

Fresh Connections

Complimentary Copy

~Heritage & Hospitality on Tap~

Winter 2010

www.parfittway.com/Blog



Sustainable Washington Grain

WASHINGTON STATE
WHEAT GROWERS FORM
ALLIANCE FOR GOOD

Once upon a time Karl Kupers and Fred Fleming began farming. They were both descendants of farming families and both loved working the land and an honest days work. Another thing they had in common was that they both wanted their land to remain productive for decades to come and their wheat to be sold at a fair price. These little ideas soon sprouted into a big concept. The

farm wheat for Shepherd's Grain. They all use sustainable agriculture farming methods and they are all certified by the Food Alliance Association. The Food Alliance inspects all of Shepherd's Grain farms to make sure they are following protocol, which verifies their reliability. "At the end of the day," Fred says, "We grow wheat. Wheat that represents locally grown, family farmers. By purchasing Shepherd's Grain Flour products you become a food activist, you also become a disciple

Lentils

Washington State
Ranks #1 in US
Lentil Production

Farmington, WA — The birthplace of the Lentil in the Inland Empire of the Palouse.

It was in 1916 that J. J. Wagner planted a small plot of lentils in the young orchard on his farm south of Farmington, WA. J.J. threshed and cleaned the seed from this plot by hand at harvesttime and planted all of it the following year.

CHICKPEAS

Move over, edamame?

Fresh garbanzos — the moist, raw version of a legume usually dried, canned, or turned into hummus— may be the new "new" thing.

Garbanzo beans, also known as chickpeas, generally ripen on the plant into the shriveled beige pebbles most people are familiar with. But fresh chickpeas, which are picked in their infancy, are green and encased in thin, pliant pods, much like edamame (soybeans in their shells).

Available only a few weeks a year, fresh chickpeas are prized among in-the-know foodies and sophisticated chefs for their novelty and their young, slightly vegetal taste.

Fresh garbanzos have been available in California supermarkets and from street vendors in Latino neighborhoods for years. But only recently have they begun to infiltrate other markets.

Edamame often are described as "meaty" or "dense," while aficionados call fresh garbanzos "light" or even "aerated." Unlike edamame or fava beans, which often have several nuggets inside, garbanzos usually yield only one or two per pod, occasionally three.

Califresh of California grows, ships, and packs fresh chickpeas year round, says managing partner Morgan Murray, and also offers the product shelled and frozen. Based in Sanger, Calif., the seven-year-old company sells about 5 million pounds of fresh garbanzos a year. But distribution of the fragile, highly perishable product is limited.

"They're gaining popularity and recognition, but one of the biggest detriments is getting them into the market," Murray says. "It's a distribution issue."

Doug Moser and Clearwater Country Foods recently introduced its Garden Green Garbanzos to stores in the Northwest.

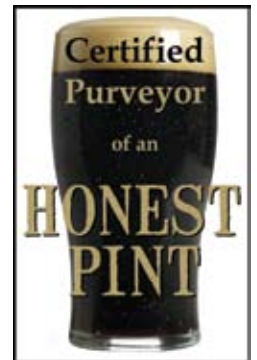
The green garbanzos are the same legumes farmers in the region have always grown -- seeds that can be traced back to wild plants in Turkey and Syria -- except they're picked earlier while still green, then blanched and flash-frozen.

"It's just an immature garbanzo bean that is picked in its fresh state and consequently its nutritional values are higher and it's much more flavorful," said Moser, a fourth-generation Palouse farmer who has been working to create a market for the beans since the mid-1990s. "The simple reason is that the natural sugars haven't turned to starch."

