

in this issue: the rise of craft beer, seeds, what to watch and read, the dirty dozen.

Fresh from Farm to Table

Six Notable Locavore Restaurants

More than thirty years ago when Alice Waters opened Chez Panisse in Berkeley, California, she sparked a movement in American cuisine that focused on locally sourced food, expertly prepared. In time, others followed suit. One restaurateur recounted that initially it was hard to obtain all of their ingredients from nearby sources, but as those relationships became well-established and more symbiotic, using fresh ingredients grown and harvested nearby was much easier than trying to get what they needed shipped in from a restaurant supply house.

Today, hundreds of restaurants have found their niche cultivating and creating food to feed the Locavore, the diner interested in food grown and prepared locally and not shipped long distances to the kitchen. Some of these establishments are very high-end: dinner at Thomas Keller's French Laundry will set you back \$270. Each. But there are many readily accessible to those with a more modest budget.

Here are six notable ones, chosen at random.

Bluebird Tavern

86 St. Paul St. Burlington VT
www.bluebirdtavern.com

Established in 2009, Bluebird Tavern quickly became very popular and received an enormous amount of positive national press, culminating in a nomination for James Beard's prestigious "Best New Restaurant." Lunch runs about \$17 per entrée, dinner around \$25. A recent review called the menu "an embarrassment of riches," citing such unusual dishes as guinea hen, lamb burgers, and the unique pork-belly-and-octopus. Known as a "Farm to Table Mecca" Bluebird Tavern has a long list of purveyors of carefully sourced local foods and a wide array of inventive and thoughtful dishes.

Olive: an Urban Dive

416 East Third St. Dayton OH www.olivedive.com

Olive's name comes from a play on the location's original restaurant: Wympee's. In an utter transformation the little diner was re-born in 2011 as Dayton's most chic restaurant. In addition to having a list of 45 local suppliers, they now have their own farm in operation just to supply the kitchen. Their motto is "Local Over Import" and they promise that they can

deliver gluten free, Paleo, vegetarian and vegan dishes—as well as their extraordinary cheeseburgers. Fried leeks, Italian Socca, Tuscan grilled cheese are all beloved favorites among the regular clientele; often finished off with a bowl of Jeni's ice cream, from nearby Columbus, Ohio. The wait staff is very knowledgeable and can (and will) lovingly describe each dish down to the last ingredient. Lunch entrees average \$15, dinner \$20.

Woodfire Grill

1782 Cheshire Bridge Rd. Atlanta GA www.woodfiregrill.com
Established in 2002, the Woodfire Grill describes itself as "Local, Organic and Sustainable Cuisine." Chef Tyler Williams, a member of "Slow Food USA" and "Georgia Organics" creates a new seasonally influenced menu daily and has garnered many favorable national reviews for his restaurant. Not open for lunch, each dinner entrée runs about \$35. The ever-changing menu is developed from the foods provided by more than 20 purveyors for this favorite restaurant, each helping to fulfill Woodfire's mission of using local, sustainable agriculture as well as responsible animal husbandry and sustainable fishing practices. In season now: black morels, king salmon, soft-shell crab, strawberries, spring peaches, local peas, carrots, beets, turnips, lettuces, ramps and Vidalia onions. Woodfire also offers a five and seven course Chef's Tasting Menu at \$70 and \$90 per diner.

Eastside Café

2113 Manor Rd. Austin TX
www.eastsidecafeAustin.com

Twenty-five years ago, a charming Arts and Crafts bungalow became one of Austin's first locavore restaurants, setting a trend that would become an important part of the Austin aesthetic. An organic garden was planted behind the restaurant from the beginning, providing fresh vegetables and fruit for the menu. In 2009, a flock of urban chickens made their home there too.

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Organic Beers

Elliot Bay Brewing, WA

Eel River Brewing Company, CA

Peak Organic, ME

Sierra Nevada Estate Home Grown, CA

Bison Brewing, CA

Lakefront Brewing, WI

Fish Tale Organics, WA

Source:
www.earthlyreport.com/site/non-gmo-beers-on-the-rise/

Wolaver's – all beers

Lamar Street – Whole Foods label (brewed by Goose Island)

Bison – all beers

Dogfish Head (organic when ingredients available)

Fish Brewery Company – Fish Tale Ales

Lakefront Brewery – Organic ESB

Brooklyn (organic when ingredients are available)

Pinkus – all beers

Samuel Smiths - Samuel Smiths Organic Ale

Wychwood – Scarecrow Ale

http://bestnaturalfoods.com/newsletter/organic_beer.html

MORE FUN: Unique craft beers go hand-in-hand with great graphic design for the labels. See <http://goo.gl/i9t9t> for branding inspiration.

