

LA Unscripted | April 6th, 2023

From hot spots to hidden gems and lots of local flavor It's your guide to L A the unscripted way And tonight we're talking plant based they are the two words quickly becoming synonymous with how we eat in L A plant based Hello everyone I'm Devin And tonight in scripted is going vegan You know Californians aren't just eating more vegetables They're growing them in urban farms like this one The grow good urban farm in Bell California but fear not apartment dwellers and plant killers We found something that can turn 84 square feet of space inside or out into broccoli kale strawberries herbs anything you can think of I think to like have a garden is to you know be an optimist right Because you're nurturing life and you're thinking about the future It starts here This farm we grow baby plants We've grown them for the 1st 2 to 3 weeks of their life That's a seedling right there So that's a green bunching onion The farm stand is a hydroponic garden You need about two by two about four square feet There's a tank of water at the bottom There's modules that hold the plants it's on a timer So every so often the timer goes off and it pumps water to the top It rains down inside this unit and it delivers plant roots Just the amount of water and nutrients that they need a material that the farm sand is made out of is ocean bound plastic Just add water and add two scoops of nutrients and you're pretty much good You just can grab it all You can do anything and then eat it Yeah it tastes like wasabi That's actually really good And I learned I was gonna be a dad and started to look at food differently So opted for organic produce But I learned that the real challenge is getting the food from the farm to the grocery store you know 10 days old before anyone at the store gets it And we all know how you know food goes bad in the fridge like within a couple of days And I learned that 40 to 50% food gets wasted you know before anyone eats it So I figured like what if we could just take the waste out of the system We'd cut the price of food in half And that's where the concept of lettuce grow came from This is great You could also just pull this out and put this like as a centerpiece on your table Oh How great You're right Like for like the fall like a fall floral piece Yeah it's amazing We've grown over to different varieties in the farm stand We have six different types of basil We have three different types of arugula right now The most popular butterhead and romaine and we've got like the Asian greens tot soy bok choy We get into the vegetables tomatoes zucchini you can even grow watermelon And then we also grow strawberries and alpine berries Anything that's not a tree or a bush you can pretty much

grow it's so easy It takes about five minutes a week to maintain And we have an app and even if you don't use your phone we have emails that tell you exactly what to do It's all about the experience how like meditative it is how good for their soul People say it's the best thing that they done with their Children like the single most you know best activity I think that growing food is in our DNA Every time I see like my kids or any kids interact with a farm stand or any garden they're uh they're all like totally pulled in the plant based movement is gaining a lot of steam and is quickly growing So my goal is really to make this as ubiquitous as a refrigerator You know that people that everyone has you know the ability to grow some percentage of their food at home Wow it's so alive and coming up Matthew Kenny one of the pre eminent vegan chefs in the world cooks As a dish straight from his lettuce grow But first I created seabirds uh because I wanted a place that I could eat I was looking for food that was like local and organic and vegan and I was just having a hard time finding food that was really satisfying Stephanie I want to kiss you This is so fun My name is Stephanie Morgan I'm the owner and chef of Seabrook's kitchen I'm self taught a lot of youtube videos and cookbooks and Googling I started cooking for myself When I turned vegan I was actually working in New York on Wall Street I was going to be like a broker and all my free time I was just cooking and creating recipes and creating menus I just had to quit my job my life in New York and then I moved back home to California to start seabirds I had the idea for a vegan food truck like 2009 And I think I was like the third food truck in Orange County So it took a lot to start like the food truck revolution I had to like get people to eat off of a food truck that normally wouldn't And then I had to get people to eat vegan food off of a food truck Oh my gosh Jeez Louise This is really good When I started the food truck I just kind of realized I don't want to have a food truck forever I didn't like um how people didn't always know where we were or if there was bad weather we would kind of have to shut down So I always knew I wanted to have like a brick and mortar So the birds originally I thought that it would be like me and a bunch of girlfriends in a food truck parked next to the beach like selling veggie burritos to surfers coming in and out of the ocean Well I be known to me at the time you're not allowed to park a food truck at the beach for more than 10 minutes So that didn't work out but I just kept the name because I like it What are we making today We are making our cauliflower filet sandwich which is unique to the location here in Los He live we use whole foods We don't use a lot of processed meats or anything or fake meats Uh We do local ingredients and

