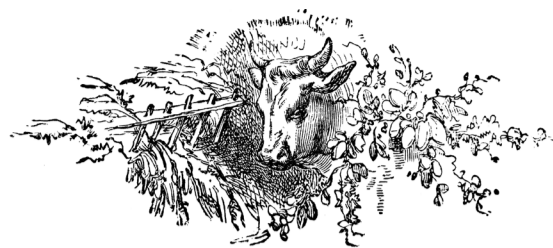




# Fresh



# Connections

Complimentary Copy ~Heritage & Hospitality on Tap~ Spring 2014 more at [www.parfittway.com](http://www.parfittway.com)

## EduCulture Project

**UPDATE:** The recent fund-raising campaign was the most successful ever for EduCulture as a result of tremendous support from the community, partners with the One-Call-for-All (OCFA) Foundation and The Harbour Public House.

This past fall and winter, EduCulture was named by OCFA as one of five featured partner agencies. In addition, owners of the Harbour Public House offered to match up to \$7,500 in contributions. The Pub launched a campaign to help publicize the work of EduCulture with a feature article on their menu and by offering other promotional materials to spread the word about the

Edible and Heritage Education programs.

As a result, EduCulture experienced double the number of contributors and triple the amount of contributions. The campaign brought in a record over \$11,500; more than \$8,000 through OCFA and \$3,500 in direct contributions.

According to Executive Director Jonathan Garfunkel, "The contribution from the pub and its patrons will enrich and enhance our programs with Butler Green Farms at historic Morales and Suyematsu Farms."

Thank you for your generosity!

# SLOW BAINBRIDGE ISLAND

## CittaSlow

SLOW FOR A BETTER CITY

Slow Food was started by Carlo Petrini and a group of activists in the 1980s with the initial aim to defend regional traditions, good food, gastronomic pleasure and a slow pace of life. In over two decades of history, the movement has evolved to embrace a comprehensive approach to food that recognizes the strong connections between plate, planet, people, politics and culture. Today Slow Food represents a global movement involving thousands of projects and millions of people in over 160 countries.

In 1986, Slow Food was created in Italy after a demonstration on the intended site of a McDonald's at the Spanish Steps in Rome. Opposing the standardization of taste and culture; the unrestrained power of food industry multinationals; and industrial agriculture, the organization was formalized in 1989.

The Slow Food approach is based on a concept of food quality that is defined by three interconnected principles: good, clean and fair.



### Slow Food®

**GOOD:** a fresh and flavorsome seasonal diet that satisfies the senses and is part of the local culture.

**CLEAN:** food production and consumption that does not harm the environment, animal welfare or human health.

**FAIR:** accessible prices for consumers and fair conditions and pay for producers.



It became clear to Slow Food that it is only through repeated, cumulative, local action, following a guiding global vision, that a significant impact can be achieved. And, thus Terra Madre was conceived: To give voice and visibility to the rural food producers who populate our world. To raise their awareness, as well as that of the population at large, of the value of their work.

The Terra Madre network was launched by Slow Food in 2004 to give a voice and visibility to those around the world whose approach to food production protects the environment and communities. The first world meeting of Terra Madre food communities, held in Italy, brought together 5,000 producers from 130 coun-

tries. Since 2004, the network has come together every two years at the global meeting, while national and regional meetings are regularly organized around the world.

The Slow Food movement has had many influences and continues to grow. By believing food is tied to the other aspects of life, including culture, politics, land-use and the environment, it is through our food choices that we can collectively bring about great change. It was through this understanding that Paolo Saturnini gave rise to Cittaslow (pronounced cheetah-slow) in 1999.

The past mayor of Greve in Chianti, a small town in Tuscany, Italy, Saturnini considered the town itself and a different way of development based on improving the quality of life for its citizens. His thoughts rapidly spread all over Italy. His ideals were endorsed by Mayors of the towns of Bra (Francesco Guida), Orvieto (Stefano Cimicchi) and Positano (Domenico Marrone) as well as the president of Slow Food, Carlo Petrini himself. The main goal of Cittaslow was, and still is, to engage the philosophy of Slow Food within the local governance of towns applying the concepts of eco-gastronomy at practice in everyday life.

