

Fresh



Connections



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~Heritage & Hospitality on Tap~

Spring, 2017

www.parfittway.com



BUTLER GREEN FARMS: FARMER BRIAN MACWHORTER'S PROTÉGÉS FOR 2017 (LEFT TO RIGHT) MATHEW BURTON & KAELEN MCNELL (INTERNS) SEBASTIAN EDGERTON (MANAGER IN TRAINING), RACHAEL BUBB, STEWARD MILLER & ZACHARY FULTON (INTERNS), SONYA PARKER & CORY CHIN (APPRENTICES)

GROWING VETERANS

HEALING PEER-SUPPORT ON THE FARM

by Liz Pleasant

“I’ve known a lot of people who have been to combat and came back quite changed,” explained Kenny Holzemer, a 22-year retired navy air crewman and the executive director for of Growing Veterans.

Growing Veterans is a Washington-based organization that aims to help veterans successfully transition into civilian life through sustainable organic farming. Launched in 2012, co-founders Marine Corps veteran, Chris Brown, and mental health counselor, Christina Wolf, recognized that farming can be both a therapeutic activity for returning veterans and a way to explore a potential new career path.

“It’s a really great opportunity to bring the healing powers of nature to people,” explained Wolf. “And the healing powers of having a community of people who you can rely on.”

The Program

Holzemer met Brown when they were both studying on the GI bill at Western Washington University. And after getting his MBA, Holzemer reached out to become a Growing Veterans volunteer.

Except for growing up on a farm as a child, agriculture wasn’t a big part of Holzemer’s life. But he was interested in helping veterans and recognized the benefits of “dirt therapy.” So when Brown stepped down from his job at Growing Veterans to become a mental health counselor at the VA hospital, Holzemer came on as the executive director.

Today, most of Holzemer’s job is writing grants and fundraising. He also works on building awareness of the program through speeches and interviews. But every once in a while, he gets to sneak outside and work in the dirt with



DIRT THERAPY ON A FARM IN SKAGIT COUNTY: PHOTO BY CLAY LOMNETH/THE AMERICAN LEGION

the other veterans.

“My favorite part is hearing from someone about how good the experience has been for them,” he said. “Three people have said that this has saved their lives, not figuratively, but literally saved their lives.”

Recent studies have looked at the mental health benefits of gardening. But Wolf says she doesn’t need any scientific research to know farming can be therapeutic. “Those of us who do it just know instinctively that it helps us feel better. Researchers are like, ‘How can we study it and prove it?’ But it’s just something so innate to people. We just get it.”

The organization has also developed its own three-day peer-support training for staff members, volunteers, and anyone else interested in taking the course.

“As we were working with a lot of veterans on our farms, we found that a lot of people wanted to be kind of a support system for others, but they didn’t feel like they had the skills to do that,” explained Wolf. In addition to the veterans who enter the program as farmers and volunteers, veterans make up eighty percent of the organization’s staff.

“Our training is really on both sides. How to be a helper to someone else, and how to get help for yourself when you need it,” Wolf explained. “We just see that as a normal human experience. It’s not a bad thing for me to support you—it’s just a human thing. We all need that sometimes.”

The Impact

Beyond helping veterans, the organization helps address another national issue: disappearing farmland. Today, the average age of the American farmer is 58 years old. Couple that with the fact that fewer and fewer young people are entering the profession, many are worried that small-scale family farming could soon die out.

“If food were to become one of the most important parts of our life as a culture again, we’d see a lot more people prioritizing their lives to become farmers,” Brown said. “Our culture needs to put farmers in the spotlight as heroes.”

Interested in buying Growing Veterans produce? Find them at the Marysville farmers market. You can also purchase their produce and products through pugetsoundfoodhub.com and barn2door.com.

www.growingveterans.org

BARN2DOOR

by Liz Pleasant

Sure, a lot of us want to be the person who always remembers their reusable grocery bags and shops at their local farmers market every week. But sometimes life gets in the way, and for whatever reason, you just can’t make it.

“When I started to try to source really high quality meats and produce direct from the farmer—and I didn’t necessarily have time to go to the farmers market—I discovered it wasn’t easy to find farmers,” explained Janelle Maiocco, CEO of Barn2Door, an online platform that helps consumers buy fresh, locally grown food. “And yet farmers have all this glorious food they want to sell.”

Here’s how it works: You enter your zip code to find farms in your area that deliver, ship direct, or offer local pickup. Don’t see what you want? You can submit a request for a

specific food, and Barn2Door will let you know when they find a source in your area. Farmers pay a monthly subscription to be on the site, but the prices on Barn2Door have no markups. That means 100 percent of the money you pay goes directly to the farmers.

“Direct sales can be so nice for them because it builds up their customer base. It means they get to keep the most in their pocket,” said Maiocco. “There’s really not another solution out there that’s as inexpensive for a farmer to use. We want them to succeed.”

As more and more people turn to online shopping, finding an affordable and accessible option for farmers to sell direct to customers could revolutionize the local food movement. Online shopping gives small famers an easy way to advertise and sell their food, and community members have better access to the freshest and healthiest food grown near them.

