Fresh



Connections

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~Heritage & Hospitality on Tap~

Summer, 2017

www.parfittway.com

Some History on the Harbour Pub

over the next few years.

two years to complete. The ing tavern in the Seattle area. house was in very poor condition; the original foundation was cedar rounds and, over the years, much settlement and decay occurred. The original construction had been sound but rudimentary, the only significant aspect being the inside walls, which were of clear tongue-andgroove Douglas Fir from firstgrowth Bainbridge Island trees milled at the Port Blakely Lumber Mill (then the largest lumber mill in the world).

The rear single-story portion of the house was so severely decayed that it had to be completely rebuilt. The front two-story portion, however, was jacked up and, after a lower basement floor and walls had been constructed, was re-lowered and remodeled to retain the original upstairs interior but with the original upstairs floor removed and the load-bearing walls replaced with new heavy timber beams and posts.

The interior wood which was not retained was refinished

EATING

RELATIONAL ceives my feet when I walk.

BLESSING THE HANDS THAT FEED US

Residing on Whidbey Island, Vicki Robin released her book, Blessing the Hands that Feed Us, What Eating Closer to Home Can Teach Us About Food, Community, and Our centuries. 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 supports a better explanation of the benefits of sourcing your food products locally; and, serves as a daily reminder of what we will 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



The Harbour Public House and reused as wainscoting was originally the home of throughout the building or re-Amanda and Ambrose Grow. milled as trim and cabinets. The booth tables and man-Their house was built in telpiece are made from the 1881 with further additions original upstairs floor joists.

The Harbour Public House The Pub's construction start- opened on December 27th, ed in 1990 and took almost 1991 as the first non-smok-



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

- 2. My relationship with food has shifted. Instead of vo-voing 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
- 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.
- has shifted. From someone with low. an inadequate repertoire of dishwith 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.
- my body, I am filling my lungs 6. Finally, my relationship with and belly with "here." Here re- 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.

The Hall Brothers EAGLE HARBOR'S FIRST INDUSTRIALISTS

In the history of wooden

shipbuilding in the Pacific coast during the latter part of the 19th century, there is no greater family of shipbuilders than the Hall brothers, who established shipyards at Port Ludlow, later at Port Blakelly, and finally at Winslow, Washington. The Halls - Isaac, Winslow, and Henry - were a team of brothers who designed, built, and launched some of the most beautiful sailing ships ever constructed on the West Coast. Hall Brothers vessels were distinguished by exceptional workmanship, exquisite hull lines, long sharp bows, graceful sterns, great speed, large capacity, and ease of sailing. In the span of thirty years, the brothers designed and built a variety of wooden sailing vessels, including barks, barkentines, and schooners. They ranged from twomast ships to three-, four-, and finally large five-mast vessels. Although Hall vessels sailed mainly on the West Coast, it was not unworld's trade routes.

long line of Hall ancestors involved in shipping and boatbuilding from the earliest colonial times in Cohasset, Massachusetts, near Boston. yard operations to one of the Growing up and working in the very world's largest lumber mills, the center of the East Coast maritime world provided a rich shipbuilding heritage to Isaac, Winslow and Henry, which eventually culminated

1874. lumber and labor in San Francisco, the Halls looked to Puget Sound where the most profitable indiustry was lumbering. In 1874, with building contracts in hand, Isaac and Winslow formalized their business partnership and established Hall Brothers Shipyard at Port Ludlow. Isaac, a master shipwright and the most experienced shipbuilder, managed and operated the construction of the vessels in the new shipyard. Winslow directed the business affairs, secured contracts, and drew up the designs for the new vessels from their San Francisco office. The firm prospered from the start and, as a result of its success, Isaac invited his younger brother, Henry 4. My relationship with cooking Knox Hall, to join him in Port Lud-

The Halls built 31 vessels es I liked, I have become a cook at Port Ludlow. Upon Isaac's death, Henry became the managing part-



Henry Knox Hall - Born December 7, 1830, like his brothers he received his early training in shipbuilding in and around Cohasset. At 17 he became apprentice to a shipbuilder in Medford, MA. During the Civil War, he supervised shipwrights at the Charleston Navy Yard. He also served in California at the Mare Island Navy Yard. Henry died in August, 1909. Of the brothers, he was the only one that resided on Bainbridge Island.

low Mill Company and its timber was renamed Winslow in 1903. The brothers' shipbuilding holdings were mired in litigation that same year, the Halls received Port Blakely Mill on Bainbridge Is-

> mast schooners, steamers, a tug, severall yachts. During those busy and prosperous years, Winslow and Henry also established business connections with Hawaiian