Living slow means being slowly hasty; "festina lente" latins used to say "seeking the modern times counterpart." In other words, looking for the best of the knowledge of the past and enjoying it thanks to the best possibilities of the present and the future.

Managing a Slowcity is just a particular way of carrying on an ordinary life-style rather than blindly accepting today's global trends. Of course this way is meant to be less frantic and yielding; but, there is no doubt that it will be more human, environmentally correct and sensible for present and future generations. The intent is to respect small realities in a more and more globally connected world.



Cittaslow celebrates "towns where men are still curious of the old times; towns rich of theatres, squares, cafes, workshops, restaurants and spiritual places; towns with untouched landscapes and charming craftsman where people are still able to recognize the slow course of the Seasons and their genuine products respecting tastes, health and spontaneous customs..." (from Cittaslow Manifesto).

Slow Food, together with those cities which mirror themselves in its ideals, have built the Cittaslow international network

that has expanded to over 182 towns and 28 countries all over the world since 1999. While such a goal may seem utopian in our "fast" times, the existing Cittaslow partners believe the designation "Slow City" will become the mark of quality for smaller communities (only those with less than 50,000 residents may apply).

Sonoma Valley is the first area in the United States to be designated Cittaslow. Cittaslow USA serves Sonoma Valley and also acts as a model for other towns interested in becoming Cittaslow in the USA.

## HOW THE TREE CAN BE WRONG FOR US

Caroyne Steel's well-researched tome **Hungry City** uses celebrated architect Christopher Alexander's 'tree' system as a model for how most American and Britain food networks work. As a diagram, the model illustrates a system in which many roots are channeled into a single trunk that then feeds many branches and lots of tiny leaves. Since the leaves can only get their nutrition from the trunk, the latter has a monopoly over their supply. If we as the leaves want more influence over our food supplies, then we need a different sort of system that joins the leaves directly to the roots. That would be what Alexander calls a semi-lattice: a complex network of interconnections – localized, personal, flexible, multi-directional – all of which can affect the other. This interconnectedness is what Carlo Petrini, founder of the Slow Food Movement, explains as "food as dialogue." If we, as buyers and end-users of the food that is grown, establish direct communication with our farmers and our value-added producers, we become co-producers. Open lines of communications are networks and channels that flow both ways.



ILLUSTRATION BY LAURA HAMILTON

## RELATIONAL EATING

### BLESSING THE HANDS THAT FEED US

Residing on Whidbey Island, Vicki Robin has released her new book, **Blessing the Hands that Feed Us, What Eating Closer to Home Can Teach Us About Food, Community, and Our Place on Earth.** The book documents Ms. Robin's trek from her ideas of frugal living to exclusively eating and drinking from within a 10-mile radius – a hyper-locavore by many peoples standards. Within its pages she coins the term "Relational Eating." This term, Relational Eating, supports a better explanation of the benefits of sourcing your food products locally; and, serves as a daily reminder of what we serve to benefit from. In her final chapters she summarizes her lessons learned from her 10-mile diet which are excerpted here:

1. My relationship with my body shifted. Instead of it being a possession I judged, adorned, displayed, fed, and used as I liked, I saw it now as a living, breathing part of a living landscape. When I take three deep breaths to start meditation, I am not just relaxing my body, I am filling my lungs and belly with "here." Here receives my feet when I walk.
2. My relationship with food has

shifted. Instead of yo-yoing between gluttony and "dieting," I actually enjoy food. It's the relational part that made the difference. I get intimacy and nourishment now, not just flavor and...OMG calories. The word diet has become what one eats "here" – just as people have done for centuries.

3. My relationship with my community has shifted. I had no real stake in the place – in the people or nature. Through local eating, I actually came home.

