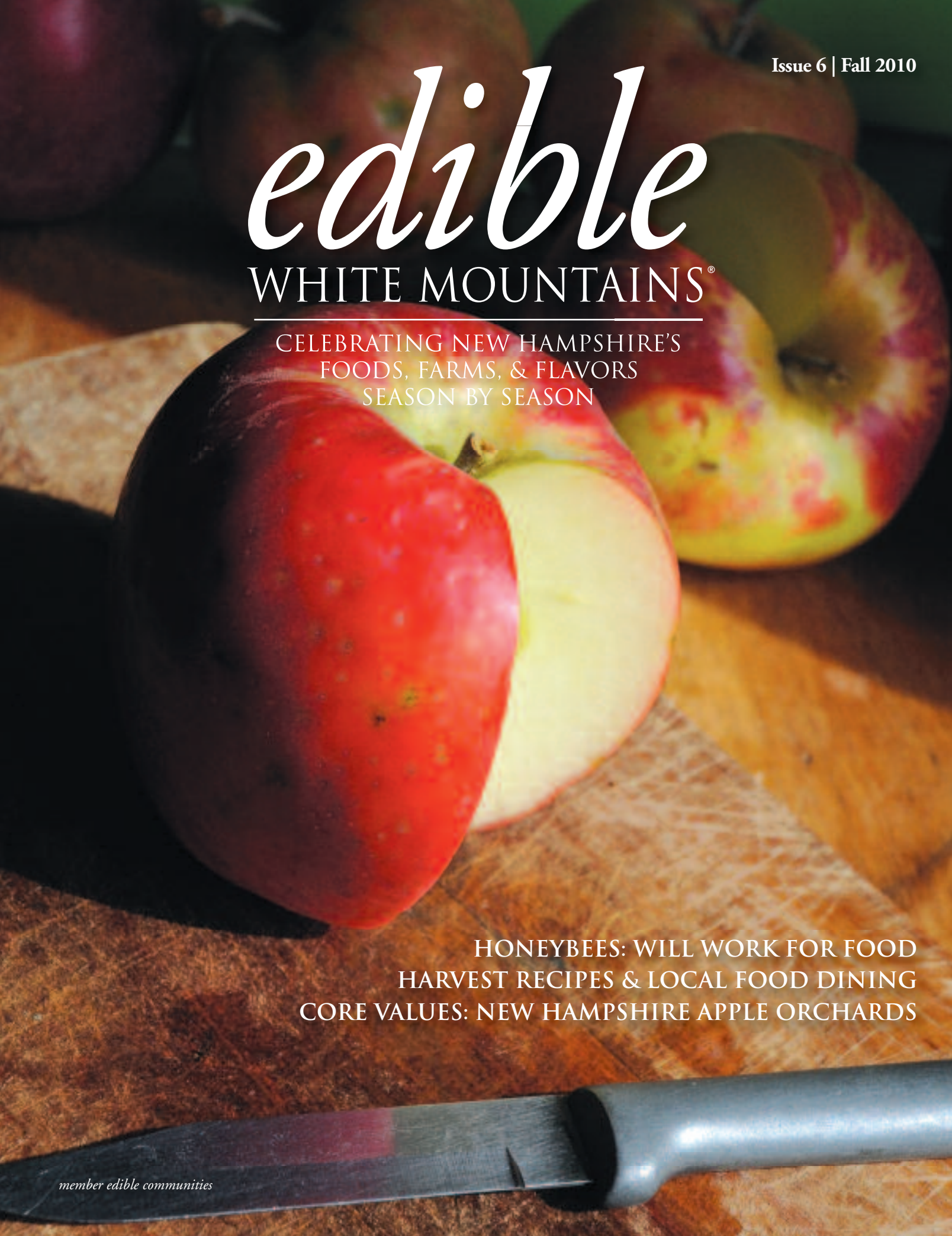
Issue 6 | Fall 2010

edible WHITE MOUNTAINS®

CELEBRATING NEW HAMPSHIRE'S
FOODS, FARMS, & FLAVORS
SEASON BY SEASON



HONEYBEES: WILL WORK FOR FOOD
HARVEST RECIPES & LOCAL FOOD DINING
CORE VALUES: NEW HAMPSHIRE APPLE ORCHARDS

member edible communities

FALL 2010

September | October | November

Farm table at Sunny's Table in Concord. *Photo by Barry Wright*

DEPARTMENTS

FEATURES

COVER *Honeycrisp Apple, Lost Nation Orchard, Groveton, NH, by Barry Wright*

GRIST FOR THE MILL

In a good year, New Hampshire apple growers produce about one million bushels of apples. A bushel contains 120 apples or so which means there are plenty of apples grown here to feed us all. There seems to be little justification then, for us to buy apples from far away places such as New Zealand and China.

Unfortunately, 2010 has been a tough year for NH apple growers. April temperatures in the mid-80's brought apple trees into an early bloom. When sub-freezing temperatures returned in mid-May, some orchards around the state were hit with irreparable damage, halting normal growth and maturity. Some apple growers I've talked to say their crop is only about 20% of average yield. Other farmers report that they won't have any apples to sell this fall; some orchards won't open for picking. Imagine if the products we sold were out of stock — no income, but the bills remain. Some orchards only suffered minor damage so be sure to stock up on those apples when you see them.

It's not easy being a farmer, especially in the Northeast where the growing season is already abbreviated. Apples weren't the only crop that suffered this year. The late frost also damaged many strawberry fields. At the same time, the summer proved to be consistently balmy resulting in more than a few pumpkin patches at full harvest by mid-July, almost two months ahead of schedule. (People don't typically think of picking up pumpkins on the way home from the beach.) Consider that it's not too early to freeze fresh pumpkin for Thanksgiving pies. Hopefully cool storage will keep those destined for late October jack-o'-lanterns in good form.

