

# Food



## ACTING DEBUT

Is Alecia Moore (aka Pink) looking at a new path?

ENTERTAINMENT | D3

Codeword ..... D2 Dear Abby ..... D2 Comics ..... D4  
Crossword ..... D2 Movies ..... D3 Television ..... D5

THURSDAY, SEPTEMBER 19, 2013

## PICKS of the WEEK



Fuji apples

Apple season is now in full force, with nearly a dozen varieties from local orchards available at most Santa Barbara Certified Farmers Markets. My top pick this week is the crunchy Fuji. One of the sweetest apples to emerge all year, it is definitely a favorite for kids' lunchboxes or to enjoy as an afternoon snack. They are delicious when sliced and dipped into hummus, used to make applesauce or incorporated into a fresh salad. This week, I prepared a nutritious apple and cabbage salad with an apple cider vinegar-based dressing, the Fix of the Week on page D8. \$2 to \$3.50 per pound.



# Special of the month

epicure.sb dishes up 31 days of food, drink and fun

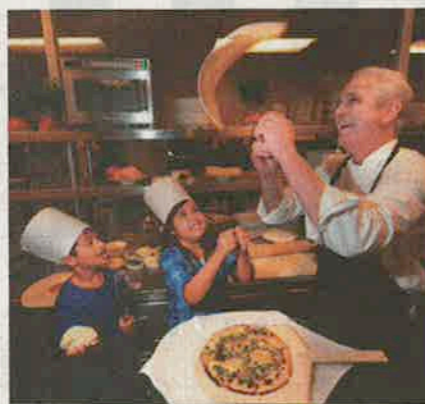
By **BRETT LEIGH DICKS**  
NEWS-PRESS CORRESPONDENT

Eating is an everyday necessity of life, right?  
So is drinking.  
So how can exploring the wine tasting rooms in Santa Barbara's Funk Zone one day, drinking in cocktails and art the next day,

washing that down with a food festival the following day and taking a gourmet cooking class at one of the hottest restaurants on another day possibly be overindulging?  
So go ahead — fill up your plate this October during the 5th annual epicure.sb, sponsored by Visit Santa Barbara. Throughout the month, more than 100 events will celebrate

the very best Santa Barbara County has to offer in terms of cuisine, libations and culture. From a cooking class for kids and the chance for grown-ups to play chef for a day to an array of food and beverage tastings, you'll have 31 days to get a taste of what the area has to offer.  
So go on — stuff yourself silly with our top picks.

STILL HUNGRY? CHECK OUT OTHER MUST-DO EVENTS ON PAGE D8



# 2

### Petite Epicurean

Bacara Resort & Spa, 8301 Hollister Ave., Goleta

Who says cooking is child's play? Bacara Resort & Spa's executive chef David Reardon, for one. For five consecutive Wednesdays in October, Petite Epicurean will teach children between the ages of 4 and 12 how to prepare healthy and delicious food that celebrates the bounty of Santa Barbara. Mr. Reardon will have the kids whipping up a range of delights, including Pumpkin Ravioli, Baked Halibut Fish Sticks and Babe's Blueberry Tart, in no time at all.  
4 to 5 p.m. also Oct. 9, 16, 23 and 30



# 3

### Curated Cocktails

Museum of Contemporary Art Santa Barbara, 653 Paseo Nuevo

There is an art to the perfect cocktail and that is what the Museum of Contemporary Art Santa Barbara is intent on exhibiting this month. Every Thursday night in October, the museum will be inviting a selection of local mixologists from venues such as the Canary Hotel, Eureka! and Ascendant Spirits to share the inspiration and creativity that goes into making the perfect cocktail, which visitors will indulge in while enjoying art and live DJs.  
6 to 8 p.m.; also Oct. 10, 17, 24, 31  
Free admission, \$5 cocktails  
966-5373

### Explore the Urban Wine Trail by Pedicab

Funk Zone, downtown Santa Barbara

Santa Barbara's open-air lifestyle is something to celebrate! And you can do just that by exploring the Urban Wine Trail by pedicab. Throughout October, Santa Barbara Car Free will be presenting daily tours of the Urban Wine Trail through the three-wheeled bikes complete with cozy cab in back. For two hours, you can be chauffeured around to as many of the city's most fashionable tasting rooms as the driver can peddle.  
\$60 for two people.  
696-1100

# 1



# 4

### California Avocado Festival

Linden Avenue, downtown Carpinteria

If ever there was a fruit worth celebrating, it is the avocado. Native to Central Mexico, it has become a cultural icon since its introduction to Southern California. So much so that for the past 26 years, Carpinteria has honored the green-skinned delight with its own festival. And this year's event, held Oct. 4-6, promises to be even greener. Styrofoam and smoking are banned and generators will be running on biodiesel across the three days of peace, love and guacamole.  
10 a.m. to 10 p.m. Oct. 4, 10 a.m. to 10 p.m. Oct. 5, 10 a.m. to 6 p.m. Oct. 6  
Free admission  
684-0038