

# Why Shop Independents?

Illustrations by Andrew Spalding



## 1 Spend YOUR money selfishly — for YOUR community's benefit.

Think about it: When you hand a Starbucks clerk a \$5 bill, say good-bye. It's on its way to Seattle. When you hand a locally-owned coffee shop your money, a good percentage of it will stay in the community re-circulating. When you choose the big brands, you are enriching the corporations and their shareholders. When you select "local" you are sharing your hard-earned money with your neighbors, benefitting your community in many ways.

45% Returns



14% Returns



Various studies have shown for every \$100 spent at a locally owned business, as much as \$45 goes back into the community and our tax base. For every \$100 spent at a chain store, reportedly only about \$14 comes back.

## 2 Support the uniqueness of our community.

Where we shop, where we eat and how we have fun — all of it makes our community special and unique from other communities. These one-of-a-kind businesses are an integral part of the distinctive character of this place. Locally owned businesses even cater to the cultural base of individual neighborhoods, making shopping experiences unique within the local community.





**RAINBOW BLOSSOM**  
NATURAL FOOD MARKETS

*From Happy Holidays to  
Healthy New Years,  
we've got you covered.*



RainbowBlossom.com

St Matthews | Highlands | New Albany | Middletown | Springhurst Wellness Center

*Shop the Rainbow Way and take \$5 off your purchase of \$25 or more!*

Bring this coupon to the store nearest you for savings on your next purchase. Expires 3/31/20. Does not apply to sale or clearance items. Cannot be combined with any other offer. Must have coupon present to be valid.



### 3 Spend YOUR money to encourage steady, long-lasting growth.

Small local businesses are the largest employer nationally and in our communities, provide the most jobs to residents. Generally, local businesses are more dedicated to weathering the economic storm rather than simply pulling up stakes and moving elsewhere. Local businesses are more likely to use local banks, local media to advertise, local accountants and attorneys.

Additionally, a growing body of economic research shows that in an increasingly homogenized world, entrepreneurs and skilled workers are more likely to invest and settle in communities that preserve their one-of-a-kind businesses and distinctive character. The entrepreneurial spirit is most alive in communities with strong local businesses. Plus the success of locally owned, independent businesses provides real-life inspiration to our young people, proving that they can stay in the community and prosper on their own terms.

### 4 Get better service.

Local business owners typically express a passion for what they do and more quickly address any problems that may arise as their personal reputation is at stake. Local businesses oftentimes have longer-term employees with a better understanding of the products they are selling and take more time to get to know customers, even by name. Compare that to dealing with part-time help often provided at national chains.

May I help you?

### 5 Ensure "choice" continues to exist in products.

Product selection is based on what the community wants, not on a "big-box" national sales plan. This provides the consumer a more interesting array of products and satisfies the unique needs of the community. A multitude of small businesses, each selecting products based on their own interests and the needs of their local customers, guarantees a much broader range of product choices.

### 6 Help the environment.

Having a diverse array of businesses within walking or biking distance reduces the amount of driving residents must do to shop for goods and services. Since 1969, shopping related driving per household has more than tripled to nearly 3,200 miles annually according to the Department of Transportation. Centrally located local businesses contribute to less sprawl, congestion, habitat loss and pollution.

### 7 Local spending creates a ripple effect through the community.

Non-profits and other community organizations often receive greater support from local business owners, sometimes as much as 350% more money, than they do from non-locally owned businesses.



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 has gained national attention as foodie communities, as well as great places 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



Soon after opening **Wiltshire Bakery and Cafe** at 901 Barret Avenue in 2013, we found the need for a larger bakery production kitchen. After a few years on River Road, we moved into the warehouse at the corner of Logan and East Kentucky. This is the same building that houses the brand new Logan Street Market. We are proud to have been the first tenant in this building and are thrilled to offer an assortment of our artisan baked goods, desserts and pastries as well as box lunches and happy hour snacks.

Join Wiltshire Pantry at the Logan Street Market for all your artisan breads, pastries and desserts. Come hang out at Wild Hops bar and enjoy an afternoon snack or pick up a breakfast pastry, lunch treat or dessert any time.

