

Saturday, July 31, 2021

INSIDE:

- Get to know some local businesses
- What pandemic dining trends might stick around?
- Gift guide for the cooks in you lives
- And more!

NORTH COUNTRY FOODIE

PIZZA BONO

A downtown Plattsburgh fixture



NORTH COUNTRY FOODIE

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GET TO KNOW SOME LOCAL BUSINESSES

Zuke's Corner Store

Zuke's has been serving up its signature sandwiches to college students and townies alike on the corner of Brinkerhoff and William Streets since 1990.

The subs, served on an option of baguette rolls or tomato-basil focaccia bread, include make-your-own options, or several specialty subs, including their famous Zuke's Special.

The corner store is open Monday through Friday, 8 a.m. to 7 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 11 a.m. to 5 p.m.

Those looking to get ahead on their order can call it in, use the Door Dash app for delivery or use the restaurant's new app to order.

113 Brinkerhoff St, Plattsburgh, NY
518-563-5544

Ordering made easy!

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PLATTSBURGH, NY

Order and pay online
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ZUKES CORNER STORE
Mon.-Fri. 8am-7pm
Sat. 10am-5pm • 11am-5pm

Offer valid on first order with subtotal \$10+ through the Zuke's Corner Store and Deli website or mobile app for a limited time only. By using this service, you consent to receive text messages sent by an automatic telephone dialing service. Messaging & data rates may apply. Your use of the service is governed by chownow.com/privacy-policy and tetango.com/privacy-policy. Individual restaurant promotions do not apply to the Chownow mobile app or website.

**\$3
OFF**

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order of \$10+

USE CODE: APP

Come enjoy the best sandwiches in the area.

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Dining trends that will hang around after the pandemic

BY METRO CREATIVE CONNECTION

The restaurant industry is slowly getting back to normal after a very rough year that saw more 110,000 eateries temporarily or permanently close their doors. Thanks to rising vaccination rates and other factors, including assurances from public health officials regarding the safety of dining out, consumers are once again comfortable with the idea of going to restaurants.

As restaurants begin catering to larger crowds, it's expected that certain changes implemented in 2020 are bound to become permanent or, at the very least, stick around for a little while longer.

- Reservations will be necessary. Many restaurants, even those that did not require reservations prior to the pandemic, may continue to encourage them. Not only will reservations give them greater control over the volume of patrons they host, but they also afford staff ample time to clean and disinfect tables and other surfaces.

- Outdoor dining will still be available. Outdoor dining filled an important need and presented restaurants with an avenue to generate revenue when indoor dining was restricted or prohibited. A May 2021 Morning Consult survey found that diners prefer outdoor dining to indoor dining. With that in mind, restaurants likely will still set aside outdoor areas for diners to eat comfortably, particularly those who were successful in creating attractive and comfortable al fresco offerings.

- More restaurants will offer takeout options. Even though on-premise dining had started to catch up to takeout orders for many restaurants by the spring of 2021, takeout figures to stick around to satisfy safety-minded customers who still desire curbside convenience.

- Expect increased sanitation technology. Restaurants may continue to make upgrades with safety and sanitation in mind. In addition to touchless sink features, self-flushing toilets and minimal touch or touchless payment methods, businesses may implement UVC light air purification systems and upgrades in HVAC filtration. Barriers that were effective in preventing the spread of disease may remain in place to continue to protect workers and patrons from any type of airborne illness.

- Loyalty programs will grow in popularity. Many organizations have implemented loyalty programs to track how often consumers patronize a business and to offer discounts and other deals for repeat customers. Restaurants may increasingly roll out loyalty programs that allow diners to earn points for each meal and reward repeat business through emailed coupons or free items.

