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## Sigmund Freud and a Side of Grits—An American Breakfast Tale

by Kim Amboy



Skillfully navigating through a noisy greasy spoon, a food laden girl approaches your table. “Here’s your order,” she announces and carefully sets a steaming plate before you. She offers, “How about a warmup on that coffee?” After topping off your cup, she hurries off to another table, leaving you to stare with anticipation at the meal before you...classic American breakfast: two eggs, bacon, toast, and a side of hashbrowns. Most of the other diners are enjoying the same entrees. How come? Why do Americans love bacon and eggs so much? An interesting discussion I recently had with a relative reveals the answer.

My relative wove a tale for me of a man named



Edward Bernays, who, in the 1920’s, found himself in the advertising employ of the Beech-Nut Packing Company, the country’s largest bacon producer. Sales were falling off because city people were doing less physically demanding work and were becoming more weight conscious, thus putting the traditional farm breakfast of meat and eggs out of vogue. Typical breakfasts of his day consisted of a piece of toast, orange juice, and a cup of coffee. He sweetened the plot by adding this tidbit: Mr. Bernays happened to be the nephew of none other than famous psychoanalyst, Sigmund Freud.

Bernays hired a well-known physician to ask hundreds of doctors whether a light



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breakfast or a heavy breakfast was better. Most of the doctors gave confirmation that heavy breakfasts were superior for better health. Using some of his uncle's psychological approach, he released this "scientific" data to the newspapers, and within six months, Beech-Nut's sales boomed! The classic American breakfast returned, this time for good!

While some of you may never look at another breakfast plate the same, nothing will alter the fact that traditional American breakfast food is the most popular thing we eat. Restaurants that serve breakfast all day hold a special place in the hearts of American diners and break traditional



rules by offering it at any hour, whenever the craving strikes. Personally, I order eggs benedict with extra hollandaise ANYTIME I find it on the menu (I'm incurably addicted). In your personal quest for a traditional breakfast in a nostalgic setting, try **Westwood Fountain** 5823 Patterson Ave. Richmond.

Finally, this breakfast discussion would not be complete if I did not mention Brunch. Enjoying a good brunch with friends turns into a nice blend of morning favorites, social time, and relaxation a little later than the crack of dawn. For excellent brunch and cocktails, try **First Watch** (several locations in the Richmond area).



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# Choco-Lotta-Lovin'

by Steve Cook

Chocolate and Love – those two words go together so beautifully. Why do you suppose that is?

According to the website TotallyChocolate.com, chocolate isn't just a symbol of love—it chemically mimics the feelings of romance. The website goes on to throw around such lovely words as phenylethylamine, theobromine, and endorphin release, but try whispering those sweet nothings into your true love's ear and see where that gets you.

I'd rather talk about romantic restaurants in the area and the romantic chocolate desserts that can warm the coldest cockles of one's heart. And, here, in the middle of the winter, most of us would appreciate an occasional cockle warming. Make your romantic night one of historic proportions when you chose either of these two destination dining suggestions.

## Half Way House Restaurant

10301 Route 1, Richmond; 804-275-1760



Bask in the glow as you dine in the historic Half Way House

"For over 250 years the Half Way House is synonymous with Special Occasions. From birthdays and anniversaries to proposals and holidays the Half Way House makes every occasion special," says Rick Young. Rick and his wife Sue own and operate the historic Half Way House restaurant, which is half way between Richmond and Petersburg. When asked about a special Valentine's Day menu, Rick says, "Our regular menu is a special occasion menu, so we don't do any special dishes, but a unique menu feature is our Half Way

House Combinations. Chose any two: filet mignon, fried jumbo Gulf shrimp and Chesapeake crab cakes."

**Chocolates Anyone?** The Chocolate Truffle Cake is a long-time favorite. And for Valentine's Day, patrons will be offered complimentary fresh Driscoll's strawberries dipped in French dark chocolate couverture.

**Love is in the Air:** Rick says it best, "From the flickering of candlelight and fresh flowers on your table to the glowing embers of the fireplaces, the Half Way House is the perfect place for your special occasion."



Enjoy the scrumptious Chocolate Truffle Cake at Half Way House

## Hanover Tavern

13181 Hanover Courthouse Road, Hanover; 804-537-505

This well-known landmark has been operating since 1733. And has undoubtedly hosted many a young suitor's pursuit of a romantic meal with his special someone.



