

This week, we have some local favorites as well as one of Freda's personal must-haves.

[Intelligentsia Coffee](#)

Any café worth its mettle in Chicago will exclusively serve Intelligentsia coffee. Really, there's no excuse to drink anything else: Intelligentsia gives equal care to the taste of their blends and to their environmental responsibility. Because buying Intelligentsia means buying local, you're doing twice the service: to a local business and to the earth.

For those of you in the city (or passing through), the [Fulton Street factory](#) is now open for tours. Here, Intelligentsia will also host the 2nd Annual Midwest Geekfest—a “cupping” event (much like a wine tasting)—on February 7.

[MK Cookies](#)

You may recall that we met MK Cookies at the 2008 Crave Christmas Party. It was love at first bite: their [Chocolate Bliss](#) sandwiches took Meghanne's love for Oreos to the next level. This baking duo is Chicago-based, but you can order directly from the MK Cookies site. Choose from your old favorites, their original creations, and a variety of sample packs—enjoy!

[Super Seed](#)

Going meat-free can be a real challenge, especially when looking for the right source of replacement proteins. Freda already depends on Super Seed for fiber, and with the benefit of Super Seed's additional Omega-3s and plant-based protein, she's truly feeling like an AlphaWoman. Exclusively online.