



# Fresh Connections

Complimentary Copy ~Heritage & Hospitality on Tap~ Fall/Winter 2011 [www.parfittway.com/Blog](http://www.parfittway.com/Blog)

## The Not Always So Ubiquitous Potato

Potatoes have been food for mankind for thousands of years, traveling the globe from civilization to civilization, country to country. Ancient drawings tell of their cultivation and harvest by the Incas high up in the Andes in 2,000 or so BC. Amazingly, the Incas preserved their spuds by the earliest known form of freeze-drying, thanks to their high-altitude, chilly environs.

Spanish explorers to South America took plants home with them at the end of the 16th century and grew potatoes in Northern Spain. Sir Walter Raleigh, among other deeds, introduced the potato to Ireland in 1589. Spuds made the journey back across the Atlantic with settlers to the Jamestown colony in 1621, and the first permanent potato patches were recorded in 1719 in New Hampshire.

Europe, after some early and mistaken concerns about potatoes' membership in the nightshade family, took tubers to its tables. Although first considered peasant food, they became hot items with the elite after a pharmacist, A. A. Parmentier, championed them to Louis XVI and created an amazing array of potato preparations. To this day, many menu items which include potatoes are called "Parmentier."

Thomas Jefferson served French fries in the White House, but the true popularity of potatoes began when Irish immigrants carried potato appreciation across the Atlantic and across the US.

## \$PUDS

- In 2009, WA growers raised 145,000 acres of potatoes with an average yield of 61,000 lbs. per acre, 8.8 billion lbs. total.
- Varieties of Washington potatoes grown in the Columbia Basin, Yakima Valley & Skagit Valley are known world-wide for high solids and premium quality.
- Potatoes represent WA's third largest agricultural crop with a farm gate value of over \$690 million, and total value to the State of over \$3.5 billion.
- 87% of the WA potato crop is sold to processors who transform them into golden fries, crunchy chips and creamy mashed potatoes.
- At least nine out of every ten Washington potatoes are marketed outside of WA.
- Japan purchases approximately 65% of the french fries made from WA potatoes that are exported each year.
- Washington potato growers have been recognized with national awards for environmentally friendly and efficient use of water and fertilizers.
- WA potatoes are nutrient dense, have more potassium than a banana, the protein of half a glass of milk and provide almost half of your daily vitamin C needs.

# Washington Spuds

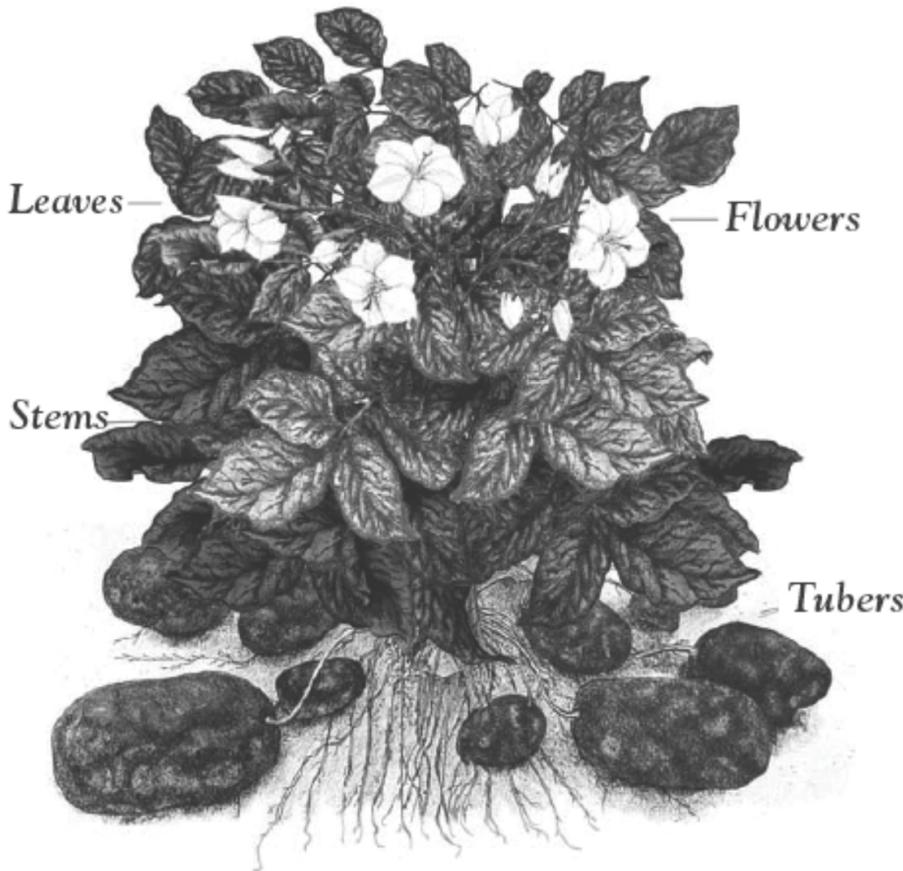
## WASHINGTON STATE RANKS FIRST IN PER-ACRE YIELD