Mother Nature is not solely to blame for the adversities farmers face. The work itself is often daunting and dangerous. Over the summer, a dairy farmer across the river in Vermont died after being gored by his bull when he went to close the pasture gate one evening. A beekeeper from North Haverhill had a fatal allergic reaction after receiving multiple stings when checking on his hives one day.

Soaking it all in at Lost Nation Orchard, Groveton, NH. *Photo by Barry Wright*

Still, farming does have it rewards, and many farmers will tell you they wouldn't trade their positions for anything. We can glean delicious foods from their fields and inspiration from their work. When you read the articles in these pages, you'll be reminded how your local farmer is contributing not only to our palates, but to our sense of place as well. Please patronize local farms and farmers' markets anytime you can. And, when you have a chance, go ahead and thank a New Hampshire farmer.

Thanks to *you* for joining me along this edible journey,

edible WHITE MOUNTAINS

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NOTABLE EDIBLES

GET FRESH, GET LOCAL

Photo by Carole Topalian

Summer days may have slipped by too quickly, but the delicious autumn harvest is just beginning. No need to make a mad dash to the supermarket every evening – New Hampshire farmers, growers and producers still have loads of flavorful foods to stock our kitchens. Many **Farmers' Markets** continue into November; some occur all year round! If your summer CSA has come to an end, sign-ups for **Winter CSAs** are going on now. And there are great **Pick-Your-Own** opportunities to stock the freezer or root cellar for months. Check out these resources for more information:

NH Farmers Markets: www.nhfma.org
CSA Resources:
NH Department of Agriculture:
www.nh.gov/agric/publications/documents/csa.pdf
Seacoast Harvest Local Food Guide: www.seacoasteatlocal.org
Pick Your Own! www.pickyourown.org

SAVOR THE FLAVOR

It's often a challenge to put so much of the harvest to good use before it goes bad. Canning and preserving are well worth the time and energy so you can enjoy these healthy, local foods all year long. Before you dismiss "putting-foods-by" as tedious work that results in dusty, dull jars in the pantry, keep in mind that the process is really not all that difficult and can yield many exciting flavors for contemporary palates. *Real food* advocate Sherri Brooks Vinton moves canning out of Grandma's kitchen with recipes such as Charred Chili Barbeque Sauce, Kimchi, Squash and Onion Relish, and Sofrito. In her new book, ***Put 'Em Up!,*** Vinton takes the fear out of canning and other preserving methods with step-by-step illustrations and detailed information for even the most timid beginner. Readers choose recipes that work for the amount of produce on hand along with their time available. Vinton encourages canning with friends to lighten the load and nurture you every time you dip into your stash. An extensive technique section provides complete how-to for every kind of preserving: refrigerating, freezing, infusing, air- and oven-drying, cold- and hot-pack canning, and pickling. *Put 'Em Up!* will have the hippest foodie filling the kitchen with the preserved goodness of the season.

Sheri Brooks Vinton, *Put 'Em Up!: A Comprehensive Home Preserving Guide for the Creative Cook,* from Drying and Freezing to Canning and Pickling. Storey Publishing, 2010. $19.95, full color paperback with photos and illustrations.

COMFORT FOOD: LOCAL & CONVENIENT

Sometimes we just don't feel like cooking, and well let's face it – some of us just don't much like to cook, ever. Regardless, we all like to eat well. When the autumn air turns crisp, appetites tend to surge, especially for comfort food. **Blake's All Natural Foods** are one option when time and convenience prevail. Their organic and all natural Pot Pies are rooted in Clara Blake's free range, fresh-dressed turkeys from the Concord farm that the family started in 1929. Clara's grandson Charlie earned a degree from UNH's Thompson School of Agriculture and took over the farm in 1970. Soon after, Charlie found himself with some extra turkey meat in the farm's kitchen and decided to experiment with his grandmother's recipe for turkey pot pie. He cut the vegetables by hand, made the gravy and crust from scratch, and baked 12 pies in the oven. Charlie loaded them in the back of his '67 Chevy van, drove to St. John's Church on Main Street in Concord, and began selling the pies. Within 20 minutes he had sold out and realized he was onto something. Forty years later, Blake's claims the recipe is still the same, now using only all-natural and organic ingredients. Their product line has expanded to include more comfort food such as Farmhouse Macaroni & Cheese and Shepherd's Pie, with every meal still completely made from scratch at the fourth-generation family farm in Concord. Blake's use local distributors and local products to the extent that they are available. So when the mood for good food fast strikes, check out Blake's All Natural Foods available in specialty and select grocers. You may just want to keep a couple in the freezer and let your family and friends think you did the cooking *www.blakesallnatural.com*

SLOW $

"Only when the last tree has died and the last river been poisoned and the last fish has been caught will we realize that we cannot eat money." This Cree Indian proverb is the epitome of the **Slow Money** movement which is working to create a financial system that serves people and places as much as it serves industry and markets. Woody Tasch, a venture capitalist passionate about the earth, founded Slow Money with others as a response to money that is too fast, companies that are too big, and finance that is too complex. Tasch is convinced that our insistence on unlimited economic growth is no longer sustainable, nor to many desirable, especially over the past decade. But when it comes to the economy, many people believe that there's no such thing as too much growth. The key, according to Slow Money advocates, is to fuel a growth economy that does not pave over farmlands for suburban development, but rather puts money to work closer to home, in enterprises we understand, in businesses that are contributing to the health of our communities and bioregions.

