



## persimmons



As colder weather arrives, native persimmon trees shed their leaves, but not their bounty. Small balls of orange fruit cling to the branches, waiting, hoping to be a part of your cold weather baking. If you aren't lucky enough to live near native persimmon trees, have no fear, as Red Pine Park [see accompanying article] includes several persimmon trees in the orchard – the fruit free for the taking. They are also often available in grocery stores.

It's too bad Americans aren't more familiar with persimmons, since the Latin word for it means "food of the gods." They most often grow in warm, dry climates, but as evidenced by the Ped Pine Park trees, they can be grown here too. Persimmon is Japan's national fruit and that's where it originated.

Persimmon seeds first came to the United States when Commodore Perry sent them from Japan in 1856.

Persimmons are red-brown or orange fruits that grow on trees like plums and look like a small, rather flat tomatoes capped by a calyx. The two varieties are astringent and non-astringent, the latter being pleasantly sweet. To avoid bitterness, the paler varieties should be eaten only when very ripe, usually peeled.

Low in calories and fats, the fruit contains all kinds of phytonutrients, flavonoids, and antioxidants, such as catechins (known to have antibiotic and anti-inflammatory properties, and for protecting small blood vessels from bleeding) as well as gallic acid, a tumor inhibitor. Other powerful antioxidants found in persimmons include beta-carotene, lycopene, lutein, and cryptoxanthin. The zeaxanthin content absorbs into the eyes and helps filter light.

Persimmons are also an excellent source of fiber, B-complex vitamins, as well as copper and phosphorus.

According to one new study, persimmons are one of a few foods associated with killing breast cancer cells without harming normal breast cells. Scientists attributed this to the flavonoid fisetin, present in persimmons, specifically. Fisetin has also been named as a significant contributor in the programmed eradication of colon and prostate cancer cells

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3813433/>].

Not often quoted anymore,



persimmon seeds were once consulted by our ancestors to determine the severity of the winter ahead. Traditional lore states that if you cut into the seeds and the center is shaped like a fork, winter will be mild; if the center is shaped like a spoon, there will be a lot of snow; and if you see a knife shape, winter will be biting cold.

### How To Store

According to Deborah Tukua, a frequent contributor to the *Farmer's Almanac*, ripe persimmons are soft to the touch and should be stored in the refrigerator until ready to eat. Firm persimmons will continue to ripen at room temperature. To expedite the ripening process, place the fruit where it will receive sunlight for several days. You can also place persimmons in a container with apples, pears, or bananas to speed ripening.

### How To Eat

Persimmons are ready to eat when the flesh is pressed and leaves a slight indentation. Ripe persimmons can be eaten raw by removing the flower-shaped stem, and scooping out the creamy flesh with a spoon. Some say the flesh has a pudding-like consistency and tastes a bit like apricots.

You can also slice the fruit into sections, peel each section, and eat the flesh. The peel is usually removed when eating. The pulp from ripe fruit can be scooped out and used in a number of delicious recipes.



### NEIGHBORS BUILDING INCLUSIVE NEIGHBORHOODS

Being part of a community should feel comforting and inclusive, like being part of a family. You may not agree on everything, but you know you are part of something larger than yourself. We are that place. Bainbridge Island has historically been home to people of all income levels and from a variety of backgrounds. Some of us were lucky enough to be born here, and through more luck and some hard work were able to stay or return. Some came to visit, were drawn in by the people and the beauty, and made a decision to stay. Whichever reason brought you here, you are part of the place now. But Bainbridge is now in danger of pushing out all but its wealthiest residents.

my family is so happy for me." Susan is still a part of this community and engaged with her friends and family.

Jackie grew up here, went to college, began a family and a career. She knew she wanted to come back to Bainbridge where her support system was, found a good job but had a much harder time finding housing. Her job is critical to many people on this Island—she is an admin for a medical facility. But even that good job didn't give her enough income to buy or rent a decent place for her and her children. Finally a house opened up at Ferndale Village and she was able to purchase her first home. It means everything to Jackie and her family to have a



They all can use your help  
teachers  
first responders  
retail workers  
service providers  
health-care workers  
single-parent families  
senior citizens  
the disabled  
young adults

Susan raised her family here and, after living here for many years, went through a divorce. Because of a disability, she depended on this community for her safety net after her children were grown and away. She was living in a rental in a remote part of the Island and the price was more than she could really afford. Then she found herself without a car—making grocery shopping and receiving services even more difficult. She was at a turning point—and didn't want to have to leave Bainbridge. She learned of a vacancy at Housing Resources of Bainbridge (HRB) and called us. The price was still too high considering her only income was about \$1,000/month from Social Security, but it was close to Winslow, clean, and safe. She moved in and shortly thereafter qualified for rental assistance provided by HRB—easing the burden on her monthly income and her family. "I'm far better off here—I have peace of mind that I haven't had in a while. I'm doing well and

home of their own.

