edible DC

EAT, DRINK, READ, THINK,



Back-to-School Snacks

By Avery Morrison, Photographs by Havnigh Hudson

Snacks-on-the-go that are healthy and gourmet can be an elusive target for packing lunch, but we found some wonderful products from local artisans that hit the spot. These back-to-school snacks are perfect for office workers, busy parents or young students because they are guilt-free energy-boosters to keep going on those long weekdays at school or at work.



Subarashii Kudamono Dried Asian Pears

The name may be exotic, but it means "Wonderful Fruit" and these firesh, Perneylvania-grown Astan pears from the Spira family orchard are perfectly delicious. Rich in fiber, all natural and preservative fires, Subarashi Kudamono's dried Asian pears are slow-dried each season. The pears can be enjoyed right out of the bag, with salads, in balond goods and on cereals, but we think that with some cheese, you might have found your perfect "pair."

Find Subarashii Kudamono pears at local Whole Foods or order online from orders@wonderfulfruit.com

Fruitcycle Cinnamon

An apple a day keeps the food waste problems, met thing Fruitcycle founder E apples makes sense, and h imperfect apples from fan that they otherwise would them with chram

the apple about go

Found to Market and location list

> ARTISANAL Cracker

Oat My Goodness Craft Granola

Based in Potomac, MD, mother-da Shehreh and Yasaman Vojdani oraft made granola that will morph any into the Energizer Bunny. They use ingredions in flavors that take the ordinary, and give it a deep, crunol Bad Monkey and Sunrise. This old horning routine the texture it he

Found locally at Central Farm Ma and other specialty grocers (comp from omgeraftgranola.com. Steak

ISSUE 7 FALL 2015 END & APPLE PLUM PIE