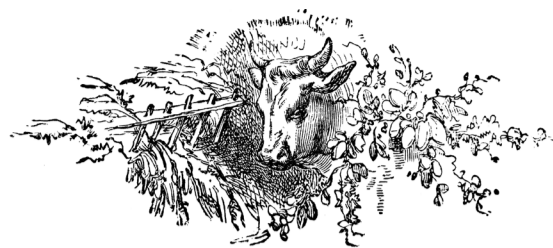




Fresh



Connections

Complimentary Copy

~Heritage & Hospitality on Tap~

Winter 2013

more at www.parfittway.com

WHEN I GROW UP, I WANNA BE A FARMER

BGI MBA Offers Something New for Food

At the beginning of October, Bainbridg Graduate Institute's (BGI) students returned to Bainbridge Island's Islandwood Campus for the start of the 2013 academic year. These students are mostly on track to get their Masters of Business Administration (MBA) in sustainability. However, last year BGI introduced new curricula for three certificate/elective courses offered on the topics of the built environment, green energy and sustainable food and agriculture systems.

Though all fit with the sustainability interests on Bainbridge, no sector is more fundamental to society's sustenance than the supply chain that provides our food, feed, fiber, and fuel.

BGI's aim with this graduate-level program is to stimulate innovation and creativity in the design and operation of businesses that are pursuing a more sustainable food and agricultural system. It's built to help students examine food business opportunities at a broad range of scale, including hyper-local, local, regional, national, and global.

Liz Smith, one of the inaugural graduates, comments, "The certificate program gave me a high-level understanding of the food system across the entire supply chain, and at all scales." Smith is co-founder of Seattle start-up, ÜbrLocal, an "Etsy" for urban food entrepreneurs.

The program takes seriously its student's ability to develop a small food or agriculture business, but the curriculum doesn't start quite as one might expect. In fact, part of the unique value of the course is its focus on conventional agriculture and encouraging students to truly understand the complex history and decision-making of the food system in America.

"One of the key takeaways of the certificate for me was a real sense of empathy," says course Teaching Assistant Jessica Tantisook. "As an organic cranberry farmer, I was sitting on a pretty high horse when I began. What it made me consider was, organic or not, local farmers are working very hard—most for little monetary reward. I have many factors to consider before making choices about how my business operates—only part of which is the pursuit of an organic label."

Tantisook continued, "To make a difference in the vast world of food and agriculture, upcoming change agents need to be thoughtful problem solvers that intimately understand the system they are working in."

The students both agree, "It is this perspective that has been invaluable as I build my own business," Smith confirms.

The program is co-taught by BGI dean and agroecologist John Gardner and Bainbridge Island's own former chef and sustainability expert, Tony D'Onofrio. For more info, check out: bgi.edu/academics/certificate-programs

The EduCulture Project

A COMMUNITY THAT FARMS TOGETHER STAYS TOGETHER

By JOANNA RAUSTEIN

The influence of our local farmers often goes unnoticed by many in our Bainbridge Island and greater Kitsap communities. Thanks to a local program led by our area's master farmers, however, the anonymity of the local farmer is changing.

Begun in 2006, the EduCulture Project at Global Sourced Education, a non-profit learning organization, is changing the way we look at agriculture, the classroom, our children, and education—by moving the classroom to the farm.

Jonathan Garfunkel, the founder and managing director of EduCulture, explained that children have long been studying farming and agriculture in the classroom, but often don't understand the greater picture of what they're studying. For example, plant life cycles are studied with a tiny plant under a light, and once the plant has grown they throw it out.

Educators wanted their students to see more.

"There was a strong interest from K-12 teachers wanting to find ways to bring food and farming into the classroom, recognizing that it had the chance of becoming the vanguard of environmental and sustainability education in the 21st century," Garfunkel said. "In addition, with issues of childhood diabetes and obesity growing more prevalent, learning about fresh and healthy food has become as important as ever."



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

"We saw this need for real education," Garfunkel continued.

In the fall of 2006, EduCulture approached the Suyematsu & Bentryn Family Farms and hosted a series of dialogues, inviting everyone from teachers to politicians to join in on the discussion on how to bridge food, farming, and community in the education system.

At the time, Betsey Wittick, owner of Laughing Crow Farm (located at Suyematsu & Bentryn Family Farms) was already inviting a fourth-grade class from Wilkes Elementary and a fifth-grade class from the Island School to her land to watch and aid in the farming process. EduCulture decided to expand on that model. Other farmers allowed classes onto their land and, like Betsey, included the children in the farming process.

"What grew from just a handful of teachers and one farmer eventually became an entire school—and then became more than one school," said Garfunkel. The number of students quickly became unmanageable.

The Morales family farm then set aside land on their farm, located next door, as a practice plot so students could take what they had learned from the farmers and practice it themselves.