Mimicking the concept of Slow Food, Slow Money works to make it possible for people to easily and directly connect their values to the way they spend and invest their money. It all starts with local food because building healthy, robust local food systems is the first step towards building a restorative economy. On both the national and the local level Slow Money is bringing together people who rarely find themselves in the same room — farmers, ranchers, small food entrepreneurs and community organizers, comingling with fund managers, foundation directors, venture capitalists, and bank CEOs. This was just the scene at the Slow Money Gathering held at Vermont's Shelburne Farm in June where discussions ensued and ideas were exchanged on ways to build a new economy based less on extraction and consumption, more on preservation and restoration. Tasch attests that **we must learn to invest as if food, farms and fertility mattered,** that is, shift more from venture capital to nurture capital. No farms, No food – No matter how much money you have.

www.slowmoneyalliance.org

NEW MOON EVOLVING AT THE BLUE MOON

Kath Gallant has been a trailblazer in feeding the greater Exeter community local and organic food over the past 15 years. When she opened the **Blue Moon Market & Café** back in 1995, her intent was to provide an outlet for organic and natural foods. Over the years she procured land to grow her own vegetables for the café which became a true community hub. In addition to nurturing the palate, Blue Moon Yoga was added to fulfill one-stop holistic needs. Recently, Kath has come to terms with the fact that big box supermarkets and large food conglomerates have capitalized on the natural foods industry's growth, and satisfied many customers' needs in the grocery arena.

In April, the Blue Moon held the only Chefs Collaborative Earth Dinner in the state, which was such a huge success that it propelled Kath to re-consider the future. Over the summer, she announced some big changes to this venerable Exeter institution – the market will dissolve, the café will remain relatively intact along with the yoga center, and **Blue Moon Evolution,** an omnivores solution, will be added as a full service lunch and dinner restaurant focusing on seasonally prepared foods. The menu will offer local and organic fare to satisfy everyone from the raw foodist, vegan, vegetarian, gluten-free eater, to the conscientious carnivore, with the additional offering of local crafted beer and wines. Underlying this evolution is Kath's passion to act in the global effort to reduce carbon emissions. Blue Moon Evolution will host a grand opening celebration on Saturday, October 9, 2010 (make reservations stat) to ring in 10/10/10, the day set for global reduction of carbon emissions by 350.org. True to the words of Margaret Mead, *'Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.'*

Blue Moon Evolution, 8 Clifford Street, Exeter, NH, 603.778.6850 www.bluemoonevolution.com

PRINCE OF BEVERAGES

Interested in trying your hand at making your own cider? This book's for you: ***Cider, Hard and Sweet,*** written by New Hampshire editor, and food and farm activist Ben Watson who provides an entry point into cider making. It's even a good read for anyone who simply appreciates cider. This completely revised second edition goes beyond the basics with a more advanced section on cidermaking, information on cooking with cider, along with recipes, as well as tidbits about cider styles and traditions. There's a new chapter on 'Perry' or 'Pear Cider', the little known historic beverage crafted with pears. Watson also charts the history of cider in the United States from its role as a favored colonial beverage to its disappearance under the restrictions of Prohibition, and its modern-day resurgence in artisanal cideries around the nation. He predicts that the cider culture will continue to grow, making it possible for a new generation to rediscover the pleasures of this wonderful beverage. Cider Hard and Sweet is an homage to the historic beverage, making it possible for cider enthusiasts to appreciate and evaluate this elegantly simple beverage, and is the perfect companion for fall festivals and tasting. Cider, Hard and Sweet, The Countryman Press, $24.95

FARMER'S DIARY:

A NEW OLD ORCHARD: UNCOMMON APPLES & REAL CIDER

BY LOUISA SPENCER

A working apple orchard should look peaceful and orderly. But, what about the constant activity and change that have kept our orchard going? Those are invisible. Evolving scientific research and globalized fruit markets have transformed how we farm and what we sell. Now we're **Poverty Lane Orchards** and **Farnum Hill Ciders,** spending time in ways we couldn't anticipate even ten years ago. Blunders, fumbles, and false starts have become a normal part of adapting to new horticultural knowledge and new market forces. So far, good moves seem to outnumber the not-so-good.

Steve & Louisa sampling their real cider in the orchard

In the 1960s and '70s, the hard work of managing apple orchards for wholesale markets was fairly routine. Pest and disease control, for example, meant spraying on a predetermined schedule. Since then, decades of university research have revealed more ways to cut back on chemicals. Meticulous growers manage pests and disease by constant learning, watching and calculating.

While research kicked us into better growing methods, fear kicked us out of the mainstream apple market. Back in the 20th century, prices for our traditional Mac and Cortland apples slid while gleaming Red Delicious from the west coast and chic crunchy Granny Smith from overseas poured into our regional markets. Grocery stores demanded bigger Macs, waxed, for less money. We felt doomed, since great big Macs are not best-quality Macs, and no Macs hold up well in waxing machines.

So we began grafting strange old-fashioned eating and cooking varieties onto familiar Mac and Cortland trees, finding out which grew best here and which our customers favored. Our first big step was to level big blocks of old trees and replant to selected heirloom varieties aimed at the fresh specialty market. Those became Poverty Lane's wholesale **Uncommon Apples.**

Early on, we trained and pruned for maximum uniformity and efficient harvesting. Now, our old-fashioned varieties defy uniformity. My husband, Steve, and the crew are still learning how best to train, cut, and pick each variety.

Then, we grafted and planted nasty-tasting cider apples, and began learning about fermentation. The best ciders need the bitter tannins found in two types of cider fruit: bittersweets and bittersharps, as well as the flavors of sweets and sharps that taste offensively sweet or painfully sour. We decided to grow inedible apples for delightful adult beverages that our fellow citizens could barely imagine, let alone buy. Americans knew something about wine, nothing about cider.

Steve went to winemakers' trade shows, learning techniques and meeting helpful fermentation wizards. Second-hand barrels in the barn succeeded five-gallon carboys in the basement. (Gleaming tanks came much later.) We took classes on tasting analytically and choosing words for flavors and aromas. Esoteric wine-tasting language became necessary lingo. Employees old and new sharpened their senses and expanded their vocabularies.

