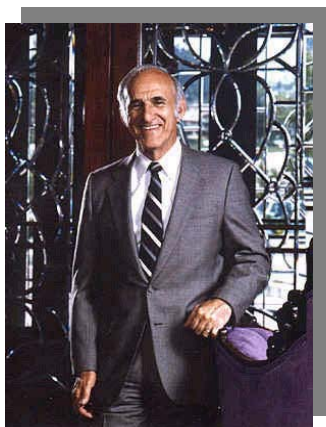




JANUARY 18TH 2010



http://www.osf.com/pdf/41_Anniversary.pdf *Celebrating over 40 years of dining excellence!*
http://www.osf.com/pdf/41_Anniversary.pdf



The Old Spaghetti Factory opened its doors for the first time in Portland, Oregon on January 10, 1969. Standing there to greet the few customers who wandered in was the owner, Guss Dassin. Total gross sales for the night were meager and many in the business who knew Dassin were convinced his hare-brained idea was a complete bust.

They couldn't have been more wrong. Today, The Old Spaghetti Factory is an international restaurant company serving more than 10 million customers annually. In an industry where few places ever see their seventh anniversary, The Old Spaghetti Factory's continued success is a rarity. The formula for that success has been the result of smart thinking, even smarter operating instincts, and an uncanny devotion to customer value. All were conceived by founder Dassin, whose values permeate the entire organization.

One cornerstone of Dassin's business philosophy is the belief that a memorable dining experience doesn't have to cost a lot of money. Indeed, a key part of The Old Spaghetti Factory's success is its ability to deliver a complete dinner (salad, bread, spaghetti entree, beverage and dessert) for a very reasonable price. Nearly everything in the meal is made on-premise, from scratch using fresh ingredients. For the price, the food quality is uncompromising. By keeping the focus on the complete dinner, The Old Spaghetti Factory has simplified the concept of dining value.

Hard work and a great food value aside, there are a few other contributing factors. One is real estate. Dassin pioneered the concept of developing restaurant properties in places others considered unworkable. These diamond-in-the-rough locations often are unique and distinctive—even historic—buildings in older warehouse districts. The uniqueness of an Old Spaghetti Factory restaurant's location is matched by the creativeness of its interior decor. Dassin always saw the decor as part of drawing people to the out-of-the-way locations. The first Old Spaghetti Factory was furnished by Dassin's wife Sally from garage sales and whatever she could find cheap. Today, The Old Spaghetti Factory invests close to \$1 million per restaurant in antiques and other interior improvements, including a centerpiece streetcar and brass headboards that serve as bench backs. Sally supervises the decorating of every Old Spaghetti Factory's interior and oversees a 25,000 sq. ft. warehouse and crew of craftspeople who restore antiques and create reproductions for the restaurants.





Weekly Produce Newsletter

JANUARY 18TH 2010

<http://www.osf.com/pastabilities.html>

THE OLD SPAGHETTI FACTORY AMONG TOP 10 KID-FRIENDLY RESTAURANTS IN PARENTS MAGAZINE

Factors include the kids' menu selections, Rewards of Reading and special edition kids' meal bowls

What's more fun than eating dinner inside a trolley car? How about enjoying a fun and tasty meal for free after reading a few books. These are just a few of the reasons why The Old Spaghetti Factory was recently recognized by *Parents* magazine this month as one of the top 10 kid-friendly restaurant chains in the United States. Looking beyond the menu, *Parents* investigated more than 50 full-service and buffet-style restaurant chains on everything from kid amenities to whether they can accommodate children with food allergies. Other factors *Parents* took into consideration were community involvement and how parents felt about the overall dining experience. “

“We are thrilled to be recognized by *Parents* magazine not only for our family friendly atmosphere and kids' menu selections, but also for our Rewards of Reading program,” said Chris Dassin, president of The Dassin Group.

Reading can be Magical

THE OLD SPAGHETTI FACTORY REWARDS OF READING PROGRAM

The Old Spaghetti Factory works with local communities to encourage children to read. We are making reading even more fun by rewarding good readers. Every child who reads five books will earn a free Kid's Meal from The Old Spaghetti Factory.

If your school, library or community group would like to participate in our Rewards of Reading Program, please contact us at (503)225-0433 or info@osf.com.

READING IS FUN!

SIGN UP for our KIDS' BIRTHDAY CLUB at www.osf.com



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HEALTH MATTERS

Spices - Health Benefits

Discover the Health Benefits of Including Spices in your Diet

Jan 3, 2008 [Corinne Litton](#)

*Not only do spices add flavor to your food, they are also good for your health.
This article focuses on six of the best.*

Cardamom - A member of the ginger family, cardamom is an ancient spice, native to India. It is used worldwide in desserts, vegetables, curries and pilaf rice dishes. These aromatic seeds contain an oil that helps to stimulate digestion and relieve flatulence. To help relieve indigestion, mix a handful of crushed seeds in a half cup of water with some ginger root. Bring to a simmer, then add a little warm milk and honey.

Cinnamon - This warming spice is taken from the dried inner bark of a tropical tree to form the cinnamon sticks used in cooking. It is a common ingredient in toothpaste, mouthwashes and chewing gum. It is also found in traditional sweets, cakes and desserts as well as many savory dishes. Cinnamon has health boosting compounds including eugenol, which is used to relieve pain and cinnamaldehyde which has sedative properties. It is also useful for improving the circulation and has anti-inflammatory and blood thinning properties. Research shows that it may also help to lower blood sugar levels and so may be useful in the treatment of type 2 diabetes. It is a delicious, fragrant spice.

Cloves - Cloves are the unopened buds of an evergreen tree. They are often used as a pickling spice but can also be added to syrups for poaching fruits or to drinks such as mulled wine. Clove oil is well known as a treatment for toothache, and its antiseptic properties make it an excellent mouthwash. The main ingredient in the oil is eugenol which is anti-inflammatory and can help ease the stiffness and pain associated with arthritis. It is a warming spice which can help reduce congestion and stimulate digestion. To drink this spice as a tea, pour a cup of boiling water on to 1 teaspoon of cloves and steep for 10 minutes.

Cumin - Cumin dates back to Old Testament times, originating in the Mediterranean but now grown in India, China, Indonesia and Japan. It is a member of the carrot family and looks and smells like caraway seed. It is traditionally used in Asian and Middle Eastern cooking for curries, chillis, stews and breads. It is a good source of iron and manganese and is thought to help digestion and bloating. Make cumin tea by steeping 1 teaspoon of seeds in 1 pint of boiling water.

Ginger - Dating back more than 5000 years, ginger is an essential ingredient in Asian and Indian cooking. It is also commonly used to flavor cakes, biscuits and desserts. Ginger contains antioxidants and so can help protect against disease. It can help calm spasms and reduce flatulence in the digestive system. It is an excellent treatment for nausea associated with travel sickness, pregnancy and hangovers. Ginger tea can be made by adding a few slices to hot water. Try chewing on a little piece of the root to help with digestive problems.

Turmeric - This spice gives curry powder and mustard their deep yellow color. Rich in antioxidants, researchers have discovered that it may help in the fight against cancer as well as containing inflammation fighting compounds called curcuminoids. Studies show that these curcuminoids may help to prevent Alzheimer's disease and joint inflammation. Use in soups, curries and stews.