

'ALIMENTO' = NOURISHMENT



# coast Weekend

Every Thursday  
Sept. 14, 2017 • [coastweekend.com](http://coastweekend.com)

arts & entertainment

STORY ON PAGE 10

## LOCAVORE 101

DINNER IS IN THE BAG WITH  
CHEF ANDREW CATALANO'S  
ALIMENTO MEAL KITS



ALSO INSIDE  
ASTORIA WOMAN  
FEATURED IN BOOK  
SALUTING MILITARY  
SPOUSES • PAGE 4