Wiltshire | ARTISAN CRAFTED  
**On Logan**

**Wiltshire Pantry at the Logan Street Market**

1001 Logan Street, 40204  
wiltshirepantry.com

tuesday-saturday 10am-8pm, sunday 10am-7pm





**Adrienne and Co.** has been making wonderful treats and scratch made meals for the Kentuckiana market since 2001. Family owned and operated by brother and sister, Bernie and Adrienne Pasquantino, the siblings have brought their Niagara Falls New York Italian family sweet and savory recipes to the masses for over 18 years.

From special occasion and wedding cakes, to a wide variety of homemade pastries and desserts, apple fritters and maple bacon donuts to die for, homemade pasta, yummy breakfast, and sandwiches on house made fresh bread, Adrienne and Co. has been a popular spot for almost two decades.

Just minutes from downtown Louisville on 4th and Oak, Adrienne's customers can experience an amazing bakery and culinary experience like none other on both sides of the river.

Stop in to any Adrienne and Co. location for an experience you won't soon forget!



#### Adrienne and Co. Bakery Cafe

129 W Court. Ave.,      133 E. Market Street  
Jeffersonville, IN 47130      New Albany, IN 47150

#### Adrienne and Co. Donuts and Desserts

5801 US HWY 150      1212 S Fourth Street  
Floyds Knobs, IN 47119      Louisville, KY 40202

Business hours on our web site: [caketoday.com](http://caketoday.com)  
[info@caketoday.com](mailto:info@caketoday.com)  
Phone for all stores: 812-282-2665





Old Stone Inn



Old Stone Inn



Science Hill Inn



Claudia Sanders Dinner House

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 Old Stone Inn. & Tavern Chef David Danielson

dishes up regional fare and historical remakes on comfort foods such as the Appalachian Stack Cake and enticing traditional items like the Fried Green Tomatoes with Pimento Cheese or , shrimp and grits, and Braised Lamb Ragout, 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  
 502.633.6388  
 VisitShelbyKY.com

Nestled in the heart of the Irish Hill Neighborhood, **Ciao Ristorante** celebrates it's third 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. Bridgette Pizzonia's creative mind allows for Ciao to perfect classic dishes while offering out-of-the-box nightly specials. Ashley Tawning, 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.ciaolouisville.com  
ciaoristorante.ky@gmail.com

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



Since 1792, **Locust Grove** has been a place of beginnings. Now a National Historic Landmark, this house was here at the beginning of Louisville as a city and Kentucky as a state. Closed in January, but 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.

Our site is rooted in Kentucky's agricultural history, as a working farm that grew corn, wheat, apples, peaches, and other crops as a food and income source for the family. Daily tours allow visitors to explore the restored historic house and hear about the people who frequented its parlors, and to venture out into the outbuildings and grounds to learn about the lives and stories of the enslaved community. Our small farm distillery demonstrates the intersection between agriculture and alcohol at special events throughout the year, taking guests through the step by step process of turning grain, fruit, and water into spirits using 19<sup>th</sup> century methods. Christmastide 1816, on December 7, 2019, brings the past to life as the Croghan family entertains their friends and neighbors by candlelight into the evening with music, games, crafts, and more. We're grateful to be celebrating our third century as part of Louisville's story. Come learn something old every day at Locust Grove and discover the present in the past.

Historic Locust Grove is a 55-acre 18th century historic site located at 561 Blankenbaker Lane. For more information, visit [locustgrove.org](http://locustgrove.org)



**LOCUST  
GROVE**

**Historic Locust Grove**

561 Blankenbaker Lane  
Louisville, KY 40207

[locustgrove.org](http://locustgrove.org)



Fox & Rose





### Bluebird Cottage School

8905 Hwy 329 Crestwood KY 40014  
(502) 544-0603

[www.bluebirdcottageschool.com](http://www.bluebirdcottageschool.com)  
[ms.marybethlegler@gmail.com](mailto:ms.marybethlegler@gmail.com)

**Bluebird Cottage School** is a preschool and family gathering place on Foxhollow Farm. Bluebird Cottage School offers Preschool programs, Toddler Playgroups, Family Classes, Children's Cooking Classes, Summer Camps and Birthday Parties. Programs take place in the beautiful homelike setting of Bluebird Cottage and the forests and fields of Foxhollow Farm.

