

## LA Unscripted | September 25th, 2023

From hotspots to hidden gems This is your guide to all things local The L A unscripted way from our Sunset gower studio offices It's the place where dreams come true right in our own backyard Now we want to inspire you to get lost in your own neighborhood Discover a new one and fall in love with so all over again Hi everyone I'm Devin And let's get right to our first on approved local faith Life is short Eat sweet first Right Hi guys I'm Dana Hi Dana Welcome I'm Nancy Welcome to Welcome And you guys are actually you've watched a unscripted I love watching your show and I am a big fan of yours So pillow talk cafe is known for cakes sandwiches and coffee So we came up with the name because our cakes and our sandwiches are very fluffy like pillow Some of the cakes that people may have not tried or um tasted before is our black sesame cake It's made with black sesame cream with osmanthus honey and also layers of pow fluffy cakes in between I've never had like a sesame flavor before and it's such a nutty like earthy flavor But when you put sugar with it it's delicious We are a small family owned business Asian women owned I have always wanted to open a shop of something And um my sister in law she's inspired with baking Elaine You're the sister in law Yes And you make everything Yes I love that Come to change Which one are you starting with I would say you want to start with the pork floss And what is pork Is it Pork floss pork floss What is that It's a dry shredded meat This is a chiffon cake but with shredded meat on top Are you kidding me Mm It's savory and sweet It's almost like when you do like maple and bacon like the sweet and the salty This is a sunny side up which is also the most popular cake OK It has one layer of a chiffon cake OK Coconut mousse and it has a mango jelly in the middle You know when I was pregnant I ate mangoes like every day all day This cake is delicious Oh my Lord Some of the drinks we offer here you may not find it out um in other coffee shops or in other places is our Dirty Sesame latte espresso shots Your choice of milk with a scoop and a half of the Dirty sesame cream and also our um ice honeycomb latte and as well as the match uh with mango It's pure high quality ingredients in all of our drinks cakes and sandwiches Here's the thing what they say about everything here I love is that nothing is too overpowering Nothing is too sweet and everything complements the flavor The black sesame is almost like an Oreo nutty flavor and it complements the coffee so much It's almost like dark Oh it's so good Me and my sister in law we've decided to you know what let's just open a shop of

some kind where we can serve the customers We both like the feeling of um coming up with things where customers taste it and say wow or see it and says oh I wanna try it It gives that satisfaction uh feeling This is why we came up with pillow talk because we like to make sandwiches and we like to bake you guys I've had pillow talk in my life but never pillow talk like this It's an absolute dream Did you know Los Angeles has more cars than people That's why we give you all these tips to make sure that the traffic is worth it before you head out Remember how if you see me or our Olivia Day Beto she is always out and about in L A What are these all here These are Peaches The ecology Center is a nonprofit organization located in San Juan Capistrano South Orange County We are a farm a school a community center a farm stand a cafe really a space to educate and engage people about this important work why it matters and how it can add beauty and diversity to our lives We started the Ecology Center in 2008 So 15 years ago this year on one acre we hosted tens of thousands of kids for field trips We did workshops festivals farm dinners speaker series movie nights In 2019 we had the opportunity to take over the surrounding 28 acres So now we do all of those things paired with the production and distribution of a working regenerative organic certified farm We're open seven days a week There's always something here from the farm stand behind me to the cafe that you experienced Campesino is uh of the land or um a farmer and they work for the land They they live with the land here at any great time Roughly 85% of everything on the table is gonna be grown here All the vegetables all the salads the beans we grow here all the veg inside of the beans salads grown here all the herbs the tomatoes the fruit pretty much anything except for like the honey even some of our vinegars come right here off the land So a thing that people can do is they can come they around they can see all the stuff that you're growing and then they can come have it for lunch and eat it How they prepare the intention is to just highlight the food coming off of this land right here So it's nothing against meat We don't have like a vendetta against meat We're not trying to be uh super vegan or vegetarian It's just kind of the way it happened the way that the land told us it wanted vegetables So that's what we're serving here I love that I'm a big salad fan Um and this is probably one of the best salads I've ever had We host special events like a music festival We do a big farm dinner that's in the middle of the field with 200 people And then every Friday night we also host what we call a community table dinner So we'll bring in a different chef a lot from L A San Diego Orange County well recognized people with Michelin stars and fancy restaurants and