In the 90s we planted big new blocks of cider-apple trees in former dairy fields. This was strange behavior at the time: America's once-lively cider trade had long since been strangled by Prohibition. Huge cider apple acreage had to be sold off or replanted with eating and cooking varieties. The apple industry successfully pitched Mom, pie, and keeping the doctor away. The facts of Johnny Appleseed's life—that the apples he planted were not meant for

"…great big Macs are not best-quality Macs, and no Macs hold up well in waxing machines."

fresh eating, but for making the frontier's favorite alcoholic beverage—disappeared from his legend. Sweet apple juice was renamed "cider." Real cider became "hard cider."

It helped to re-introduce cider using wine language. Many of our cider apples sport English and French names, such as Somerset Redstreak, Foxwhelp, Medaille d'Or, Bulmer's Norman, and more. Why? Because like wine grapes, these varieties originated abroad. We learned the talk: *'Our ciders are dry and refreshing, with keen acidity, tannic structure and complex fruit and flower notes that don't say "apple" out loud. They go beautifully with food. Alcohol levels between 6.5% and 8% fall below wine levels, perfect for hot weather.'*

Progress began when some fancy restaurants in New York took notice. But the quest to bring Yanks back to cider, one by one, goes on. Gradually, the response changed from blank looks to slow recognition. More recently has come the job of keeping up active relationships with distributors and retailers, who will forget Farnum Hill Ciders if we let them.

So it's been a long strange trip since Poverty Lane Orchards shipped hand-packed wholesale McIntosh and Cortlands under a big regional brand. Today we grow little-known varieties for our own brands. Our small Mac and Cortland crops go mainly to pick-your-own and the farm stand. Local customers still flock up here every fall, but mixed in are out-of-staters who first found Farnum Hill Ciders or Poverty Lane Uncommon Apples in stores back home.

Most importantly, Farnum Hill Ciders sell year round, anchoring us against the mad motions of fresh produce markets. After heavy frost damage this spring, big crop losses look less scary with bulk tanks of saleable cider safely in the barn. Now we hope working orchards will try a few cider apples and start making their own distinctive local beverages. Our blunders will help other growers avoid their own. Consumers are noticing, at last. Unusual varieties and real cider can help strengthen American orchards for the future. *e*WM

Poverty Lane Orchards/Farnum Hill Ciders is a mom-and-pop operation owned and managed by Stephen Wood and Louisa Spencer, and made possible by employees who never stop learning. 98 Poverty Lane, Lebanon, NH 603.448.1511 www.porvertylaneorchards.com

SEASONAL KITCHEN

CHESTNUT STUFFING

A traditional Shaker recipe that keeps within their philosophy: Simple!

1 cup roasted peeled Chestnuts
1 cup cooked, mashed Sweet Potatoes or Pumpkin
1 T Butter, melted
½ cup chopped Onions, sautéed in a little butter till translucent
1 cup fresh, local Cream
2 T chopped fresh Herbs (Thyme, Sage, Rosemary, Parsley)
1 cup Bread Crumbs
Salt & Pepper to taste

Mix all ingredients together in a large mixing bowl. Stuff into turkey.

Chef Adam Olson
Greenwoods at Canterbury Shaker Village
288 Shaker Road, Canterbury NH
603.783.4238 www.greenwoodsatcsv.com

SPICY GREENS & BEANS

12 oz Kale, Spinach or Chard
¼ cup Olive Oil
4 large cloves Garlic, minced
2 cups diced Tomatoes
¼ tsp hot Red Pepper Flakes
2 cups cooked Legumes
(Cannellini, Garbanzo, or White Kidney)
¼ tsp Sea Salt
¾ cup fresh grated Romano Cheese

Heat a large skillet over moderate heat. Sauté garlic in oil for one minute. Add greens and red pepper, and simmer gently until greens cook down, about 5-6 minutes. Add tomatoes and beans and simmer for another 5-6 minutes. Serve sprinkled with cheese. For a main entrée, serve over whole grain penne or gemelli.

Adapted from *The Co-op Cookbook,* Rosemary Fifield, Chelsea Green Publishing

Photo by Carole Topalian

BLUE OX FARM
CAULIFLOWER CLOUD SOUP

This soup is very simple to make with only seven ingredients. We like to make this dish in the restaurant late in the summer and into Winter. We source the cauliflower from our friends at Blue Ox farm in Enfield, NH -- they do an amazing job! The soup is full of flavor and has a great mouth feel. The original idea was to keep it as white as possible, so make sure to pay attention while cooking and take your time. Also, the white pepper is very important, if you use black pepper, you will lose the silky white look. Yield: Five 8 oz servings

3 Tbsp unsalted Butter
1 large White Onion, julienne
1 head Cauliflower, de-stemmed, trimmed of all leaves and cut into 1" pieces
¼ tsp Kosher Salt
1 pinch White Pepper
1 quart Whole Milk, preferably from a local dairy farm
5 Tbsp Sugar
To Taste kosher salt & white pepper

In a medium sauce pot over low heat, add the butter, onions and ¼ teaspoon of kosher salt.
Sweat the onions just until soft, about three to five minutes.

Stir in the cauliflower and cook for five minutes. You don't want any browning on the bottom of the pan otherwise it will taint the color of the soup. Pour in the milk and cook slowly just until the cauliflower is tender, no longer than 30-40 minutes. Be careful not to let it boil.

Carefully pour half of the mixture into a blender, puree until smooth and repeat with the remaining mixture. Combine the two batches together and season with the sugar, salt and white pepper.

Serve hot: I like to garnish with toasted coconut or crispy fried parsnips. You can make this soup up to two days in advance; just make sure to reheat very slowly.