Owner and Lead Teacher Marybeth Legler has 21 years of teaching experience. Her curriculum weaves elements from the Waldorf, Montessori and Reggio Emilia pedagogies. Practical life and purposeful activities like gardening and cooking, ample time for self directed play, and art activities are the heart of our curriculum. Bluebird Cottage seeks to give children balance. Indoor fine motor activities like cooking or crafting are followed by gross motor, outdoor activities like hiking in the forest. Puppet stories and other quiet activities follow lively and expansive activities. This approach nurtures the whole child.

To schedule a tour or learn more, contact Marybeth or come to Bluebird Cottage School's Open House on January 24th from 2-4.



After nearly seven years of success with fine dining restaurant **Coles 735 Main**, Executive Chef Cole Arimes and business partner Richard Turnbull opened two new restaurants — **Epping's on Eastside** and **Poppy & Olive** — at the beginning of 2019. Located in the historic Epping Bottling Works building in downtown Lexington's lively Warehouse Block, Epping's and Poppy & Olive continue Chef Cole and team's dedication to sourcing local ingredients and crafting the entire menu — from fresh-baked breads and cured meats to the cocktail ingredients — from scratch.

Today, Chef Cole's family of restaurants offer unique and approachable dining experiences for every style and taste, with the elegant and intimate fine dining experience at Coles 735 Main, the stunning, urban elegant historic interiors of Epping's, and the "parent-friendly" fun of family dining in Poppy & Olive.

**EPPING'S**  
ON EASTSIDE

*Poppy & Olive*

**Epping's on Eastside  
and Poppy & Olive**

264 Walton Avenue  
Lexington, KY 45202  
eppingsoneastside.com  
poppyandolivelex.com  
859.971.0240



**Coles 735 Main**

735 East Main Street  
Lexington, KY 45202  
coles735main.com  
859.266.9000





**Bardstown Bourbon Company** is a New Blend of Bourbon Makers, pushing the boundaries through innovation, while honoring the traditional art of making whiskey.

Set on 100 acres of active farmland in the heart of the Bourbon Capital of the World®, we produce the highest-quality Kentucky bourbon, whiskey, and rye brands as well as offer custom whiskey production through our one-of-a-kind Collaborative Distilling Program, bringing together some of the most experienced distillers in the industry under one roof with Master Distiller Steve Nally. We produce nearly 40 unique mash bills for some of the finest whiskey and bourbon brands, including Jefferson's, High West, Belle Meade, Hirsch, Calumet, James E. Pepper, Cyrus Noble, as well as our own Bardstown Bourbon Co. blended expressions.

Our on-site restaurant **Bottle & Bond Kitchen and Bar** is a scratch kitchen with a dash of southern flair with a modern offering innovative craft cocktails and a Vintage Whiskey library curated by Fred Minnick. The recently opened Visitors Center Experience provides hour-long tours and tastings throughout the day, hosted by our knowledgeable tour guides and spirits specialists.

We are the first Napa Valley style destination on the Kentucky Bourbon Trail® to combine distilling, culinary, and beverage expertise to create a modern, authentic bourbon experience.



**BARDSTOWN**  
BOURBON COMPANY®

BOTTLE & BOND

Tasting Bar | Tue-Sun: 9:30a-4p

Tours | Tue-Sun at 10a, 11:30a, 1p, 2:30p, 4p

Retail | Tue, Wed, Sun: 10a-5p; Thu - Sat: 10a-10p

Restaurant | Sun, Tue, Wed: 11:30a-3p; Thu-Sat: 11:30a-11p

**Bardstown Bourbon Company**

1500 Parkway Drive, Bardstown, KY 40004

[bardstownbourbon.com](http://bardstownbourbon.com)

502.233.4769

[bottleandbond.com](http://bottleandbond.com)

502.252.6331

Sean and Lisa Higgins started **Mint Julep Experiences** in 2008, just as the bourbon boom was beginning to blossom in Louisville. They have since ushered thousands of residents and tourists alike all throughout Kentucky's vast landscape, dotted with legendary distilleries, culinary experiences, scenic horse farms and much more.

With one-of-a-kind, all-inclusive tours for any size of group, Mint Julep consistently receives rave reviews from guests. In fact, they have gotten more than 2,000 five-star reviews from TripAdvisor, Yelp and Facebook, and have been awarded the TripAdvisor Certificate of Excellence for 10 straight years.