sometimes they'll close for the night just to bring their staff down here to cook on the farm over fire with ingredients grown 50 ft away It's not farm to table It's like you bring the table to the farm and that's where you have the experience This is our farm apprentice team We have Nicole Chetana in Rio So the farm apprentices are learning how to do this work Hopefully with the idea that they could take it elsewhere Unfortunate to come from immigrant parents Eastern European grandparents who ended up in Mexico who came to the United States So there was a lot of that cultural connection to food I have a personal connection to this work I was diagnosed with cancer in 2020 at age 38 and a big part of my healing journey was around food So this is our education center We call it the children's garden So we have kids here every single day From our baby program called Microgreens to after school programming to summer camp uh various different activities But I like to showcase the zone because this was a dirt lot in 2008 So to be able to stand here now on a hot day under a 50 ft tall sycamore tree it's 20 degrees cooler We get to demonstrate how all of our spaces can actually look like this Really the only barrier is intention You know we live in a time in which agriculture is the single greatest contributor to climate emissions The one thing that has built health for thousands of years is now literally toxic So we as a model at the Ecology Center are demonstrating how not only we can rebuild that health but how really it can be more interesting and fun and dynamic and ultimately tasteful and add value to our communities in meaningful ways Cheers another local tidbit Did you know most of our palm trees are transplants There are a variety of species but the most prominent are Mexican fan palms that were imported here back in the 19 thirties That's cool And you know we are here to keep you in the No So don't go anywhere More local facts finds and fun When L A in scripted is back in an L A minute Welcome back to L A unscripted Everyone I'm Dana Devin and we are coming in hot with the latest hot spot You don't want to miss You made it look so easy OK I'm gonna just go ahead and do that Yeah There you go Oh my God Does it feel like play doh Yes Not only is the Choco taco like reminding me of my childhood but making it is kind of like play doh and also reminding me of my childhood This is my mom Maria Mancini She's my only employee And what is your favorite thing to Fita costa de com Se so everything so Sad Girl Creamery is an ice cream company I started here in L A The reason why it's called Sad Girl is because I talk a lot about mental health awareness especially for the Latin community on my social media I was diagnosed with bi polar disorder when I was 26 and I had been

struggling with the symptoms since I was 14 But because it's not something that's so common to talk about in almost like all kinds of immigrant families really So that's when I decided to go see a doctor Anyway Fast forward ice cream was always something that comforted me when I was depressed growing up and even till now And it just made sense to pair the two And I've just always wanted to start an ice cream company And so um given that a lot of the things I talk about are so you know targeted towards Latin audiences all of my flavors are also Latin inspired So we have Choco Flan and then we have CAA latte right now We're doing a watermelon Hibiscus Sorbet So you know like the Jamaica kind of drink and then we do a chocolate brownie with peanut Mazatlan in it I wanted to give back in my own way even though I can't do it monetarily right now I figured sharing my story and sharing a lot of the resources and things that I've learned through therapy on my social media could help other people I guess in my own sad girl fantasy I thought it'd be cool to take these classic American novelties and then give them a Latin flavor twist to them And we're mostly known right now for our ice cream tacos And I guess the most classic version of one we make is we call it the che taco because Che is like um slang for dude in Argentina and Uruguay My mom's Uruguayan and the ice cream we put inside is an Argentinian Duce a Leche ice cream Take the cone right now They're a little bit softer and easier to work with malt Take the ice cream and kind of have to hand mold it ourselves Can I take a shower in this My turn I'm a little nervous Here we go Wait Is that good I made a Jack Od I think by being someone who's Latin American and speaking up about it and like I wanna say 90% of my customers are Latin American and so just bringing that out into their world and being a being part of the conversation and continue to be a part of the conversation I hope that you know I start to see a change in my own community Cheers to sad girl creamery We love to hear from you So make sure to follow us at at KTL A unscripted and let us know where to go and what to try next Coming up more locally approved destinations When L A unscripted returns it's the city where anything happens And with over 105 exhibition halls and 225 theaters it's a good thing we're here to keep you in the know Ok I really traded my heels for sneakers and today I'm finally at Sneaker Con L A with my boy Jabari What's going on What's going on We've been waiting for you I'm so happy you're here But did you you come alone Are you excited Where are we Something that's so cool about Sneaker Con is sneakers are now a great equalizer right Yes 100% You don't need any background You don't need anything You just need to fall in love with the