Enjoy chocolate decadence at the romantic Hanover Tavern

This year, says Brooke Adams, Associate Director at the facility, "We have two events built around Valentine's Day and romance." On February 12, patrons are invited to celebrate "L'amour et le Vin" with a 4-Course Wine Pairing Dinner. And on the next two evenings (February 13 and 14), the Tavern will be offering their "Pleasures Prove" special sweethearts menu. Enjoy an elegant three-course meal including your choice of appetizer, entrée, and dessert. Reservations are required for both.

**Chocolates Anyone?** By press time, Chef, Mary Catherine Ortolan had not made a final dessert decision, but she promises some chocolate decadence.

**Love is in the Air:** Patrick Henry fell in love with and eventually married the Tavern owner's daughter, here. Imagine Henry, who was a bartender at the Tavern, catching his first glimpse of the young Sarah Shelton, whom he married when she was 16.

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# A February Gardener’s State of Mind

by Kim Amboy

This time of year, Green Thumbers get a bit antsy being stuck indoors. Winter has lost its charm, everyone’s got a bad case of cabin fever, and growers are jonesing to get outside, enjoy the warmth of spring, and get their hands back in the dirt. Sadly, that’s not for a few weeks yet. However, February in Virginia is transition time—time to get into the gardening mindset. While my thumb isn’t even remotely green (more like chartreuse), I’ve learned from my own research and visiting a local gardening guru that there are plenty of things to do to make the time go by quickly.

## Garden Prep & Planning

It’s a good time to review last year’s garden: What worked? What didn’t? If pests or disease were a problem, it might be a good idea to plan a crop rotation to minimize the hassle. Also, clean pots and seed trays with a mild bleach solution to prevent disease.

While you’re in the planning mode, it’s also time to buy or order this year’s seeds, because popular varieties sell out quickly.

Pruners, shovels, and mower blades will need a good cleaning and sharpening to be ready when you need them.



## Soil Care

Now is the time to get your soil tested (especially if you haven’t in a few years). Virginia Cooperative Extension offers affordable testing. And, if the soil is workable, amend it with well-rotted manure or compost. And speaking of compost, try to minimize weed seeds in the pile...you’ll save yourself a lot of work in the growing season to come.

## Perennials, Trees, Shrubs & Pruning

It’s pruning time! Trim fruit trees (apple, pear, peach), and roses before new growth starts, but don’t prune spring-flowering shrubs like azalea, forsythia, or lilac—they already have buds. Keep an eye out for winter damage and remove any broken branches. Also, take this time to divide perennials such as daylilies and hostas if the soil is workable.



## Early Planting (Weather Permitting)

Start your vegetable and herb seedlings indoors to give them a headstart—tomatoes, peppers, eggplant, and herbs like basil and parsley. I learned the hard way that window light doesn’t produce the best results, and my seedlings were terribly “leggy.” Consider purchasing a full spectrum plant light for optimal seedling growth. The garden center at your local Southern States will have everything needed to get you growing.

Yes, fellow garden enthusiasts, it might still be cold outside, but that doesn’t mean we can’t roll up our sleeves this month and start preparing for the upcoming growing season. May your harvest be bountiful!

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# From the Pantry

## Triple Chocolate Brownies

Oh, the possibilities! Who doesn't enjoy a decadent chocolate dessert or beverage? Chocolate as we know it first appeared in the 19th century and we have been enjoying it ever since. This triple chocolate brownie recipe (using cocoa powder, milk chocolate, and dark chocolate) topped with a quick and easy chocolate sauce is sweet and rich and goes great with a scoop of vanilla ice cream. *Cindy*

### BROWNIES

#### INGREDIENTS:

- ¾ cup butter, melted
- ¾ cup brown sugar
- 1 cup granulated sugar
- 2 eggs
- 1 tbsp vanilla extract
- ¾ cup cocoa powder
- ¼ tsp salt
- ½ cup + 2 tbsp all-purpose flour
- ½ cup milk chocolate chips
- ½ cup dark chocolate chips

#### DIRECTIONS:

Preheat oven to 350 degrees. Whisk together melted butter and both sugars in a large mixing bowl, whisking until it resembles a paste. Add eggs and vanilla and whisk again. Add cocoa powder, salt, and flour to bowl and mix until just combined. Stir in all chocolate. Pour the batter into a greased 8x8 pan and cook for 30-40 minutes.