"The whole idea was not to be a farm set aside on our own, but to have a place for the kids to learn about farming by modeling the farms around them," said Garfunkel. "Whatever the teachers and students want to harvest, we're helping them harvest."

Heyday Farm, located on the south end of the island, is also taking part in EduCulture. Much of Heyday Farm's focus is on animal production. Schoolchildren now have three different farms – with three different focuses – to learn from.

The farm-school partnerships on the island now involve four schools (Island Cooperative Preschool, Wilkes Elementary, Ordway Elementary and Blakely Elementary) and three different farms (Suyematsu & Bentryn, Morales, and Heyday). Lessons and the amount of time spent on the farm differ for each grade. Students learn math, science and social studies through EduCulture. Fourth graders come to learn the history of the Suyematsu family, their farm, and how the events of WWII affected them.

Needed Community Help

To continue these programs, improvements to the farms and practice plots are needed in order to ensure that the learning environment

will continue to support the students. They need benches and tables, they need to build demonstration areas, they need to hire staff... and to do all that, they need funding.

"The money we need directly is mostly to build the infrastructure," said Garfunkel. "We aim to underwrite the cost of the programs so that schools don't have to dig into their pockets to support it."

"[The program] has grown a tremendous amount in the last seven years, when you think about one classroom and one farm to where we are now. And now we're at a place where we're large enough, where we need the community support and help to keep growing," he added.

"Children will greatly benefit from knowing their farmers, much like they know their teachers and their doctors," Garfunkel concludes,

For more information, please visit educultureproject.org

To support EduCulture mark #230 inside the red envelope One Call for All Campaign



GROWING FARMERS

THE NEXT GENERATION

By JOANNA RAUSTEIN

Brian MacWhorter of Butler Green Farms and Betsey Wittick of Laughing Crow Farm, both here on the island, have been apprenticing young farmers for years. Many of their interns have gone on to start their own farms.

Renee Ziemann and Luke Yoder, both 30, are the owners of Good Tilth Farm in Poulsbo. Renee interned with Brian and Betsey in 2010 after teaching English in Laos and working at a homeless shelter.

Renee emphasized that interning with Brian and Betsey was a "great way to connect with other farmers."

After interning and continuing to work with Brian and Betsey, Renee and Luke started Good Tilth Farm last December. Renee noted through working on the Bainbridge farms, she was able to learn a great deal, enough to want to venture out on her own.

She also knew people who had already started their own farms, such as Aaron and Dana Steege-Jackson.

"It was nice to see that people were doing it already," said Renee. "And it's nice because [Good Tilth Farm] is like two miles from Aaron and Dana."

Both farms labor-trade with one another, and collaborate regularly.

Aaron and Dana, also both 30 years old, have owned Around the Table Farm in Poulsbo for three seasons. Dana interned for Brian and Betsey in 2008-2009. Aaron worked one day a week for them in 2008, then joined full-time.

"We feel like we've learned a lot [from the internship]," said Aaron. "Brian and Betsey continue to be mentors to us and they've really given us a ton of support as we've started our own business."

Good Tilth Farm and Around the Table Farm grow a variety of produce. Renee explained that she has been selling plants and vegetable starts at the farmer's market, and is hoping to plant berries and perennial vegetables, such as asparagus and artichoke, soon. They also recently purchased pigs to turn the soil. At Around the Table Farm, Dana and Aaron grow a full line of vegetables, heirloom, potatoes, strawberries, roots and greens. They also grow a wide variety of dry beans, and have ducks and chickens for eggs.

Renee, Aaron and Dana all noted that variety is key in their farming. They explained that in order to have a successful farming community there needs to be an assortment of food in the marketplace. Variety also adds to the excitement of the experience.

"Brian and Betsey both taught us that [farming] is a creative thing," said Dana. "Every year you can choose what crops you're going to grow, and how much and which types...you get a lot of choice. It's like a canvas to be able to, every year, grow all different colors and shapes and sizes of plants throughout the field."

Renee explained that the sense of community, in addition to the abundance of land, is what makes Kitsap a great place to farm. "There's a great community," she said. "I wouldn't be here, in Kitsap, if I hadn't found a great community of people when I was interning."

Local farming is successful, but not thriving as much as it could be. Aaron noted that every little bit of participation helps. "We feel like if we could just get, you know, two percent of Kitsap County eating local foods, then there could be way more farms, and way more farmers here," he said. "Buy local food. That is the best way to support local agriculture."

Local farming, though very difficult at times, is a passion. It connects people to the community they live in. And by buying locally, people not only support their farmers, but also their local economy and themselves.