culture and the aspects of knowing sneakers exist So if y'all don't know me my name is Frank and I made this much size sneakers in 2022 Ok guys Big big deal My mom Craig just went through the roof because of this guy Stay focused Frank three school Favorite thing about you and this is what melts my heart is that you started this entire sneaker business your whole youtube tiktok your whole business so that you could retire your mom That was the entire goal Like I was so broke in 2020 Like during COVID I lost so much money during like the stock market craze So decided to turn some shoes and I just kept rolling with one shoe at a time really quickly off the top of your head The hottest shoe right now Pink Crocs super exciting because I am here with private selection They are known as the early bird boys So you guys specialize in getting shoes before anyone else Sure sure This is the Halloween shoes from Nike for for Halloween this year and there's a little anchor candy corn on there This is the candy corn Nike dunk Are these available now December 14th is my birthday Facts Truth Now December 14th is also a really special day for you guys Correct Ok So this is a collab between ma and Power Puff Girls It seems like people are not investing their money in stocks anymore They're putting their money in sneakers as an investment Yeah there is uh shoes out here that will change the game for you There's a lot of potential growth in just certain shoes that we might not know about that Other people do 5 10 years later down the road I actually personal experience stared at a 200 \$50 pair of shoes 10 years later it's \$20,000 now So yes sneakers are the new stock It's official I'm a sneaker head Now I know all about sneakers and guess what My feet are so much more comfortable las diverse culture and people make our city so interesting It's incredible to think that Angelenos represent more than 100 and 40 countries and speak at least 224 different languages I didn't even know there were that many languages Wow Now immerse yourself into a new experience today Lau we have an appointment right here at So your spa in Santa Monica with one of the premier Ayurvedic practitioners Marta for one of her signature treatments Let's go Asura is like my dream I've always wanted to open an Ayurvedic place So finally we're here in Santa Monica open to the public so I can bring Ayurveda to the world Ayurveda works with the elements like the Cas We have the Bata season the PAC and the Kappa season That means the element of air and space fire and water earth and water We see a people as an individual If you come to me and I see you I'm gonna see what is good for you but it doesn't mean that the person that is next to you is gonna have the same thing I was introduced to Ayurveda from a really good friend of mine

many many years ago And so I was so excited when I discovered Marta and her sanctuary Surya right here in Santa Monica we'll do through the pulse I will see what you need So there's still some things that we need to work on your inflammation Yeah definitely some inflammation Can I see your tongue I saw deeper into your tissues Is it you had problems with your skin before anything with your jaw or your ears Ok So I have sinus issues too We did a scuba diving piece and after that my ears and my sinuses were so congested We do the oil in the nose ok So and then oil in the ears that would actually lubricate and then kind of bring the come back Normally everyone will get what is called a biana which is a forehead massage You have two people totally at the same time giving you an A Banga to make you feel like you are in transcendence make you feel like you are in a different space and that will work the lymphatic system because the lymphatic system is the first system where the toxins are everyone will get the sugar And that's the one that I recommend the most because our minds and your life and nervous system is just so charged all the time So then we do the Shyra which is a dripping in the fore in the forehead What it does is like whatever you have really stuck into your nervous systems of stress it will come out when you come here I want you to feel like you are at home You are also in a sacred space Normally most of the people do seven days So we prepare the food specifically for the people that are going through the treatments because you need to let your digestive system stop from all the food to be able to be clean In my office I have a beautiful set of herbs and in the kitchen I have herbs and downstairs I have herbs for all the different things that I want to prepare for each one of the clients So Ayurveda recommends to do this treatment every change of the season So I decided to create a program called Pancha Car at home I will do the consultation with you And then from there I will tell you you need this you need this you need this I will make the oils that you need for you I will make the enemas that you need to do We will teach you how to take care of yourself and then just take five days of every change of the season and clean yourself If I die tomorrow I will be totally happy and feel ok because I I was able to do this la la land the city of Angels Tinsel Town So Cal is ever changing yet somehow stays the same But now what's old is new again That's a really really good hot dog We just love vintage Americana and we see a lot of that stuff kind of going away So we're doing our best to try to preserve it as much as possible And this is our newest venture called Tail The Pup We actually opened on July 20th which was National Hot Dog Day Amazing So Tail of the Pup started in 1946

Originally it was on the corner of La Siega and Beverly a super popular spot until about the eighties where they lost their lease Another example of something called Programmatic architecture which is a building in the shape of something else The whole concept of that was for the automobile industry where cars started to go Fast owners needed to do something creative to be known And so they used to build like buildings that look like something else like the whiskey barrel or the shoe or the Randy's donuts you know things like that That's the way it was back in the day Ok That's one of the original recipes with grilled onions and our own proprietary mustard that we made We have like six or seven different types of hot dogs Fries are amazing Our onion rings we have gluten free corn dogs We have soft serve we have shakes and we actually have a full liquor license here So we have beer and canned cocktails I've been in Angelina for most of my life That's one of the main reasons why it's so cool to preserve old L A I've seen how the city's changed over the last 40 years you know And so we're doing our best to try to save a lot of those cool things that we remember from our childhood Los Angeles was founded in 17 81 I wonder what the next 241 years will hold We go out and enjoy it now and let us know what you love about living here because you never know where we end up next Good night everyone