Mint Julep tours are ideal for holiday office parties, and they offer gift certificates for any bourbon-lover on your list. Shop local. Choose Mint Julep.



**Mint Julep Experiences**  
 210 W. Liberty St.  
 502-583-1433  
[www.mintjuleptours.com](http://www.mintjuleptours.com)

It's a bird, it's a plane, it's ... a Louisville bourbon experience on three wheels! **Bourbon City Cruisers** is a fleet of tuk tuks launched in May by Mint Julep Experiences to further give tourists and local bourbon fanatics a fun time exploring Louisville's history, distilleries and cocktail culture.

The electric-powered vehicles are led by knowledgeable and entertaining Cruiser Captains who pilot a crew of six on one of three distinct tours throughout downtown Louisville and beyond.

Bourbon City Cruisers is a fun way to get your office out of the office, and our gift certificates make an ideal stocking stuffer.



**Bourbon City Cruisers**  
 210 W. Liberty St.  
 502-200-9278  
[www.bourboncitycruisers.com](http://www.bourboncitycruisers.com)



Located in downtown New Albany, **MESA, A Collaborative Kitchen** is a celebration of local culinary talents and community with its wrap-around bar where guests can fully take in and appreciate all that goes into the dishes local chefs pour their hearts into. While seated a sense of warmth and fellowship is felt as guests interact with each other and the chef. You can see it spread and grow as the evening progress with each burst of laughter and interactions amongst strangers and friends alike. Each event is unlike the next and sure to offer an experience of its own.

Along with its curated specialty events by the top chefs, mixologist, and purveyors they offer private events just for your group. Whether you are looking for a space to celebrate a marriage, company holiday party or space for launching your next big idea MESA's contemporary space offers everything you need. Private events come with a customizable menu from its large network of local chefs from some of the best restaurants in the area. You choose the cuisine and MESA's team finds a chef that can bring your vision to life. Not only are your menu options endless so are the setup options they offer for private events. The venue can turn into a customizable cocktail party space, buffet stations or pull up a chair to the bar for a more traditional evening.

The space is exquisitely laid out with a flow from the kitchen into the MESA, PANTRE. The Pantre brings local shopping experience to your fingertips. Brands such as Louisville Tea Co. that greets guests as they enter the doors, CellarDoor Chocolates and Froggy's Popcorn to just name a few. Along with supporting the local artisans you can find unique specialty home goods and kitchen items perfect to gift for the holiday season. Shop the pantre during the weekdays or shop while enjoying handcrafted cocktails before and after MESA events.

A full schedule of events can be found at [www.mesachefs.com](http://www.mesachefs.com). To book your next private event contact owners Ysha and Bobby Bass at [info@mesachefs.org](mailto:info@mesachefs.org) or 812-725-7691.

## MESA



A COLLABORATIVE KITCHEN

**MESA, A Collaborative Kitchen**

216 Pearl St.  
New Albany, IN 47150  
[MesaChefs.com](http://MesaChefs.com)





### Mi Casita on Fourth Mexican Cuisine

520 South 4th St. | Louisville, KY  
40202  
502-315-0666  
www.micasitaon4th.com  
Mon-Sat 11am-10pm;  
Sun 11am-8pm

### Mi Casita on Hurstbourne Mexican Cuisine

2060 South Hurstbourne Pkwy  
Louisville, KY 40222  
502-257-7048  
www.micasitahurstbourne.com  
Every day: 11am-10pm

### Mi Casita Shelbyville

180 Midland Blvd  
Shelbyville, KY 40065

If you are looking for authentic Mexican cuisine, take a trip to **Mi Casita** where you feel you've journeyed to an exotic destination. Using unconventional seasonings and paying special attention to detail, the chefs at Mi Casita 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 Casita 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 Casita 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.

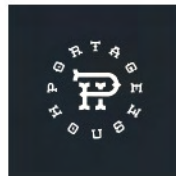
**Portage House** | ►

Food Network's Chopped Champion Chef and Owner Dallas McGarity serves southern-inspired cuisine and creative cocktails on the riverside in Jeffersonville Indiana at Portage House. Our restaurant is chef driven and we change the menu frequently to feature seasonality. Just a few minutes across the river from Louisville Kentucky, we have the best riverfront dining in the area with a beautiful patio that sits high above the mighty Ohio river. Our restaurant resides in a house built in 1907 and lends itself to the charm of that era. Please join us Tuesday through Saturday for lunch or dinner. We look forward to serving you.