Honest Pint Project

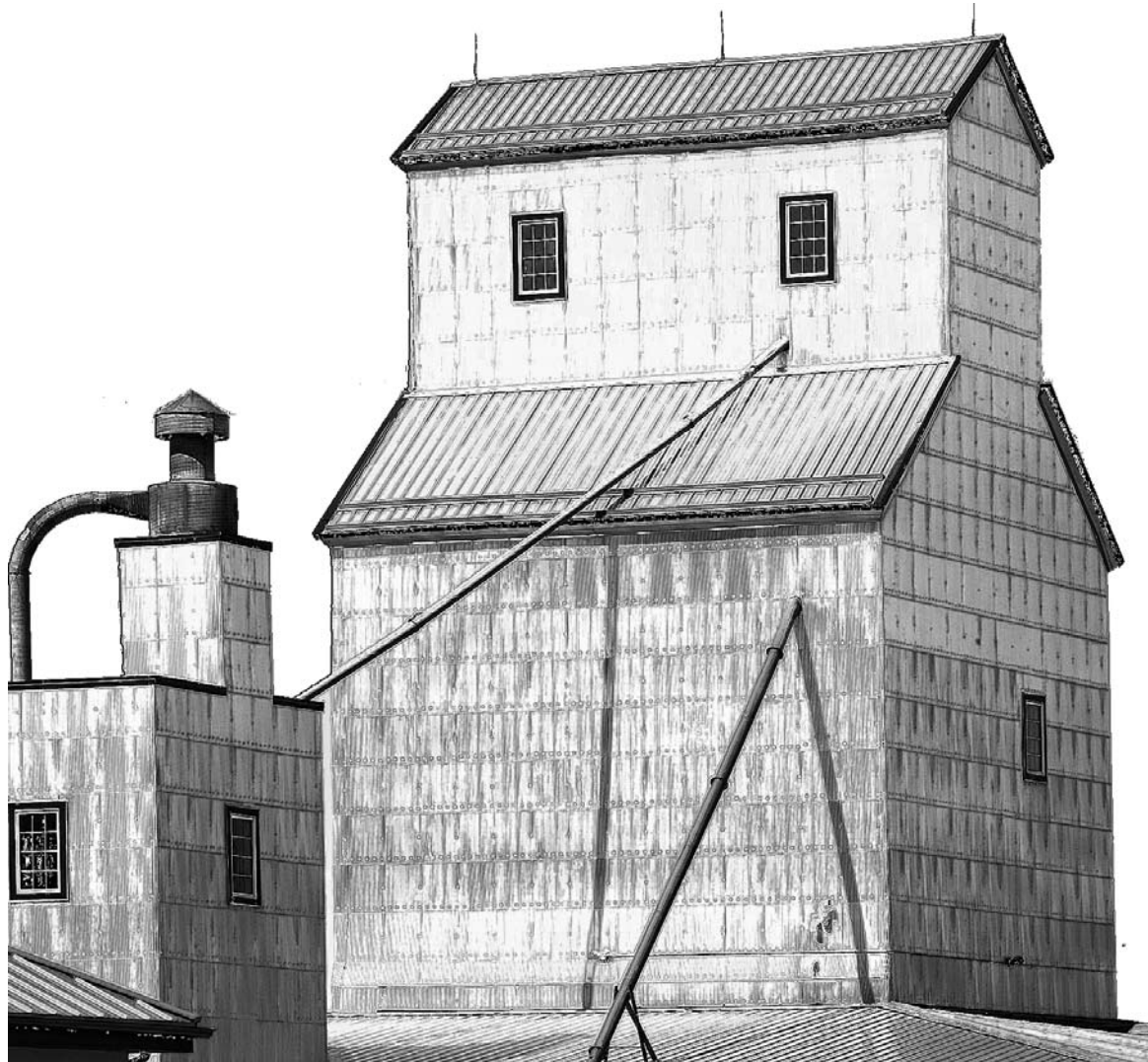
Pay for a pint. Get a pint.

The Pub & Pegasus Coffee House have received 'Honest Pint' Certification! The Honest Pint Project is an effort to bring transparency to glassware volumes by promoting



the use of glassware that ensures a patron receives at least 16 fluid ounces of beer when a pint is poured. While not against the law and without uniform standards that enforce a uniform measure, the result is a market in which some pubs serve beer in 20-ounce imperial pints while others use glassware as small as 14 ounces — all called 'pints'. Unwittingly one can pay a premium for beer served in smaller than advertised glass. But, not here.

www.honestpintproject.org



big concept was to change the way they currently farmed in order to give the land longevity and the people a transparent price. Giving the land longevity and creating a transparent pricing model allowed for a new way of farming called sustainable agriculture.

