

◆ **When your pie is heated here at Joe's**, it is heated in a regular oven, not in a microwave. We do have a microwave on premises, however it is used very seldom. We have never been fans of the microwave and recent research confirms that microwaves violently rip the food molecules apart rendering nutrients inert or worse, carcinogenic. That's why your pie will take a little longer to heat in the tried and true oven.

◆ **What the heck is Joe's about anyway?**

Establishing who you are as a business is not as easy as one would think. We have, from the get-go (2002), provided a comfortable unpretentious atmosphere combined with uncompromising food quality. In 2008, Joe's spent over \$30,000 **on locally produced foods from New Mexico farmers and ranchers**, more than any other restaurant in Santa Fe and probably in all of New Mexico. In spite of decreased revenues, in **2009, we increased our local purchases to \$50,982. a 69.9% increase.** This reflects the strength of our commitment to local sustainable food production. This, more than anything else, is what Joe's is all about. So, after 7 years of operation the best way to say it is -

“Joe's, where local farming and great food come together”.

◆ Look for an examination of the “sweetener” issue in a future issue. You can be sure we have an opinion about that, too!

◆ **Joe's hand-made French chocolate truffles.** They are divine. Who do you know that wouldn't LOVE a little red bag of truffles? Or a few nestled in a Joe's Latte cup? \$1.79 each and 5 for \$7.49. ♥

◆ Joe's signature **latte cups, beer glasses and wine glasses** can be yours. Yup they are all for sale. Ask your waiter.

◆ Tuesday is Spaghetti and Chianti Night at Joe's. \$29.95 for two will get you Caesar Salad, Spaghetti with homemade Bolognese and a great bottle of Chianti. Wadda deal!

◆ “You're not *what* you do, you're *how* you do it.”

JOE'S

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“Dija Know...”

Joe's Restaurant Newsletter #34

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Salad Days - Joe's Ahi Nicoise - look for it on the lunch specials from time to time.

◆ **New! Sundays have been added to the 7:30 opening** as well as every other day (except Mondays when we are closed). On TU through SAT, to make service as speedy and efficient as possible, guests order and pay at the **RED COUNTER** then choose a table. When your food is ready we will deliver it to you. There's free WI FI and endless coffee, so make yourself comfortable. On Sundays, additional brunch items will “blend in” at 9AM through 2PM.

◆ Another **local artist** graces our walls - well, I mean her paintings do. **Eliza Schmid** brings her magical colorful touch to the restaurant in large and small hangings. She is very prolific so watch for changes. And yes they are all for sale!

◆ The GMO saga will continue in future newsletters; however, at the moment another dietary/food/health issue has forced itself into the limelight. Although from a personal experience, it translates into a general dietary principle. I am becoming more and more alerted to the appropriate **ratio of carbohydrates to proteins** in human, equine, canine and feline diets. Long ago I put my dogs and cats on 75%-95% protein (raw meat) diets as taught to me by Dr. Bill Barnett DVM (vetbalance.com). They thrived. What I failed to do was make that same connection in my horses' diet. There is a precipitous rise of insulin resistance (IR), Type 2 Diabetes and obesity in all four species mentioned. Recently one of our horses, Roland's

endurance horse Mickey, foundered (clinical laminitis*). How could this happen? How could this horse, of whom I have taken exceptional care for 18 years, possibly get such a painfully debilitating often-fatal condition? In a word - diet! I had been only marginally aware of this issue in horses and had become lax about the damned sugars/starches in his diet, depending on commercial mixes and spring pasture grasses to be correct. Nope! Painful lesson to learn. Much research and horse painkillers later, I find that just like human Diabetes Type 2, the equivalent in horses, dogs and cats has become alarmingly pandemic. Horses too are getting a sugar/starch overload predisposing them to IR, founder, Cushing's, obesity. Avoiding generalities here does not serve the truth. The lesson, at least the way I see it, is that all four of these species are currently more sensitive to sugars/starches than ever before. If we are in pursuit of robust health, we need to pay serious attention to the protein/carb ratio in our diets. More protein, far less carbs. (darn it - I love my bread, pasta and cake!). So the journey begins to rehab this now sugar sensitive horse - increasing his protein and decreasing his sugar/starch - a costly lesson in every respect. But it goes without saying he is worth it - a truly great horse and a great athlete. By radically changing his diet, he is already showing signs of improvement, not trotting yet but at least walking without excruciating pain. The point to my sharing this experience is...well...do you get the connection? Do you get that we humans are dealing with an epidemic of insulin resistance (the causes of which are too big a subject to address here) and it's many painful and ugly side effects and that paying attention to our protein and carb ratio intake is critical? Yes protein is more expensive but the cost of carb overload (by that I mean the simple sugars, the white foods - flour, bread, pasta, sugar, white potatoes, grains, rice) can be far more costly as I am experiencing now in the intensive rehabilitation of this horse.

(*Founder/laminitis - a condition whereby a certain bone within the hoof begins to rotate downward pulling painfully on the structures that hold it in normal position caused by metabolic disturbance.)

References: healthyhoofcare.com, vitaroyal.com, figuerola.net, vetbalance.com.

◆ **Anne Hillerman's new book, *Santa Fe Flavors***, is out and available here at Joe's. The

subtitle tells all - "best restaurants and recipes." If you love to cook, you'll enjoy replicating Santa Fe's restaurants' signature dishes. Joe's Black Bean Soup recipe is featured.

◆ Have you tried our **Sticky Buns**? We bake them fresh every morning now. Mmmm.

◆ **Closed July 4th**. Joe's will close Sunday July 4 and Monday July 5th. Going fishing.

◆ We are not trying to be a health food restaurant, but the longer we are in the food industry **the deeper our respect grows for food** - it's power to sustain, to bring joy and pleasure, to nurture community and even to heal. This respect is for whole, real, unfractionated, non-synthetic, local, unmessed-with, often organic, non-GMO, non-irradiated, sustainable and...delicious food. And of course its complement - good beer and wine. To bring this quality of food to you is our purpose. And you can read a delightfully written book that articulates how we feel about food by Michael Pollan, **The Omnivore's Dilemma**, offered here for sale.

◆ **Congratulations to Rick and Mitzi at Milagro Vineyards in Corrales**. Their Chardonnay was the Gold Medal winner out of 4912 entries in the largest annual American wines competition - the San Francisco Chronicle event. All the fruit in this wine was grown in Corrales, NM. Milagro's wines are available here at Joe's. By the glass, we pour their delightful and beautifully blended Corrales Red. And...Joe's will be partnering with Milagro again this September for **our annual Wine Dinner** during the Santa Fe Wine and Chile Fiesta, Santa Fe's most fun event!

◆ **Is it really local?** All kinds of businesses are jumping on the "buy local" bandwagon now that it's becoming chic. The only way to really know how committed a business is to buying locally, is if they divulge (honestly) their purchase figures. How much do they really spend on local goods? I can think of at least one grocery chain here that touts that it buys a lot of local produce. Not! Now, it just isn't possible to exist totally on locally produced goods - after all, life would be unbearable without chocolate! But we can take the next step - who made it into chocolates or cake? Was it the Nestle conglomerate? Or perhaps Santa Fe's own Senor Murphy or C.G. Higgins or Joe's? santafealliance.com/farmtorestaurant/