And Barn2Door continues to evolve. In the near future, the site will offer flash sale alerts, allowing farmers to put food on sale when they have an overstock of product. The site will also soon offer farmers the opportunity to create their own personal app, making it even easier for customers to quickly browse and buy from their favorite local growers, farmers, fishers, or foragers.

With easy one-click shopping, Maiocco believes more people will begin buying directly from their local farms.

“A lot of people are really passionate about changing the food system and being able to genuinely help local farms,” Maiocco said. “They want to know where the food is coming from and they want to support these farmers that are working so hard.”

Visit barn2door.com to find local farms in your area.

no wait

Stop Waiting, Get in Line from Your Phone

1

DOWNLOAD THE APP
from the Android or iPhone
app stores

2

SELECT THE PUB
and add yourself to the
waitlist

3

ARRIVE ON TIME
and check-in with the host



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead
Still stands today as home to
Harbour Public House



IMPACT
BIOENERGY

The Harbour Public House kitchen crew has been operating the HORSE digester on their own from about mid-January. Butler Green Farms has been transferring the probiotic plant food (digested food waste) to their farm for field testing and evaluation. The digester has been operating reasonably well, according to Jan Allen, project engineer and principal of Impact Bioenergy. “We regularly check on the chemistry (pH and bicarbonate alkalinity) to make sure the digester stays within the desired biochemical state for gas generation (pH 6.75 - 7.75). We also check on the water content to make sure the macerated food waste is pumpable.” States Allen “We can report that the microbiology is well cared for and is healthy.” To date, the digester has generated 7,450 cubic feet of biogas. The rate has risen slightly to 2,022 BTU per lb. of food waste.

HORSE PROJECT UPDATE



In addition, here are several metrics that are being evaluated by Allen and his crew as they determine how this technology can change restaurant operations for the better:

The food waste from the Harbour Public House is denser and drier than anticipated so some corrections have been made for increasing the amount of water added. The system is able to operate at higher solids than anticipated although this requires additional mixing of the receiving tank. The estimated energy yields for commercial kitchens benchmarks are 6,400 and 5,500 cubic feet of gas per wet ton of input. The Harbour Public House is exceeding these industry biogas generation benchmarks with a current rate of 6,700 cubic feet per wet ton (105% - 123% vs. benchmarks). The energy generated in comparison to

crude oil can be compared as 2,900 lbs. of Harbour Public House Food Scraps are generating the energy equivalent to 1 barrel of crude oil.

From mid January to April the HORSE has generated 2,519,400 BTU. By comparison this is the equivalent of 22 gallons of gasoline, or the equivalent of 738 kWh of electricity.

Over the entire 187-day project term, at the time of printing, the HORSE has generated 4,470,000 BTU. By Comparison this is the equivalent of 39 gallons of gasoline, or the equivalent of 1,309 kWh of electricity. So far, at the time of this printing, the digester is operated at only 13% of its design input capacity and 50% of its BTU maximum energy output potential on a per lb. of input basis.

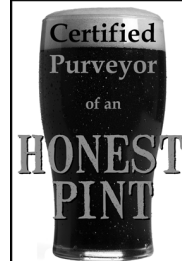
[Major funding for the pub’s HORSE is generously provided by Puget Sound Energy.]

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991

UNIQUELY
BAINBRIDGE



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

BAR FOOD

PAUL'S ALBACORE TUNA SLIDERS	\$10
Seared medallions of sashimi-grade tuna On a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi	
Plate of 2 - Each Additional Slider	\$4
OYSTER SHOOTER*	\$3
A single locally farmed Pacific in a shot glass with cocktail sauce	
OYSTER SLIDERS	\$8
A single locally farmed Pacific lightly rice panko (gluten-free) crusted & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Plate of 2 - Each Additional Slider	
FLASH FRIED CALAMARI	\$15
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli	
PULLED BBQ PORK or BBQ CHICKEN SLIDERS	\$8
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns	
Plate of two - Each Additional Slider	\$3
GARDEN GREEN® HUMMUS	\$8
Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread	
PUB QUESADILLA	\$13
Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado	
PUB NACHOS	\$11
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$3
Add pulled chicken or Natural® pork or black beans	\$5
	\$3
CHORIZO SCRAMBLE	\$12
Pub-made chorizo sautéed with peppers & onions, 2 farm-fresh organic scrambled eggs & flour tortilla strips Topped with melted pepper jack cheese, sour cream & Pub-made pico de gallo	
KIMCHI FRIED BROWN RICE	\$7
with fried egg & locally made red sriracha	
PUB-CUT FRIES	small side \$2 plate \$4
Hand-cut russet or yam Double-fried in trans-fat free canola oil	

SOUP BOWLS

RIBOLLITA	\$14
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladled over a thick slice of grilled rustic organic bread Seasoned with parmesan cheese	
SOUP OF THE DAY	bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll	

LOCAL SEAFOOD

PAN FRIED OYSTERS	\$16
Five plump Pacific oysters lightly rice panko (gluten-free) crusted & pan-fried Served with lemon, tartar sauce, Pub-Cut fries & cole slaw	
LITTLE BEN'S FISH TACOS	\$17
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of three Tacos	
ASIAN SALMON BOWL	\$20
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
STEAMED MUSSELS IN BEER	\$16
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
FISH AND CHIPS	\$17
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw, lemon & Pub-made tartar sauce	
STEAMED CLAMS	\$17
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
PUB FAMOUS CHOWDER	\$18
A New England Classic using the best of the local NW ingredients! Bowl of organic potatoes, onion, bacon, white wine & cream sautéed to order Garnished with a traditional pat of butter With your choice of: In the shell Baywater® Salish Blue Clams, Hood Canal Mussels, Pub-smoked Pacific Sockeye Salmon, or Locally farmed Pacific Oysters	

We deep fry exclusively in trans-fat free Canola oil.

