



Fresh **HARLOW** Connections



Complimentary Copy ~Heritage & Hospitality on Tap~ Spring 2015 www.parfittway.com

Duck, Duck, GOOSE!



WATERFOWL

FARMING ON BAINBRIDGE ISLAND

By Liz Pleasant

Helmut Sassenfeld, scientist turned rare duck and goose breeder, has a passion for genetic diversity. The former pharmaceutical biochemist now runs Tani Creek Waterfowl Organic Farm and Hatchery, which boasts the largest collection of rare heritage breed ducks and geese in Washington.

Although Helmut dedicates most of his days to farming (raising his animals from “cradle to grave” as he says), his mission extends far beyond making a living as a farmer or just contributing to Bainbridge Island’s local food movement.

“I don’t need to keep this many birds to make money from meat. A lot of it is preserving genetic diversity,” explains Helmut. “I have a whole history of being that way. I’m kind of a nerdy scientist at heart.”

Helmut typically tends his farm by himself, except for when an occasional “burst of activity” calls for additional hands. Because of the size of his operation, Tani Creek produces only about 200 ducks and geese a year. The birds roam across Helmut’s rolling grassy farmland overlooking Puget Sound guarded by electric fencing to ward off any coyotes or raccoons that might wonder up in the night.

After a look around it doesn’t take an experienced farmer, or a nerdy scientist for that matter, to notice the diversity at Tani Creek Farm. Walking down the farm’s dirt path you’ll see many types of waterfowl, all different shapes, sizes, and colors.

“What our agriculture tends to do these days is hone in on the one breed that beats everybody else,” says Helmut. “And then all of the sudden there’s nothing left but that one breed, and then you lose all this genetic diversity.”

By breeding and butchering rare ducks and geese Helmut hopes to show people the value in farming different breeds, from both an ecological and a culinary standpoint. Many of the birds that he raises have become almost nonexistent within the world of modern American farming. “I just like variety,” he explains. “If people would just realize that if everything doesn’t look the same it doesn’t mean it’s bad. It just means it’s different.”

It’s easy to forget that the food we find normal isn’t necessarily more natural to eat than anything else. Each boneless skinless chicken breast looks identical to the next because that’s how our food system works. The meat at your local grocery store or favorite restaurant is often a direct result of large-scale farming taking an animal that can be raised cheaply

and easily and multiplying it by the thousands. By raising breeds that have been forgotten by modern farming, Helmut hopes to reinstate the value in having a diverse diet and food system.

Helmut sells his eggs and meat to a few local restaurants, including Hitchcock on Bainbridge and Local 360 in downtown Seattle. Also, if you visit his website you can buy raw meat or eggs to prepare at home. Tani Creek also sells live birds for those with the appropriate amount of land and interest in raising waterfowl themselves.

A fair warning for out-of-towners: Helmut only ships his meat within Washington. And those interested in taking home live animals need to make the trip to his Bainbridge Island farm to pick them up. Ironically, what started out as a tactic to avoid different shipping regulations between states has evolved into one of Helmut’s favorite things about his business.

“Shipping is very impersonal,” says Helmut. “One really cool thing about selling the eggs and the birds on Bainbridge is that I meet people face-to-face. I love that. It’s a big part of the job, and I’m realizing it’s actually one of the most fun parts.”

For more see: www.organicducksandgeese.com

Iggy’s Live & Cultured

ALONE WE ROT,
TOGETHER WE FERMENT

Iggy’s, based right here on Bainbridge Island, celebrates the art of fermentation, transforming organic & locally sourced ingredients into the finest living food & drink, including seven varieties of Sauerkraut & Kim Chee, Beet Kvass, Habanero Hot Sauce & Herbal Honey Kombucha. Iggy’s handcrafts the quintessential ‘slow foods,’ fermented the old fashioned ways – which can take up to 8 weeks – never using vinegar, pasteurization or preservatives.

Artisanal fermentation such as Iggy’s leads to delicious foods & drinks that are always raw & probiotic, high in nutrient content & inducers of health & even happiness. In fact, swarthy sailors & explorers of old would carry raw-fermented krauts on board their ships to ward off scurvy & sustain their health over the long sea voyages.