Potatoes are now the most important vegetable in the world and, not surprisingly, America's favorite vegetable. We eat 147.8 pounds per person per year - as baked potatoes, fries, hash browns and more. There's hardly a foodser-

plant absorbs, the more potatoes it produces. The Cascade Mountains block the heavy cloud cover and rain from the Pacific Ocean, so annual rainfall is seven inches or less. Irrigation water from the Columbia Basin Reclamation Project and mighty Columbia River means growers can carefully control the amount of water and

## ISLAND POTATOES Best Choice For Mashers?

Betsy Wittick and her lively crew at **Laughing Crow Farm** named their top four picks: Caribe, Snowflake, Butte and Yukon Gold. Of these, the Snowflake has the most local history because it's an heirloom variety cultivated for many years by the Island's legendary Gale Smith. The Snowflake has a creamy white skin and makes a



vice menu that doesn't feature potatoes. Potatoes grow commercially in the Northeast, the upper Midwest and in California, but it's in the Northwest that the spud has found its place. The soil and weather of Central Washington and an area of Northwest Washington combine to create perfect conditions for an assortment of potato varieties, and the growing expertise of Washington's scientist-farmers does the rest. Washington grows more than 20 percent of all the potatoes in the US, leads the nation in French fry production and has the highest yield per acre in the world. About 75 percent are grown as processed varieties (i.e. russet and Shepody), about 20 percent are fresh russets and the rest are whites, reds, yellows and blues.

## ITS THE GEOGRAPHY & THE GROWERS

What makes central Washington State's Columbia River Basin the most productive russet potato growing region in the world? The tilt of the globe creates long warm days and cool nights during a longer growing season than any other area. The more sun a potato

nutrients to each field, resulting in optimum conditions. Additionally, fertile soil deposits laid down by ancient lakes and waterways provide fields perfect in texture and composition for growing potatoes. In the Skagit Valley growing region between Seattle and the Canadian border, where the Skagit River runs into Puget Sound, the mild marine climate and rich soil create perfect conditions for red, white, yellow and blue potatoes. In the potato growing region of Central Washington's Columbia Basin, harvests can yield approximately 60,000 pounds per acre, surpassing all other states.

Washington State potato growers take pride in the high standards they have set for growing the perfect potato. They know they are the stewards of precious resources - the rich soils and abundant water of the Pacific Northwest. These growers are among the nation's leaders in adopting sustainable crop management practice and new production techniques.

So, what makes a potato great? A combination of many factors:

- Ongoing research
  - Growing conditions
  - Conscientious farming, handling and storage
- These practices lead to Washington's high quality potatoes
- Consistent size and shape
  - Healthy skin and flesh
  - Great flavor

light, fluffy mashed potato. The texture can be described as like "picking up a handful of snowflakes and pressing them to the roof of your mouth."

The Caribe has a lavender skin and is a nice combination of creamy and fluffy. For creamy mashed potatoes with golden tones, use the Yukon Gold. And finally, the Butte is a high protein russet that makes good basic mashed potatoes.

Betsy grows at least 26 varieties of potatoes. All of them are hand-harvested, a term that takes on new meaning when you realize it means digging for them on your hands and knees. Her potatoes have love written all over them.

Excerpted with permission from Sallie Maron's 2008 article at [www.soundfood.org](http://www.soundfood.org)



**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



## Taking Note of our Anniversary

For the past 20 years, the Harbour Public House has served food and drink to our community from the historic Grow House. To mark our 20th anniversary, we're taking a fond look back at a little bit of Bainbridge Island's history, and some of our own.

Civil War veteran Ambrose Grow built this house for his family in 1881. It was a time on the cusp of change for the peaceful island. The enormous forests were being harvested by Port Blakely Mill Company and the massive logs were loaded onto ships from Blakely Harbor. Because San Francisco and downtown Seattle had been destroyed by historic fires, lumber was urgently needed to rebuild the cities.

By 1902, Winslow Hall and his brothers had a large island business building wooden ships. Between the ships, lumber, and shipments of world-famous island strawberries, the island had one of the busiest ports on the West Coast, attracting workers from around the world.

The always diverse population of Bainbridge Island grew quickly with the arrival of primarily Japanese berry farmers, Norwegian and Swedish ship builders and many other nationalities who found the island to be a welcoming home.

By 1991, more than a century later, Bainbridge Island was no longer building ships and only a handful of farmers were still growing strawberries. Instead, the Island had become a home to Seattle ferry commuters, quality schools, and artists and musicians of every kind.

Jim and Judy Evans, who had owned the historic Grow home since 1978, decided that the home could be renovated to create a waterfront restaurant and bar. Jim, a structural engineer and Brit, wanted to create a pub, the community gathering spot he remembered from his youth.

