourth** where you feel you've journeyed to an exotic destination. Using unconventional seasonings and paying special attention to detail, the chefs at Mi Cocina provide dishes with a homemade taste as if they had been prepared by mom.

Using family recipes passed down from their mother and perfected by owner Miguel Hernandez and his brother Alejandro, Mi Cocina strives to use the freshest ingredients and source local whenever possible.

Dinner specials every Tuesday and Friday, as well as lunch and dinner every day. Mexican food is world renowned for its unique flavor, aroma, appearance, and wide variety of dishes.

Mi Cocina is conveniently located in downtown Louisville in the middle of all the action! A perfect pre-show dinner location. Hosting a party? Allow the Hernandez brothers to bring authentic Mexican cuisine to your guests with their convenient catering services.



The Waldorf School of Louisville opened its doors more than 20 years ago, as a fledgling Early Childhood program by a dedicated group of parents and educators. Their desire was to offer an education which would inspire life-long learning in a child. Learning, that would build capacities in forming who they are, not just what they know.

This year **The Waldorf School celebrates its 25th Anniversary!** The school has expanded to serve more than 130 children, ranging in age from infants in our Parent Child classes, through middle school. The school offers an academically-rigorous curriculum infused with visual arts, music, movement and nature. One thing however, hasn't changed. At its core is still a dedicated group of parents and educators striving to provide an education which inspires life-long learning.

Open Enrollment for the 2018-19 school year begins in January. We invite you to visit our campus to explore Waldorf Education for your child.

The Waldorf School of Louisville

8005 New LaGrange Road
Louisville, KY 40222
502-327-0122

waldorflouisville.com
Becky Richards,
Administrative Director





rchitectural
Salvage, W.D. Inc.

Architectural Salvage began their quest in saving the past for the future by creating a business that has

grown to over 24,000 square feet under roof and five architectural salvage yards. Since 1985 designers, builders, collectors and curious creatives have made us a “natural resource” in their treasure hunt for the unique, the unusual and the hard-to-find architectural antiques. With thousands of items in stock Architectural Salvage offers an unprecedented assortment of antique and reproduction mahogany entryways, antique furniture, leaded glass, hardware, lighting, mantels, columns, fencing, garden décor and more.

Located at 618 East Broadway in downtown Louisville, we constantly are changing our inventory providing you with an unique and lasting shopping adventure.



Architectural Salvage

618 East Broadway
Louisville, Kentucky 40202
502-589-0670
info@architecturalsalvage.com

Monday – Friday 9am to 5pm
Saturdays 10am to 3:30pm



John Hale and Vicki Hale opened **Lotsa Pasta** on March 4, 1982, in a tiny storefront on Bardstown Road. Their original intent was to provide fresh homemade pasta to a city that had none. The crew of two built a loyal following from the first day they opened the door and many of those customers are still coming in. Within a decade, success made it necessary to move into a larger, more comfortable space and St. Matthews became our present location.

While the original Italian and Mexican delicacies and products are still the centerpiece; the scope of countries represented has grown considerably. The sociable Saturday morning line of locals talking UL or UK basketball was joined by the accents of their Spanish, Asian, and European clients early on. The world had come to Louisville and naturally found its way to Lotsa Pasta.

A bakery was added, and we started producing the classic Italian breads and gave us both bread to sell and a great base for our unbeatable sandwiches. As with everything we do, we pride ourselves on baking the very best bread and have developed quite the variety.

The majority of our staff has been with us for years. We have watched your kids grow up; know your neighbors, relatives, and most of your food preferences. All of us are foodies and we love to discuss the newest trends and help with ingredients and recipes.

So, for those of you, who are not yet familiar with our shop, please enjoy using our website to learn about Lotsa Pasta. For those of you who have been with us for years, we offer our continuing appreciation and we wish all of you “Buon Appetito!”