With roots deep in the island, ‘Living Culture’ is Iggy’s maxim. They celebrate vibrant, creative, resilient communities. Iggy’s sees traditionally cultured foods as playing a primary role in remedying the modern day plight of homogenization, sterility, & lack of cultural identity—it is their mission to serve & cultivate ‘local living culture’.

www.iggysfoods.com



HIGH SCHOOL SAILING

By Carolyn Klassen

The Bainbridge High School Sailing Team is off to a sizzling start this season, dominating the competition in their first 2015 season regatta. After 14 races, BHS finished 1st, 2nd, 6th and 7th overall of 16 entries. Winds were squirrelly and gusty causing several capsizes. Volunteer Coach Susan Kaseler has led BHS to NW District Championship titles and National Championship Regattas for the last 12 consecutive years.

The BHS Sailing Team is embarking on some serious fundraising to acquire six new Z420 racing dinghies. Many BHS graduates go on to sail competitively in college, and the Z420 is emerging as the boat of choice on the college and high school circuit. “Proper preparation for National Championships, whether collegiate or high school, should involve practice in the nationally recognized classes of boats used in premier schools. A fleet of Z420s to complement our FJs will make that possible,” says Kaseler.



SPOTLIGHT WOMEN IN BREWING

Spinnikar Bay Brewing, located in Seattle’s Hillman City neighborhood, is Washington’s only 100% women-owned brewery. Up until recently, owners Janet Spindler and Elissa Pryor also made a point to only hire women. But as their business has continued growing since they opened two years ago, Janet and Elissa have now added two guys to their payroll.

“We promised them they wouldn’t have to get a sex change.” said Janet. “They were pretty nervous at first. But they are great guys.”

Janet comes from a long lineage of female brewers. Inside Spinnikar Bay Brewing hangs a photo of Janet’s family taken in 1907. In the picture Janet’s grandmother as a baby is sitting on a barrel of beer that Janet’s great-grandmother brewed. Underneath the family, etched into the original print, are the words “What is home without beer?”

With such a rich family history of brewing it’s no surprise that Janet has been making beer for a long time. Before opening Spinnikar she was an award-winning home brewer.

And echoing Janet’s family brewing lineage, a lot of the beers that are sold in the Spinnikar taproom and kegged for customers are what she calls “decedents” of her original home brew recipes. For a brewery just shy of two years old the place already feels steeped in history and tradition, from the beer to the building itself.

Long before Spinnikar moved in, the building was a filling station. The front room where customers now sit used to be an outdoor area where people drove up to fill their tanks. And what was once the mechanics shop in the back of the building is where the beer is brewed. There’s a long row of silver tanks on one side of the room and rows of grain-filled barrels on the other.

While Janet runs the brewing, Elissa runs the business. Her “office” is a desk and chair smack dab in the middle of all the brewing equipment and ingredients. It is also in the direct sightline of the bar.

Having an office in the middle of a brewery and taproom can make Elissa’s job challenging. She said it sometimes feels like she spends more time saying hello to customers than getting her work done. But then again it’s hard to complain, because too many hellos aren’t such a bad problem to have.

Contributed by Liz Pleasant



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

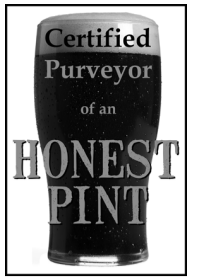


BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969



SINCE 1991



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.

BURGERS*

all burgers grilled to order & served on a Pane d'Amore® burger bun

THE PUB ORIGINAL BURGER \$14
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo Served with our Pub-cut fries

MAKE IT YOURS ADD-ONS:

Beecher's Flagship® Cheese	\$3	Fried Organic Egg	\$2
Mt Townsend® Trufflestack Cheese	\$3	Bread Rolls & Butter	\$2
Goat Cheese or Mt Townsend® Cheese Curd	\$2	2 Bacon Slices	\$3
Swiss or Pepperjack Cheese	\$2	Caramelized Onions	\$2
Willapa Hills® Big Boy Blue Cheese	\$4	Sautéed Mushrooms	\$2

TRENCHERMAN BURGER \$17

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

SAN ANTONIO BURGER \$16

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

BACON BLUE \$17

Harlow Cattle Co.® grass-fed beef, 2 strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese With Pub-cut fries