Dining out is gaining steam as customers increasingly feel confident and comfortable enjoying meals away from home. The restaurant industry is slowly getting back to normal after a very rough year that saw more 110,000 eateries temporarily or permanently close their doors. Thanks to rising vaccination rates and other factors, including assurances from public health officials regarding the safety of dining out, consumers



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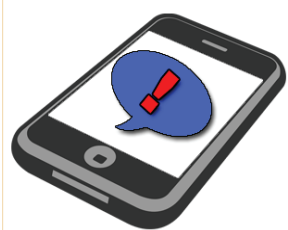
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BREAKING NEWS ALERTS



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Who invented the banana split? (Plus other frosty facts)

BY METRO CREATIVE CONNECTION

Ice cream aficionados enjoy it in many different forms - from cups to cones - but sundaes truly can be the ultimate treats. The impressive and often enormous "banana split" may be the king of all sundaes, with ice cream shops scooping them out in record numbers when the weather warms. Because banana splits are so large, they're often the perfect desserts to share on date night.

When taking a spoonful of banana split, some people may ponder where this sweet reward came from. As with many food origin stories, various people lay claim as the inventor of the banana split. A trusted historical account points to Latrobe, Pa. as the home of the first banana split. Legend has it that Latrobe pharmacy owner David Strickler sliced a banana in two, added scoops of vanilla, chocolate and strawberry ice cream, three kinds of flavored toppings, and whipped cream in 1904. Strickler also enlisted the help of a glassmaker to create the first "banana boat" vessel to house his newfangled dessert.

Other cities, including Boston and Wilmington, Ohio, also claim to be birthplaces of this beloved dessert. In fact, Wilmington holds fast to their banana split creation story and even hosts its annual Banana Split Festival.

tival.

Even though these dessert giants battled it out as banana split inventors, Walgreens pharmacy ultimately is credited with helping to make banana splits popular across the country after adopting the dish as the pharmacy's signature dessert.

There's never a wrong time to enjoy a banana split, but they're especially tempting in summer. Dig into these other fun banana split and ice cream facts.

- The banana scientifically is classified as a berry because a berry must contain seeds inside the flesh and not outside.
- Around 0.074 pounds of bananas per person per day are consumed in the United States.
- The first banana split cost 10 cents. That may seem like a bargain, but it was double the cost of other sundaes.
- Romans purportedly sent people into the mountains to collect snow that they flavored with fruits and juices to create an early version of ice cream.
- Around 50 percent of the volume of ice cream is air, which gives the dessert its light and creamy texture.
- You'll want to make your banana split with a ripe, yellow banana. A green banana starts



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out very starchy. As the fruit yellows, the starch turns into sugars.

• A traditional recipe for a banana split contains around 1,000 calories. Dairy Queen lists

their banana split at 510 calories per serving.

Banana splits are delectable desserts that may have originated in Pennsylvania, but are now known across the globe.



HOURS:

Wed-Fri 6am-3pm
Sat-Sun 8am-3pm

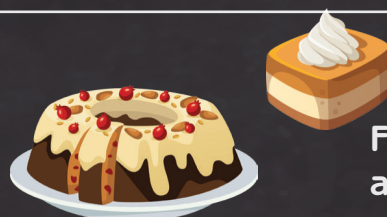
7081 US 9
Plattsburgh, NY
518-561-0314
normajsrestaurant.com

Norma J's
Home Cooking Away From Home

Follow us on Facebook for
Homemade Soups & Daily Specials

We Brew!

We grind our coffee beans in house AND we sell beans by the bag - or by the pound!



We Bake!

From cannolis to cookies, we have fresh pastries and baked goods flying off our shelves! Ice Cream and Bake Shop Open Later Fridays and Saturdays!

We Deliver!

Craving breakfast, lunch or even just goodies? Norma's has you covered with FREE LOCAL DELIVERY!



We Serve!

We offer a dine-in experience inclusive of breakfast all day, lunch, pastries and ice cream. Burger Specials every Wednesday. Taco Salad Bowls every Tuesday!

The benefits of organic agriculture

BY METRO CREATIVE CONNECTION

Modern consumers have more choices than ever before. Whether they're buying appliances, books, clothing, or any of the myriad necessities of daily life, consumers have a wealth of products to choose from.

An abundance of options also is available at the grocery store. That's especially true in the produce aisle, where many stores have expanded their fresh fruit and vegetable offerings. That expansion reflects a growing preference among consumers for fresh products, including fresh produce. A 2018 report from the market research firm IRI and the Food Marketing Institute found that sales of fresh foods comprised just under 31 percent of food industry sales in 2017.

