

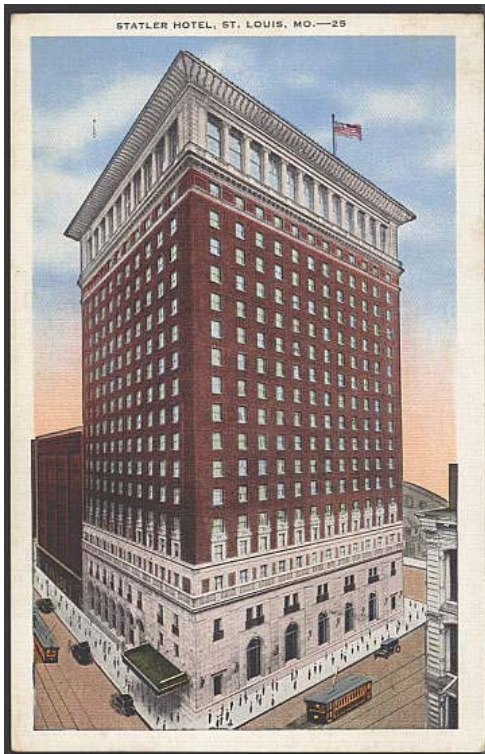


April 26th 2010



The Renaissance Grand Hotel St. Louis

4-Diamond/4-Star Luxury Hotel
800 Washington Ave., St. Louis MO 63101



Renaissance St. Louis Grand & Suites Hotel Located downtown, this historic Saint Louis hotel is an architectural masterpiece just a short walk to upscale Washington Avenue, restaurants, entertainment and nightlife, close to top attractions like America's Convention Center and Gateway Arch. As the premier St. Louis luxury hotel, the Renaissance St. Louis Grand & Suites Hotel blends lavish amenities with classic 20th Century American style. The downtown St. Louis hotel exceeds expectations in every detail from the opulent lobby to the elegant Crystal Ballroom, complete with panoramic views of the city. Serving as a modern convention property, this sophisticated hotel in St. Louis, MO also offers spacious event space, perfect for hosting sensational corporate events and social gatherings. Lavish amenities, personal service and five distinct restaurants make this hotel the perfect stage for everything from weddings and business meetings, to romantic weekend getaways. Discover a classic city favorite at Renaissance's historic hotel in St. Louis

The Renaissance Grand Hotel originally opened as the famed Statler Hotel Group. The Statler chain had architect George C. Post design the Statler Hotel at 822 Washington in 1917 to be St. Louis's premier luxury hotel. At twenty-two stories and 235 feet in height, it was the tallest building codes at the time allowed. For its first two decades, the Noonday Club—a men's-only luncheon club of some of the richest and most powerful men in St. Louis--met in its two-story colonnaded ballroom atop the hotel with its commanding view of the Mississippi. With three restaurants on the first floor and a vaulted lobby that served as a passageway from Washington to the Orpheum (later American Theater), it attracted business from St.

Louis residents as well as out-of-towners. In 1954, Conrad Hilton purchased the Statler chain, and in 1958, changed the name of all the Statler Hotels to Statler Hilton Hotels. Renamed the Gateway Hotel in 1966, it was closed in 1987 for renovations but sat empty for years. It has since been renovated and incorporated into the Renaissance Grand Hotel adjoining the convention center.



Weekly Produce Newsletter

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The St. Louis Renaissance Grand has four dining options onsite to fit most any taste.

The Capri Restaurant, a three-story open atrium restaurant, is open for breakfast, lunch and dinner and features a menu highlighted with a touch of Mediterranean flavor.

The Grand Lobby Bar serves cocktails in a sophisticated setting — the perfect place to enjoy a favorite beverage and mingle amongst friends and family.

Starbucks Coffee House is open for breakfast and lunch and serves specialty coffee and pastries.

An American Place...noted, as "One of the most beautiful restaurants in America, serving cuisine in touch with America's Heartland" is the perfect restaurant to cap a memorable St. Louis stay.



Welcome to An American Place

Thank you for considering Larry Forgione's An American Place for your special occasion. Located in the heart of downtown St. Louis on the newly renovated Washington Avenue "An American Place" is proud to represent the finest upscale dining in a truly elegant setting.

With world renowned Chef Larry Forgione serving up a lush collection of recipes designed to reintroduce the essential flavors lost to us in the rush for newer, quicker and better. He takes the best flavors from the past and revitalizes them with the freshest, ripest and richest native ingredients. We specialize in customizing your event; from the menu, bar packages, and seating possibilities... we have the capability to make your event uniquely yours

Larry Forgione Chef Proprietor



Throughout a successful 27 year career, Forgione has focused mainly on our national cuisine and played an integral role in giving it international renown. His reputation and culinary influence landed him a place as one of LIFE magazine's "50 Most Influential Baby Boomers." Further more, no other individual from the restaurant industry was listed.