Lotsa Pasta

3717 Lexington Road
Louisville, KY 40207

502-896-6361

www.lotsapastalouisville.com





OpSense

Smart Monitoring for Restaurants

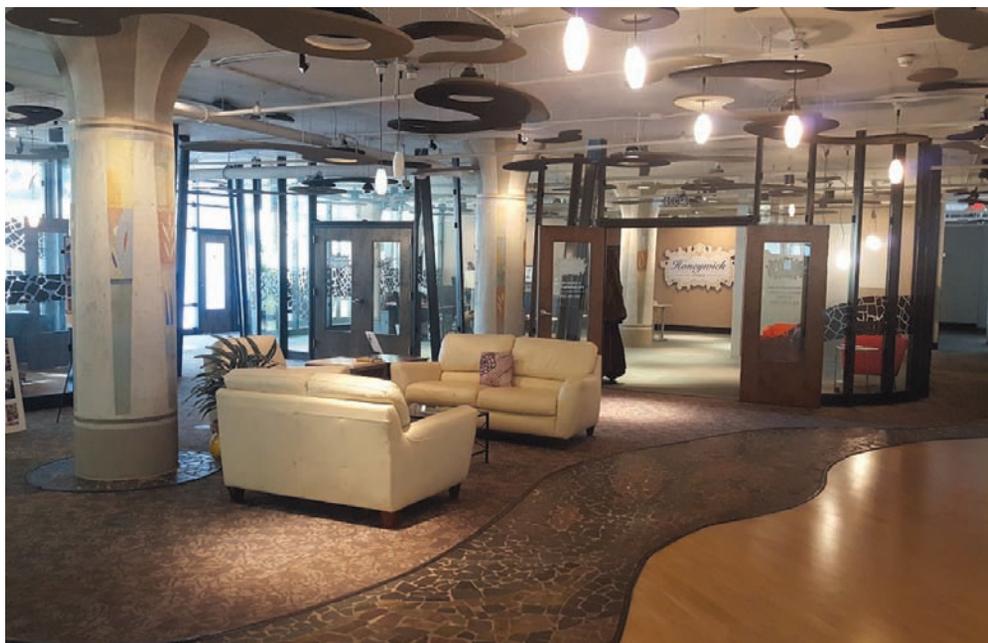
12910 Shelbyville Road
Suite 225
Louisville, KY 40243

502-245-6756
www.opsense.com
hello@opsense.com

Today's restaurants face increasing challenges, from rising food and labor costs to food safety compliance concerns. **OpSense** is a powerful sensor software platform designed to help restaurants protect inventory, equipment, and facilities from operational issues that can affect quality and the bottom line. Remotely monitor cooler or freezer temperatures, lighting and energy usage, HVAC conditions, customer wait times, and more. OpSense is architected for flexibility and scalability, and our solutions can readily incorporate with existing enterprise systems.

OpSense is developed by Mission Data, a digital products company headquartered in Louisville since 1996. Our platform is based on a temperature management solution we helped develop for grocery giant Kroger that is now deployed in nearly 3,000 stores.

Smart monitoring. Frictionless operations. Please visit our website to schedule your free consultation.



Honeywick

815 West Market Street
Louisville, KY 40202
800-735-1475 (local 502-873-3866)
Hours 9-5, M-F

Honeywick does all things Web! When it comes to website design, software development, social media marketing, and web hosting, we know you have plenty of choices. But if you're looking for a professional and experienced software firm that understands business and technology, give us a call. At Honeywick, our top priority is to make you successful. Collaborative consultation is at the heart of our approach. We work closely with you to understand your unique challenges and opportunities. Working as an extension of your team, we'll provide you with great websites, custom software, website hosting and effective web marketing, at affordable prices, and with the highest level of service. We'd love the opportunity to talk with you.





Carmichael's Bookstore was founded in 1978 as a labor of love, but if there had been a mission statement one of the central tenets would be that the store would be deeply rooted in the local community. The dream was that it would become one of those "third places," not work and not home, where people would be drawn because they would encounter neighbors and strangers, people like themselves and those that were different, a tranquil oasis where a vibrant local community would exist that was both pleasurable and indispensable.

But it takes more than encouraging a communitarian outlook to keep a small business alive, and for years the economic impact of keeping Carmichael's small and local was something taken only on faith. Then, in 2002, a study commissioned by, guess what, a bookstore, produced spreadsheets and charts and graphs that demonstrated an astounding positive economic impact of shopping locally. It is a study that has been replicated in other cities, including Louisville, and the results have been the same — shop in a local business and your dollars will work harder to make your life and the lives of your neighbors and community at large a better place to live.

CARMICHAEL'S BOOKSTORE

Louisville's Oldest Independent Bookstore
Open 7 days a week

www.carmichaelsbookstore.com

Carmichael's Bookstore

1295 Bardstown Road, Louisville, KY 40204
502-456-6950

2720 Frankfort Avenue, Louisville, KY 40206
502-896-6950

Carmichael's Kids

1313 Bardstown Road Louisville, KY 40204
502-709-4900

We all eat. It's the one thing we all share. At **Lucky's** we love good food. Not just natural and organic, but the food that's so much part of our fondest memories. We believe that good food shouldn't be a luxury, it should be a right. If you don't want to eat things like pesticides, antibiotics, and grow hormones, you shouldn't have to. Natural and organic food shouldn't be priced out of reach. We also have the crazy notion that we shouldn't adopt a holier-than-thou attitude if your grandma's recipe calls for something that's doesn't fit some people's idea of what's good for you. We're proud to carry a full store's worth of natural and organic foods, along with the freshest produce, made in-house foods from our kitchen, local products, a full liquor store, and a cafe selling \$2 pints of beer.

Lucky's Market—Organic for the 99%

Lucky's Market

Lucky's Market
luckysmarket.com

Louisville
200 N Hurstbourne Pkwy
501-883-4781

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1030 S Broadway
859-687-7708