A barrel of beer and a barrel of oil aren't equal. Even beer barrel sizes aren't standard. Maybe it's time to return to the "hogshead" as a unit of measure. "I'll take a hogshead of your ale, inn keep."



The Grand Splash of CRAFT BEER IN AMERICA

Most Americans now live within ten miles of a craft brewery, making microbrews perhaps one of the best-understood and most widely embraced examples of "farm-to-consumer" products. These are independent producers using traditional methods to produce intentionally smaller yields of a better quality beer. And America is enthusiastic.

According to a June 2013 article in the Detroit Free Press, craft beer has edged out wine as the drink of choice for young women, 18 to 34. The market for craft beer has doubled in the last six years and is expected to triple by 2017. Last year, 409 new brew pubs or microbreweries opened, and they seem to have staying power, as only 43 closed in the same period of time.

Fans of craft beer cite the better and more varied ingredients, the wider scope of beers available, the reduced environmental impact and the socio-economic benefits of small-scale breweries as reasons to choose it over those produced by the giant brewery conglomerates. Sometimes it's just that people enjoy meeting the folks that make their beer.

Currently there are nearly 2300 craft beer producers in the U.S., compared to 64 conventional breweries. Between them, the smaller breweries produced 13,235,917 barrels of beer. Or 4.6 billion bottles of beer on the wall. In a report from the Brewers Association, this accounts for a market share of 6.5% in volume, and 10.2% in dollars.

The states with the most craft beer breweries are Washington, California and Colorado; though Vermont and Montana have the record for the most breweries per 500,000 people: 20 and 18 respectively. Louisiana, Mississippi and West Virginia are lagging in the craft beer trend; whereas Nevada, Minnesota, Tennessee and Alabama are fastest growing for locally produced beer. Nashville's "Blackstone" went from producing 600 barrels of beer in 2011 to 7,740 in 2012.

Unlike their behemoth cousins, craft beers are more than just grains, hops, water and yeast. Brewers use a variety of locally sourced "extras" to develop interesting seasonal and limited edition beers. As a result, craft beers are starting to elbow out wine for interesting food "pairings" in restaurants and at home.

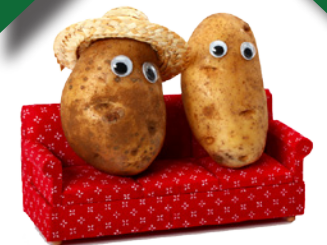
The benefits are not just for beer drinkers, though. In 2012, the craft beer industry added \$123 million dollars to the economy of Sonoma County, California. More than 108,000 people are employed making and serving microbrews. Craft beer has been credited with economic revivals in Williamsburg, NY; Cleveland, OH; Oakland, CA and Milford, Delaware. In each instance these were urban areas considered to be "blighted," and all are now enjoying a renaissance in those neighborhoods due to the popularity of locally produced craft beers.

Our first newsletter is a work in process. We hope you find the stories and tidbits recounted here as interesting as we do. We'd like to continue our relationship online.

Please go to:
www.f2cfnd.org/our-newsletter

and register so we can continue the discussion. Your input will help guide our content and our organization.

Eat well.



For the organic couch potato

- [] Forks Over Knives
 - [] Food Matters
 - [] Fresh
 - [] Food Inc.
 - [] Fast Food Nation
 - [] Processed People
 - [] The Future of Food
 - [] Seeds of Freedom
 - [] A Delicate Balance
 - [] Symphony of the Soil
 - [] King Corn
 - [] Earth Voice Food Choice
 - [] Hungry For Change
 - [] Food Fight
 - [] The Garden
 - [] Farmageddon
- Are there others we should include on our list? Join the discussion on our site:
www.f2cfnd.org/films



Heirloom? Hybrid? GMO?

How to Understand the Difference in Seeds

There's been so much talk about different types of vegetable seeds, that it's no surprise that some people might feel confused. Occasionally it has been suggested that genetically modified (GMO) seeds are the same as those that are simply hybrid. But it's not quite like that.

First, heirloom. These are seeds that have a history. It's not a particular kind of plant as much as it is a plant that has been cultivated and the seeds saved by the gardener or farmer. They are called "heirloom" because they have been a successful producer and are prized enough for the seeds to be saved. In general, these are not mass-produced for seed farms, and are often only obtained from the farmers who cultivated them. Heirloom seeds are "open pollinated" and they produce more seeds exactly like themselves.