Karl and Fred loved the idea of sustainable agriculture so much that they completely transformed their farms. Karl professes, "This [farming] has to be a passion. You have to have the willingness to come to the new land and burn your ship so there's no way of going back home. That's really what you have to have to make something like this work." Karl and Fred did exactly that and the company behind the name Shepherd's Grain was born.

Not only is Shepherd's Grain wheat good for the environment and the economy, but it tastes delicious. "We decided to grow sustainable wheat and were happy to discover that it tastes good, too!" exclaimed Fred. Many artisan bakeries have been very impressed with Shepherd's Grain wheat. "A baker tried blending them together and they make a really good, flavorful and functional flour. Recently I was told that our flour has the most integrity that he [the baker] has seen in his 30 years of baking," says Karl. So on top of being eco-friendly the wheat is excellent to bake with. Karl and Fred's kernel of an idea has sprouted into an incredible product, yet Karl and Fred continue to be modest. "Diversity is the future of agriculture. We believe that the costs of being early innovators are more than offset by all the benefits."

Today there are 33 growers who

to save the family farm." Fred and Karl are doing exactly that, one farm at a time.

www.shepherdsgrain.com



You are what you eat!

When Food Alliance talks about "sustainable agriculture," we mean the ability to produce safe, healthy, delicious, and affordable food to meet diverse needs without degrading agricultural lands, the quality of life in our communities, or the resiliency of the broader ecosystems on which we all depend.

Food Alliance offers the most comprehensive certification program for sustainably produced food in North America. We cover the issues that matter to you, including safe and fair working conditions, humane treatment of animals, and protection of the environment.

Food Alliance certification is backed by a rigorous and independent third-party inspection. That means that Food Alliance Certified products are products you can trust.

www.foodalliance.org

The 1917 crop, about an acre, was again harvested and cleaned by hand. B.L. Gordon, a wholesaler in Spokane offered 9.5 cents per pound for the lentils. Proceeds from this sale came to \$130.00 and was the first commercial lentil transaction in the Palouse Empire.

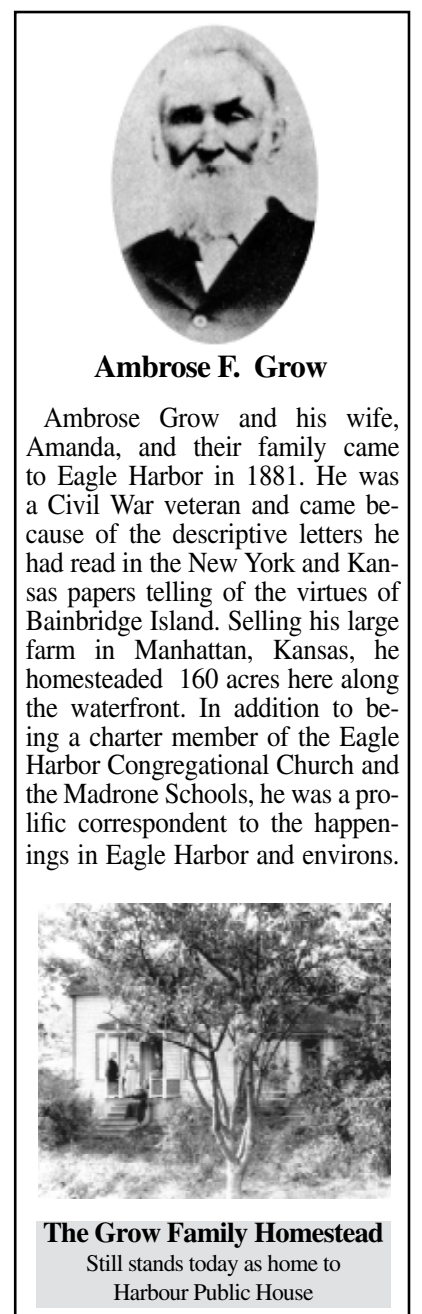
In addition to this local market, J.J. sold lentils to Loma Linda Foods in California and also overseas to Australia. In a few short years the growing of lentils had gone from a specialty item to a commercial enterprise.

Today, Farmington has two privately owned processing plants in operation and Washington lentils are now shipped all over the world.