**Portage House**

117 E Riverside Dr  
Jeffersonville IN 47130

812-913-4250  
www.eatportagehouse.com  
portagehousejeff@gmail.com

**The Fat Lamb** | ►

Guests will find our Owner, Chef Dallas McGarity, in the kitchen preparing fresh and inspired dishes, utilizing locally-sourced ingredients and house-made products. Our stylish New American bistro blends Mediterranean and Southern flavors for a range of seasonally driven, elevated small plates and mains — think cornmeal fried oysters or housemade gnocchi — served alongside craft cocktails and wine. The cozy space is bustling, with an open kitchen, white subway tile backing the bar area, Edison bulb light fixtures and cement bar top adding an industrial-chic vibe.

**The Fat Lamb Modern Kitchen and Bar**

2011 Grinstead Dr  
Louisville KY 40204

502-409-7499  
www.fatlamblouisville.com  
fatlamblouisville@gmail.com





The Akrami family (Azar & Ata) migrated to the United States of America in the late 1970s due to the Revolution in their native country of Persia. They left everything behind and with great courage, determination, and faith started a whole new life with their two sons, Ramin and Ashcon.

Always known as excellent cooks with a never-ending passion for food, Ata and Azar soon found friends asking to prepare food for small parties and soon after started the business called Ata's Catering in the early 1980s. In those days, Ata and his two sons would take their homemade equipment and set up shop at their friend's abode and cook the same crazy-good food that you are having today.

The word of mouth soon reached the nearby cities to their hometown of Louisville, KY, traveling as far as Washington DC. After a few decades of persistence by friends and foe alike to open a restaurant, Akrami's sons Ramin and Ashcon finally put a front to a very old family tradition of crazy-good food and then there was born **Shiraz Mediterranean Grill**.



#### Shiraz Mediterranean Grill

##### Holiday Manor

2226 Holiday Manor, Louisville, KY 40222

Mon-Sat. 11am-9pm

Sun. 12pm-8pm

##### Poplar Level

3501 Poplar Level Rd, Louisville, KY 40213

Mon-Sun. 11am-8:30pm

##### Hurstbourne

205 N Hurstbourne Pkwy, Louisville, KY 40222

Mon-Sun. 11am-9pm

##### Chamberlain Lane

4614 Chamberlain Ln, Louisville, KY 40241

Mon-Sun. 11am-9pm

##### Bardstown Rd

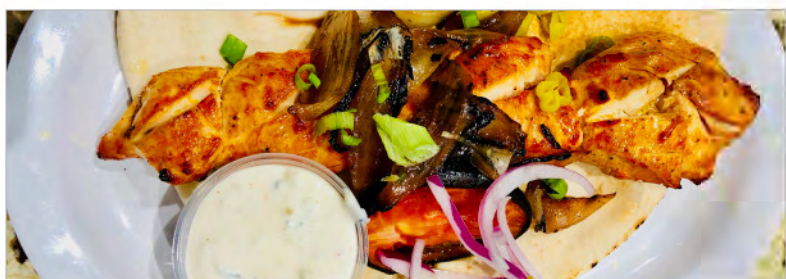
1565 Bardstown Rd, Louisville, KY 40205

Mon-Thur. 11:30am-08:30pm

Fri. & Sat. 11:30am-10:00pm

Sunday 12pm-8pm

shirazmg.com





Years ago we changed our name from Cunningham Overhead Door to **Cunningham Door & Window** to better reflect our product line which encompasses high quality architectural windows, entry doors, and storm doors. We also custom build and install driveway entrance gates and gate operators. Our large service departments have rapid response times to repair all brands of garage doors, openers, and gate operators, oftentimes the same day!

We carefully choose our employees as well as our industry leading suppliers. We offer the broadest product lines that will enhance your home's curb appeal and energy efficiency. Our own employees, not subcontractors, install everything we sell. As a third generation family business, you can always have confidence that we will be here for you.

Don't Compromise, Choose Cunningham!