Executive Chef Brent Battis
Murphy's On The Green
11 South Main Street
Hanover, NH 603.643.4075
www.murphysonthegreen.com

Photo by Carole Topalian

GRILLED WHOLE TURKEY

Cooking a whole turkey is usually reserved for celebratory times when oven space is at a premium. Free up the oven for other culinary creations: Roasting a turkey on the grill still results in a juicy and delicious bird, and the skin crisps up beautifully without burning .This recipe creates its own flavourful pan juices, so there's no need to fiddle with making gravy while the turkey is resting. Enjoy the company of your guests instead!

Note: Outdoor temperature can influence cooking times when grilling, so plan for longer cooking times in colder weather. Also note that an unstuffed turkey will usually take less time to cook than a stuffed one.

Herbed butter for rubbing under turkey skin (optional):
1/4 cup (1/2 stick) unsalted Butter at room temperature
2 Tbsp finely chopped flat-leaf Parsley
1 Tbsp finely chopped fresh Thyme
1 Tbsp finely chopped fresh Sage leaves
2 cloves Garlic, minced
½ tsp Kosher Salt
¼ tsp freshly ground Black Pepper
In a small bowl, mix together all ingredients; set aside.

Turkey:
1 large Onion, roughly chopped
5 medium Carrots, halved
1 large Parsnip, halved lengthwise and quartered
2 cups Water, plus more as needed
1 cup Chicken Broth
12-14 pound Turkey, giblets and excess fat removed
1 ½ tsp Kosher Salt
1/2 tsp freshly ground Black Pepper
Stuffing, Optional

Photo by Maria Papadakis

Preheat the gas grill on medium, with the centre burner turned off.

In a large, heavy roasting pan large enough to hold the turkey, scatter onion, carrots and parsnip evenly over bottom. Place a roasting rack over the vegetables. Add water and chicken broth to pan.

If using the herbed butter, with your fingertips, start at neck end of turkey and gently create a pocket underneath skin of each breast and partly into each leg, taking care not to break the skin. Using your fingers, divide butter evenly under skin, smoothing the outside of skin to spread butter around. Rub excess butter from your fingers onto outside of turkey. Sprinkle all sides of turkey evenly with salt and pepper. Make sure you are at this stage before stuffing the turkey if doing so (and always stuff your turkey at the very last minute prior to cooking). Stuff the neck and body cavities of the turkey, seal the neck cavity with excess skin, and tie the drumsticks together using kitchen twine. Place turkey breast-side up over rack in roasting pan.

Grill the turkey: Place the roasting pan with turkey in the centre of the grill. Cover grill and cook turkey until the juices run clear when the tip of a paring knife is inserted in the thickest part of the thigh and the legs move easily at the joint when wiggled, about 2 ½ to 3 hours, adding up to 2 cups of boiling water to the roasting pan during the cooking time if the liquid seems to be evaporating. (You want to have great pan juices at the end!) When done, the internal temperature of the turkey at the thickest part of the thigh (be sure not to touch the bone) and in the centre of the stuffing should register 165°F (the internal temperature of the turkey will continue to rise after removal from the grill).

Remove the roasting pan from the grill. Carefully transfer the turkey to a platter and tent loosely with aluminum foil. Allow the turkey to rest for 15 to 20 minutes before carving. Pour the pan juices into a large bowl. Allow the juices to rest for about 10 minutes, and then skim the fat from the surface. Taste and adjust seasoning if needed. Serve the turkey with the pan juices and vegetables.

This recipe was developed and graciously shared by colleague Gail Gordon Oliver, Chef and Publisher of EDIBLE Toronto, which was nominated for a Le Cordon Bleu World Food Media Award. www.edibletoronto.com

Fall Farm Report

Northeast Family Farms

Authentic Artisan Foods

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LOCAL FARM-RAISED MEATS

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BACK OF THE HOUSE AT
REPUBLIC CAFÉ

No Lip-Service Locavores Here!

BY KC WRIGHT
PHOTOS BY BARRY WRIGHT

Ed Aloise never ate macaroni and cheese or tuna noodle casseroles until he had to rely on the food service at college. Growing up in a Mediterranean household in New York City, his home was a cultural storefront. So he found these novel "pottages" to be both enlightening and frustrating. All his life he had been exposed to a variety of culinary styles; shortcut cooking with packaged foods just wasn't one of them.

Having already succeeded well twice as restaurateurs, Aloise and his wife Claudia Rippee, may have just created their *pièce de résistance* with their Manchester's less-than-a-year-old **Republic Café.** The restaurant is poised to achieve two missions: provide a welcoming environment for all people and procure most of their menu ingredients from New Hampshire growers and producers. The menu is Mediterranean-based, inspired by Ed's heritage and their international travels as hospitality consultants. Plates reflect the cuisines of North Africa, Turkey, Lebanon, France, Spain, Greece, Morocco, and Italy.

Ed describes their new restaurant as a European model of a bar, a gastro pub, dedicated to the community, hence the name and accent: RePUBlic. Coffee, pastries, a complete dining menu, wine and a full bar are available from early morning through late evening. The variety of food and moderate pricing make Republic feasible for many. This is no easy task, but it seems to work for Ed and Claudia because they are consistent in their food and style.

Consider their farm-to-table initiatives: On any given day around 10 a.m., John or Alison from Sweetest Day Cultivators in Goffstown come in with greens (squash blossoms and edible flowers in summer). On Tuesdays, Miles Smith Farm in Loudon arrives with pasture-raised, hormone-free beef, and along the way stops by Kelly Corner Farm in Chichester to pick up natural lamb. Kerry from Milk & Honey Farm in Canterbury also arrives on Tuesdays with organic chickens, ducks, and eggs. Joe brings his sheep's milk cheese from Vermont Shepherd. Come Thursday, Valerie Jarvis from Heart Song Farm in Gilmanton delivers her creamy goat cheese while Tim from Kellie Brook Farm in Greenland brings his hams to be roasted in house. Middle Branch Farm in New Boston delivers organic produce.