"You could barely get a decent beer here," Jim recalls. He had visions of a place where there was pub food, a good selection of local ales and wine, games, magazines and newspapers, and lively conversation. His wife, Judy, wanted a place where two women could come in for a drink together and feel comfortable. Notably, what the pub would not have is smoking or a television.

Jim and Judy love to travel, and eventually sold the Harbour Public House to their daughter Jocelyn and her husband Jeff Waite. Together, the Waites have put their own vision of the pub in place. Today, the Harbour Public House is still a comfortable community gathering spot, and the always evolving restaurant menu features locally grown ingredients and a wide range of locally brewed ales and wines to satisfy any palate.

Thank you, customers, friends and all of the talented staff for making our 20th anniversary a reality. We look forward to celebrating our 50th anniversary with you in 2041.

And, Ambrose & Amanda, if you're still keeping an eye on the old place, we hope you're not too offended.

## Potato Experts Agree on Six Ideal Conditions for Production of High Solids Russets:

1. Favorable Soil
2. Day Length/Latitude
3. 150+ Day Season
4. Proper Temperature
5. Warm Days/Cool Nights
6. Controlled Irrigation

**Washington Meets or Exceeds them all.**



Learn more about Washington Potatoes online at [www.potatoes.com](http://www.potatoes.com)



# BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969



SINCE 1991



Watch our chalkboards for daily specials made from the 'freshest' nutrient-packed local ingredients

## 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, tomato & mayo Served with our Pub-cut fries

- The Pub Original** with cheese, grilled onion & mayo \$13.95
- Swiss Melt** grilled mushrooms, caramelized onions & Swiss \$13.95
- The Works** bacon, grilled mushrooms & cheese \$14.95
- Bacon & Cheddar** 'nuff said \$14.95
- The Pub BBQ** Pub-made BBQ sauce, cheddar & bacon \$14.95
- The Black & Bleu** bacon, bleu cheese & grilled onion \$14.95

### 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. \$11.95

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

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.

### 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

## 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. Today, we've engaged as many as fourteen local, farmer-owned farms — many on-island — where more often than not the farmer him or herself makes the delivery. Relationships matter!

## POUTINE

- CLASSIC MONTRÉAL** \$8.95  
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** \$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
- SWEET PAPAS** \$8.95  
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

## LOCAL GRASS-FED BEEF



Becky Weed, owner of Harlow Cattle, Co. on a 320 acre homestead in Spanaway, WA, is the Pub's exclusive herdsman. Becky and her husband Mark raise their Hereford, Black Angus cross that have been on the ranch since the 1950s. The cattle are 100% grass-fed.



A mobile slaughter trailer, operated for just over a year now by Puget Sound Meat Producers Cooperative slaughters the beef under inspection where it receives its first USDA stamp.



Once harvested the beef is broken down, under inspection where it gets its second USDA stamp, by Tracy Smaciarz, owner of Heritage Meats, in Rochester, WA. Tracy used to cut meat alongside his father, but now owns the entire operation that specializes in grass-fed meat products.

Read more about these and our other farmers and growers on our blog at [www.parfittway.com](http://www.parfittway.com)

## SOUP BOWLS

- 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

## LOCAL SEAFOOD

- PAN FRIED OYSTERS** \$12.95  
Five plump Dabob Bay oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-fries & cole slaw
- OYSTER SANDWICH** \$10.95  
Three plump Dabob Bay 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** \$15.95  
Charbroiled wild salmon filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- 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
- 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
- STEAMED CLAMS** \$13.95  
Steamed Baywater Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® ciabatta bread
- PUB CLAM CHOWDER** \$12.95  
A New England Classic using local, in the shell, Baywater Salish Blue clams, potato, onion, bacon & cream base Sautéed to order with white wine & Garnished with a traditional pat of butter
- OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

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

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

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

## WASHINGTON BAKERS

### PUB-BAKED ORGANIC POTATO

- A large WA russet 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 Gravy \$7.95
- Sautéed Market Vegetables Mkt
- Garden Green Garbanzo® Hummus \$1.95
- Mt. Townsend Creamery® Cheese Curd \$1.95
- Pico de Gallo \$.95

## GREENS & SALADS

- 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 Butler Green Farms 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** (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

## BAR FOOD

- FLASH FRIED CALAMARI** \$10.95  
Rings & tentacles dusted, deep-fried & served with our pesto aioli
- GARDEN GREEN HUMMUS** \$6.95  
Green chickpeas, tahini & roasted garlic with fresh veggies Served with 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
- OYSTER SHOOTER\*** \$2.50  
A single plump Dabob Bay in a shot glass with cocktail sauce
- OYSTER SLIDERS** \$5.95  
A single plump Dabob Bay, breaded & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2  
Each Additional Slider: \$2.95
- GARDEN GREEN GARBANZOS** \$3.95  
Palouse Green Chickpeas blanched with star anise & Kosher salt
- PUB QUESADILLA** \$10.95  
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