Customers who prefer fresh fruits and vegetables to frozen alternatives may wonder if they should be even more selective when purchasing their favorite foods in the produce aisle. That decision may come down to whether or not to purchase organ-

ic produce.

Organic produce can be significantly more expensive than non-organic fruits and vegetables, so it's understandable if budget-conscious consumers cannot afford to go entirely organic. However, it's important that consumers recognize the many ways that organic agriculture is having a positive impact on the health of humans and the planet they call home.

Organic produce reduces exposure to pesticides and antibiotics. UC Davis Health notes that organic produce has been proven to reduce consumers' exposure to pesticides and antibiotics. That's a significant benefit, as pesticide exposure has been shown to lead to neurodevelopmental issues and has been linked to higher cancer risk. Consumers shopping on budgets can pick and choose which organic foods they purchase, as UC Davis Health notes that certain foods have been shown to have higher pesticide residues than oth-

ers. Apples, celery, grapes, spinach, strawberries, and tomatoes have high levels of pesticide residues, so choosing organic versions of these foods may be a wise choice. Avocados, broccoli, cabbage, and cantaloupe are some of the foods that typically have low levels of pesticide residue.

Organic agriculture reduces environmental degradation. The Organic Trade Association notes that synthetic pesticides and fertilizers used on some conventional farms can deplete the soil of valuable nutrients and increase environmental degradation. Organic farmers do not use such pesticides or fertilizers, instead utilizing such practices as composting, cover cropping and crop rotation, each of which can have positive, long-term effects on soil quality.

Organic agriculture benefits local wildlife. A 2015 study from researchers in Argentina that was published in the journal *Agriculture, Ecosystems & Environment* found that small mammals were more abun-



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dant around organic farms than conventional farms. That's not just good for those mammals, but also

the farmers, as small mammals can feed on insects that would otherwise adversely affect crops.

Pray's Farmer's Market

From Our Farm To Your Table *OR* From Our Farm To Your Business!

What We Grow:

- Strawberries
- Corn
- Squashes
- Pumpkins
- Rhubarb

What We Deliver:

- Fruits & Vegetables
- Meats
- Cheeses
- Grocery/Dry Goods
- Dairy Products

**SAME DAY
DELIVERY!**

Clinton, Franklin &
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Delivering to Schools, Restaurants, Delis and Grocery Stores 6 Days A Week!

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8:30AM-6PM**



**605 Route 3,
Plattsburgh**



561-2060

10 gift ideas for people who love to cook

BY METRO CREATIVE CONNECTION

Many people know someone who loves spending lots of time in the kitchen. Certain home cooks may enjoy whipping up favorite recipes, while others might get excited about experimenting with new flavors and ingredients.

A love of cooking paves the way for many different gifting opportunities. Food-related gifts also come in a wide variety of price points, making it easy for shoppers to spend as little or as much as they want. Check out these 10 gift ideas for the foodie on your holiday shopping list.

- **Sheet pans:** They may not seem like the most sexy or high-tech tools of the kitchen, but sheet pans are among the most versatile. They can be used for cookies, sheet pan cakes, oven-frying cutlets or fries, or even serving as the perfect bases for candy brittles.

- **Air fryer tool set:** By now many people have hopped on the air fryer bandwagon, but they may not have all of the accessories to take air frying to the next level. From spatulas to tongs to silicone brushes, an air fryer tool set can make meals even more delicious.

- **Dutch oven:** You'd be hard-pressed to find a more hard-working tool in the kitchen than a Dutch oven. These heavy, often enameled cast iron vessels come in various quart sizes. They can be used to cook stews, breads, cakes, and much more.

- **Kitchen compost bin:** Home cooks who want to cut down on waste will appreciate a countertop compost bin to gather food scraps.

- **Serving board:** The rise in cheese and charcuterie boards means cooks will need something attractive to serve their spreads. Wooden and stone boards are attractive when serving sliced cheeses, crackers, chutneys, and other appetizer.

- **Electric wine opener:** Wine is the perfect



BY METRO CREATIVE CONNECTION

complement to many dishes, and what easier way to open bottles than with an electric wine opener? Many are compatible with almost any bottleneck and can open several bottles on a single charge.