Ten Things You Didn't Know About Lentils

by Jodi James

1. Lentils are the only beans that don't need to be presoaked.
2. There are ten different types of lentils.
3. Lentils originated in central Asia.
4. Canned lentils do not lose nutritional value.
5. Lentils provide more folic acid than any other unfortified food.
6. Lentils are considered the food for mourners.
7. There's a National Lentil Festival in the United States (Pullman, WA).
8. Lentils are a good legume for diabetics.
9. Small lentils are more flavorful.
10. Lentils were once used as packing material.



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

FREE WI-FI

Harbour Pub & Marina, and Pegasus have expanded their free WI-FI along Parfitt Way and the waterfront. With three hotspots throughout the waterfront neighborhood, most everyone who lives or works here is within range of an access point — both indoors and outside. Boaters, visitors and anyone who can receive a signal can log on to the parfitt_wireless network anytime. All that is required to register to use it is a name and an email address. Registration and use remains free. Since June, nearly 700 new users have logged-on.





LOCAL SEAFOOD

- PAN FRIED OYSTERS** \$12.95
Five plump Hama Hama oysters lightly panko breaded, panfried & served with lemon, tartar sauce pub-fries & cole slaw
- NORTHWEST SEAFOOD CURRY** \$14.95
Pieces of sautéed salmon, cod & calamari with steamed clams in our rich curry sauce with diced tomatoes & coconut milk
- ASIAN SALMON BOWL** \$15.95
Charbroiled wild salmon filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- FISH AND CHIPS** \$12.95
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries, cole slaw, lemon & Pub-made tartar sauce
- FLASH FRIED CALAMARI** \$9.95
Rings & tentacles dusted, deep-fried & served with our pesto aioli
- STEAMED CLAMS** \$13.95
Steamed in white wine & lots of garlic or curry spice Served with Pane D'Amore® ciabatta bread

SOUP BOWLS

- TRADITIONAL OYSTER STEW** \$12.95
Five plump Hama Hama oysters poached in heavy cream & topped with butter Served with Pane D'Amore® ciabatta bread
- PUB CLAM CHOWDER** \$11.95
The Pub's version of the New England Classic! Potato, onion, bacon & heavy cream Sautéed to order with white wine & whole steamed Manila clams Garnished with a traditional pat of butter
- OR TRY SUBSTITUTING SMOKED SALMON**
- RIBOLLITA** \$10.95
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 salad
- SOUP OF THE DAY** bowl \$5.95 cup \$4.95
Made fresh & served with fresh focaccia

POUTINE

- CLASSIC MONTRÉAL** \$8.95
The Canadian classic prep of a plate of Pub-cut fries topped with Mt. Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy
- BOURGUINONNE** \$12.95
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd
- VANCOUVER** \$11.95
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd
- SLUMDOG** \$9.95
Sautéed zucchini, tomatoes & spinach with our pub-made curry sauce over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd
- SWEET PAPAS** \$8.95
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

GRILLED SKEWERS

We go to extraordinary measures to offer the best grass-fed meat. You can taste the difference! Served with Pane D'Amore® ciabatta

- Harlow Cattle Co. Beef** with side of Pub BBQ sauce \$8.95
- Spiced Lamb Sausage** w/ a side of green Chutney & raita \$8.95
- Ranger® Chicken** served with a side of mango chutney \$8.95

BURGER & FRIES

PUB BURGER* PLATTERS

All are fresh, Pub-ground, Harlow Cattle Co., Grass-fed Beef, grilled to order & served on a Pane d'Amore® burger bun with lettuce & tomato & mayo Served with our Pub-cut fries

- The Pub Original** with cheese, grilled onion & mayo \$12.95
- Swiss Melt** grilled mushrooms, caramelized onions & Swiss \$12.95
- The Works** bacon, grilled mushrooms & cheese \$13.95
- Bacon & Cheddar** 'nuff said \$13.95
- The Pub BBQ** pub-made BBQ sauce, cheddar & bacon \$13.95
- The Black & Bleu** bacon, bleu cheese & grilled onion \$13.95

CHICKEN BREAST? Go ahead and substitute it...sure, no problem It's Ranger® Free-Range

