

**Meet the Modern Farmers:
Jessika Tantisook and Jared Oakes**

Starvation Alley, Long Beach, WA — In 2009, when Jessika Tantisook and Jared Oakes began weaning their 10-acre cranberry bog off the chemicals, the couple's efforts were hardly applauded. "People said it couldn't be done," she remembers. "I called Rutgers University for advice, and they laughed at me. The culture around the crop was set in stone." Even today, less than 1 percent of the cranberries grown in the United States are certified organic. And Tantisook admits that the transition proved incredibly arduous. At one point, the bog's name, Starvation Alley—a nod to the area's Depression-era moniker—seemed all too prescient: "Our yield dipped

so low that we thought it was over," the 31-year-old explains. Last fall, she and Oakes, 37, harvested 80,000 pounds of fruit, still a third less than the bog had yielded using conventional methods, but with much higher margins. Instead of earning 45 cents per pound from Ocean Spray, the organic cranberries, in the form of cold-pressed juice and three tart sauces—sold online, at local farmers markets, and at 29 grocery stores in the Northwest—command the equivalent of \$8 per pound. Tantisook and Oakes now share advice and equipment with other transitioning bogs in the region. "I don't hear as much laughing," she says. "We've totally shifted the paradigm."



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**PORT MADISON
COMMUNITY
SHELLFISH FARM**

**BAINBRIDGE ISLAND'S
OWN MERROIR**

The Port Madison Community Shellfish Farm, operated by Puget Sound Restoration Fund since 2010, is located on the pristine Bloedel Reserve tidelands on Bainbridge Island. As a small, volunteer-supported farm, the PMCSF connects locals to the benefits of a healthy watershed. This is achieved by community members growing, tending, harvesting and eating oysters right from our own beaches.



CSA volunteers harvesting oysters

Oysters are a tasty and festive way to eat healthy — loaded with zinc, calcium, iron, protein and omega-3 fatty acids. More important, growing these bivalves has environmental benefits too, including improved water quality, increased species diversity and eelgrass growth. Feed-

ing on microalgae, a single oyster can filter 20 gallons of seawater a day removing nitrogen and improving clarity and light penetration. Oysters provide benthic stabilization for seagrasses. They create habitat structure for refuge and a place to feed for juvenile fish, crabs and other invertebrates. Growing and harvesting shellfish locally keeps us invested in healthy marine waters.

Join with those building a connection between healthy shorelines and their dinner plates. Participate in our CSA program, volunteer on the farm, support PSRF and slurp local oysters at the Harbour Pub. Be a part of ensuring Puget Sound waters always feed us. Visit restorationfund.org for more information.

Could Kelp Cultivation Save our Oceans?



Brian Allen, a PSRF kelp & oyster restoration program director, lifts a section of kelp line.

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REPRINTED HERE BY PERMISSION PHOTO BY STEPHEN SCHRECK

WRITTEN BY MACKENZIE WILSON

Could kelp be the key to battling climate change in our oceans? That's what the research team at Puget Sound Restoration Fund (PSRF) is betting. In 2015, Paul Allen ponied up \$1.5 million to investigate kelp cultivation as a potential strategy for mitigating ocean acidification. Dr. Joth Davis, senior scientist for PSRF, said 25 percent of carbon emissions released into the atmosphere are absorbed into the ocean. "The resulting change in seawater chemistry is known as ocean acidification because it increases the acidity of seawater over time and makes calcium carbonate less available to marine species," Davis said.

Betsy Peabody, founder of PSRF, culled a team of world-class researchers from the University of Washington, NOAA and the state Department of Natural Resources to study whether kelp could be an ally in combating carbon emissions. "Kelp is very similar to trees on land in the sense that both are drawing CO₂ either out of the atmosphere in the case of trees or out of the seawater in the case of kelp," Peabody said.

Leveraging decades of research supporting the environmental benefits of planting trees, PSRF planted kelp sporophytes in Puget Sound's Hood Canal. The microscopic kelp plants were attached to kite string and wound onto growlines that were installed at the demonstration site in December 2016. Peabody described the process as flying blind. "You put the seeded line out there and hope that it takes, you hope

that those little kelp sporophytes can run the gauntlet of whatever is going on in the marine system," she said.