"I love farming because I think it's a really concrete way to participate in community, and we believe really strongly in the ideas around local economy, as far as a way forward for our country," said Aaron. "We feel pretty good about the ways that we're able to participate in the place that we live, and I feel good about it because it really roots us here. We're definitely putting down roots...It's a scary but also a really joyful thing for us."

read more at parfittway.com/blog

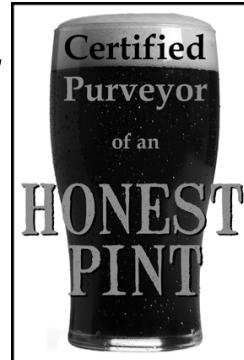


BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

UNIQUELY BAINBRIDGE

SINCE 1991



FARMERS CLOSE TO HOME

Our vision is regional – regional, organic, and sustainable. The products supplied by our local, farmer-owned farms are important to our collective survival. In addition, by supporting organic farmers regionally, it gives you, our customer, lots of delicious, high-quality, fresh products. Regional, organic production builds the local economy and allows rural communities to protect the environment in which their children are raised. It wasn't that long ago that two corporate-anonymous tractor trailers supplied our foodstuffs. Last year for every dollar we spent on food products, over 50 cents was paid to locally-owned farms – many on-island – where more often than not the farmer him or herself makes the delivery. Relationships matter!



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 Burger Bun.

GREENS & SALADS

- PNW FARRO SALAD** \$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
- WILTED KALE SALAD** \$13.95
Local organic Kale & shaved fennel Lightly sautéed in olive oil with a splash of red wine vinaigrette Garnished with dates, toasted pine nuts & Willapa Hills® Little Boy Blue cheese
- SMOKED SALMON TARTINE** \$11.95
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 \$9.95
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing 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** (price added to price of salad)
 - Roasted & pulled Ranger® Free-Range Chicken \$4.95
 - Roasted & pulled BBQ Natural Pork® \$4.95
 - Salmon filet, Peppered Cod, Smoked Salmon \$7.95
 - Grilled Marinated Portabella Mushroom \$4.95
 - 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

SOUP BOWLS

- RIBOLLITA** \$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
- SOUP OF THE DAY** bowl \$6.95 cup \$5.95
Made fresh & served with a Pane D'Amore® bread roll

BAR FOOD

- FLASH FRIED CALAMARI** \$10.95
Rings & tentacles dusted, deep-fried & served with our pesto aioli
- OYSTER SHOOTER*** \$2.50
A single plump Goose Point® in a shot glass with cocktail sauce
- OYSTER SLIDERS** \$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
- PULLED BBQ PORK or BBQ CHICKEN SLIDERS** \$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
- GARDEN GREEN GARBANZOS** \$4.95
Palouse Green Chickpeas blanched with star anise & Kosher salt
- GARDEN GREEN HUMMUS** \$6.95
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps
- SMOKED SALMON SPREAD** \$7.95
Pub-smoked Sockeye with Willapa Hills® Sheep Yogurt Cheese Dip Served with Pane d'Amore® baguette crisps
- PUB QUESADILLA** \$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
- PUB NACHOS** \$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

Watch our chalkboards & social media for daily specials made from the freshest, nutrient-packed, local ingredients



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

read more about our farmers, suppliers and neighbors at parfittway.com/blog

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

BURGERS

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, pickle relish & mayo Served with our Pub-cut fries fried in trans-fat free canola oil

- The Pub Original** with cheese, grilled onion & mayo \$14.95
- Swiss Melt** grilled mushrooms, caramelized onions & Swiss \$14.95
- The Works** bacon, grilled mushrooms & cheese \$15.95
- Bacon & Cheddar** 'nuff said \$15.95
- The Pub BBQ** Pub-made BBQ sauce, cheddar & bacon \$15.95
- The Black & Bleu** bacon, bleu cheese & grilled onion \$15.95

BOB'S PECAN PATTY® VEGGIE BURGER \$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 fried in trans-fat free canola oil

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

PUB BBB.L.T. \$12.95

Not really a burger, but enough bacon to eat like one! 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

A.L.T. 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

- SUBSTITUTE YAM FRIES** \$1.25
- SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES** \$2.50

POUTINE

- CLASSIC MONTRÉAL** \$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
- BOURGUINONNE** \$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
- VANCOUVER** \$12.95
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd
- SWEET PAPAS** \$9.95
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

LOCAL SEAFOOD

- PAN FRIED OYSTERS** \$13.95
Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-Cut fries & cole slaw
- OYSTER SANDWICH** \$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
- ASIAN SALMON BOWL** \$17.95
Charbroiled wild sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- GRILLED SALMON SANDWICH** \$16.95
Wild sockeye filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries
- FISH AND CHIPS** \$12.95
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
- STEAMED CLAMS** \$13.95
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls
- PUB CLAM CHOWDER** \$13.95
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
OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

WASHINGTON BAKERS

- PUB-BAKED RUSSET POTATO**
 - 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