- **Spiralizer:** The trend for pasta alternatives continues, and having a spiralizer that can turn vegetables like zucchini into spiraled "noodles"

will be handy in most kitchens.

- **Apron and accessories:** Home cooks need to protect their clothing in the kitchen. A fashionable apron and matching oven mitts can make a statement and keep clothes clean.

- **Meat delivery:** The number of direct-to-home meat shipping providers continues to grow.

Have quality cuts of meat delivered right to a home cook's house so that he or she can cut back on trips to the store.

- **New blender:** Today's blenders can crush ice, process foods, puree, and chop foods. These versatile appliances make a welcome addition to any kitchen.

5 reasons to get an air fryer

BY METRO CREATIVE CONNECTION

Air fryers have emerged as must-have items in recent years. Air fryers flew off the shelves during the 2020 holiday season, and that popularity hasn't waned in the ensuing months.

Air fryers are touted as handy tools for a variety of reasons, including that they can cook foods quickly and with relatively little to no

use of oil. Those who have yet to join the legions of air fryer fans may wonder if one is worthy of a spot in their kitchen, or if reviews of these appliances are just a bunch of hot air?

While there are scores of air fryers on the market offering various features, each utilizes a similar technology. Air fryers work by circulating very hot air around foods coated with just a small amount of oil (and some reci-

pes add no oil at all) to crisp them. Air fryers can be used to prepare both fresh and frozen foods. Some also have features that go beyond air frying, serving as souped-up toaster ovens and broilers.

For those who still need more convincing, the following are five reasons why you may want to purchase an air fryer in the near future.

1. **Affordability:** Air fryers are very affordable, especially when considering their

versatility. Many air fryers can be had for around \$100 or less.

2. **Create healthier foods:** Since air fryers rely on little or no oil, fat content in the cooking process drops considerably. That makes air frying a heart-healthy option, particularly for people who appreciate fried foods but not all of the negatives associated with such dishes.

3. **Cook foods faster:** Air fryers reach high cooking

temperatures in just minutes, compared to 10 to 15 minutes for traditional ovens. Air fryers can shave several minutes off of cooking times, which appeals to busy home cooks.

4. **Good for tight kitchens:** Those who have small kitchens may benefit from air fryers that boast combination cooking features. That means they can use one appliance for all of their meals, saving them from the nuisance of overcrowded counter space.

5. **Great for small meals:** Air fryers cannot cook large batches, which makes them ideal for singletons or empty nesters who do not want to make large quantities of food.

Air fryers can be a lifestyle choice and an investment in faster, healthier cooking. Cooks who are still on the fence can borrow a friend's air fryer to see if it might be something worth adding to their own kitchens.

Tasty tidbits about pizza

BY METRO CREATIVE CONNECTION

The calendar is dotted with various holidays that celebrate pizza. From National Pizza Pie Day in February to National Deep Dish Pizza Day in April to National Cheese Pizza Day in September, not to mention National Pizza Month in October, any time of year is the perfect opportunity to bite into a slice.

For most people, the best part of pizza is eating it, but that doesn't mean you can't still learn something about this all-time favorite food as well. The following are some tasty tidbits about pizza, courtesy of Fact City, Pizza Need and Facts Legend.

- Pizza is tied to Greece. Greeks are credited with creating the first pizza-like food. The Greeks used to bake flat, round large breads that were then topped with vegetables, potatoes, spices, and olive oil. However, the first commercial pizza and pizzeria has been traced to the 19th century and the Italian city of Naples.

- Not all pizza is flat. While crispy, low-profile pies may be classic, other varieties of pizza have their fans. "Deep dish" pizza originated in 1943 in the Chicago eatery Pizzeria Uno. Sfincione, or focaccia pizza, a type of pizza made in a sheet pan with thicker slices, was created in the mid-19th century in Sicily. It is popularly called Sicilian pizza.

- Pizza is even more popular on certain days of the year. Pizza can be enjoyed any day of the year, but Super Bowl Sunday, New Year's Eve, Halloween, Thanksgiving Eve, and New Year's Day are the top five days for pizza sales. In addition, pizza accounts for more than 10 percent of all food service sales.

