La Nodriza, Madrid's loveliest health food store!

Around Christmastime I got an email from Terry and Charlotte who run **Desperate Literature**, an international bookstore that's just a street up from Opera. Here's what they wrote: "We came across a local health and organic food store that we fell in love with. The owner is great… and it's a crying shame that locals and health-conscious expats don't know about the place. It only has **Facebook**, but voila, now we've done our part and spread the good news," inferring it was Naked Madrid's turn to do the same!

Thank you, Terry and Charlotte, for sending me that email! I finally made it to **La Nodriza** today and I have to agree – how had I not known about it earlier? It's just a few steps from plaza Opera and lovingly run by a woman named Lucía, who handpicks each item with careful consideration to customers' requests and also speaks English. Originally from Spain, Lucía has lived all over the world, having spent years in England, Sweden (she speaks Swedish, too), Chile and even Kuwait and Oman. Long story short, she's got a lot of stories. Eventually she decided to follow her passion and study nutrition, which led her to **open La Nodriza two years ago, "her dream come true."**



Although La Nodriza is small, it offers an impressive selection of handmade and organic products, ranging from cosmetics and olive oil to fresh produce and yogurt. You can even get a weekly order of local fruits and vegetables. Chances are you'll find that hard-to-find item here, or you can ask Lucía to order it for you! Not to mention, **La Nodriza is also a great place to find a gift for someone back home** (like locally produced olive oil or raw honey), **or even for someone in town** (like Burt's Bees products).



What I bought

What caught my eye the most was her wide selection of raw honeys. She has two large containers of honey from local producers that you can purchase by the kilo: one is made with lavender (*lavanda*), and the other with heather (*brezo*). Lucía let us taste both of them, which were so pure and delicious. **I bought a kilo of the heather honey (€10.50) because it was darker and richer, which is the kind I prefer, and I also got to pour it myself**.



The next thing I bought was **organic peanut butter by a brand called Monki**. Although it wasn't cheap (€7.20) and there was another less expensive option, Lucía assured me this one's quality was well worth it. As I sit here with my Monki peanut butter on toast, all I can say is I second her opinion.

While browsing, Lucía gave us both a piece of **dark chocolate with chilli peppers** because, "it's something different." As we were leaving, she popped two bite-size **red apples** into our bag. "They're small," she said, "but totally fresh and pack in a lot of flavor." And they do, indeed.

So, people of Madrid, if you're looking for a place to get your supply of organic, fresh and local products in the heart of the city, you've found it. These products may be more expensive than what you'll find at Mercadona, but they're oh so worth it!

Info

- Facebook
- **Hours:** Open Tues-Sunday from 12pm-10pm
- **Phone:** +34 912 50 29 65
- **Address:** Calle Caños del Peral, 5

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- Desperate Literature, for book lovers in Brooklyn, Santorini and now Madrid!
- Where to take your Mom in Madrid

Federal Café Madrid – Hipster in a Very Good Way

Not too long ago, Madrid's breakfast scene was limited to traditional croissants, toast and churros. Now, however, it's rivalling cities like New York and London. How did this happen so quickly? Don't know. But boy are we loving it… One of the best places for brunch in Madrid is Federal Café, which may look like a stylish restaurant in Soho, but it's actually located in Malasaña, near Conde Duque.





Last Sunday, I went for brunch with three lovely ladies – **Cat**, Aifric and **Helen**.



We all started with fresh smoothies. Mine had pomegranate and organic apple juice – health in a glass.



To eat, I ordered toast with avocado, poppyseed and lemon.



Aifric got the same, although with poached eggs (smart choice).



Helen had a veggie burger with freshly squeezed orange juice.



Then there’s Cat, who wins first prize by a landslide with her full-on plate of poached eggs, bacon, potatoes, sausage and toast. Damn.



The first time I went to **Federal** was actually over a year ago

with my friend, Nina (who's sitting in the window looking at the little kid). We stumbled upon **Federal** while strolling around and were instantly lured in by the comfy window seats that allowed us to dangle our legs onto the sidewalk.



We started with a coffee.



That ended quickly. The menu featured such a wide variety of dishes that were chock full of local, organic and fresh ingredients – we just couldn’t help but order something to eat. I got a sandwich with feta cheese, spinach and olive tapenade. Nina had a burger. Simple but so good!





So if you’re looking for a hip place with healthy food in the center of Madrid, I think you’ve found it!



Info

Web
Facebook
Address: *Pl. de las Comendadoras 9*
Metro: *Noviciado*

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Little Big Café – my little big pick-me-up

Toma Café – Fuel Up, Feel Hip

Mamá Campo – a Restaurant/Market of Organic Delights in Plaza Olavide