seasonal ingredients Just a plate of heaven I'm so proud of this The first Seabirds kitchen location opened in October of 2013 and that's at the lab in Costa Mesa What does it feel like Now 10 years later you like what's that feeling Like It's hard to comment on it because it's so close to me and I'm still on the journey Like I think back to all the events we did with the food truck or taking it to Coachella or like the tree hugger ball Just these random events that were super fun but to see where where we are now and how many employees I have now Strange to think about Um but yeah it's just been continuing to work hard and just trying to make things the best that I can Food trucks are super important to Southern California They are part of our make up now and I just think it's awesome to support those people that have started so small and were able to expand and continue to support the food trucks out there Food truck tales from the streets of So when you bite into a wolfe's hot chicken sandwich the sound is something that is exceptional This is really good So I grew up with a single mom She had five jobs I just wanted to be with my mom on the weekends So I got a job working with her in a catering company back east And that's how I got my start I've washed dishes managed bussed run tables waited been a beverage director and now I own my own my own restaurants and bars But I got started just like wanting to hang out with my mom So during the pandemic block party being a high volume party bar was not allowed to operate because we didn't have a bona fide kitchen So my best friend Josh and I along with our very close friends and business partners Natalie Curfman and Stephen S got knocked down the weight bearing wall between our business and a neighboring business pulled a food truck into the property and started serving our uh plant based fried chicken recipes Within two weeks we had a line down the street on New York Boulevard and uh Josh and I looked at each other and said I think we got a hit Hi I'm Jason Eisner co-founder and chef of Wolfe's Hot Chicken The best Nashville hot chicken sandwich on the planet That happens to be vegan But I took a road trip across country from New York City to Los Angeles And I stopped in Nashville ate at Princess Fried Chicken They are the official creators of Nashville Hot Chicken and was kind of mind blowing So we make an exceptionally interesting breeding out of 36 different ingredients I do believe that we have the best hot chicken sandwich on the face of the planet So my grandfather was a paratrooper in the 82nd airborne in World war I I he fought at the battle of Normandy and as a Jewish American having survived that war and having liberated some of those camps in Poland and Germany I wanted to pay homage to my grandfather So

the big bad wolf was the symbol on their airplanes when they were going into battle And I thought that that was a nice way to kind of give him a hug Ok Jason my eyes and my mouth is watering what do you have on this table for me to try All right Well we brought out a smorgasbord if you will So we have our Osaka sandwich which is our international rotating chicken sandwich that has a beautiful Ube and Taro Fua bun with some Japanese slaw and homemade Sunni moo pickle And then we have our Memphis barbecue loaded fries uh our Buffalo loaded fries our chicken tenders which is a fan favorite with the kids And then our Nashville hot chicken sandwich and fries This is not your mama's chicken sandwich Oh my God And the crunch and so crunchy Every layer of flavor is jamming Well I've got to try the loaded fries This is the Memphis That's good We have an incredible pina colada Our signature Margarita a great beer list including all local beers such as party beer in Wes Adams A really delicious Micha But you can't go wrong with fried chicken and beer Cheers to you Cheers Thank you Cheers to a wonderful business Thank you so much and for letting a U come and eat I appreciate you coming Thank you so much You're welcome All right Coming up inside another tiny space serving big vegan flavors and vegan actress Shannon Elizabeth reveals her secret nacho recipe Welcome back to L A in Scripted Plant based special from Let us grow and their amazing nursery here in Bell California Look at these adorable seedlings by the way This is Rainbow Chard And this is Arugula How cute are they And you know we also have over 1200 dairy farms in California But more and more people are taking their coffee with a side of nut milk sales are up over 60% in the last five years alone Thanks to great little breakfast spots like this one in Eagle Rock I think we're fortunate to be in Los Angeles and there's so many vegan restaurants coming up But I think when every time we wanted to go somewhere like let's go to a vegan coffee shop we felt like that's what lacked in vegan breakfast all day Hi I'm Joanna and I'm one of the owners and one of the chefs My name is Celeste and I'm also one of the owners and chefs We're at Little Barn Coffeehouse in Glassell Park You know we've always dreamed of having AAA vegan cafe Unfortunately for the previous business they had to close because of the pandemic It was our opportunity to take over And here we are we decided to take the risk you know even though it was like during the pandemic Um but everything seemed to work out and the ve community really supported us and came out and we were actually really excited and kind of scared you know just with everything going on but we've been very lucky and we're still here So every time I come here I

