



Old L.A. News

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JARRING FOODS MAKES HEALTHFUL KOMBUCHA & PICKLED FOODS

Since 2019, Jeremiah Tash, 39, has been selling his array of pickled foods and kombucha at farmers markets, and directly to the public.

“We make kombucha, and we also ferment various vegetables, including dishes like kimchi, sauerkrauts, and everything else from carrots to beets to snap peas. One thing that separates us is that I have about six to seven rotating sauerkraut flavors, so we have a plethora of offerings,” he stated with a wave of his hand to his many products laid out on his table.



Not everyone has heard of “Kombucha.” Tash explains, “Kombucha begins with a tea into which we introduce a bacteria and yeast so it ferments into the kombucha.” He went on to explain that his kombucha is organic green tea-based, and that the flavor is smoother than black tea and has more antioxidants.

“Kombucha is a powerful source of probiotics, which strengthen your microbiome, particularly in your stomach,” said Tash. “We are learning that most of your body’s hormones are secreted and regulated in your stomach, so this is important stuff. Low probiotic levels have been linked with issues like depression, anxiety, and sleep-disorders. The benefits of kombucha are myriad, but we are careful to design each flavor as a gourmet product: there’s no reason you can’t enjoy something that’s also beneficial.”

His sales table also contains bottled vegetables. Tash went on to explain that his vegetables are lacto-fermented, which simply means that it is a salt-based

process. “People sometimes think lacto means there’s lactose involved but it’s short for lactobacillus, a probiotic bacteria that thrives in a high-salt environment,” he says. “Our all veggies are fermented in the jar we sell them in, which means they are alive and full of probiotics when you open them!” said Tash with an enthusiastic smile. “Also, fermenting veggies breaks down their enzymes and increases bioavailability, so fermented veggies are better for you than raw ones.”

Tash had been drinking kombucha for about a decade and had no clue how it was produced. Then someone gave him SCOBY (which means, symbiotic culture of bacteria and yeast, which is the bacteria and yeast needed to ferment tea into kombucha). “I found it easy and fun to produce, and I quickly considered the business aspects,” he explained.

Tash found a website that gave him some details for the cultivation, and with a few books, he was in business. He started his business, Jarring, in November of 2018, with the desire to produce a superior food product than what currently existed on the market. He made sauerkrauts and kimchi, and kombucha.

He began selling at the Echo Park farmers market and since has sold at the farmers markets at Altadena, Atwater Village, Hollywood, and Highland Park.



Currently, he sells at the Old L.A. Farmers Market in Highland Park, and five others markets.

“People often want to know how much of my products they should eat and what to eat the foods with,” he tells me. “But I’m more a chef than a doctor, so I am more comfortable telling people how to eat, not how much.”

Having worked in restaurants, and managed a few, Tash has some understanding of the food scene in LA. His favorite hobby is traveling, and he gravitates toward countries with strong food cultures, because he’s always looking to try new cuisines.

He currently lives in Elysian Valley with his Australian Cattle Dog mutt and his 4 kittens. Tash can be reached at www.jarringfoods.com or IG @jarringfoods.

He is also creating his on-line store, connected to the website, so readers can conveniently place orders for pickup through the site.



Security

2nd Quarter '21

Patrol calls for service	52
Patrol BID contacts	998
Public contacts	978
Vehicle patrol hours	2,166.5
Foot patrol hours	0



Maintenance

2nd Quarter '21

Trash Bags (removed)	2,656
Trash weight lbs	61,088
Graffiti tags removed:	425
Bulky items:	124
Pressure Washing hrs	24

NFA Goals

- Provide Educational, Cultural, Artistic, Charitable, Social Service and public improvements.
- Increase economic well being for property owners, employees and businesses.
- Provide improvements and activities to assist in economic and commercial revitalization.
- Provide clean, safe and beautification programs to improve economic prosperity for property owners, businesses and the community.
- Bring about investment of public and private capital within the Business Improvement District and surrounding area for public benefit and charitable purposes.

Mission Statement

North Figueroa Association is the management organization for the Highland Park Business Improvement District and is an advocate for the North Figueroa Property owners by empowering and aiding in the stimulation of growth, development, revitalization and maintaining the historic value of the North Figueroa Corridor.

The North Figueroa Assoc. will support an environment in which stakeholders can conduct commerce, live and play.

North Figueroa Assn. Board of Directors

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Contact: 323-255-5030
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Annual Budget 2021

Public Right of Way	\$376,854.64	(65%)
Corporate Identity & Organization	\$110,000.00	(35%)
Total Annual Budget	\$486,854.64	(100%)

How You Can Help

You can help keep the district clean, safe and pedestrian friendly by:

- Making sure your businesses do not place their trash in the sidewalk receptacles. These receptacles are for pedestrians only.
- Keep windows & awnings clean
- Take down any old, torn or faded signs or banners.
- Sweep your store front. While the crews sweep the streets, they do not sweep private property
- Post store hours in windows.
- Call security with concerns. The number is: 800-350-1944. Report to LAPD, as well.