



Nakamura [left] and Posada show off their handiwork

a cut above

THE CRAFTY COUPLE BEHIND LINDY & GRUNDY ARE MAKING SUSTAINABLE BUTCHERY THEIR BREAD AND BUTTER

"WHEN I FIRST saw her in her butcher's outfit, with her scabbard and her chain mail," says Amelia Posada, looking lovingly at her wife, Erika Nakamura, "I was just, like, 'Babe, you look so hot.'" And watching Nakamura, a former sculptor, slowly and carefully break down a pig, trying not to waste an ounce of precious flesh, one can definitely see what she means.

That precision, born of a respect for animals, is key to the sustainability model behind Lindy & Grundy, the whole-animal butcher shop that Nakamura, 30, and Posada, 28, recently opened in Los Angeles. All their meats are local (the lamb, from Sonoma County, travels the farthest), and most of the animals arrive at the shop whole so the pair can preserve every bit of mouthwatering, humanely raised meat. "It all comes whole except our beef, which comes cut in eight pieces," says Nakamura of the one animal at Lindy & Grundy that's too big for her to handle alone. "Only because we're such little women. We're about five feet tall each."

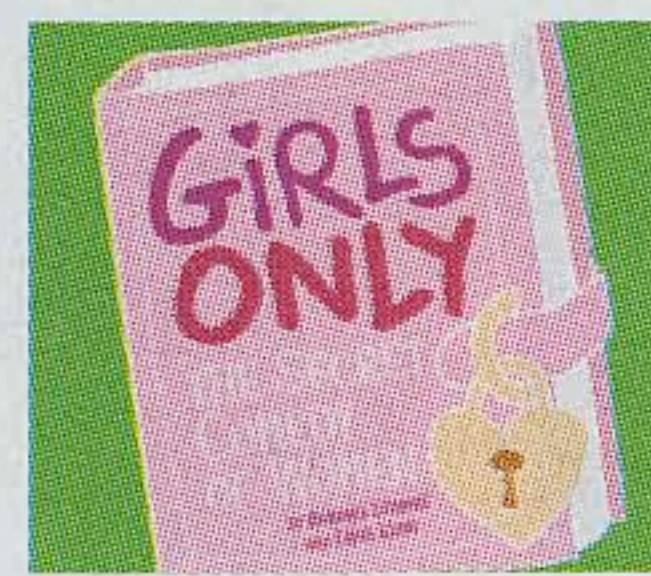
It's not just their small stature that makes the couple unlikely butchers. Both are former vegetarians—Nakamura for 7 years and Posada for 14—and until last year, neither had any formal butcher training. Posada was working in event design, and Nakamura, who'd dabbled in butchering while studying at the French Culinary Institute, was toiling at some of New York's finest high-end restaurants. But Nakamura felt unfulfilled in the kitchen and couldn't shake her recurring meaty fantasies. So she enrolled in an apprentice program at Fleischer's Meats, a respected organic butchery in Kingston, NY.

"I was like, 'Ooh, my wife the butcher,'" says Posada. "Little did we know we'd both be 'my wife the butcher.'" But that's exactly what happened. Within weeks, Posada joined the program too, and in no time, the two were setting up a stylish West Hollywood storefront, where they also pack their own sausages and sell a range of grains, dairy products, and spices. To get it all done, they sought advice from a small but growing community of similarly minded female meat mavens, who the couple says bring a more delicate hand to the art of butchering. "Things are changing. Along with us, there are several other women across the country who are doing this now and really making a mark," says Nakamura. "We're all kind of educating each other. It's like a glorified knitting circle." [KATIE ROBBINS]

hot dates

THINGS TO SEE, PEOPLE TO DO

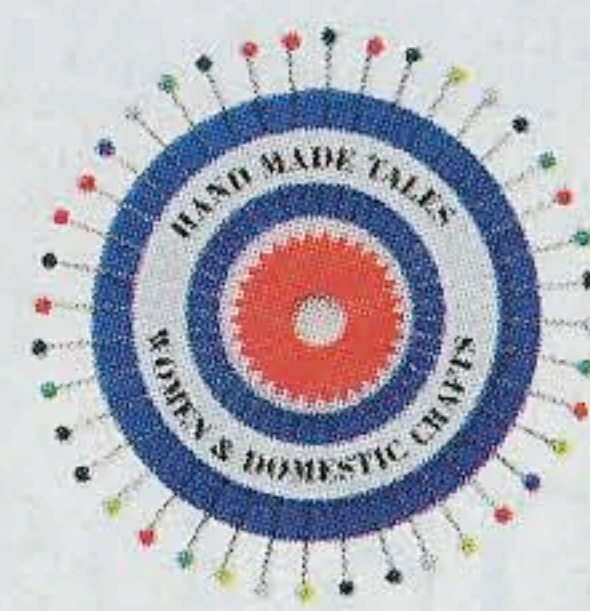
Through April 3



GIRLS ONLY: THE SECRET COMEDY OF WOMEN

Straight from the pages of girlhood diaries, this show mixes sketch comedy, improvisation, audience participation, video, and song to give women something to laugh at: themselves. After running in Denver for two years and then hitting stages across the U.S. and Canada, Girls Only is being performed at the Hennepin Stages in downtown Minneapolis. See who has the last laugh at www.girlsonlycomedy.com.

Through April 20



HAND MADE TALES

Darn it! The Women's Library in London has patched together another stellar exhibition, this time "focusing on the role domestic crafts play in many women's experiences." The show gets personal, using handcrafted artifacts and firsthand narratives to make connections between the storied history of domestic arts and the current crafty renaissance. Don't be left on the fringe: visit www.londonmet.ac.uk/thewomenslibrary for all the details.

May 19 – 21



WOMEN IN JAZZ FESTIVAL

A soon-to-be announced lineup of world-famous female jazz artists will be taking the Kennedy Center stage this May in Washington, D.C., for the Mary Lou Williams Women in Jazz Festival. Williams played piano with Duke Ellington at 15 and went on to release more than 100 records throughout her star-studded career. This concert in her honor—now in its 16th year—sold out in 2009 and 2010, so reserve a seat today at www.kennedy-center.org.

May 21



BUST MAGAZINE CRAFTACULAR: CRAFT AND FOOD FAIR—SPRING 2011

Shopping for handmade goods just got a lot more delicious now that we've added culinary treasures to our next DIY event—the BUST Magazine Craftacular: Craft and Food Fair—Spring 2011! This all-day extravaganza will feature gorgeous wares from 100 vendors representing the best in crafting and artisanal cooking. It all goes down at 82 Mercer St. in SoHo, N.Y.C., where \$3 at the door will get you in from 11 a.m. to 8 p.m., visit www.bust.com for more details! [COMPILED BY LIBBY ZAY]