Of the people – Claudia and Ed at Republic are no lip-service locavores!

Ed places daily calls to two fish vendors, one in Portland and the other on Massachusetts' north shore. The wild Alaskan salmon is certified from sustainable fisheries. The only animal protein not sourced from nearby is the unique jamon from Spain.

Although many of the local ingredients enjoyed at Republic are meats, poultry and dairy, the menu has a vegetarian dominance a la Claudia's own preferences. Small plates open the menu with hot or cold antipasti selections: Greek Gigante Beans in a braised tomato sauce, Red Quinoa and Beet Salad, Curried Roasted Cauliflower, and Sicilian Caponata to name a few.

The entrees feature Moroccan Red Lentil Stew, Monkfish Puttanesca, Falafel Fried Cod, and a Vegetable Tagine with Tunisian couscous and chickpeas. Fortunately, there's plenty of room to order several dishes as they know better than to stuff the plates with Thanksgiving-sized portions.

The menu is anything but static though. Ed painstakingly works on the blackboard specials, filling it twice daily, pending what's available, offering something interesting and unique, never the same thing twice. Specials most often sell out before the end of the afternoon or evening. A recent special, *Bad Claud's Guilt-Free Love Burger,* Ed claims will "…make a vegetarian weep and a meat eater take the bet." Indeed, it's as good as that.

The food is true and speaks for itself. As Ed admits, "We are neither culinary celebrities nor cutting-edge restaurateurs, but operators and pretty good cooks that are committed to our ingredients and to an honest effort in making our guests comfortable. We chose a concept that is not trendy but a classic approach to food, beverage and hospitality."

Claudia mandates that the animal products Republic serves are from animals that have been fed a healthy diet, treated well, and not raised in industrial conditions. Although she eats a mainly vegetarian diet, Claudia notes, "I need to be comfortable with


Farm Partners + Local Vendors
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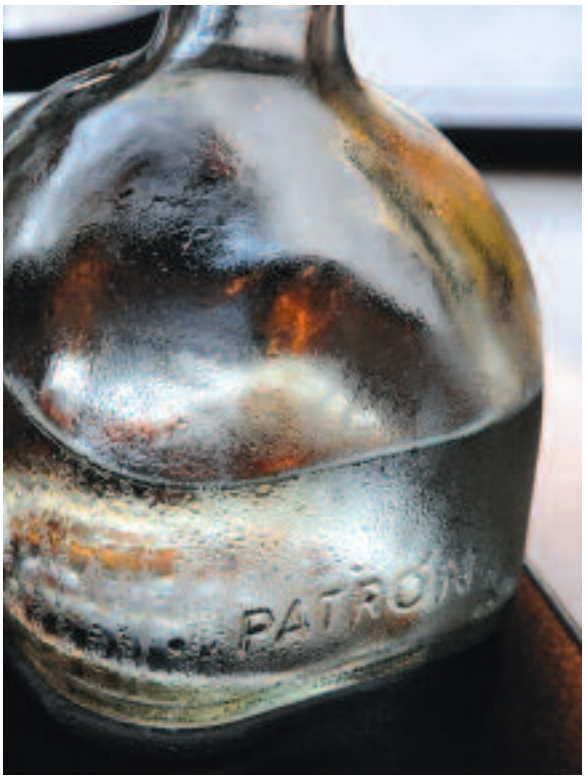
Heartsong Farm – Pineland Farms
City Roaster – Hatchland Dairy
Milk & Honey Farm – Kellie Brook Farm
Kelly Corner Farm – Freedom Fish
Vermont Shepard – Mass Bay Seafood
Webster Street Farm – Sweetest Dairy Cultivators
Robie Farm – Lebanon Dairy
No Farms - No Food
Republiccafe.com


PATRON


Re Public

what's on our menu, that we've honored, and respected the animals we eat. There's got to be a comfort factor here."

This humane philosophy is reinforced at Republic on Tuesdays when 3% of sales are donated to the Manchester Animal Shelter as well as to the NH Food Bank. Ed is particularly passionate about hunger issues, having spent 15 years volunteering for Share Our Strength's Taste of the Nation. Some regular customers have taken on this societal momentum by choosing to host their after work gatherings at the restaurant on Tuesdays.

Procuring much of the menu's food from local and regional producers has its challenges with distribution being the main roadblock, literally. Claudia has joined the efforts of the New Hampshire Farm To Restaurant program, which is trying to create a distribution system that will work with independent farmers (who are at the mercy of weather, product demand, and other uncontrollable variables) and the specific needs and budget constraints of chefs and restaurants. Republic has reached out to some growers who at first appeared interested in helping to fill the larder, but later realized it was not feasible to make the deliveries. Being on the receiving end of an intermittent inventory does not bode well for menu planning.

Local farmers and growers can't always offer prices competitive with large food service distributors simply due to the economies of scale, despite the fact that the local grower most often has a far superior product. Ed recognizes the need to be efficient in using local foods. When the fresh chickens and duck arrive from Milk & Honey Farm, Ed spends Tuesday afternoons processing the birds, slow cooking the meat until it's moist and rich. The chicken confit, after being dry rubbed and pressed for 24 hours, is braised in oil and the remainder of the previous cooking liquids for hours.

Republic also has its own in-house bakery with a full time baker who arrives in the middle of each night to churn out biscotti, scones, cinnamon twist bread, galettes, almond horns with chocolate, quiche, Panini, and flatbread. Baker Ryan Musgrove, trained in Germany, makes an amazing country rye for croques (hot ham and cheese grilled sandwiches). His German chocolate cake is authentic. Since Republic opens daily at 8:00 a.m., the aroma from the oven is relentless. Fortunately, there's espresso at the ready to help succumb to the fresh pastry.

