

By Carole Sugarman

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Lindsay Steiner's new app helps motivate her family to eat better.



## AN APP FOR EATING

Lindsay Steiner found it challenging making sure her young twin sons were eating a balanced diet. So the Kensington pediatric occupational therapist/techno-mom developed an application for the iPhone and iPod touch called **"My Family Food."** The app, which helps parents track their family's food intake and motivate everybody (including picky eaters) to eat better, has been recognized by the U.S. Department of Agriculture as a MyPyramid Alliance partner.

The application includes the USDA recommendation for the number of daily servings and serving sizes in each food group for all ages, but allows parents to set their own goals for picky eaters or those with special needs. Family members earn bronze, silver and gold "medals" for various accomplishments. For example, every time Steiner's picky 3-year-old takes a bite of watermelon, he gets to push a button on the iPhone and choose a bite sound or a burp. If the goal is four pieces—and he eats them all—then he can select whether a crowd appears and cheers or the burp returns. ("He likes the burp," Steiner says.)

The application is 99 cents from the iTunes store. For more information, check out [www.myfamilyfood.com](http://www.myfamilyfood.com).

## COMINGS AND GOINGS

Potomac's Founding Farmers was due to open in late October. It's the first suburban location for the Farmers Restaurant Group, which also owns the über-popular Founding Farmers downtown. The farm-inspired, regionally sourced restaurant will offer many of the same breakfast, lunch, dinner and brunch dishes as its city sibling. But also look for some chicken dishes, roasted vegetables and pickled and preserved items not on the other menu. And entirely new: house-made sausages and sodas; an "afternoon social" featuring tea and tea sandwiches, scones and cookies; and a delivery service for those who live and work in the Park Potomac complex.



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The August closure of McCormick & Schmick's means bigger digs and a new name for Cesco Trattoria. The longtime Bethesda restaurant is scheduled to take over the former seafood chain's space in November under the name **Cesco Osteria**. More than twice as many diners will be able to enjoy owner Francesco Ricchi's Italian fare, which will include Florentine-style pizza and a choice of four pastas to mix and match with 30 sauces. "The pasta will come to your table naked. You can add three different sauces if you want," says Ricchi, who is also devising a bar menu with fried calzone and grilled pizza. Cesco Trattoria operated at 4871 Cordell Ave. for 14 years, and "after a while you are old news. ...I'm changing location and part of the menu and the concept," Ricchi says. "I think it will be a shot in the arm."

Cesco Osteria, 7401 Woodmont Ave., Bethesda

Café 1894, the homey and comfortable Kensington restaurant that closed last summer, was planning to reopen in October as **The Two Pears Café**. Former owner Duane Rollins sold the space to Marisol Vasquez and Karen Brotherton-Julien, two friends and local residents who also have a joint business called Cutie Patootie Birthdays & Such, an event company that caters to little girls. Vasquez, whose father was a chef at the venerable Trader Vic's restaurant in downtown Washington, says she will be doing the cooking during the day, and Brotherton-Julien, who is also the biotechnology coordinator of the Georgetown University Biomedical Graduate Research Organization, will join her in the evenings. Look for salads (Caesar, spinach, chef's), homemade chicken noodle soup, paninis and cold sandwiches, plus entrées such as baked chicken, salmon and vegetarian lasagna. "A little bit of something for everyone," Vasquez says.

The Two Pears Café, 10417 Armory Ave., Kensington



Chef Geoff Tracy

The old Houston's space in the Towne Plaza at 12256 Rockville Pike is getting remade—again. It's not a 100 percent done deal, but at press time, Geoff Tracy had signed a letter of intent and was moving forward with the landlord to open a **Chef Geoff's** there sometime in early 2012. After the immensely popular Houston's closed, Agaiinn Tavern, a British gastro-pub with a downtown sibling called Agaiinn, opened in June 2010, but was shuttered last May. Tracy owns three Chef Geoff's restaurants (downtown, Northwest D.C. and Tysons Corner) as well as Lia's in Chevy Chase.

