



Mushrooms—simply delicious, nutritious and sustainable!

SUSTAINABILITY MATTERS

A mushroom sustainability study revealed the mighty mushroom is healthy on the plate and gentle on the planet. The study found production of a pound of mushrooms requires only 1.8 gallons of water and 1 kilowatt hour of energy, and it generates only 0.7 pounds of CO2 equivalent emissions. In addition, the annual average yield of mushrooms is 7.1 pounds per square foot—meaning up to 1 million pounds of mushrooms can be produced on just one acre.

Learn more about mushroom sustainability.

NUTRIENT POWERHOUSES

Mushrooms are a true superfood. They're fat free, cholesterol free, low in sodium and calories yet nutrient dense. Mushrooms are packed with B vitamins, riboflavin, niacin, selenium, vitamin D and antioxidants. But of all the health benefits, perhaps none is more important than the role mushrooms play in building a strong immune system. More people are becoming aware that mushrooms are an important dietary addition, and they're looking to restaurants to serve them up deliciously.

Learn how mushrooms feed your immune system.

PLANT-FORWARD MOVEMENT

With their inherently meaty qualities and umami, mushrooms are perfect for plant-based dishes. But they're not only for 100% plant-based diets—mushrooms are also the answer when chefs want to meet meat in the middle with blended dishes. This month we're featuring a Blended Mushroom Burger in our Nordstrom Restaurants—stop by and try it today.

Get recipe inspiration.

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GO WITH
GRAPES™



A little bit of California goodness in every grape.

THE CALIFORNIA DIFFERENCE

The sun, the soil, the water—this trifecta of goodness only happens in California and is unique to the Coachella and San Joaquin valleys where table grapes are grown.

Long, dry summers and sunny winters mean that grapevines thrive under the beautiful blue California sky. Add naturally rich, fertile soil and clear mountain water and the result is 80+ varieties of grapes bursting with California flavor from May through January. The grapes come in three colors—red, black and green—but there are a wide range of shapes, sizes, textures and flavors. California produces 99% of the table grapes grown in the U.S., and those grapes are shipped nationwide and globally. California grapes are your grapes. Enjoy!

[Learn more about Grapes from California.](#)

SMALL BUT MIGHTY: GRAPES SUPPORT GOOD HEALTH

Fresh grapes are delicious—and also very good for you. They're a natural source of over 1,600 beneficial plant compounds, including antioxidants and other polyphenols. Over 20 years of research links grapes to a wide variety of health-promoting activities.

Heart. Grapes contribute to heart health in multiple ways, like promoting the relaxation of blood vessels to maintain healthy circulation.

Healthy aging. Grapes contribute to brain, colon and skin health.

Wellness and immune health.

Grapes are a hydrating source of energy. They work well in special diets, because they're a low glycemic fruit that's gluten free and very low in sodium. Grapes also support a healthy immune system.

[Learn more about grapes and health.](#)

CARING FOR THE COMMUNITY

California table grape farmers give back to the communities where they live and work.

Scholarships. College scholarships are offered annually for field workers and their children who wish to begin their higher education journey at either a community college or four-year university. Agricultural scholarships are offered to graduating seniors living in the grape-growing regions.

Education grants. Innovation in Teaching grants support innovation and learning in classrooms across California's grape-growing regions. They're awarded for projects in agriculture, art, California history, health, math and science.

[Learn more about community outreach.](#)

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NORDSTROM CELEBRATES HISPANIC & LATINX HERITAGE MONTH

Join us to celebrate the Hispanic and Latinx communities and their incredible impact on our country—and the world. Our Restaurants are excited to partner with Chef Iliana de la Vega and bring you a collaboration of dishes to celebrate.

A CULINARY CELEBRATION

During the month of September, our Restaurants are featuring Chef Iliana de la Vega's recipe for Tostadas de Hongos. Also, join us for Restaurant Week from September 15–October 1 for a three-course menu curated by our Nordstrom Chefs in collaboration with Chef de la Vega. Pricing varies by location.

Get a sneak peek at the menu.



MEET CHEF ILIANA DE LA VEGA

Iliana de la Vega is a Mexican-born chef who has dedicated her professional life to the study and dissemination of Mexican gastronomy. She's a passionate educator, a restaurateur and a culinary consultant, and she served as the Mexican/Latin Cuisines Specialist for The Culinary Institute of America (CIA) from 2007 to 2012.

Chef de la Vega won worldwide acclaim for her interpretation of Oaxacan cuisine at El Naranjo, her restaurant and cooking school in Oaxaca, Mexico, which she ran with her husband Ernesto Torrealba for over 10 years. In May 2012, Chef de la Vega opened El Naranjo Restaurant in Austin, Texas. It's been recognized as the best Mexican restaurant in Austin and one of the top 10 best restaurants in the city.

She's received three nominations for the prestigious James Beard Award as Best Chef, and this year she is Best Chef Texas.

Learn more about Chef Iliana de la Vega.



OUR FEATURED NORDSTROM COFFEES

Our Nordstrom coffee is 100% ethically sourced, coming from farms that support sustainable production, treat workers fairly and protect the environment. We're proud to feature a rotating selection of coffees throughout the year in our stores and online—this month it's our Direct Trade from Peru and Women-Produced Las Mercedes Coffee from El Salvador.

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MORE WAYS TO ENJOY NORDSTROM FOOD & BEVERAGE



MEALS TO GO

We now offer our signature recipes prepared by our chefs using the highest-quality ingredients in convenient meal options to enjoy with family, friends or a large group. Every dish, catering pan or meal package is ready to serve without the hassle of cooking or cleaning up.



CURBSIDE PICKUP

Our Restaurant and Specialty Coffee teams deliver food and beverages directly to your car. Place your order ahead of time or call while you're waiting for your retail order.



DOORDASH

DELIVERY

Enjoy your favorite food and beverages in the comfort of your home or office. Search for your local Nordstrom restaurant in the DoorDash app and have it delivered to your door.

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