Republic opened along Manchester's Elm Street in the former Desjardins jewelry shop. Extensive renovations revealed a maple floor in what is now the dining room and a brick wall that's been exposed. Although Claudia is a seasoned chef and baker in her own right, more recently she has focused on her art. The restaurant's walls are flanked with her remarkable photographic graffiti on canvas that stimulates the social conscience.

A marble bar encloses a custom-made beverage tower that keeps beer and wine fresh on tap. The casual atmosphere – open seating with the bar and dining room sharing the same space; the easy smiles of staff; the kitchen exposed with its whirl of activity; the dynamic chalkboard specials listed as if they were messages next to your home phone; the glow of the warm lighting – all evoke the sociability that the restaurant's name summons. Individual patrons come in for an espresso while reading the paper or to take advantage

of the wireless Internet. Friends stop to share a beer at the end of a workday. Couples talk over a glass of wine. Larger parties come in for celebrations. Late evening brings people in for a nightcap or a coffee. Conversations ensue, whether intimate or lively. The window seats are a great vantage point to watch the people parade on Elm Street.

In 1990, Ed and Claudia opened and ran Café Pavone in Manchester's mill district, creating good food and customer relationships for 10 years. That location is now home to Chef Jeff Paige's Cotton Restaurant. Ironically, the long view from Republic's front door captures Cotton's illuminated mill yard sign, and a glimpse of the mountains in the distance. Following their success at Café Pavone, Ed and Claudia had the opportunity to travel before opening up the Milltowne Grille at Manchester's Airport that serves surprisingly good food. Just about everything at the Milltowne Grille is made from scratch including chowders, pizza dough, crepes and more – definitely not your typical airport fare.

Ed describes himself as uniquely impatient – standing at the window counter, fervently shucking gigante beans one morning, assessing the pulse of Elm Street. Claudia appears more laid back, turning out her creativity from the background. Because it's been hard at times to get fresh vegetables in season, the couple has even brought in greens from their home garden. They are batting around the idea of putting in a rooftop garden next spring to help stock the restaurant.

The couple believes the more successful they are with their farm-to table initiatives at Republic, the more pressure other restaurants will have in stepping up to the buy local plate, (and not just for one month during the summer). In turn, farmers, growers, and producers will be more secure with their efforts and investments. Both restaurateurs and farmers are under an immense amount of pressure with slim profit margins most of the time. Procuring local ingredients and creating distribution channels will benefit both the community and customer palates.

The reward for Ed and Claudia at Republic comes when a guest pokes his or her head into the open kitchen or stands at the front door and thanks them for being in the Manchester community. "I cannot imagine doing anything else, but what I do," says Ed. "I would not have the creative outlet, the addictive buzz, and that romance that has been going on for almost 30 years with Claudia."

Their mission-driven menu is a boon to the community. Their cooking is influenced by their experience, travels and the availability of local ingredients. Republic is their baby. And baby, they are nurturing it well! *e*WM

Republic Café
1069 Elm St, Manchester, NH
603.666.3723 republiccafe.com

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September

2 **HAVE KNIVES WILL TRAVEL: CHEF SWAP**
At Cotton Food & Drink ~ Chef/Owner Jeff Paige celebrating 10th Anniversary Hosts Matt Provencher, Chef of Richard's Bistro celebrating 15th Anniversary, 75 Arms St, Manchester, NH 603.622.5488 www.cottonfood.com

12 **NH FARM TO RESTAURANT GROWERS' LUNCH**
Chef Paula Snow's own work on organic farms provides for a unique early fall lunch at the bucolic Home Hill Inn. 1:00 pm, 703 River Rd, Plainfield, NH 603.675.6165 www.homehillinn.com

18 **PRESERVING PRODUCE WORKSHOP**
Learn basic methods for preserving fruits and vegetables, 10am-Noon, Remick Farm & Museum, 603.323.7591, www.remickmuseum.org

19 **HEIRLOOM HARVEST BARN DINNER** w/Chef Evan Mallett, Black Trumpet Enjoy dinner with local farmers and their harvest prepared by area chefs. Berry Hill Farm, 617.236.5200
chefscollaborative.org/programs/raft-grow-out

22 **UNIVERSITY OF NEW HAMPSHIRE LOCAL HARVEST FEAST** Breakfast, Lunch & Dinner, Open to the Public www.unh.edu/dining/specials/events.html

25 **THE FISHTIVAL! NH FISH & LOBSTER FESTIVAL**
Celebrating 400 Years of Local Seafood
www.prescottpark.org/fish.cfm
105 Marcy Street, Prescott Park, Historic Portsmouth, NH

October

3 **HARVEST DAY ~ MUSTER FIELD FARM**
North Sutton, NH, 603.927.4276
www.musterfieldfarm.com

9 **FALL FESTIVAL ~ STRAWBERRY BANKE**
14 Hancock Street, Portsmouth, 603.433.1100
www.strawberrybanke.org

10 **FARM DAY ~ MILES SMITH FARM** | Highland Cattle
56 Whitehouse Road, Loudon, NH 603.783.5159
www.milessmithfarm.com

16 **HEARTHSIDE DINNER** ~ Remick Farm & Museum (also Sep 18) Historic cooking comes alive with farm fresh foods prepared on open hearth 5pm, 603.323.7591
www.remickmuseum.org

18 **NH FARM TO RESTAURANT GROWERS' DINNER**
Chef Trish Taylor provides the 'best value' Capital Region Harvest Grappone Center, 70 Constitution Ave, Concord, NH, 603.225.0303 www.nhfarmtorestaurant.com

November

6&7 **NEW HAMPSHIRE OPEN DOORS**
Picturesque roads lead to artisan studios, wineries, restaurants, farms, and more.
603.224.3375 www.nhopendoors.com