### CHOCOLATE SAUCE

#### INGREDIENTS:

- ½ cup milk
- 2/3 cup cocoa powder
- 1 ½ cup sugar
- ¼ tsp salt
- 4 tbsp butter
- 2 tsp vanilla

#### DIRECTIONS:

Combine milk, cocoa, sugar, and salt in a saucepan. Boil for one minute, stirring constantly. Remove from heat and add butter and vanilla. Pour over brownies while still warm. Let brownies and chocolate cool, then enjoy!

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# Fun Things TO DO List

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**THURSDAY, FEBRUARY 5 THROUGH SUNDAY, FEBRUARY 8**

### HONOR THE LEGENDS

Henrico Theater Company favorites Shannon Gibson Brown and Jenny Fralin, accompanied by Joshua Wortham, take to the **Cultural Arts Center** stage to present **The Friendship and Music of Loretta Lynn and Patsy Cline**. This stage production, slated for the Cultural Arts Center, features 22 songs including "Crazy," "Back in Baby's Arm," "Sweet Dreams," "You're Lookin' at Country," and "Coal Miner's Daughter." (ArtsGlenAllen.com)

**FRIDAY, FEBRUARY 6 THROUGH SUNDAY, FEBRUARY 22**

### ENJOY DINNER WITH FRIENDS

Staged at the historic **Hanover Tavern**, **Dinner With Friends**, by Donald Margulies, takes a heartfelt and sharply honest look at friendship, marriage, and the moments that change everything. (HanoverTavern.org)



**FRIDAY, FEBRUARY 6 @ 7:45 P.M.**

### FIND OUT WHO'S BAD

**Who's Bad – the Ultimate Michael Jackson Experience** is headed to the **Beacon Theatre**. This tribute show has been thrilling fans for over a decade with its spectacular lighting, visual effects, teams of dancer and a live band on stage, all bringing The King of Pop's iconic catalog of hits to life. (BeaconTheatreVA.com)

**SATURDAY, FEBRUARY 7 FROM 11:30 A.M. UNTIL 9 P.M.**

### SIP ON A CANDY COCKTAIL

Candy cocktails, Boozy Milkshakes, Spiked Hot Chocolate, Lushy Slushies – They are all included with your ticket to the **Richmond Chocolate, Wine & Whiskey Festival**. The name says it all. You won't want to miss this annual festival at **Main Street Station**. (ChocolateWineWhiskey.com)

**SATURDAY, FEBRUARY 7 @ 7:30 P.M.**

### IMAGINE THE PERKS

Take advantage of the **Perkinson Center** perks when you spend an evening enjoying the Americana music of **The Imaginaries**. This husband and wife duo's songs are filled with effortless harmonies, heartfelt lyrics, and real-life lessons. Check the website for The Perk Experience, which will take your evening to a whole new level. (PerkinsonCenter.org)



**FRIDAY, FEBRUARY 13 @ 7:30 P.M.**

### BREATHE

Discover **NEED TO BREATHE** at the **Altria Theater**. This GRAMMY-nominated, multi-platinum band has beautifully blended modern rock, purpose-driven soul, and pop appeal into a rare and impressive track record. (AltriaTheater.com)



**SATURDAY, FEBRUARY 14**

### LOVE YOUR TATERS (JUST DON'T EAT THEM)

Our favorites (yes, we do play favorites) the **Taters** return to the stage at the **County Seat Restaurant and Gathering Place** for their special Valentine's concert. Make reservations now. (TheCountySeat.com)

**SATURDAY, FEBRUARY 14 @ 7:30 P.M.**

### OPEN THE BORDER

The **Beacon Theatre** presents **On the Border – The Ultimate Eagles Tribute** show. (BeaconTheatreVA.com)



**THURSDAY, FEBRUARY 19 FROM 5:30 TO 9 P.M.**

### CELEBRATE EXCELLENCE

Members and non-members, alike, are invited to The **Goochland County Chamber of Commerce Annual Celebration** at the **Estate at River Run**. In addition to an excellent meal in a beautiful, elegant James River mansion, The Goochland Chamber will be presenting the winners of the Chamber Excellence Awards. (GoochlandChamber.org)