Much to my dismay, **Angelico La Pizzeria**, the Bethesda branch of a locally owned chain, closed in August. Slated to take its place this fall was **Hot Barbecue & Pizza**, a concept that includes slow-cooked Kansas-style ribs, pulled pork, roasted lamb and brisket, plus pizzas with a barbecue theme. Bethesda could really use a good sit-down barbecue joint. Let's hope Hot Barbecue delivers on the concept.

Hot Barbecue & Pizza, 4925 Bethesda Ave., Bethesda

## SOUPERGIRL TO THE RESCUE

**So how's this for an unusual résumé?** Sara Polon grows up in Rockville, attends the Charles E. Smith Jewish Day School, gets a degree in American history from the University of Pennsylvania, performs stand-up in Manhattan, works in the travel industry and for an Internet start-up, and now, at age 34, makes and sells vegan, kosher-certified soup with her mom, Marilyn.

**Soupergirl**, as the company is called, provides home delivery of a soup hearty enough to be a meal, plus a pureed selection suitable for an appetizer. It will also do regular weekly deliveries, aka "soupscriptions." Or, you can pick up the soup at designated food shops and fitness studios in the metropolitan area. (In addition, Polon recently opened a shop at 314 Carroll St. in Northwest Washington, D.C., across from the Takoma Park Metro station.) She also offers a weekly salad. Cornbread and brownies made by Breadsmith bakery in Potomac can be ordered as accompaniments.

I tried Soupergirl's black bean and tomato-cashew, and both were terrific, stick-to-the-ribs stuff, chock-full of fresh, flavorful ingredients. I ordered online and picked them up at the Balance Studio at 8305 Wisconsin Ave. in Bethesda, where they were ready and waiting. (However, the gummy vegan cornbread and bricklike brownie were dreadful.)

At press time, Soupergirl was delivering to Friendship Heights, Chevy Chase, Bethesda and Silver Spring, with a \$14.50 minimum (and \$1.85 delivery charge), but was planning to expand to Kensington and Rockville. Pickup spots in our area are located in Bethesda, Rockville and Silver Spring. The soup costs \$6.75 for a pint, \$12.75 for a quart. For more information about ordering, humorous vignettes about each soup, delivery and pickup locations, see [www.thesoupergirl.com](http://www.thesoupergirl.com).



Soupergirl's Zucchini Soup

Food  
FIND



The Cabana Banana Boy Brownies deliver a sweet-and-salty punch.

## NAUGHTY BITS

There are a lot of average brownies out there, but Leigh Lambert of Silver Spring has really nailed the recipe. Not too cakey and not too fudgy, her **Naughty Bits Brownies** have a dense crumb and a crackly top and are everything an all-American brownie should be—and more.

Among the unexpected flavors is a chai tea-spiked brownie that Lambert developed especially for Zen Tara Tea, the lovely tea shop at 4710 Bethesda Ave. in Bethesda. You can really taste the tea, although the store's masala chai doesn't get all the credit; Lambert heightens its warm, haunting spices with her own ginger, cardamom, allspice, cinnamon and cloves.

A former editorial assistant for *The Washington Post* Food section, Lambert holds a master's degree in gastronomy from the University of Adelaide in Australia and has worked at Occasions caterers and as a self-taught pastry chef at a restaurant in Colorado Springs. But brownies have long been her obsession. "There's nothing as heartwarming and soulful as a brownie," she says.

And there's nothing as addictive as her Cabana Banana Boy Brownies, which are also available at Zen Tara Tea. Delivering a sweet-and-salty punch, the brownies are studded with coconut and dried banana and topped with chopped macadamia nuts mixed with sea salt. Zen Tara Tea and Capital City Cheesecake, at 7071 Carroll Ave. in Takoma Park, also sell Lambert's Man Catcher Brownie, a plain brownie that is "deliciously bad."

Other "deliciously bad" (as the label calls them) Naughty Bits Brownies include Geisha Girl (with crystallized ginger, wasabi and sesame snack bits) and The Shiksa (topped with maple-smoked bacon and toffee bits). They're available at [www.naughtybitsbrownies.com](http://www.naughtybitsbrownies.com). A box of six brownies costs \$21; a dozen costs \$41. ■

Carole Sugarman is the magazine's food editor.