

ESSENCE ON MAIN FOCUSES ON TASTY HEALTHY FOOD

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Offering good-tasting food that doubles as healthy is the passion and goal of Chef Joan Donnay, owner of Essence on Main, a specialty food market in downtown Clarkston. Donnay and her well-educated staff believe that making healthy food choices now can reduce your risk of the unhealthy effects of poor nutrition later on. Essence on Main opened last July and was honored to receive the "Taste of Clarkson's Healthiest Menu" award a few months later. From the beginning, Donnay's family and friends have been providing the community with something a little different to take home for lunch and dinner.

They insist on using organic whole grains, organic beans (from Eden Foods, another Michigan company), locally grown produce when available, heart-healthy oils, and fresh herbs, in all of their prepared foods. You can even meet the people who prepare your food and often see them in the process, since the kitchen was designed as a bright wide open space. "Seeing who makes your food is a rare treat, it is prepared right here, by us, you can't get more personal than that," Donnay said. "We try to help you with your food choices; we are here to answer your questions as you prepare healthy meals for you and your family. We fill the gap between your meat and dessert with our homemade specialties," she added.

Another way to know what is in your food is to prepare it yourself. Essence on Main offers cooking classes several times each month. The topics are varied but the teaching focuses on, preparation techniques, what to look for when selecting produce, and making cooking easier and more enjoyable than you may have thought.

Visit Essence on Main, where the focus is on healthy food with good taste.