

FREE

CULTIVATING THE CAPITAL FOODSHED

flavor

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Labels 101



LOCAL GRAZINGS

After pursuing diverse career paths, brothers Mike and Nick Lampros joined forces in 2005 with a specific goal in mind: to produce the best, **all-natural marinades, salsas, and vinaigrettes** on the market as the owners of **Gunther's Gourmet Groceries**, based in Richmond, Virginia. A graduate of the Culinary Institute of America, Mike began experimenting with different flavor combinations when not at his day job, which led to the creation of his first quality

Dressing for Success



dressing—an orange balsamic vinaigrette and marinade. Nick, a lawyer, joined Mike, and the two mapped out a preservative- and chemical-free product list that has grown to include 11 fat-free salsas and three flavorful marinades. The company's products, which have earned 43 national awards since 2007, can be purchased online and at gourmet retail stores across 24 states.

Gunther's Gourmet
(804) 240-1796, www.gunthersgourmet.com

5 Satisfying Seasonal Recipes

Farm-Fresh & Affordable
Hip markets take food stamps
by Marian Barros

The Restaurant at Patowmack Farm
at NYC's James Beard Foundation
by Walter Nicholls