#### Cunningham Door & Window

2133 Frankfort Ave at the railroad crossing  
(502)897-5700

info@cunninghamdoor.com  
www.cunninghamdoor.com

Monday thru Friday 8am-5pm  
Emergencies 24/7



Cunningham custom-built mahogany carriage doors



Stained fiberglass entry door & sidelights



Stained mahogany French TDL doors



Kolbe arched SDL windows



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](http://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](http://www.huberwinery.com)

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

Winery and Distillery tours offered daily. Call or visit our website to schedule a tour!





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](http://www.lotsapastalouisville.com)

**Heine Brothers'** is a 100% fair trade and organic coffee roaster, with our headquarters, coffee roastery, and training center in the historic Portland neighborhood of Louisville.

We opened our 1st shop in October 1994 in the Highlands neighborhood of Louisville, KY, and now have 17 shops all in the Louisville area. From the beginning, Heine Brothers' has been committed to operating responsibly and sustainably — donating to numerous community groups, recycling, being founding members of the world's 1st fair-trade coffee buying cooperative, buying locally. Through community support we strive to do even more, while offering exceptional drinks, perfectly-roasted coffee and friendly service.



**Heine Brothers' Coffee**

17 locations  
around the Louisville area  
502-896-4451

[support@heinebroscoffee.com](mailto:support@heinebroscoffee.com)  
[heinebroscoffee.com](http://heinebroscoffee.com)




**YEW  
DELL**  
**BOTANICAL  
GARDENS**  
 wonder • learn • grow

#### Yew Dell Botanical Gardens

6220 Old Lagrange Road  
Crestwood, KY 40014

502-241-4788  
yewdellgardens.org

Winter hours begin December 17.  
Hours: Tuesday–Friday, 10 am–4 pm

**Yew Dell** is an internationally recognized center of gardening, plants and education, all offered at a stunning and whimsical 60 acre site - and right in your own backyard. Even in winter, our gardens offer a quiet beauty that entices all the senses. Enjoy a stroll through our arboretum and explore the shapes, textures, and colors of our unique and unusual trees and shrubs. Get to the root of our tree collection by exploring our newly expanded QR code tour of the arboretum. This self-guided tour will engage you with video interviews of horticulture staff and green industry friends explaining the history and fun facts of some of the rarest and most wonderful trees in our collection. With something to do and see at Yew Dell all year long, be sure to pick up a membership for yourself and a gift membership for your friends and family to explore this winter and the rest of the year as well.

For the past 14 years, **Graham Design & Construction** has enjoyed offering clients a friendly and low stress remodeling experience. Our goal is to create beautiful structures using



only the best materials and craftsmanship standards. We take a different approach to construction by focusing on one project at a time and completing that project in a timely and attentive manner. Our process is a thoughtful collaboration between homeowners, architects, and craftsmen. Spanning historic and modern styles, we combine innovative technologies with traditional building techniques, and learn from each project to grow as professionals.

**GRAHAM**  
 DESIGN & CONSTRUCTION

#### Graham Design & Construction

1227 Logan Street, Louisville 40204

www.grahamdc.com  
Email: sam@grahamdc.com





### Louisville Salt Cave

9800 Shelbyville Rd.  
Louisville, KY 40223

502.996.7000  
www.LouisvilleSaltCave.com  
info@louisvillesaltcave.com

Hours: Mon 12-4;  
Tues-Fri 10-7;  
Sat 10-4  
(Open until 6pm  
in December)

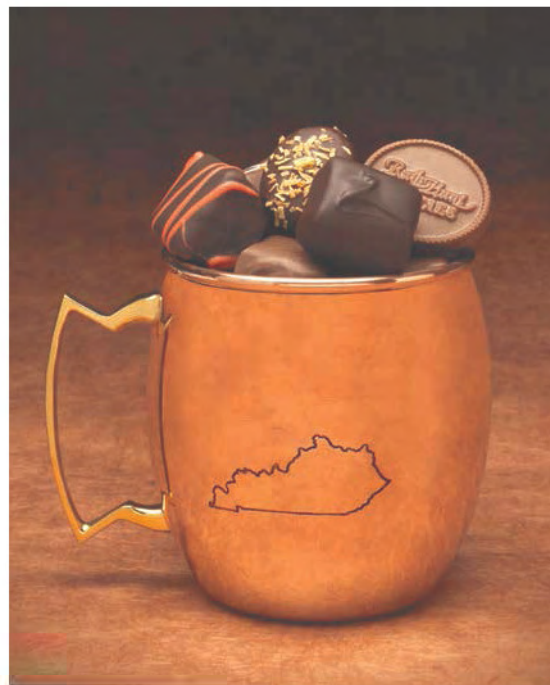
**Louisville Salt Cave** is constructed of 5 tons of Himalayan salt. This space was designed for deep rest and allows one to access their own ability to self-heal. Halotherapy, or dry salt therapy sessions, have been shown to balance skin pH and reduce symptoms caused by inflammation along the respiratory tract.