The waste fryer oil is recycled into biofuel and other products.



BURGERS*

All burgers served à la carte (we suggest fries or poutine for the table!)

Grilled to order & served on a Pane d'Amore® burger bun unless otherwise described You're welcome to Substitute a free-range, skinless, boneless Chicken Breast; or a Port Townsend-made Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

THE PUB ORIGINAL BURGER	\$13		
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo			
MAKE IT YOURS ADD-ONS:			
Beecher's Flagship® Cheese	\$3	Fried Organic Egg	\$2
Mt Townsend® Trufflestack Cheese	\$3	Sautéed Mkt Veggies	\$2
Willapa Hills® Big Boy Blue or Lily Pad Alpine	\$4	Sautéed Mushrooms	\$2
Goat Cheese or Mt Townsend® Cheese Curd	\$2	2 Bacon Slices	\$3
Pepperjack Cheese	\$2	Caramelized Onions	\$2

TRENCHERMAN BURGER \$16

Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese

SAN ANTONIO BURGER \$15

Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo

BACON BLUE \$17

Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese

BO BURGER WITH BACON \$16

Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef

* The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

ALT BURGERS

CHICKEN PANCETTA BURGER \$15

Char broiled, free-range, ground chicken & Italian bacon With organic greens, pesto aioli & melted goat cheese

SMOKED PORTABELLA REUBEN \$13

Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pubmade kraut & 1000 Island dressing on Pane d'Amore® caraway rye
You can Substitute a Beef Patty for the Portabella

SMOKED SALMON ON RYE \$13

Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, organic greens & our dill dressing

SMOKED PORTABELLA VEGGIE BURGER \$15

A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese

PULLED BBQ PORK OR CHICKEN \$14

Smoke roasted & pulled Natural® pork or free-range chicken splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served on a bun with melted cheddar & shaved red onion With a side of Cole Slaw

PUB BBB.L.T. \$13

Six strips (yes six!) of smokey Montana bacon on toasted Pane d'Amore® organic whole wheat bread With lettuce, tomato & mayo
You can Substitute Fresh Sliced Avocado for the Bacon



The Pub has been buying Becky & Mark Weed's Harlow Cattle Co. beef on-the-hoof since January of 2010. One hundred percent grass-fed, antibiotic-free and humanely treated beef ranches on the Western side of our state is hard to come by. Their Spanaway ranch is in its second generation of management. We feel honored to partner with Harlow Cattle Co. to deliver healthy, flavorful beef. You can really taste the difference!

POUTINE

CLASSIC MONTRÉAL	\$11
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy	
VANCOUVER	\$11
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
SWEET PAPAS	\$11
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	
ECUADOR	\$9
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg	

GREENS & SALADS

ROASTED PEAR & PECAN SALAD	\$12
Half of a sliced, roasted pear over wilted organic kale With spiced candied pecans, crumbled Willapa Hills® Big Boy Blue cheese & our balsamic vinaigrette	
TEQUILA LIME CHICKEN	\$15
Free-range, boneless, skinless chicken breast marinated in lime & tequila & charbroiled Served over Butler Green® organic greens with black bean aioli & mango salsa With a pepperjack quesadilla	
SMOKED SALMON TARTINE	\$15
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens	
PUB FAVOURITES SALAD	small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below	
PUB CAESAR SALAD	small side \$6 lg \$9
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below	
SALAD ADDITIONS (price added to price of salad)	
Grilled boneless, skinless Free-Range Chicken Breast	\$9
Smoke Roasted & pulled BBQ Natural® Pork	\$5
Peppered Cod, Salmon Filet or Smoked Salmon	\$9
Grilled Smoked Portabella Mushroom	\$6
Bob's Vegetarian Pecan® Patty	\$7
Two Pane D'Amore® bread rolls & butter	\$2

WASHINGTON BAKERS

PUB-BAKED RUSSET POTATO	
One large WA baker with butter & sour cream	\$4
Add: Roasted & pulled Ranger® Chicken & Gravy	\$5
Roasted & pulled Natural® Pork & BBQ Sauce	\$5
Sautéed Market Vegetables	Mkt

5% of your total bill, before retail sales tax, will be collected and distributed among the kitchen workers. 100% of the service charge is distributed to the kitchen workers. Tips received will be kept by the serving staff. Patrons are reminded that tipping on the 5% service charge (or sales tax) is not expected.

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included.