

Going GREEN

Green, green, green. My favorite color and new favorite way to eat. Everything is going green these days, including the food we eat. Eating green is all about putting the best foods for us in our bodies, helping us boost energy, and staying healthy. Greenhouse Kitchen and Freshii brought this lifestyle to the Cedar Valley less than a year ago. I recently had the pleasure of experiencing both. Here's my experience.

by sophomore Jetta Colsch

Even before you open the doors to Greenhouse Kitchen, the modern, eye-catching sign will let you know this is the place for you. Once inside, you're greeted by a cute, little area with wooden benches and tables, fake grass walls, and small plants on the tops of the lights. All of this makes you feel as though you're eating in, you guessed it, a greenhouse.

But before you've had time to take it all in, you're drawn to a long countertop filled with healthy foods ranging in every color of the rainbow.

Plus, the people behind that counter are super nice. If it's your first time at Greenhouse Kitchen and you don't know how the process works, you can expect

a helpful and understanding staff to explain it all to you. I'm sure they get newbies all the time, so don't be nervous. (Think Subway- but more organic.)

If you order a customized meal like the "Powerhouse" or the "Leaning Tower", you might not know what half the ingredients are, but I think that's part of the fun. It's a new experience for a lot of people and trying new things can be exciting!

The only possible problem could be the payment. Greenhouse Kitchen is a bit

spendy. A customized bowl costs \$11, but that was countered by the fact that it was definitely enough for two people or meals. Other options, like the Greenhouse Burrito, cost only \$7.50, so how much you pay really depends on what you order.

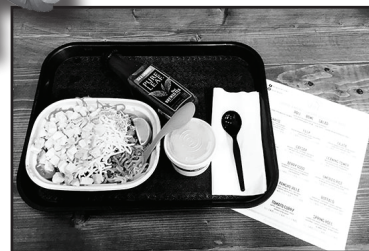
As you sit down, fascinated by their adorable silverware - green, with a fork on one end and a spoon on the other - you'll be eager to dig into your meal: an amazing, healthy, and very filling combination of colors and textures. It's truly everything you dream a meal to be.

For a delicious and healthy experience, I strongly suggest starting with Greenhouse Kitchen. It will inspire you to eat healthier, and you'll love every second of it- from the moment you open their doors to tossing your dish into their recycling bins.

I definitely wasn't disappointed, and you won't be either.



Greenhouse Kitchen, located on West 23rd in Cedar Falls



photos by sophomore Jetta Colsch & Halle Haack

Delicious | Jetta's bowl contained chicken, basmati rice, avocado, carrot curls, edamame, flax seed crisps, grape tomatoes, sunflower seeds, toasted almonds, and cheese; it's all topped with vinaigrette and served with a side of soup and green leaf tea.

freshii

<p>Environment:</p> <p>★★★★★</p> <p>Very homey, open, and rustic in feel.</p>	<p>Staff:</p> <p>★★☆☆☆</p> <p>The staff was generally patient, but they could have been more helpful.</p>	<p>Menu:</p> <p>★★★★☆</p> <p>Similar to GreenHouse Kitchen, but the ingredients were separated into premium and basic.</p>	<p>Price:</p> <p>★★★★☆</p> <p>The meal itself was about \$7, but any premium ingredients add a dollar each.</p>	<p>Taste:</p> <p>★★☆☆☆</p> <p>It was strong and too much for one person- but not enough for two.</p>
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pirate picks

Fall Faves edition

The Pirate Press is introducing to you the new staff and students at Hudson High School, who are sharing what they love about fall.

"I think it's a cute, Halloween, love story that's very appropriate for October. I'm a sucker for romance."

-high school science teacher Maddie Sinnott

Where: Walmart
Cost: \$5.89

To watch the movie *Corpse Bride*

"It's a really great opportunity for me to spend time with my friends."

-sophomore Rowan O'Brien-Carlstein

Where: 21 minutes from Hudson
Cost: \$30

To go to the Heart of Darkness

"It's a fun, seasonal drink that keeps me warm on a cool day. It puts me in that autumn mood."

-high school math teacher Holly Petersen

Where: Starbucks
Cost: \$4.29

To drink hot apple cider

"My husband is the biggest fan of Charlie Brown, so watching it has become a family tradition. It's not fall without it!"

-high school English teacher Jennifer Erslund

Where: Walmart
Cost: \$13.77

To watch *It's the Great Pumpkin, Charlie Brown*

by junior Lexi Bergmeier