Well, are heirloom seeds hybridized? They can be, though the resulting seed is not considered "heirloom." Hybridization, or the crossing of two related species of the same plant, has been going on since the beginning of agriculture. Plants are cross-pollinated in the hope of developing a plant with the best features of both parent plants. But with the first generation of hybrid seed, referred to as F1, the hybrid plant will not produce seedlings with identical qualities to the parent. Instead they produce seeds that have the qualities of the parent plants that contributed to them. Sometimes they will eventually "breed true," but many hybrids never do.



Genetically modified organisms or GMOs are developed in a laboratory. They are genetically altered using gene-modifying technology like protein engineering and cloning. Some crops with a large commercial demand, like corn, may be genetically altered to include the pesticide Bt to make it genetically resistant to certain pests. While some contend that Bt is a "natural pesticide" it would never be found in the corn's structure without genetic modification.

So, heirloom seeds are produced in small-scale operations to further a particularly good strain of a plant. They are reproduced with open pollination. Hybrid is the result of cross-pollination of two related plants to make a plant that has the best properties of both parents—but it cannot reproduce itself reliably. Finally, GMO seed is created and modified in the laboratory for large-scale commercial operations.

Plant your nose into some great books

The American Way of Eating: Undercover at Wal-Mart, Applebee's, Farm Fields and the Dinner Table.

by Tracie McMillan

McMillan went undercover in three jobs that feed America, living and eating off her wages in each: California fields, a Wal-Mart produce aisle outside of Detroit, and the kitchen of a New York City Applebee's to find out why we eat the way we do and the national policies that make it so.

Farm to Fork: Cooking Local, Cooking Fresh

by Emeril Lagasse

Celebrity chef Emeril Lagasse explores recipes that will inspire cooks to use organic, locally sourced ingredients throughout the year. Recipes are clear and easy to follow, many beautiful photographs.

Sustainable Market Farming: Intensive Vegetable Production on a Few Acres

by Pam Dawling

Drawing on the author's extensive experience growing a wide variety of organic fruits and vegetables to feed one hundred members of the Twin Oaks community in Virginia, this is a practical compendium on crops, sowing, rotation, cultivation, pests and disease, harvest and storage.

Animal, Vegetable, Miracle: A Year of Food Life

by Barbara Kingsolver

Noted writer Barbara Kingsolver and her family abandoned the "industrial food pipeline," vowing that for a year they buy only food raised in their neighborhood, raise it themselves or learn to do without. A thrilling narrative, part memoir, part journalist's investigation.

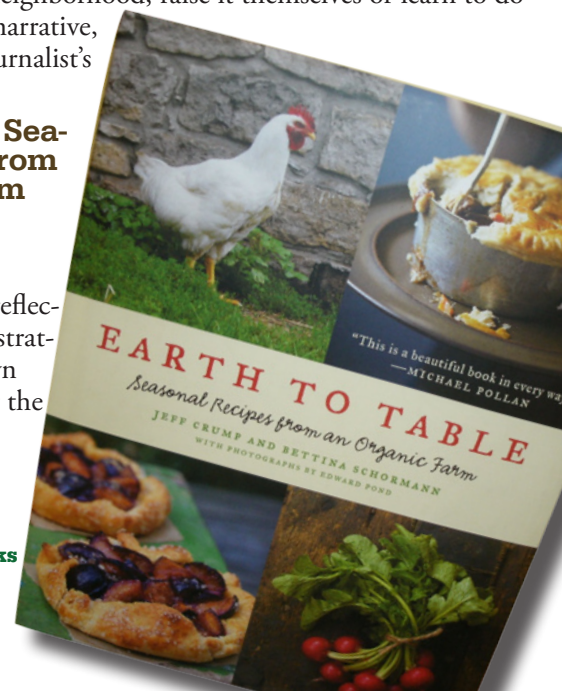
Earth to Table: Seasonal Recipes from an Organic Farm

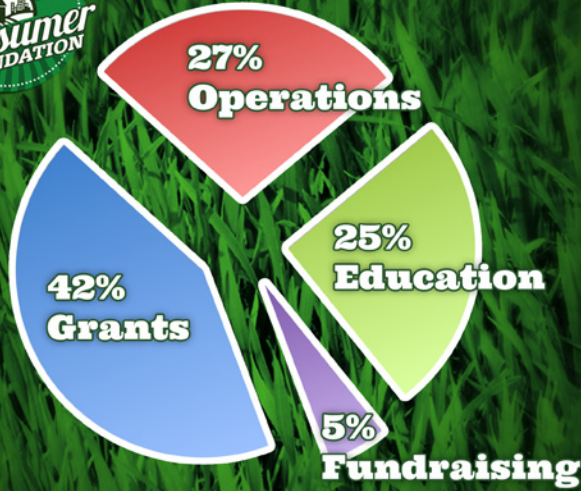
by Jeff Crump and Bettina Schorman

A gorgeous book of reflections and recipes illustrating how food is grown and comes to us over the course of a year.