Nicole Bartlett opened the Cave in 2015 after spending 10 years in biotechnology.

This background was the foundation of her appreciation for preventative health. Her passion as a spiritual seeker and vision for creating a more peaceful world through personal responsibility has shaped the business to what it is today. Bartlett is certified in Effiji Breathwork and Reiki I and II and brings a creative drive to getting in touch with one's true purpose.

Bourbon Balls, Cream Candy, Blue Mondays — for 99 years **Ruth Hunt Candies** has been locally owned and operated and making traditional KY treats that we all love. Started by Ruth Hunt in her home kitchen and now owned by Larry Kezele of Lexington, Ruth Hunt is delighted to be a major provider of KY candies and the chocolatier for Woodford Reserve, making Bourbon Balls, Bourbon Caramels, Mint Juleps, Dark Bourbon Sea Salt Caramels, and Bourbon Butter Crunch; sold here at home and shipped worldwide.

You can find all of Ruth Hunt's sweet treats at the Lexington Store on Walton Avenue, the Factory Store in Mt. Sterling, and at select retailers throughout the Lexington and Louisville Metro area. With a wide variety of candy, gifts, specially selected Kentucky food items, handcrafted products and books, Ruth Hunt is Kentucky Proud and has the perfect Kentucky gift for any occasion. A full service USPS on the premises makes shipping easy. Visit our stores or order on line at [www.ruthhuncandy.com](http://www.ruthhuncandy.com).



### Ruth Hunt Candies

213 Walton Avenue  
Lexington, KY 40502  
859-268-1559

550 N. Maysville Road (Factory Store)  
Mt. Sterling, KY 40353  
800-927-0302

info@ruthhuncandy.com  
www.ruthhuncandy.com





*Know your farmer. know your food.*

**Steckler Grassfed Store**

21477 N County Road 600 E  
Dale, IN 47523

(812) 683-3098  
stecklergf@gmail.com

Store Hours:  
Tuesday 8 a.m. – 5 p.m.  
Friday 12 p.m. – 6 p.m.  
Saturday 8 a.m. – 2 p.m.  
For Appointment, Please Call

**Steckler Grassfed Farms** is a family-owned, certified organic farm in Southern Indiana who proudly offers artisan, raw-aged cheese, pasture-raised poultry (eggs, broilers, and turkeys), lamb, beef, and pork. Made in small batches by hand in our farm creamery, our artisan cheeses tantalize the palate and enrich the body with Omega 3, CLA and a host of other vital nutrients not found in conventionally produced cheeses. Our Ohio Ecological Food & Farm Association (OEFFA) certified organic cows get a fresh salad bar every morning and evening. This season, we invite you to curate the ultimate cheese plate and wow your holiday guests with an organic, pasture-raised whole turkey. We are confident you and your guests will taste the Steckler Grassfed difference.

Visit [stecklergrassfedfarms.com](http://stecklergrassfedfarms.com) to learn more and place your order. Use code **WITHTHANKS18** to save 10% off orders \$75 while supplies last.



**502 Hemp Wellness Center** is a family-friendly CBD boutique and resource center. Whether you are looking for unique gift ideas, alternative solutions for common ailments or you are just curious about CBD oil, stop by and talk to our knowledgeable staff. We are more than happy to help answer any questions and guide you on proper dosage and product. Our hemp is organically grown in Kentucky and processed in Louisville, Kentucky by Commonwealth Extracts, a leader in the hemp processing industry. Commonwealth

Extracts is an FDA registered facility and they follow all CGMP guidelines. They use supercritical CO<sub>2</sub> extraction; third party test all Kentucky hemp and they have a PhD chemist on staff in their lab for analytical testing. 502 Hemp has COA's (certificate of analysis) available for all of our CBD oil products and the BEST tasting CBD oil on the market. Come see why 502 Hemp was chosen as the Best Place to Purchase CBD oil, Best CBD oil and Best New Business/Store in Louisville!