The team anxiously waited. They had followed proven methods used around the world for propagating and cultivating sugar kelp, but there was no guarantee because local species are different. Four months later, the microscopic kelp that entered the Puget Sound has grown, in some areas, to 2 meters tall. Eight-thousand feet of line has since been installed at the site within a 2.5-acre area. The scientific assessment team deployed mooring buoys with sensors to collect data on the kelp. "Our scientists will measure chemistry and biology at the site to see if kelp can measurably reduce CO₂ and make a difference on a local scale," Peabody said. Another team of NOAA divers, she said, is conducting underwater surveys to see if the kelp provides habitat for marine life.

This experiment is part of a five-year project. The team will repeat the process in 2018 doing another full-scale year of cultivation and research. In 2019, crews will finalize analysis and reporting.

PSRF isn't the only team growing and studying kelp. In Maine, kelp farmers are harvesting on an even bigger scale. "There has been some assessment of the water quality benefits there," Peabody said. Early assessments done by the Island Institute in Maine have shown improvements in pH and carbon chemistry within kelp

cultivation areas.

These early kelp farms offer insight into what the future of kelp cultivation could look like. Peabody said it grows very quickly and can be used in many ways after being harvested. It can be grown as a sea vegetable or used as an alternative to petroleum based fertilizers.

"It's a pretty extraordinary resource," Peabody noted. "This is a potential solution that could pay for itself with the sale of various products."

Acknowledging the current political climate and its potential impact on funding, Peabody said she and her colleagues have to be more aggressive in finding ways to support their research and projects. "I think people are experiencing some anxieties and questions, but regardless of the political situation, we need to be driving forward with solutions that are going to help us hold onto water quality in the future," she said.

www.restorationfund.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

You are cordially invited to the pub's **Non-Brunch-y Brunch**
Every Sunday beginning December 3rd, 2017 serving from 10AM to 10PM
In addition to our printed menu, our chalkboard specials will feature brunch-inspired dishes for you footy-pajama sporting (or whatever your're left wearing from Saturday night) Sunday imbibers

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BAINBRIDGE'S NEIGHBOURHOOD PUB

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BAINBRIDGE



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

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	\$4
OYSTER SHOOTER*	\$3
A single locally farmed Pacific in a shot glass with cocktail sauce	
OYSTER SLIDERS	\$8
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	\$13
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	\$3
Add pulled chicken or Natural® pork	\$5
or black beans	\$3
KIMCHI FRIED BROWN RICE	\$9
with two fried eggs & locally made red sriracha	
PUB-CUT FRIES	small side \$2 plate \$4
Hand-cut russet or yam double-fried in trans-fat free canola oil	

SOUP BOWLS

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	
SOUP OF THE DAY	bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll	

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 deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of three Tacos	
ASIAN SALMON BOWL	\$21
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
STEAMED MUSSELS IN BEER	\$16
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
FISH AND CHIPS	\$17
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	\$17
Steamed Baywater® Salish Blue clams in white wine & lots of garlic 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	

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

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 Townsend-made Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

THE PUB ORIGINAL BURGER	\$13
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	\$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	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

COTTAGE PIE	\$14
Ground Harlow Cattle Co.® Grass-fed Beef & vegetables baked in a rich pub-made gravy Topped with mashed potatoes	

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, pub-made 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.	\$13
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	



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	\$11
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
SWEET PAPAS	\$11
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	
ECUADOR	\$11
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg	

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

GREENS & SALADS

WILTED KALE SALAD	\$14
Organic wilted kale with roasted butternut squash, Starvation Alley® organic dried cranberries, candied pecans, cranberry balsamic vinaigrette & goat cheese	
GRILLED CHICKEN BREAST	\$15
Organic, free-range, boneless, skinless chicken breast charbroiled & served over organic farro with roasted butternut squash, sautéed mushrooms & cranberry balsamic vinaigrette	
SMOKED SALMON TARTINE	\$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	
PUB FAVOURITE SALAD	small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions below	
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
Bob's Vegetarian Pecan® Patty	\$7
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	Mkt

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