4. My relationship with cooking has shifted. From someone with an inadequate repertoire of dishes I liked, I have become a cook with the growing ability to "feel" what I might do with this root or leaf or fruit or muscle right in front of me, and how I might honor its qualities by cooking it well.

5. My relationship with entitlement even changed. The unconscious privilege afforded by my class, education, and experiences has switched to a humble awareness that whoever my ego imagines I am, the reality is that I live by the grace of what lives around me.

6. Finally, my relationship with activism has changed. I'm no longer fueled by an underlying terror at what my species is making of this world and am motivated now by a real sense that our lives can truly be a blessing for the earth.



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





# 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 \$1.50 you may also substitute Udi's® Gluten Free Burger Bun.

## BURGERS\*

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

<b>TRENCHERMAN BURGER</b>	\$16.95
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese Served with Pub-cut fries	
<b>SAN ANTONIO BURGER</b>	\$15.95
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo Served with Pub-cut fries	
<b>BILLY THE GREEK BURGER</b>	\$18.95
All natural, locally-raised, ground, goat with organic spinach, goat cheese, green garbanzo hummus & pickled red onion Served with Pub-cut fries	
<b>MONTRÉAL BURGER</b>	\$15.95
Harlow Cattle Co.® grass-fed beef with Pub fries, Mt Townsend® Cheese Curd & beef gravy all on top Alongside a pub side salad	
<b>BO BURGER WITH BACON</b>	\$16.95
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	
<b>SEOUL BURGER</b>	\$14.95
Harlow Cattle Co.® grass-fed beef layered with Pub-made hoisin sauce & spicy pub-made kimchi Served with Pub-cut fries	
<b>THE PUB ORIGINAL BURGER</b>	\$13.95
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, pickle relish & mayo Served with our Pub-cut fries	

## ALT BURGERS

<b>BOB'S PECAN PATTY® VEGGIE BURGER</b>	\$13.95
Locally produced patty of pecans, onions, cheese, eggs & bread crumbs topped with tomato & lettuce On a fresh Pane d'Amore® burger bun Served with Pub-cut fries	
<b>PORTABELLA VEGGIE BURGER</b>	\$12.95
A whole grilled & marinated mushroom topped with tomato, lettuce, pesto aioli & melted mozzarella cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries	

<b>PUB BBB.L.T.</b>	\$13.95
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	

Looking for that **Skinless Boneless Chicken Breast**? Well, like our beef, pork and fish buying practices, we primarily buy whole chickens too – on the hoof or on the fin, as it were. Only two breasts come on any chicken... so, if we are out, we're sorry. By purchasing whole animals we can better manage the nutrient level of our food and not encourage unhealthy farming practices.

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

<b>ADD-ONS:</b>	
Beecher's Flagship® \$2.95	Fried Organic Egg \$1.50
Goat Cheese or Mt Townsend® Cheese Curd \$1.95	2 Bacon Slices \$2.50
Swiss, Pepperjack or Mozzarella \$1.50	Caramelized Onions \$1.50
Willapa Hills Big Boy Blue® \$3.50	Sautéed Mushrooms \$1.50

## SOUP BOWLS

<b>RIBOLLITA</b>	\$11.95
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	
<b>SOUP OF THE DAY</b>	bowl \$6.95 cup \$5.95
Made fresh & served with a Pane D'Amore® bread roll	

