

NOTABLE EDIBLES

TOO MANY ORANGES?

Wondering what to do with all of the fertile Arizona citrus that has materialized in your front yard? Donate it! St. Mary's Food Bank Alliance offers Gleaning for Citrus, a program designed to deliver the abundance into the hands of those who need it. For your \$10 per tree donation, volunteers will arrive, equipment in tow and at your convenience, ready to collect all of your excess luscious citrus. The collected fruit will be distributed locally and sent to food banks as far away as Idaho.

Beginning December 1, residents of Sun City, Sun City West and Surprise may call Chuck "Citrus" at 623-344-2158 for more information and to schedule a pickup.

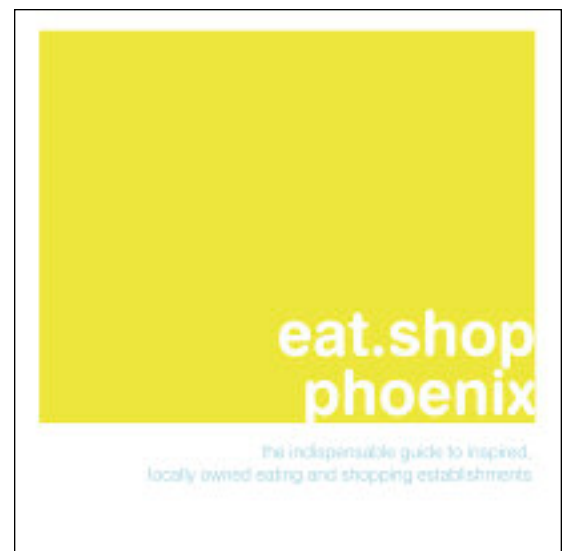


MANY MOLES AT MANO Y METATE

When we hear the word *mole*, most of us think of Mole Poblano, the wonderful thick, dark brown, chocolate-infused sauce that is often served with turkey or chicken in Mexico. But *mole* actually means *mixture* and many-hued varieties can be created from intriguing mixtures of seeds, herbs and spices. Most recipes have ingredient lists as long as your arm, but there is a shortcut you can take: Purchase one of the four mole powders available from Mano Y Metate (dulce, verde, pipian, adobo) and fry it up with your choice of fat (lard for extra flavor, vegetable oil for vegetarians or the health conscious), then thin it with stock and serve with your favorite vegetables or meat garnished with radishes, cabbage or another crispy accompaniment. The moles are available via mail order at manoymetate.com or from nativeseeds.org.

GOLDEN GUIDE

Although *eat.shop phoenix* (Cabazon Books, 2008) wasn't penned by a local author, frequent Valley visitor and "Lucky Magazine" writer Anna H. Blessing did discover many of our favorite locally owned eating and shopping businesses for this new guide. Part of the national *eat.shop guides*, the Phoenix version has a funky vibe, fun photos and recommendations on what to imbibe, devour or covet at each establishment. Buy a print copy at your local bookstore or visit eatshopguides.com for an on-line version.



Photos: Oranges by Carole Topalian; Moles courtesy of Mano Y Metate



TRADITIONAL TAMALES WITHOUT ALL THE WORK

For many families, multiday tamale-making marathons are a holiday tradition. For the rest of us, we recommend tamale shopping. There's no better shopping location than Food City's Eighth Annual Tamale Festival in downtown Phoenix on December 13 and 14. Churches and community groups from around the Valley toil endlessly to produce the 75,000 tamales sold at the festival and fundraise for their groups. Better yet, you can purchase and sample a tamale with a traditional beverage like atole before you commit to multiple dozens to take home. But don't take too long to make up your mind—the most popular stands sell out early. Admission is free; the "best tamale" contest is at 2 p.m. on Sunday; myfoodcity.com.

AND LIBERTY FOR ALL

Downtown Gilbert just got a bit more hip with the opening of Liberty Market in October. Joe Johnston—the bespectacled brains behind Joe's Real BBQ and Joe's Farm Grill—and wife, Cindy, have partnered with David and Kiersten Traina to transform the old country store into an "urban market."

The bright, cheery space is more of a café, though there are a few shelves with gourmet products such as Queen Creek Olive Oil. Sandwiches, wood-fired pizzas, salads, nosh plates, beer and wine make up the menu, with some ingredients plucked from the farm at Agritopia. An E61 espresso machine pumps out real Italian coffee, and syrups and pastries are made in house. Open 7 a.m.–9 p.m. Sunday–Wednesday; 7 a.m.–11 p.m. Thursday–Saturday; libertymarket.com; 480-892-1900.



Photo: Tamales courtesy of Food City