His contributions to his industry and those in it are innumerable. Leading the effort to support local farmers, he has helped ensure the success of farmer's markets, regional products and specialties, cottage industries and culinary artisans in America. To help showcase these products and the individuals producing them, along with Justin Rashid he co-founded American Spoon Foods, a catalogue and group of retail shops offering specialty food products from the same native sources that he uses. Continuing in his campaign to elevate American cuisine he published An American Place Cookbook in 1996. His publication won a James Beard Foundation award for best American cookbook.

Nick McCormick Chef de Cuisine



Born and raised in St Louis, Chef Nick McCormick began his career after venturing to Chicago to receive his formal training at the Cooking and Hospitality Institute of Chicago. During the eight-year stint that followed, Nick had the opportunity to polish his culinary skills while working for some of the best restaurants in the country. Nick honed his unique style under the direction of Michael Kornick at MK the Restaurant, and he has now brought that style back to his home town.

Chef McCormick prides himself on utilizing both modern and classical techniques to showcase the true essence of an ingredient. He works hard to find the best-quality product that the American landscape has to offer. It is through relationships with farmers and foragers that Nick is able to create true harmony following the rules of seasonality and sustainability.



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HEALTH MATTERS

TRANS-ACTION

In the supermarket, it's getting easier to avoid trans fat. All Promise and Smart Beat margarines have no trans, though some (especially the sticks) still have too much saturated fat. Other brands, like Fleischmann's, sell trans-free tubs (they're low in sat fat, too). And soon it should get even easier to avoid trans. The Food and Drug Administration may require that trans fat levels be listed on all food labels. If so, you'll be able to limit trans-and saturated-fats not just in margarines, but in shortening, cookies, cakes, frostings, doughnuts, pies, french fries, fried chicken, fried fish, and dozens of other foods. The problem is that a good chunk of what we eat doesn't come with labels.

A third of all calories are now eaten outside the home...in restaurants, cafeterias, convenience stores, snack bars, and, especially, fast-food outlets. And some of those foods make the trans levels in the supermarket aisles look trivial. They don't have to. Trans fat is created when manufacturers partially hydrogenate liquid oils to make them more solid, more stable, and less greasy-tasting. But major oil suppliers have come up with low-trans alternatives that work just as well. "We have direct replacements for the hydrogenated oil used in most restaurants," says Willie Loh of Cargill Foods, the Minneapolis-based agribusiness. For frying, Cargill sells a non-hydrogenated canola oil that can replace the current favorite, a pourable shortening that is 20-to-30-percent trans (and usually 15-to-20-percent saturated).

Here's a guide to dodging the trans fat that restaurants throw at you. The numbers come from our analyses of typical restaurant foods over the last five years. As a rule of thumb, think of any food with three or more grams of trans or sat fat as trouble. The less of both you eat, the better.

1. Axe the appetizers. Remember when an appetizer meant shrimp cocktail, consommé, or other light fare to whet your appetite? Now it's more likely to crush it...and your chances of not moving up a size by next swimsuit season. Take the ever-popular batter-dipped fried whole onion plus dipping sauce that's served at steak houses. It's not just an appetizer-it's a day's worth of calories (2,100) and trans fat (18 grams). Add in its saturated fat and you're talking about a three-day supply of arterial putty. So what if you split it with a friend? After 1,000 calories, you're supposed to dig in to a main course?

2 Cultivate a fear of frying. At home, it's fine to sauté in a little canola or olive oil. At fast-food and mid-priced restaurants, many foods are fried in what starts out as a brick- or sludge-like shortening or margarine. And that means a hefty dose of trans. Seafood restaurants are a good example. A typical order of fried clams or the fried seafood combo packs about 50 grams of fat, roughly ten of them trans and almost as many saturated.

3 Don't make miscellaneous mistakes. Not all trans fat comes from hydrogenated vegetable oil. Meat and milk have small amounts of naturally occurring trans. But "small" becomes substantial (seven grams) when you're ordering a 16-ounce prime rib. A few others doozies to dodge: A chicken pot pie has six grams of trans (and 11 grams of sat fat) lurking in that innocent-looking pastry dough. And biscuits and gravy start your day with four grams of trans (plus ten grams of saturated).

The Good News

Plenty of restaurant fare is nearly trans-free. But unless the chef invites you into the kitchen to inspect his or her cooking oils, your best bet is to order food that's low in all fats. For example:

- At most delis, get the turkey sandwich with mustard.
- At seafood restaurants, order broiled fish and a baked potato with a tablespoon of sour cream.
- Stuck at a dinner-house chain like Applebee's? Try the barbecue or grilled chicken breast. At McDonald's, order a Grilled Chicken Deluxe sandwich without the mayo.
- Pick lower-fat Chinese dishes like Szechuan shrimp or stir-fried vegetables. It's a good bet that the cook is using liquid oil. And if you steer clear of the beef, pork, and deep-fried ingredients, you won't get too much sat fat either.
- Most salads should be low in trans. But you can get a load of sat fat from the cheese and meat in a chef salad or from the sheer quantity of dressing in a chicken Caesar salad. Solution: Get fat-free or light dressing.

Margo Wootan is Senior Scientist for the Center for Science in the Public Interest, Nutrition Action Health letter's publisher. Rachel Berger helped compile the information for this article.