Stand in any crowd at any event on Bainbridge Island. People who have benefitted from HRB's support and services are all around you. They are: your neighbor, an old acquaintance, a fellow parent from school, the aid who cares for your aging parent, the teacher who has inspired your child to learn, someone you ride the ferry with, the EMT that saved someone's life, the police officers that keep you safe, those who work in our stores and restaurants, a friend of a friend, and your closest friends.

We all know these people — we are these people. There is no "us and them" — we are all us and we are all them. We have a favorite quote from Abraham Lincoln here at HRB: "The best way to predict your future is to create it." Welcoming, inclusive, vibrant. We can build the community we most love to live in. Call us, find out how you can get involved.

[www.housingresourcesbi.org](http://www.housingresourcesbi.org)

## Cocktail Kiwis

ALSO RIPENING IN RED PINE PARK

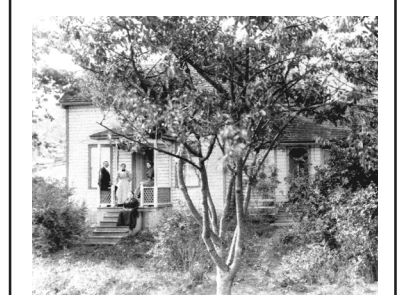
The autumnal, grape-sized fruit hangs in small clusters. Not only are they significantly sweeter, but they have edible, grape-like skins and tender flesh. They only betray their close relation with regular kiwis when sliced open revealing an identical "starburst" interior of tiny black seeds. From a grower's point of view they are also far more reliable fruiters in wetter climates, kicking out up to 300 fruit on mature vines each autumn.

These vigorous vines occupy a similar ecological niche to brambles in Northern Asia, making them one of the easiest crops to grow. Unfortunately for the domestic grower, this same vigor is also their biggest downfall. Left unpruned they can swamp a garden. It is also important to pick a self-fertile variety, like 'Issai', unless you have space for multiple male and female plants. Give it a sunny spot against a fence or wall, in rich, well-drained soil, and it will provide you with one of the tastiest fruit crops around for years to come.



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

## RED PINE PARK

BAINBRIDGE ISLAND — Named Red Pine Park, the half-acre property at the corner of Parfitt Way and Wood Avenue (just west of the pub) is divided into three parts - a contemplative garden with paths and benches; a community garden with 11 plots for growing herbs and vegetables; and a small orchard with mature fruit trees.

A desire to re-claim a little piece of fast-growing Winslow is what sparked the park project.

For decades, the property had been the home of Jun-koh and Chris Harui, the

original owners of Bainbridge Gardens, a Miller Road nursery considered one of the island's landmarks. The Haruis lived in the modest old home (now demolished) and planted many of the trees and ornamental plants that the park preserves. The park's orchard is much as they left it.

With a nod to the Harui's heritage, the house was replaced with landscaping reminiscent of Japanese gardens. An ornamental gate was installed, along with a small parking area, fencing, raised garden beds, paths and a few wooden benches. Completed in 2014, the park

gets its name from the Japanese red pines planted there, which for the Haruis, represented patience and resilience.

The park serves as a pleasant resting spot on the Waterfront Trail, a walking route that stretches along most of the north side of Eagle Harbor.

Ownership came to the Bainbridge Island Metropolitan Park District at no cost from its benefactor, Sue Cooley, an island resident.

Though small, the park has been a welcome addition to the neighborhood.

[www.biparks.org](http://www.biparks.org)



# BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 18% service charge automatically included.



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.

## BAR FOOD

<b>PAUL'S ALBACORE TUNA SLIDERS</b>	\$10
Seared medallions of sashimi-grade tuna On a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi	
Plate of two — Each Additional Slider	\$4
<b>OYSTER SHOOTER*</b>	\$3
A single locally-farmed Pacific in a shot glass with cocktail sauce	
<b>OYSTER SLIDERS</b>	\$9
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 two — Each Additional Slider	\$4
<b>FLASH FRIED CALAMARI</b>	\$16
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli	
<b>PULLED BBQ PORK or BBQ CHICKEN SLIDERS</b>	\$9
Order of two with Pub-made BBQ sauce, cheddar cheese, shaved red onion & cole slaw on Pane D'Amore® burger mini-buns	
Plate of two — Each Additional Slider	\$4
<b>GARDEN GREEN® HUMMUS</b>	\$8
Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread	
<b>PUB QUESADILLA</b>	\$14
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	
<b>PUB NACHOS</b>	\$12
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	\$5
Add black beans	\$3
<b>KIMCHI FRIED BROWN RICE</b>	\$10
with two fried eggs & locally made red sriracha	
<b>PUB-CUT FRIES</b>	small side \$2 plate \$4
Hand-cut russet or yam Double-fried in trans-fat free canola oil	

## 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

## BURGERS\*

\*All grass-fed beef burgers cooked to medium-rare. If you don't like the pink, then ask and it will come well-done. The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness.

