



by CHARLOTTE WALLACE

## Wallace's Way: Good pizza for just a little more dough

As you probably noticed, pizza has once again become the center of the foodie world. I'm not talking about Domino's or Papa John's, but rather all the upscale pizza places that have been popping up everywhere.

With all of the new classy pizzerias opening, I made it my goal to find the best one within the beach cities. And the winner, which opened earlier this year, is... Locale 90, 1718 S. Catalina Ave., Riviera Village in Redondo Beach.

Weird name, right? The owner is Italian and *locale* means local. The pizzas take 90 seconds to cook in the brick oven. All the ingredients are local and fresh. They make the dough and sauce, and cut up the fresh vegetables each day. You can really taste the fresh ingredients and high-quality preparation in each bite.

Every day they have special pizzas featuring seasonal ingredients along with a permanent menu. I recommend ordering a special or the mushroom sweet onion pizza. Once you try the mushroom sweet onion pizza, you will never go back to Domino's.

For drinks, they have a great selection of natural bottled sodas, homemade lemonade and iced tea. My favorite is the lemonade be-

cause it's so hard to find lemonade that doesn't taste like sugar water!

One of the best parts of Locale 90 is the homemade dessert selections. They have their own dessert and pastry chef, who makes incredible things each day.

For example, the last time I went I had risotto rice pudding. The time before that it was hazelnut olive oil cake. Need I say more? The only drawback to Locale 90 is that, because of its recent discovery, it has become increasingly crowded at dinnertime in the past few weeks. To avoid the crowds, I recommend going for lunch on a weekend.

The food is just as good during lunch, and with the good food you will get better service. Plus, Riviera Village is always a good place to eat lunch outside.

So next time you're craving some classy pizza, skip Blaze and Pieology for better pizza at Locale 90. It's a great place for lunch with your family, lunch with your friends or even lunch with your Grandma!

If you don't want to leave the house or can't have gluten, I have a recipe for you to enjoy at home: quinoa pizza with Meyer lemon, goat cheese and basil!

### Ingredients:

1 cup quinoa  
water, for soaking and blending  
1 clove garlic  
1/2 teaspoon salt  
2 tablespoons avocado oil (or another high-heat oil)  
For toppings:  
5-6 ounces fresh goat cheese (chèvre)  
1 Meyer lemon, very thinly sliced (seeds removed)  
2 teaspoons fresh lemon juice  
1 shallot, thinly sliced  
Small handful of fresh basil leaves, cut into ribbons  
2 tablespoons pine nuts (raw or toasted)  
Coarse ground black pepper  
Coarse sea salt  
Olive oil for drizzling

### Instructions:

For quinoa crust, place quinoa in a medium bowl and cover with water by several inches. Let it sit at room temperature for eight hours or overnight.

Next, preheat the oven to 450 degrees, and drain the presoaked quinoa in a fine mesh sieve, and rinse well. Then place the quinoa in a blender with a little water (about 1/4 cup), the garlic clove and salt.

Puree until it is smooth, and add more water if it is needed. The

mixture should look like pancake batter and not be too thin or thick, but still pourable.

Next, place a 10-inch cast-iron skillet into the hot oven and allow heating for 5-10 minutes. Carefully add the tablespoons of oil to the skillet and heat it for another three minutes.

Remove pan from the oven carefully, and tilt the pan to evenly distribute the hot oil.

Then pour the batter into the center of the pan and tilt it to create an even layer on the bottom. Then place the pan back into the oven, bake for 20 minutes, remove the pan from oven, turn the crust over, and place back in the oven for another 10 minutes.

Remove the pan from the oven and transfer the crust to a baking sheet lined with parchment paper.

For toppings, mix the goat cheese with lemon juice and, if the cheese is very crumbly, add a little milk or water to smooth it out because it should be spreadable.

Next, spread the cheese evenly over the crust, layer the Meyer lemons evenly over the cheese, place it in the 450-degree oven and let bake for 10-15 minutes or until the cheese has melted and turned golden and the lemons are tender.

Then remove the pizza from the oven and top it with the remaining toppings, cut into wedges and serve warm or at room temperature!



PAUL JONASON

Locale 90 in Riviera Village, Redondo Beach, stands out on the pizza circuit.



by KYLIE BRONCHICK

## High fashion can be eco-friendly but still stylish



H&amp;M

A dress showcases the eco-friendly H&amp;M Conscious Glamour Collection.

As many industries and nations attempt to compensate for the vast damage to our environment, businesses within the fashion industry have been making efforts of their own.

Environmentally friendly and sustainable methods of production are paving the way for a sustainable future of manufacturing.

Numerous efforts have been made by popular retailers such as H&M, whose eco-friendly line, H&M Conscious, plans to have 100% of its materials come from sustainable sources by 2020 at the latest. The company has significantly increased its share of organic cotton in recent years, replacing conventional cotton, whose global production uses 10% of the world's pesticides, as well as vast amounts of water. In order to grow just enough cotton to produce a single T-shirt, 11 bathtubs of water are required.

Many designers have begun to experiment with alternative materials to cotton, including bamboo fibers, which grow quickly without the use of harmful pesticides, and even absorb greenhouse gases during its life cycle. Its use is controversial, however, because the conversion of bamboo fibers into usable viscose fabric includes various chemicals that hurt the environment. So designers and manufacturers must decide whether they believe chemicals or excessive water usage is worse.

The production of most textiles requires the use of many dangerous chemicals, and the fashion industry has yet to find any one fabric that doesn't hurt the envi-



H&amp;M launched a sustainable and eco-friendly collection of clothing.

ronment in any way.

According to H&M Conscious' 2013 sustainability report, it uses mainly "organic leather, vegetable-tanned and from cows that were bred for organic meat production."

Efforts to find sustainable replacements for cow leather have been made by Nike, as well as luxury brands such as Prada and Dior, who have begun to incorporate fish leather into their designs.

One ton of fish fillets produces 40 kilograms of unused fish skin, much of which is ground into fish meal for animals. Fish leather is making use of unwanted fish parts. Problem is, the demand for fish leather is rising faster than the supply, causing dramatic price increases, making it no more affordable than cow leather.

Educating customers is another important step in reaching complete sustainability. Retailers have begun making efforts to educate their customers in order to reduce the carbon footprint even further.

Through giving instructions on garments' care labels to minimize energy and water usage, customers can make well-informed, eco-friendly decisions on how to care for their clothing.

Even as our planet's resources

become more and more depleted, many designers and brands are hesitant to change their wasteful ways. The terms "eco" or "green" hold a certain negative connotation in the eyes of luxury brands, for they can often be perceived as connected to the hippy culture.

Cost efficiency and profit, however, are the most important reasons that many retailers refrain from adopting sustainable and eco-friendly habits. Sustainability does not only pertain to the environment, but the quality of work environment for factory employees, whose wages are too often shockingly low.

Although outsourcing manufacturing can boost impoverished countries' economies and create new jobs, proper safety measures are too often not taken in order to ensure the well-being of thousands of factory workers. Less than two years ago, a factory collapsed in Bangladesh, killing more than a thousand workers and injuring another 2,500.

As textile research continues, and new ways to shrink our carbon footprint are being discovered, I hope the fashion industry can become less wasteful in the near future...before it's too late.