> their building business. Winslow died in 1898, Henry continued to lead the company until early 1903, when the and became known as Hall Brothers Marine Railway and Shipbuild-

ing Company. began searching for a suitable site for a new and enlarged facility. Wells, Port Townsend bay and Mukilteo were all considered. The Port Blakely Mill Company owned property on the north shore of Eagle Harbor, north of Port Blakely Harbor, and Henry finally chose

ner in Puget Sound and Winslow this location. The area, named Macontinued as chief naval architect drone, consisted of 90 acres, 75 of and business manager in San which were dedicated to a town site. common for their ships to travel the Francisco. In 1880, the Port Lud- In honor of Winslow Hall, Madrone

Construction of a fully expertise was handed down from a and short of lumber, disrupting equipped, modern shipbuilding and shipyard activities. Fortunately ship repair facility began in 1902. The new shipyard covered nearly 15 a timely offer to move their ship- acres of ground. A modern marine railway, state-of-the-art machine shops, a powerhouse, sawmill, joiner loft, warehouse, shipways, and assorted small buildings and ship-Between 1881 and 1904, yard equipment were included in the the firm launced 77 vessels of ev- yard. The new facility was called the in the founding of the Hall Brothers ery size and rig, including barks, Hall Brothers Marine Railway and Shipyard in the Pacific Northwest in barkentines, three-, four- and five- Shipbuilding Company. The officers of the new corporation were Henry Because of the high cost of a government revenue cutter, and Hall, president; John L. Hubbard, vice-president; E.H. Lincoln, secretary; and James W. Hall, (Henry's son) treasurer.

> Jimmy attended Harvard University interests leading to 20 percent of but spent most of his life on Bainbridge Island. He assisted his father in managing the shipyard during its leaving Henry as sole proprietor. final years at Port Blakely and later at Winslow.

> As shipbuilders, Hall Brothshipyard was moved to Winslow ers stood second to none for their technical ability, conscientious work and the serviceableness of the ships that they produced. The "Hall Mod-As early as 1901, Henry el" and the Hall flag were known in all ports of the Pacific Ocean from Puget Sound to Freemantle, Austra-Locations in West Seattle, Point lia, and from Valparaiso to Vladivostock, Russia.

> > Henry died in Seattle on August 23, 1909, at the age of 79. He was laid to rest next to his brother, Winslow, at San Francisco's Cypress Lawn Memorial Park.

Excerpted from Hall Brothers Shipbuilders, Gary M. White, 2008. Pictures courtesy of the Margaret Wenham Family.

HORSE PROJECT UPDA

Pub's Biodigester Pilot Project Branded a Success; Horse Moves to New Home

After a year-long pilot program, the bio-digester HORSE has moved on to a new home on Bainbridge Island.

Since early 2016, Harbor Public House has partnered with Puget Sound Energy and Impact Bioenergy to use the HORSE (High-solids Organic-waste Recycling System with Electrical output) to demonstrate the viability of using food waste to make electricity and fertilizer and to further the discussion about a permanent, larger community digester.

motivated our staff to look for with 2,900 pounds of food scraps.

additional ways of repurposing our waste streams," said Jeff Waite, manager of Harbour Public House. "Based on the positive feedback we are experiencing, we think it's time for a community-wide discussion on how the Island can move on more community-based installations." Accordingly, Waite initial talks have begun at the city-staff level with commercial waste stakeholders.

The digester was designed to generate 2,550 kilowatt hours of energy per year and the energy equiv-"The 'feeding' of the HORSE alent of one barrel of crude oil





It also generated about 5,400 gallons of nutrient-rich fertilizer that was utilized by local farms.

"It was a fun project and we were lucky to have project partner PSE that knows how important renewable energy is to Bainbridge Island residents," claims Waite.

PSE is now funding a second study to determine the viability of a larger, permanent community digester and has located a new partner on the Island to host the HORSE for the upcoming year.

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

BAR FOOD PAUL'S ALBACORE TUNA SLIDERS \$10

Seared medallions of sashimi-grade tuna On a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi

Plate of 2 - Each Additional Slider

OYSTER SHOOTER*

\$3

A single locally farmed Pacific in a shot glass with cocktail sauce

OYSTER SLIDERS

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 2 - Each Additional Slider

FLASH FRIED CALAMARI

\$15

Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli

PULLED BBQ PORK or BBQ CHICKEN SLIDERS \$8 Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns

Plate of two - Each Additional Slider \$3

GARDEN GREEN® HUMMUS

\$8

Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread

PUB QUESADILLA

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 \$11

Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream

Add 1/2 Avocado Add pulled chicken or Natural® pork \$5 or black beans \$3

PUB-CUT FRIES small side \$2 plate \$4

Hand-cut russet or yam Double-fried in trans-fat free canola oil



The Pub has been buying Becky & Mark Weed's Harlow Cattle Co. beef on-the-hoof since January of 2010. One hundred percent grass-fed, antibiotic-free and humanely treated beef ranched on the Western side of our state is hard to come by. Their Spanaway ranch is in its second generation of management. We feel honored to partner with Harlow Cattle Co. to deliver healthy, flavorful beef. You can really taste the difference!