BO BURGER WITH BACON \$17

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

You can Substitute a free-range, skinless, boneless Chicken Breast or a Port Townsend-made Bob's Pecan® Veggie Burger Patty on any of the Burgers

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

ALT BURGERS

CHORIZO ROLL \$13

Our version of this London Classic Pub-made, all Natural® pork chorizo, On a fresh Pane d'Amore® roll with organic arugula & Yakima grown Mama Lil's® sweet hot pickled peppers Served with Pub-cut fries

SMOKED SALMON ON RYE \$14

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

SMOKED PORTABELLA VEGGIE BURGER \$14

A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries

PUB PATTY MELT \$17

Harlow Cattle Co.® grass-fed beef on Pane d'Amore® toasted caraway Rye with melted Swiss, grilled onions & Thousand Island dressing Served with Pub-cut fries

SMOKE ROASTED PULLED BBQ PORK \$13

Roasted & pulled Natural® pork Splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served over our Sweet Potato Pie & a side of Cole Slaw

PUB BBB.L.T. \$14

Six strips (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing

You can Substitute Fresh Sliced Avocado for the Bacon



SOUP BOWLS



RIBOLLITA \$13

A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar

SOUP OF THE DAY bowl \$7 cup \$6

Made fresh & served with a Pane D'Amore® bread roll

BAR FOOD

FLASH FRIED CALAMARI \$12
Rings & tentacles dusted, deep-fried & served with our pesto aioli

OYSTER SHOOTER* \$3
A single plump Goose Point® in a shot glass with cocktail sauce

OYSTER SLIDERS \$7
A single plump Goose Point® battered & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2
Each Additional Slider: \$3

OYSTER SMOKIES \$8
Three Goose Points® pub-smoked over alderwood & served with our chipotle mayonnaise

PULLED BBQ PORK or BBQ CHICKEN SLIDERS \$7
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns Standard order of 2
Each Additional Slider: \$3

GARDEN GREEN® HUMMUS \$7
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps

PUB QUESADILLA \$12
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 \$9
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream
Add 1/2 Avocado \$2
Add pulled chicken or Natural® pork or black beans \$5 \$3

GREENS & SALADS

SPRING SPINACH SALAD \$14
Young, tender spinach leaves with grilled red onion, chopped bacon, organic green garbanzo beans, red wine vinaigrette & crumbled Willapa Hills® Big Boy Blue Cheese

TEQUILA LIME CHICKEN BREAST \$15
Grilled free-range chicken breast marinated in tequila & lime juice Served over organic greens with black bean aioli, mango salsa & a pepperjack quesadilla

SMOKED SALMON TARTINE \$13
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of organic salad greens

PUB FAVOURITES SALAD sm \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below

PUB CAESAR SALAD sm \$6 lg \$8
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
Udi's® Gluten Free Burger Bun & butter \$2

SUBSTITUTE YAM FRIES \$2
SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$3

POUTINE

CLASSIC MONTRÉAL \$10
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

BOURGUINONNE \$14
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt Townsend Creamery® Cheese Curd

VANCOUVER \$10
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd

SWEET PAPAS \$10
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

LOCAL SEAFOOD

PORTUGUESE CLAMS \$16
Hood Canal Baywater® Salish Blue clams with pub-made chorizo pork sausage, sauteed peppers & onions & white wine

PAN FRIED OYSTERS \$15
Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-Cut fries & cole slaw

LITTLE BEN'S FISH TACOS \$15
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 3 Tacos

ASIAN SALMON BOWL \$19
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette

STEAMED MUSSELS IN BEER \$15
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo

FISH AND CHIPS \$15
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 \$16
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls

PUB CLAM CHOWDER \$16
A New England Classic using local, in the shell, Baywater® Salish Blue clams, potato, onion, bacon & cream Sautéed to order with white wine & Garnished with a traditional pat of butter
OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

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
Chicken or Beef Gravy from our own stock \$2
Beef Bourguinonne \$10
Sautéed Market Vegetable Mkt
Garden Green® Garbanzo Hummus \$2
Mt Townsend Creamery® Cheese Curd \$2
Pico de Gallo \$1

We deep fry exclusively in trans-fat free Canola oil. Rather than landfill the waste oil, we recycle it.

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