**502 Hemp Wellness Center**

201 Moser Road, B  
Louisville, KY 40223  
502-654-7100

1407 E. Crystal Drive, I  
La Grange, KY 40031  
502-265-7043

[www.502hemp.com](http://www.502hemp.com)

Check out Frankfort's new beer scene.

**Historic Downtown Frankfort** is bustling with new energy and a growing choice of brew pubs, restaurants and shops. Sig Luscher's new tap room on Mero St. is a great start on a venture to explore Frankfort. And newly opened Goodwood Brewery offers great beer and pub food, plus an amazing view of the Kentucky River and plenty of screens to watch your favorite teams. Coming in 2020 is Mortimer Bibb's Public House — an Irish Pub and the Holy Man Saloon in an 1880's era building that once held a saloon of the same name. Come for a holiday weekend and check out these great stops!



#### Frankfort Tourist Commission

300 St. Clair St., Suite 102  
Frankfort, KY 40601  
502-875-8687  
[www.visitfrankfort.com](http://www.visitfrankfort.com)



In fall 2016, Louisville's first whole animal butcher shop opened its doors in the Crescent Hill neighborhood. Located just a few blocks from its sister restaurant, Blue Dog Bakery & Café, **Red Hog** provides a source for local, responsibly raised meat, available as fresh cuts, cooked or cured. Expect to find a rotating selection of artisanal cheeses, Blue Dog bread, prepared foods, items off the rotisserie, and a limited array of complementary grocery items, like pickles, olive oil, mustards, vinegars and relishes.

Built around the love of cooking with live fire, Red Hog's exposed kitchen is focused on a woodburning pizza oven and large woodfired grill and hearth. Guests can expect to find a constantly changing menu of charcuterie, cheese, sausages, pizzas, sandwiches, barbecue, soups and stews, grilled meats and vegetables, and anything else imaginable. The full bar features classic and specialty cocktails, food friendly wine, and a variety of bottled, canned and draft beer.

While the seating inside is cozy, Red Hog's outdoor courtyard offers additional seating. When the weather is nice, the garage doors open to create a delightful indoor/outdoor experience.



#### Red Hog Local Craft Butcher

2622 Frankfort Ave.  
Louisville, KY 40206  
502-890-6976

[hello@redhogartisanmeat.com](mailto:hello@redhogartisanmeat.com)  
[RedHogArtisanmeat.com](http://RedHogArtisanmeat.com)

**Butcher Shop**  
Tues–Fri: 11am – 7pm  
Sat: 9am – 4pm

**Restaurant**  
Tues–Thurs: 11am – 10pm  
Fri–Sat: 11am – 11pm

Today's restaurants face increasing challenges, from rising food and labor costs to food safety compliance concerns. **OpSense** provides continuous monitoring, just-in-time notifications, and predictive insights to help decrease downtime and increase profits. Round-the-clock monitoring and data collection helps your restaurant meet HACCP and FSMA guidelines consistently. Remotely monitor cooler or freezer temperatures, lighting and energy usage, HVAC conditions, customer wait times, task management checklists, and more.

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.

Visit our website to schedule a free consultation.



**OpSense**

Smart Monitoring for Restaurants

12910 Shelbyville Road  
Suite 225  
Louisville, KY 40243

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

No single type of pest control treatment is appropriate in every situation, but at **Swat Team Pest Control**, our general approach is “kill it now.” If you have invading pests like ants, oriental roaches, spiders, crickets, wasps,



**Charlie**



**Ramon**

or millipedes, we prefer to kill what you've got, and then treat the outside to kill future invaders outside, rather than wait until they get inside. Most recurring service is focused on the outside, with visual inspections inside, treating inside when necessary.

If you have a pest you don't recognize, try to save it for us, and we'll tell you what it is and what is necessary to eliminate it.



**Eddie**



**Chris**



**Swat Team Pest Control**

7104 Sunny Vale Way  
Louisville, KY 40272

502-296-2402  
swatteamky.com