- GRILLED BUFFALO BURGER*** \$13.95
A low fat burger alternative, grilled & served on a fresh burger bun with lettuce, tomato & grilled onion Served with a side salad
- WITH CHEESE** Cheddar, Swiss, Pepperjack or Bleu \$14.95
Add sautéed mushrooms or bacon \$1.50

- PORTABELLA VEGGIE BURGER** \$11.95
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 fried in trans-fat free canola oil

- LAMB BURGER** \$13.95
Ground Oregon Natural Lamb, grilled & served with caramelized onions & goat cheese on a Pane d'Amore® burger bun with lettuce & tomato With Pub-cut fries

SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$2.50

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

SANDWICHES

- OPEN FACED STEAK*** \$13.95
Fresh Harlow Cattle Co. Grass-fed Beef, grilled to order & served on toasted garlic baguette with sweet onion relish & horseradish cream With Pub-cut fries

- OYSTER SANDWICH** \$10.95
Three plump Hama Hama oysters, lightly panko breaded & pan fried Served on a Pane D'Amore® burger bun with lettuce, tomato & tartar sauce With Pub-cut fries

- GRILLED SALMON SANDWICH** \$14.95
Wild salmon filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries

- CUBAN STYLE PORK** \$11.95
Locally raised, all-natural, roasted & pulled pork on a Pane d'Amore® crusty baguette with caramelized onions, lettuce, cilantro mint aioli & pickled jalapeños With Pub-cut Yam fries

- SPICY CHICKPEA MELT** \$9.95
Pub-made Italian-spiced chickpea patty with grilled tomato, melted mozzarella, pesto aioli & balsamic glaze Served on Pane D'Amore® bun With Pub-cut fries

- PUB BBB.L.T.** \$10.95
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

SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$2.50

GREENS & SALADS

- THE PUB CHOPPED SALAD** \$10.95
Organic Leaf spinach with diced tomatoes, roasted garlic, Ranger® free-range chicken, Salumi® salami, garbanzo beans, pub-made croutons & Mt. Townsend Creamery® Cheese Curd Tossed with red wine vinaigrette Served with Pane D'Amore® ciabatta bread

- SMOKED SALMON TARTINE** \$10.95
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

- PUB FAVOURITES SALAD** sm \$6.95 lg \$8.95
Fresh organic greens & vegetables with your choice of dressing Served with Pane D'Amore® ciabatta bread See Additions Below

- PUB CAESAR SALAD** 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

- SALAD ADDITIONS**
- Add Harlow Cattle Co. Beef Skewer \$8.95
- Spiced Lamb Sausage Skewer \$8.95
- Ranger® Free-Range Chicken Skewer \$8.95
- Salmon filet, Peppered cod, Smoked Salmon \$7.95
- Grilled Marinated Portabella Mushroom \$4.95

SIDES

- HAND-CUT FRIES** \$3.95
- HAND-CUT YAM FRIES** \$3.95
- PUB-BAKED ORGANIC POTATO** \$3.95
With butter & sour cream
- BLACK BEANS** \$2.95

We deep fry exclusively in trans-fat free Canola oil. Rather than landfill the waste oil, we use it to heat our hot water.

BAR FOOD

- OYSTER SHOOTER** \$1.75
A single plump Hama Hama in a shot glass with cocktail sauce
- GARDEN GREEN GARBANZOS** \$3.95
Palouse Green Chickpeas blanched with star anise & Kosher salt
- WARM CURRIED CHICKPEAS** \$5.95
Organic Eastern Washington garbanzo beans cooked with dates, cardamom, cumin & star anise Served with cucumber raita & naan flatbread
- RED LENTIL 'DAL' WITH NAAN** \$6.95
Spiced Eastern Washington red lentils served with warm naan flatbread & fresh vegetables
- CHICKEN TANDOORI QUESADILLA** \$10.95
Masala spiced pulled free-range chicken, mozzarella cheese, pickled onions & green chutney between two grilled naan bread Served with cucumber raita
- PUB NACHOS** \$7.95
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made salsa with sour cream
- Add Avocado Slices \$2.00
- Add shredded chicken or black beans \$2.95
- SPICY CHICKPEA FRITTERS** \$5.95
Deep-fried and served with cilantro, mint aioli

All menu items available until 10:30 PM Items in RED served until closing [corn chips substituted for fries]