Burgers*

All burgers served à la carte (we suggest fries or poutine for the table!) Grilled to order & 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 Townsendmade Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

THE PUB ORIGINAL BURGER

Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion,

pub-made pickle relish & mayo MAKE IT YOURS ADD-ONS:

Beecher's Flagship® Cheese Fried Organic Egg \$3 Mt Townsend® Trufflestack Cheese Sautéed Mkt Veggies \$2 Sautéed Mushrooms \$2 Willapa Hills® Big Boy Blue or Lily Pad Alpine \$4 Goat Cheese or Mt Townsend® Cheese Curd 2 Bacon Slices \$3 Pepperjack Cheese \$2 Caramelized Onions \$2

TRENCHERMAN BURGER

\$16

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

SAN ANTONIO BURGER

\$16

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

BACON BLUE \$17

Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese

BO BURGER WITH BACON

\$16

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

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

ALT BURGERS

CHICKEN PANCETTA BURGER

\$15

Char broiled, free-range, ground chicken & Italian bacon With organic greens, pesto aioli & melted goat cheese

SMOKED PORTABELLA REUBEN

\$13

Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pubmade kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella

SMOKED SALMON ON RYE

\$14

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

SMOKED PORTABELLA VEGGIE BURGER

\$15 A whole grilled & applewood smoked mushroom topped with tomato,

lettuce, mayo & melted Mt Townsend® Trufflestack cheese

PULLED BBQ PORK OR CHICKEN

\$14

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

PUB BBB.L.T.

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

5% of your total bill, before retail sales tax, will be collected and distributed among the kitchen workers. 100% of the service charge is distributed to the kitchen workers. Tips received will be kept by the serving staff. Patrons are reminded that tipping on the 5% service charge (or sales tax) is not expected.

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.

ertified

Soup Bowls

RIBOLLITA

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

SOUP OF THE DAY

bowl \$7

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

cup \$6

LOCAL SEAFOOD

PAN FRIED OYSTERS

\$16

Five plump Pacific oysters lightly rice panko (gluten-free) crusted & pan-fried Served with lemon, tartar sauce, Pub-Cut fries & cole slaw

LITTLE BEN'S FISH TACOS

\$17

Mexican food truck style — Organic corn tortillas with beer batter deepfried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of three Tacos

ASIAN SALMON BOWL

Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette

STEAMED MUSSELS IN BEER

Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo

FISH AND CHIPS

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 Steamed Baywater® Salish Blue clams in white wine & lots of garlic

\$17

Served with Pane D'Amore® bread rolls PUB FAMOUS CHOWDER \$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



CLASSIC MONTRÉAL \$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 VANCOUVER

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

SWEET PAPAS Pepper seasoned yam fries with black beans, melted pepperjack cheese,

mango salsa & sour cream **ECUADOR** Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers



Brian MacWhorter, owner of Butler Green Organics, has been farming for over 30 years on Bainbridge Island and 10 more in Eugene, OR. Brian was part of the cadre of local farmers that created a market for organic produce on Bainbridge Island. He has been a leader in building a locally grown food chain ever since.

GREENS & SALADS

FRESH SEASONAL SALAD

Topped with a soft-fried egg

\$Mkt

\$11

\$11

Check our Chalkboards for today's special salad

TEQUILA LIME CHICKEN

\$15 Free-range, boneless, skinless chicken breast marinated in lime & tequila & charbroiled Served over Butler Green® organic greens with black bean aioli & mango salsa With a pepperjack quesadilla

SMOKED SALMON TARTINE Pub-smoked, Pacific wild salmon, goat cheese, capers & red

choice of dressing See Additions Below

onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens PUB FAVOURITES SALAD small side \$7 lg \$10

Fresh Butler Green Farms® organic greens & vegetables with your

PUB CAESAR SALAD

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

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 or Smoked Salmon \$9 Sockeye Salmon Filet \$11 Grilled Smoked Portabella Mushroom \$6 \$7 Bob's Vegetarian Pecan® Patty Two Pane D'Amore® bread rolls & butter \$2

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 Sautéed Market Vegetables

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