**FRIDAY, FEBRUARY 20 @ 7 P.M.**

### LET'S GROOVE TONIGHT

"Let's Groove Tonight" joins the **Richmond Symphony** with Broadway superstar **Chester Gregory** and vocal powerhouses **Cherise Coaches** and **Brik Liam**. This incredible evening is full of classic hit songs made famous by The Spinners, The Stylistics, The Temptations, Marvin Gaye, Diana Ross, and more. And it's all coming to the **Carpenter Theatre** for one exciting performance. (DominionEnergyCenter.com)



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**WEDNESDAY, FEBRUARY 25 @ 7 P.M.**  
**GET READY FOR HI HATT AND TALES**  
Presented at the **Cultural Arts Center**, *Hi Hatt Hattie*, a solo musical production, starring RTCC Best Actress winner Dorothy “Dee D.” Miller, takes place backstage of an old theater where Hattie McDaniel recalls the incredible events of her storied show business life. You’ll discover that McDaniel was much more than Scarlett O’Hara’s “Mammy.” (ArtsGlenAllen.com)

**THURSDAY, FEBRUARY 26 @ 8 P.M.**  
**GET THE REAL SKINNY**

You’ll get the real **Tuba Skinny** at the **Tin Pan**. This New Orleans street band is famous for its performances of early jazz, ragtime, and blues music of the 1920s and 1930s. (TinPanRVA.com)



**SATURDAY, FEBRUARY 28 @ 3 P.M.**  
**SPEND AN AFTERNOON WITH THE BEATLES**  
Okay, it’s not the Beatles. But it’s the **Cast of Beatlemania** and they’ll be delighting fans at the **Beacon Theatre**. (BeaconTheatreVA.com)

**SATURDAY, FEBRUARY 28 AND SUNDAY, MARCH 1**  
**FALL IN LOVE**

Valentina Peleggi conducts the Richmond Symphony in music’s greatest love stories on the **Carpenter Theatre** stage. **Romeo & Juliet, Boléro & More!** features Tchaikovsky’s most passionate music and Leonard Bernstein’s most popular: West Side Story – Plus, the premiere of Damien Geter’s Suite from Loving v. Virginia. And to conclude, Ravel’s sensuous Boléro. Don’t come alone. (DominonEnergyCenter.com)



**TUESDAY, MARCH 3 THROUGH SUNDAY, MARCH 8**  
**BE OUR GUEST**  
The **Altria Theater** invites you to enjoy Disney’s first North American production of the beloved musical *Beauty and the Beast* in over 25 years. (AltriaTheater.com)

**WEDNESDAY, MARCH 4 @ 7:30 P.M.**  
**GET JAZZY. GET FUNKY**

Jazz, funk, R&B, and even a little pop – that’s what you get from **Spryo Gyra**. There’s nothing quite like this venerable band from Buffalo who’ll be taking the **Beacon Theatre** stage with their unique blend of jazz fusion. (BeaconTheatreVA.com)

**FRIDAY, MARCH 6 @ 7 P.M.**  
**GET IN THE REVIVAL SPIRIT**

Powerhouse vocalist and Chicago native, Nathan Chester brings his **Old Soul’s Motown Revival** to the **Cultural Arts Center**. Backed by a talented band, Nathan’s voice shines as he soulfully covers classic hits and reinterprets them with a fresh, passionate delivery. (ArtsGlenAllen.com)



**FRIDAY, MARCH 6 @ 7:30 P.M.**  
**EXPERIENCE THE MAGIC**

Bursting with jaw-dropping circus feats, laugh-out-loud comedy, and old-time vaudeville charm, the **Bindlestiff Family Cirkus!** is a joyful celebration of the weird, the wonderful, and the wildly entertaining. **The Perkinson Center** will also be offering something special with their Perk Experience ticket. Check the website for details. (PerkinsonCenter.org)



**SATURDAY, MARCH 14 AND SUNDAY, MARCH 15**  
**FINE ART IS HERE**

Help a child and support local artists by coming to **Bon Air Artists Association’s Annual Charity Art Show and Sale**. Over 30 artists and 300+ original fine art pieces for sale at the beautiful **Independence Golf Club**. Buy a raffle ticket for a chance to win an original piece of art. Saturday night is our reception with great food and drinks, admission is \$50 (5-8 pm), and Sunday admission is free (noon-5 pm). bonairartists.com/bon-air-artists-association-annual-show.com

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