## BAR FOOD

<b>FLASH FRIED CALAMARI</b>	\$11.95
Rings & tentacles dusted, deep-fried & served with our pesto aioli	
<b>OYSTER SHOOTER*</b>	\$2.50
A single plump Goose Point® in a shot glass with cocktail sauce	
<b>OYSTER SLIDERS</b>	\$6.95
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:	\$3.00
<b>PULLED BBQ PORK or BBQ CHICKEN SLIDERS</b>	\$6.95
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:	\$3.00
<b>GARDEN GREEN® GARBANZOS</b>	\$4.95
Palouse Green Chickpeas blanched with star anise & Kosher salt	
<b>GARDEN GREEN® HUMMUS</b>	\$6.95
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps	
<b>SMOKED SALMON SPREAD</b>	\$7.95
Pub-smoked Bristol bay Sockeye with Willapa Hills® Sheep Yogurt Cheese Dip Served with Pane d'Amore® baguette crisps	
<b>PUB QUESADILLA</b>	\$11.95
Shredded roasted free-range chicken or pulled Natural pork between two whole wheat grilled flour tortillas With chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado	
<b>PUB NACHOS</b>	\$7.95
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$2.00
Add shredded chicken or Natural pork	\$4.95
or black beans	\$2.95

## GREENS & SALADS

<b>PNW FARRO SALAD</b>	\$11.95
Bluebird Grain Farms® Emmer Wheat (the oldest cultivated grain in the world) served warm with sautéed vegetables With a red wine vinaigrette over fresh organic Palouse spinach Topped with goat cheese	
<b>SPINACH SALAD</b>	\$13.95
Local organic leaf spinach with sautéed apples, caramelized onions, spiced candies walnuts & Willapa Hills® Big Boy Blue cheese dressed in our sherry vinaigrette	
<b>SMOKED SALMON TARTINE</b>	\$12.95
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	
<b>PUB FAVOURITES SALAD</b>	sm \$6.95 lg \$9.95
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below	
<b>PUB CAESAR SALAD</b>	sm \$5.95 lg \$7.95
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	
<b>SALAD ADDITIONS</b> (price added to price of salad)	
Roasted & pulled Ranger® Free-Range Chicken	\$4.95
Roasted & pulled BBQ Natural Pork®	\$4.95
Salmon filet, Peppercod, Smoked Salmon	\$9.95
Grilled Marinated Portabella Mushroom	\$5.95
Bob's® Vegetarian Pecan Patty	\$6.95
Two Pane D'Amore® bread rolls & butter	\$1.50
Udi's® Gluten Free Burger Bun & butter	\$1.50

<b>SUBSTITUTE YAM FRIES</b>	\$1.25
<b>SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES</b>	\$2.50

## POUTINE

<b>CLASSIC MONTRÉAL</b>	\$9.95
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	
<b>BOURGUINONNE</b>	\$13.95
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt Townsend Creamery® Cheese Curd	
<b>VANCOUVER</b>	\$12.95
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
<b>SWEET PAPAS</b>	\$9.95
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	

## LOCAL SEAFOOD

<b>PAN FRIED OYSTERS</b>	\$13.95
Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-Cut fries & cole slaw	
<b>OYSTER SANDWICH</b>	\$11.95
Three plump Goose Point® oysters, lightly panko breaded & pan fried Served on a Pane D'Amore® burger bun with lettuce, tomato & tartar sauce With Pub-cut fries	
<b>ASIAN SALMON BOWL</b>	\$18.95
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
<b>GRILLED SALMON SANDWICH</b>	\$17.95
Wild Bristol Bay sockeye filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries	
<b>FISH AND CHIPS</b>	\$13.95
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	
<b>STEAMED CLAMS</b>	\$14.95
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
<b>PUB CLAM CHOWDER</b>	\$14.95
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	
<b>OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON</b>	

## WASHINGTON BAKERS

<b>PUB-BAKED RUSSET POTATO</b>	
One large WA baker with butter & sour cream	\$3.95
Add: Roasted & pulled Ranger® Chicken & Gravy	\$4.95
Roasted & pulled Natural® Pork & BBQ Sauce	\$4.95
Chicken or Beef Gravy from our own stock	\$1.50
Beef Bourguinonne	\$9.95
Sautéed Market Vegetables	Mkt
Garden Green® Garbanzo Hummus	\$1.95
Mt Townsend Creamery® Cheese Curd	\$1.95
Pico de Gallo	\$0.95

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