For more discussion, stop in to:

www.f2cfd.org/books





PLEASE DONATE

We don't grow the food, we help make it better. Your donations put "sustainable" into our educational programs, and will be tax-deductible to the fullest extent allowed by law. [EIN 26-0758408]

Online: www.f2cfnd.org/donate-today/

via mail:

Farm-to-Consumer Foundation

2692 Madison Rd. Ste. N1-371 Cincinnati, OH 45208

Call to set up a monthly donation schedule: 513-593-9430

2013 Dirty Dozen / Clean Fifteen

Every year the Environmental Working Group releases two lists: one of the "Clean 15," those fruits and vegetables that carry the least possibly pesticide load. And the other, "the Dirty Dozen," of those fruits and vegetables that have the most residual pesticides. Might be worth growing some from that second list for yourself.

The Clean Fifteen

1. Onions
2. Corn
3. Pineapples
4. Avocados
5. Cabbage
6. Frozen Peas
7. Papayas
8. Mangoes
9. Asparagus
10. Eggplant
11. Kiwi
12. Grapefruit
13. Cantaloupe
14. Sweet Potatoes
15. Mushrooms

The Dirty Dozen

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet bell peppers
8. Imported nectarines
9. Cucumbers
10. Potatoes
11. Cherry Tomatoes
12. Hot Peppers.

Did you know?

There is a \$10,000 fine per item for knowingly selling a non-organic product labeled with a USDA organic seal?

Locavore Restaurants

continued

In addition, Eastside Café serves Texas Gulf coast shrimp, as well as locally raised bison, greens and chicken. Their menu has a suitable Tex-Mex twist with fresh vegetable quesadillas, garden Poblano soup and a popular "garden crudité" appetizer. Lunch entrees are around \$15, dinner \$21. Owner Ruth Maven's cookbook *Fresh and New and Tried and True* has become a local favorite and is available through their website.

Seven Hills

1550 Hyde San Francisco CA www.sevenhillssf.com

Named San Francisco's number one Italian restaurant by Zagat in 2012, Seven Hills is an intimate and cozy restaurant in that city's Russian Hill neighborhood. Described as "creative farm to table cuisine inspired by Rome" (which, like San Francisco, is built on seven hills) the restaurant is celebrated for their fantastic giant raviolis, including the silky and sublime Ravioli Uovo ("full belly farm egg yolk, house made ricotta cheese, spinach, brown butter and white truffle oil") in addition to a innovative and somewhat unusual menu that includes roasted bone marrow, seared wild halibut and seared sweetbreads with wild chanterelles. They were included in *New York Magazine's* list of the Top 101 Pastas in America. Chef Alexander Alioto apprenticed around the world, starting with his father, Nunzio Alioto and finishing with Thomas Keller at The French Laundry before opening his own restaurant. The website features a list of 18 local food purveyors who supply Seven Hills' kitchen. Only open for dinner, entrées start around \$25.

Trellis

Heathman Hotel 220 Kirkland Ave. Kirkland WA

www.heathmankirkland.com

The Trellis might be the only gourmet locavore restaurant in the country that makes its home in a hotel bar. Much beloved in suburban Seattle, the bar features "Wine country style" innovative and organic farm-to-table cuisine. Food in the bar ranges from \$5 to \$17 and high-quality seasonal ingredients are often sourced directly from the Chef's own 10-acre farm in Woodinville, as well as from the Kirkland Farmer's Market, local farms and artisan producers. Famous also for its "craft cocktails" and locally produced beer, Trellis gets high marks for their creative menus. In addition to gourmet "bar food" the restaurant has menus for on the Front Porch, breakfast, lunch, brunch, dinner, special dining events and private dinners. Seasonal dinners start at \$33.

Even if you find yourself far away from any of these six cities, there's probably a restaurant near you engaging in farm-to-table, sustainable, local organic cuisine. A simple computer or cell-phone search for your location and "farm to table restaurant" will in all likelihood reveal a nearby establishment producing excellent meals with sustainable ingredients carefully raised by local farmers, ranchers, fisherman and artisans.

Our Vision

Supporting farmers engaged in sustainable farm stewardship and promoting consumer access to raw milk and local foods.

Farm-to-Consumer Foundation

Building the Foundation for a sustainable local food movement

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