



Lucy's Spice Box (Lucy's) seeks to provide foods that taste great and that providing your body with the healthy nutrition that is to be found in foods that are farmed humanely, sustainably, naturally and (if available) organically as possible. Lucy's strongly feels that foods that are as natural as possible taste significantly better than their corporate counterparts. Natural, and when available, organic foods are significantly better for your health. There are important reasons why most of the world will not sell genetically modified foods (GMO) and why the makers of GMO foods are afraid to have the labels correctly inform you that you are buying a GMO product. Lucy's will never knowingly serve you a GMO food.

Lucy's is proud to share with you its primary food sources. Lucy's tries to buy directly from farmers (as local as possible) or to buy from vendors who buy directly from farmers. If you spend a dollar on Food from Lucy's, we want as much of that food dollar as possible to benefit the farmer.



Lucy's Gardens

Lucy's has listed below its primary food sources, information about the locations (Provisions, Legendre Tasting Room and Volcano General Store) that make Lucy's take home foods possible; and a little about the shy person who cooks the foods that Lucy's sells.

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PREFERRED FOOD SOURCES

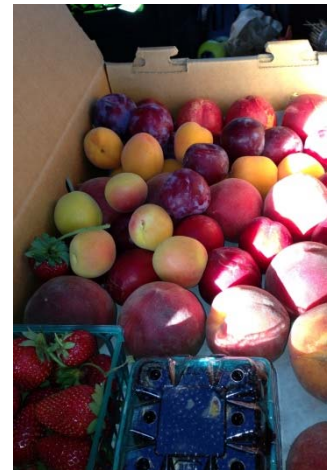
OUR PICKUP LOCATION

LUCY (an unauthorized biography)

PREFERRED FOOD SOURCES

Vegetables

Produce Express www.produceexpress.net
Rancho Gordo Beans www.ranchogordo.com
Wine Forest Mushrooms (www.wineforest.com)
Lucy's Gardens
Outer Aisle Foods www.outeraislefoods.com
Tyson Hill Farms
Mother Lode Harvest www.mlharvest.com



Tyson Hill Farms

Mother Lode Harvest

Fish, Fowl and Meats

Del Monte Meats & Fish www.delmontemeats.com

Ilano Seco Farms www.ilanoseco.com

Swingles Meat Jackson

Sutter Creek Cattle Company <http://www.suttercreekcattle.com/>

The Foragers www.theforagers.com

River dog Farms <http://riverdogfarm.com/>

General Ingredients

Costco Organics

www.mountainroseherbs.com

OUR LOCATION

Every Thursday and Friday Lucy's Spice Box delivers pre-ordered dinners for take-out (or eat in) at Lucy's Spice Box in Amador City, 14179 Main St. across the street from Legendre tasting room (old Buffalo Chips).

LUCY (an unauthorized biography)

This is an unauthorized biography of Chef Lucy. Unauthorized because Lucy hates "chef pedigrees", Lucy says that as a cook you are only as good the food that you just prepared. But as her husband (Mr. Lucy), I enjoy knowing about people and why and how they do what they do. So I will share with



Favorite Cooking: Wood Fired
you a little about Lucy (until she digs down

to this portion of the website and then this cook's resume may be history).

Lucy is from Minnesota and she has been a professional cook for about thirty years. In 1982, she was doing pottery and waiting tables at Britt-Maries Bistro in the Berkeley area when Britt-Marie asked her to help with baking the breads & Pastries (another art medium similar to pottery). Lucy started cooking. The early 80's were a great time to be cooking in the Berkeley food ghetto. Alice Waters and Chez Panisse set a high quality bar and it was a great place to hang out at. Mark Miller had the 4th Street Bar and Grill, Christopher Lee had a great restaurant on Solano Ave. Lucy waited there and at another great restaurant Bonnie Hughes's Augusta's. I worked in San Francisco and Zuni's was just starting. For more reasons than I can name it was a great time and place to be into food. And of course there was Kermit Lynch for wines. In St Helena, there was Miramonte under chef Udo. Enough!

Lucy always says that if you learned to cook at home you don't need to go to cooking school. But what she fails to mention is that she was one of 8 kids that have all shown cooking talent. Their mother's parents came over from the Alsace-Lorraine region of France and they all farmed and cooked in Minnesota. Her father's family came over from Austrian-Hungary border region where they had wineries and made very good wines. Her dad's relatives still run their family winery in Burgenland Austria.

(<http://www.goldenits.at/>).

Lucy has had several restaurants/commercial kitchens. Her sister Rita worked with her in Minnesota and went on to have her own pastry shop. Her sister Annie had a sandwich shop all in their home town in Minnesota. Her brother Neal co-owns what many consider to be the best catering company in Boston. (<http://www.maxultimatefood.com/>).

I am always in amazement when I am around talented cooks. I can taste food and say that I like it, but there is a whole higher level where Lucy and foodie friends can taste food and discuss what is in it. Or better yet while cooking tell what needs to be done to bring out the best flavors. To do this you need very discriminating taste buds and I think more important the ability to remember tastes. Unfortunately, I don't have those talents, but fortunately I do really enjoy good food.

In the 90's Lucy had her first business "Lakeside Lucy's" alongside Lake Calhoun in Minneapolis and then grapevine catering. In 1995 we had the chance to return to California to take over the restaurant at Chimney Rock. By 1997, Lucy had her own restaurant in Napa ("Café Lucy"). It was a simple bistro style café (lunch & Dinner) for the locals. The wine list was 60% French wines. After 7 great years we decided that cooking food was great but having 15 employees in Napa was a giant pain. We take our hats off to those restaurant owners who can both cook and manage a staff (such as Mark and Tracy, Taste/Union and Matt and Kim at Andreas – managing staff takes real talent and hard work).



After selling Café Lucy, Lucy spent a summer selling savory and some sweet foods at the St. Helena Farmer's market. At the end of the summer I asked Lucy what she wanted to do now that the Farmer's market was over. Lucy said that it wasn't over as her customers were simply going to come to the commercial kitchen on Friday evenings and pick up the food that used to be



Katy, Lucy, & Sister Steph

at the farmer's market. The food take-out was born and it lived for 6 years in Napa.

Now we are in Amador. Bill's Mom moved to Volcano in the 70's and Sister Steph came shortly thereafter and married Bob Farnham (Plymouth-Fiddletown). So Volcano and the mountains off 88 have been our second home for decades. Then in 2011 we made the jump to live here. We instantly regretted that we hadn't done this move, years ago. It took a year and a lot of help from the folks of Amador and the powers that watch over us, to realize that the easiest way to get a commercial kitchen in Amador was simply to build one on the property. To see the container kitchen and the building of it push the Kitchen button on this website.

So now with a great container kitchen and support from the Amador 360 and the Yorba tasting rooms, Lucy is working with local farmers to prepare the weekly menu of foods that you can get on (most)Thursday and Friday nights. We hope that you enjoy the foods as much as Lucy and I are now enjoying being a part of the Amador food chain from local farms to your table.

Menu Planning: Silver Lake



Favorite Restaurant: Silver Lake