- Pizza is booming. In the United States, the pizza industry makes up 17 percent of all restaurants and grosses more than \$30 billion every year. The highest-grossing single-unit independent pizzeria in the United States is Moose's Tooth Pub and



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Pizzeria in Anchorage, Alaska. Its annual sales are approximately \$6 million.

- Pizza is popular everywhere. Around the world, about three billion pizzas are sold each year.

- Pizza is a weekend favorite. While Friday may be pizza night for many people, sales figures indicate that Saturday night is the most popular night

to eat pizza.

- Pizza has a symbiotic relationship with certain foods. The pizza industry has helped propel both the cheese and pepperoni industry. Around 251 million pounds of pepperoni are consumed each year in the United States.

- Hawaiian pizza is popular, though not accu-

rately named. Ham and pineapple are popular pizza toppings on the West coast of the United States, and this pizza is dubbed the Hawaiian pizza. However, it doesn't have any connection to Hawaii. This pizza actually was invented in Canada.

Pizza is a perennial favorite and one of the most popular foods of all time.

GET TO KNOW SOME LOCAL BUSINESSES

Pizza Bono

Since 1990, Pizza Bono has been bringing the taste of Italy to Downtown Plattsburgh for starved students, hungry tourists and aficionados of his fine Italian fare.

Famous for their Cold Cheese Pizza slices (a normal slice of hot cheese pizza that's topped with a handful of cold, shredded mozzarella); they also serve a full menu of Ital-

ian favorites.

The neighboring Bono Lounge is a full service restaurant by day and a full fledged bar and nightclub at night. The Lounge is also available to cater all sorts of work, family and other functions.

93 Margaret Street
Plattsburgh, NY
518-561-8541
Delivery Available

Norma J's

The crew at Norma J's does it all, from dine-in, to delivery to your coffee needs.

Originally opening in 2014 at a different location, Norma re-opened at its new location on Dec. 9, 2020.

Whether you want to go in and have some of the restaurant's all-day breakfast, grab a cannoli from the bakeshop

or get some food delivered, they have you covered.

The restaurant is open Wednesday through Friday, 6 a.m. to 3 p.m., and Saturday and Sunday from 8 a.m. to 3 p.m., with the ice cream and bake shop open later on Fridays and Saturdays.

7081 U.S. Route 9, Plattsburgh
518-561-0314

Pray's Farmers Market

Pray's Farmers Market has been providing the Plattsburgh area with fresh produce since 1965.

The market, open from 9 a.m. to 6 p.m., seven days a week, grows its own strawberries, corn,

pumpkins and more.

It also delivers fruits and vegetables, meats, dairy products and more to businesses six days a week.

605 Route 3, Plattsburgh, NY

GOURMET PIZZA

14" Gluten Free Cheese Pizza.....	\$17.00
Buffalo Chicken (Blue Cheese)	\$20.00
Barbeque Chicken Pizza.....	\$20.00
B.M.T. Pizza (Bacon, Tomato, Portabella Mushrooms)	\$20.00
Stuffed Combo (Pepperoni, Sausage, Mushrooms)	\$24.00
White Pizza/Broccoli (Garlic, Oil)	\$18.50
Sweet & Spicy Pizza (BBQ Base, Chicken) ..	\$20.00
Poutine Pizza.....	\$20.00
Margarita Pizza (Plum Tomatoes, Fresh Mozzarella & Basil)	\$20.00
Chicken Bacon Ranch	\$20.00
Sicilian Pan Pizza (Thick)	\$14.50
Calzone (Mozzarella/Ricotta).....	\$8.00
Stromboli (Mozzarella)	\$8.50
White Pizza (Spinach, Tomato, Ricotta)	\$20.00

Extra Items Available

TOPPINGS

- Pepperoni • Mushrooms • Peppers • Ham • Onions • Sausage
- Bacon • Olives • Broccoli • Anchovies • Spinach • Pineapple
- Banana Peppers

Pizzas

	Medium 14"	Large 16"
Cheese	\$11.75	\$14.00
Ex Item	\$1.25	\$1.50

PIZZA BY THE SLICE

Pepperoni.....	\$3.00
All Dressed	\$3.75
Cheese	\$2.75
Sicilian	\$3.00
Stuffed	\$4.50

