

10♥DATE IDEAS // 6 FAVORITE SPORTS BARS // DINE: SIENNA RESTAURANT

STYLE

ROSEVILLE GRANITE BAY ROCKLIN

10 GREAT LOCAL HOMES

**ICONIC
ARCHITECTURE**

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Roseville Parks and Recreation Save the Date

by PAM ALLEN



Grab your headband, leg warmers, parachute pants and totally rad friends for this most-excellent adventure! At the **I Love the '80s Fun Run** on May 7 you can run, walk or flashdance your way along the 5K or 10K course.

You won't be able to contain your excitement as you cross the finish line in Vernon Street Town Square while listening to gnarly tunes and earning a totally rad '80s medal, which is going to look nothing but awesome with your popped collar and Member's Only jacket during the after-party. And I'm so

sure you want to sport your best '80s attire, because, hello—costume contests!

Motor over to the website before April 7 to receive the early bird discount and righteous shirt. Event proceeds benefit recreation programs for at-risk youth.

To register and for more information, visit roseville.ca.us/events.

SEASON'S EATINGS

PlacerGROWN and Foothill Farmers' Market by CAROL ARNOLD

WHAT'S IN SEASON: LAMB

Lamb is a tasty, healthy meat that here in the U.S. is still a bit of a hidden treasure—as many haven't grown up cooking or eating it—but luckily, there are many Placer County producers who will supply you with it year-round. Talk to your local rancher at a PlacerGROWN farmers' market or a trusted butcher to learn more about the various cuts and to get some ideas on the many ways it can be savored.

NUTRITION

Rich in high-quality protein and many vitamins and minerals, including vitamin B12 and iron, lamb can be an excellent component of a healthy diet. One serving provides nearly five times the essential omega-3 fatty acids of a serving of beef and 45 percent of the daily requirement of zinc, which is essential for growth, healing and a healthy immune system. Three ounces of the meat fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans. What's more, 40 percent of the fat in lean cuts is monounsaturated, the same kind of fat

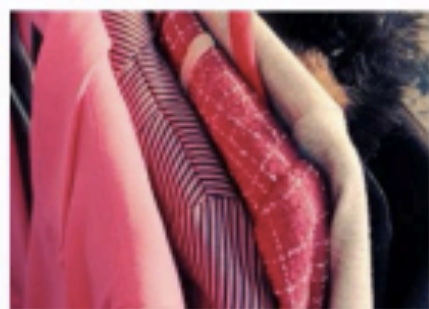
found in olive oil, and the iron and zinc are both forms easily absorbed by the body.

DID YOU KNOW?

Lamb is enjoyed in many countries and cultures—with New Zealand leading the consumption rate—and comes in several cuts, the most common five being shoulder, rack, shank/breast, loin and leg. Various cooking methods are recommended for each of the cuts, but the suggested temperature is consistent at rare or medium-rare.



FOR THE RECIPE TO MAKE GREEK SLOW-ROASTED LEG OF LAMB VISIT STYLERBLOG.COM



CATCH ALL

Trendy Trade Clothing Swap

Trendy Trade Clothing Swap events were originally a way of bringing women together to have fun while doing good for other women in the community. It began in the Midwest in February 2011 before coming to Sacramento. The next local swap will be held on February 18 in the conference room at Origin Coffee and Tea, and is an event by women, for women (ages 18 and up). During the first 30 minutes (3:30-4 p.m.) attendees can grab a drink and snack and mingle with each other before the actual swap—where you can trade an unlimited number of items. Shoppers are asked to bring a minimum of five, up-to-date pieces to trade (pants, tops, jackets, dresses, purses, belts, accessories, etc.) with no stains or signs of wear. "One of my favorite parts is meeting new [people] and helping others. Wonderful things happen when you get a group of like-minded women together!" says Jamie Yates, founder of Trendy Trade Clothing Swap. Unclaimed items at the end of the swap will be donated to Acres of Hope in Auburn—a residential program that allows single mothers who might otherwise be homeless, stay for up to two years while they work to rebuild their lives. "Rotate your wardrobe for just \$15—it's a great deal!" says Yates. —**Tara Mendonça**

DETAILS

WHEN: February 18
TIME: 3:30-5:30 p.m.

WHERE: Origin Coffee and Tea, 2168 Sunset Boulevard, Rocklin

For more information, visit trendytradeevents.com/events.

Roseville Parks and Rec photo courtesy of Roseville Parks and Rec. Greek slow-roasted leg of lamb photo courtesy of Bella Mangano/istockphoto.com. (814) 514-0100, (814) 514-0100. Catch All photo by Jessica Van Lee.