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

<b>THE PUB ORIGINAL BURGER</b>	\$14
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo	
<b>MAKE IT YOURS ADD-ONS:</b>	
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	Two Bacon Slices \$3
Pepperjack Cheese \$2	Caramelized Onions \$2
<b>TRENCHERMAN BURGER</b>	\$16
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese	
<b>SAN ANTONIO BURGER</b>	\$16
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo	
<b>BACON BLUE</b>	\$17
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese	
<b>BO BURGER WITH BACON</b>	\$16
Two slices of Montana bacon, an over-easy fried egg & Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef	
<b>ALT BURGERS</b>	
<b>SOUTHERN FRIED CHICKEN SANDWICH</b>	\$16
Organic, free-range, boneless, skinless chicken breast soaked in buttermilk, dredged in seasoned flour & deep-fried Served on a Pane d'Amore® burger bun with pub-made sausage gravy, Cole Slaw & Bread and Butter pickles	
<b>SMOKED PORTABELLA REUBEN</b>	\$14
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pub-made kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella \$3	
<b>SMOKED SALMON ON RYE</b>	\$16
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, organic greens & our dill dressing	
<b>SMOKED PORTABELLA VEGGIE BURGER</b>	\$15
A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese	
<b>PULLED BBQ PORK OR CHICKEN</b>	\$15
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	
<b>PUB BBB.L.T.</b>	\$15
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	

## LOCAL SEAFOOD

<b>PACIFIC COD CAKES</b>	\$16
Two deep-fried, flaked cod cakes & our wasabi aioli Served over organic greens with a honey, lime & miso dressing along with sliced cucumbers, cherry tomatoes & sliced avocado	
<b>PAN FRIED OYSTERS</b>	\$16
Five plump Pacific oysters lightly rice panko (gluten-free) crusted & pan-fried With lemon, tartar sauce, Pub-Cut fries & Cole Slaw	
<b>LITTLE BEN'S FISH TACOS</b>	\$17
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepper-jack cheese black bean aioli — Plate of two Tacos — Each additional \$6	
<b>ASIAN SALMON BOWL</b>	\$24
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
<b>STEAMED MUSSELS IN BEER</b>	\$17
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
<b>FISH AND CHIPS</b>	\$17
<b>BECAUSE OF COD SHORTAGE</b> we're now serving just two-pieces of fish 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 — Extra piece of fish \$5	
<b>STEAMED CLAMS</b>	\$18
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
<b>PUB FAMOUS CHOWDER</b>	\$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.

## POUTINE

<b>CLASSIC MONTRÉAL</b>	\$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	
<b>VANCOUVER</b>	\$12
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>	\$11
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	
<b>ECUADOR</b>	\$12
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg	

### Our entire staff truly enjoys serving you!

To ensure our mostly hidden, but equally deserving kitchen staff share in your thanks and generosity, a pre-tax 5% service charge will be automatically added to your check. The entire charge is distributed to the kitchen team. The customary tip line will be left for your discretion and is designated for just your server(s).

*Tipping on the 5% service charge (or sales tax) is not expected.*

## GREENS & SALADS

<b>PUB KALE WALDORF SALAD</b>	\$17
Sliced, grilled & marinated organic, free-range, boneless, skinless chicken breast over wilted organic kale With our cranberry balsamic vinaigrette, sautéed apples, diced bacon, spiced pecans, Starvation Alley dried cranberries & crumbled Willapa Hills Big Boy blue cheese	
<b>SMOKED SALMON TARTINE</b>	\$16
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	
<b>PUB FAVOURITE SALAD</b>	small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions below	
<b>PUB CAESAR SALAD</b>	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	
<b>SALAD ADDITIONS (price added to price of salad)</b>	
Grilled boneless, skinless Free-Range Chicken Breast	\$9
Smoke Roasted & pulled BBQ Natural® Pork	\$5
Peppered Cod or Smoked Salmon	\$9
Sockeye Salmon Filet	\$11
Grilled Smoked Portabella Mushroom	\$6
Bob's Vegetarian Pecan® Patty	\$7
Two Pane D'Amore® bread rolls & butter	\$2

## WASHINGTON BAKERS

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

MAKE SURE TO CHECK OUT OUR CHALKBOARD SPECIALS FOR TODAY'S FRESHEST OFFERS