(Tax included on Slices)



MINI 10" PERSONAL PIZZA

Cheese	\$7.00
Ex Item	\$1.25

APPETIZERS

Bono Salad with Bread	\$6.00
Dinner Salad.....	\$3.75
Chef's Salad.....	\$8.50
Antipasto	\$8.95
Crispy Chicken Salad.....	\$8.95
Buffalo Chicken Salad.....	\$8.95
Shrimp Salad	\$10.50
Caesar Salad	\$8.95
Chicken Fingers (3).....	\$6.50
Mozzarella Sticks (5)	\$6.00
Boneless Chicken Wings (10)	\$9.00
Jalapeno Poppers (5)	\$6.00
Onion Rings	\$4.00
Chicken Wings (1 lb.).....	\$11.00

Hot, Mild, BBQ, Mango Habenero, Garlic Parmesan,
Teriyaki, Honey Mustard

Pizza Bono



561-8541

561-8542

93 Margaret Street Plattsburgh, NY

\$10.00 Minimum Delivery Order



PIATTI AL FORNO

Served with Salad & Bread

Chicken Parmigiana*	\$12.50
Eggplant Parmigiana*	\$12.25
Veal Parmigiana*	\$13.95
Meat Lasagna.....	\$12.95
Baked Ziti	\$9.75
Stuffed Shell.....	\$10.50
Baked Ravioli.....	\$10.50
Lobster Ravioli.....	\$12.50
Manicotti.....	\$12.50

All dinners are served with House Salad & Fresh House Bread

*Served with Spaghetti



BEVERAGES

Fruit Punch • Iced Tea (sweetened or unsweetened)
Lemonade • Spring Water

Small	\$1.25
Medium	\$1.75
Large	\$2.00

SODA

Pepsi • Diet Pepsi • Orange • Root Beer • 7-Up • Mountain Dew

Small	\$1.25
Medium	\$1.75
Large	\$2.00

HOT BEVERAGES

Coffee	\$1.75
Tea.....	\$1.75

BEER/WINE/LIQUOR

(Large Selection Available)

DESSERTS

Cheese Cake.....	\$4.00
Homemade Cannoli.....	\$4.50
Homemade Tiramisu.....	\$5.00

HOT SUBS

Chicken Parm.....	\$8.75
Eggplant Parm	\$8.50
Meatball Parm	\$8.95
Sausage Parm.....	\$8.50
Veal Parm	\$9.50



COLD SUBS

	Half	Whole
Ham & Cheese	\$5.00	\$7.25
Italian Combo.....	\$5.00	\$7.75
Salami & Cheese	\$5.00	\$7.25
Turkey.....	\$5.00	\$7.25

Cold Subs are served with Lettuce, Tomatoes, Onions
and your choice of Oil, Vinegar, Mustard or Mayo

PHILLY CHEESE STEAKS

Plain.....	\$9.00
Mushroom	\$9.75
Green Pepper.....	\$9.75
Combo	\$9.75

SIDE ORDERS

Meatballs	\$4.50
French Fries	\$3.75
Garlic Bread	\$2.75
Garlic Bread with Cheese	\$3.75
Pasta Fagiolo	\$4.25
Soup Du Jour	\$4.25
Poutine	\$6.00
Bruschetta	\$6.50

PRIMI PIATTI

Served with Salad & Bread

Spaghetti with Marinara Sauce	\$8.95
Spaghetti with Meatballs	\$9.95
Spaghetti Carbanara Ham	\$10.50
Ziti with Tomato or Marinara Sauce	\$8.95
Penne with Broccoli (garlic).....	\$9.75
Penne Arrabiata (red & banana peppers)	\$9.75
Fettucini Alfredo	\$11.50
Fettucini Al Pesto.....	\$11.50
Fettucini with Meat Sauce	\$11.75
Tortellini Alfredo	\$12.50
Tortellini Al Pesto	\$12.50
Linguini with Mussels	\$12.75
Linguini with Clams with White or Red Sauce ..	\$12.50
Linguini with Shrimp & Scampi Sauce ..	\$15.50
Linguini with Shrimp & Marinara Sauce ..	\$15.50
Seafood Fra Diavolo	\$16.95