always get the Horchata cold brew coffee it's delicious I am drinking Horchata coffee I have a pumpkin spice latte We're both vegan I've been vegan for about 18 years I actually grew up in a farm where they raise chickens and then I got to see it firsthand you know and I didn't have much information at 13 So that was also kind of like the dream of doing my own thing as I developed and learn more Obviously we have a coffee shop So we want stuff to taste good and make a space for vegan and non vegan people to try compassionate stuff and not miss the flavor of dairy So it has a lot to do with taste but also the environment and try to do our research too So that was like instant like let's make this a coffee shop and the vegan community I think reaches out and helps one another And it's also like the times that we're in you know Latinx LGBT Q we made a safe space a compassionate space So I think people really it transpired that we were giving love and I think people feel it because we love to be here Genuinely a love for animals is what all vegans seem to have in common especially if you're talking to actress Shannon Elizabeth the work she's doing in the name of veganism and animals is pretty remarkable So my journey is kind of a long one I haven't had meat really in like 2025 Years So it's been long So you don't just become vegan overnight It was knowing what the animals went through once I knew what was happening It it kind of just that was why I did it And my whole body changed when I stopped eating meat everything changed for me So I started going out to South Africa and learning about conservation said yeah this is what I want to do with with my charity and with my life I feel like this is my mission on the planet My why is to help save animals and be a voice for them because they need us One of the projects that we're working on it's a blind black rhino that we take care of His name is Munu You can actually follow the story at Munu the rhino on Instagram But he is a beautiful incredible very rare species of black rhino And he just happens to be blind poaching has gone through the roof right now So we ended up getting him a night time armed guard that sleeps with him and stays with him at night Really For me ultimately any animal I look in their eyes I'm close to them I'm around them I feel their heart and their love and their need for help And that's what drives me to learn as much as I can and listen to people and just try to make a difference while I'm here I love making Mexican food for people but vegan style I think we're gonna go through today how to do a vegan queso where you don't even have to cook anything and you start with raw cashews so you soak them and then you drain them and rinse them And that's what we have here The other key ingredient is nutritional yeast garlic

or garlic powder I'll use a little bit of onion and some salsa So now let's put it all together Who would have thought that all this could be vegan Thank you Shannon And coming up a guy who can definitely say he started it all One of the OG California vegan chef is cooking us a meal when L A unscripted returns Welcome back to our plant based special from the Grow Good Urban Farm in Bell California Are we about to give you a five star lesson in farm to table Let's see how a world class chef with over 40 restaurants around the globe turns his let us grow into a meal hungry I'm very hungry This looks amazing Well I became a chef because I love food and restaurants and wine and the idea of of entertaining I would never have embarked on a plant based career if I didn't believe it was the most exciting food to work with We operate in six segments hospitality education media products services and licensing 60 restaurants or food businesses globally ranging from drivers that we have next to mcdonald's and Burger King to our food hall in Los Angeles We have double zero in Venice plant food and wine on a bikini We have Sistina in Culver City and make out in Culver City It's been there about eight or nine years We're opening Oleta in Beverly Hills and we work with lingerie in Beverly Hills Also opening Sistina in Century City I could use this I can just sort sort here There's still a lot of concern about how complicated it is to be vegan And the reality is it's very simple if I'm you know I'm a chef but I have sometimes only five minutes to make my meals So you gotta be an iron You got three kinds of kale in there Yeah they're cooked inside You got some microgreens here I think the best way to eat it is just I can make you one you like guacamole I went down to visit a Jacob stand and it was just like peacefully there uh outside his house And you know I just really loved it And so it's really become a part of our life It's changed you know the way the home feels and I really just love being around plants you know not just to eat them I I love being around them seeing them What was really fun was seeing broccoli grow last summer the greens when you harvest them fresh there's something so tender about them And the experience is totally different On the palate the taste the sharpness of the taste it tastes so good Very simple You can make it in 10 minutes I just encourage people to cook what they love and and find an alternative if it's something that usually has an animal product in it and and then just take note of how they feel and the rest usually takes care of itself And if you can't get to a Kenny restaurant fear not He has 12 cookbooks One of the things we will love to tell you when you go plant based is that the desserts are terrible But I can officially beg to differ Thanks to donut friend that my Happy Doughnut Jams The customer favorite is

definitely gonna be the strawberry lab That is by far one of our most popular doughnuts We have a non dairy based with cream and fresh strawberries in the middle My name is Crystal I work at Donut friend Donut friend opened in 2013 All the Doughnuts are named after bands He has uh he has a doughnut named after his band The Drive like J who we call it the Drive like jelly The Angry Samoa that's named after The Angry Samoans So just a lot of like different punk hardcore emo bands I'm a quitter girl Can we start there It's got the cinnamon it's got the sugar Um Honestly you're gonna be back tomorrow for the fritter Oh my God We're in Highland Park Which is a pretty cool neighborhood We've been here for quite some time and we've definitely seen shops come and go So we're really happy for the community and for our customers to keep us going this long Getting to share these yummy doughnuts with all of the neighbors and people that live in community It's pretty awesome job Yeah I mean it really aligns with my values like I come into work and I don't have to worry about any like non vegan item and that's like the best part of working here that it aligns with what I stand for and what I believe in All right So I think it's pretty safe to say that plant based is not a passing fad In fact it was the fastest growing food business in the country last year I just think about this for every meal you make plant based You're saving £40 of grain 1100 gallons of water 30 square feet of forest and one animal Pretty cool Right We'll see you next time Thank you for joining us