7 **NEW HAMPSHIRE GROWERS' DINNER**
The Inn at East Hill Farm, 260 Monadnock Street, Troy, NH, 5pm Hors d'oeuvres, 6pm Dinner featuring local produce, dairy, meat 603.242.695 www.east-hill-farm.com

11 **HOLIDAY COOKING WITH HERBS** ~ Herbalist Maria Noel Groves 6-7pm Concord Cooperative Market, 24 S Main St, Concord, NH 603.410.3099
www.concordfoodcoop.coop

13 **HISTORIC THANKSGIVING** ~ Traditional foods prepared on open hearth, 11am-3pm Remick Museum & Farm, 58 Cleveland Hill Road, Tamworth, NH
603.323.7591 www.remickmuseum.org

THE ORGANIC APPLE ACTIVIST

ONE MAN'S PURSUIT OF COMMUNITY-BASED ORCHARDS

BY KC WRIGHT
PHOTOS BY BARRY WRIGHT

Driving up to Michael Phillips' organic apple orchard in Groveton, New Hampshire, it begins to make complete sense that his property is on Lost Nation Road. Hidden away in the state's mountain country, the small farm sits deep in the woods off of Route 3, midway between Littleton and Colebrook in Coos County. And after meeting Phillips and learning some about his endless pursuit to produce the most flavorful and healthy organic apples within the dynamics of the ecosystem, it's also understandable that his grove is named **Lost Nation Orchard.** It's not an orchard frequented by many, nor will it ever be. But it's a destination, and a jewel at that.

It's only been in the past hundred years or so that apple growers conformed to chemical methods of orcharding. Today, many orchardists and experts believe that it's impossible to grow organic apples. The dichotomy here lies within the commercial realities of today's economy: the constant dedication and intense labor required to produce a successful organic crop can stress a small farm to the max. In return, an organic apple farmer needs to charge close to $2.00 a pound for select organic apples. This is a good bargain though when you consider the benefits to a community that a working orchard brings and the healthy food it provides. Phillips believes that the future of sustainable agriculture lies in the hands of people willing to invest in local skills and resources.

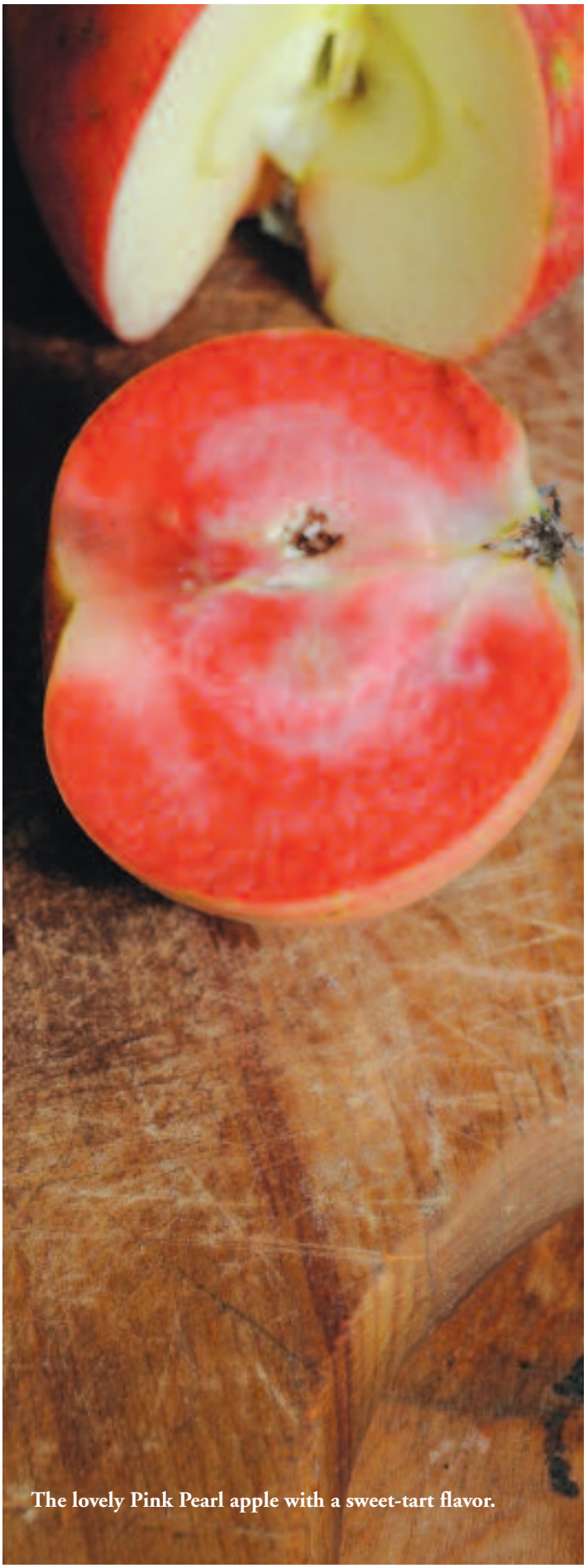
Some consider Phillips to be an unorthodox apple grower by today's standards. In fact, there are very few orchardists around the country who are successfully harvesting good organic fruit by implementing age old practices along with methods gleaned from current integrated pest management (IPM) research. Phillips is passionate about producing an organic crop of apples using holistic methods in an ever-evolving climate. He recognizes that those who have failed in their efforts to grow apples free of chemicals were following old school organic methods, basically substituting less effective natural materials for chemical ones. Phillips explains that what is truly necessary for producing apples without chemicals is building tree health and microbe connections, that is, working beyond an artillery of spraying. He believes that how an apple is grown determines how well it tastes.

Phillips likes to say that he retired at the age of 23 from a career in civil engineering after getting fed up sitting in bumper-to-bumper traffic en route to work in Washington D.C. Thinking that there was a better place to watch the sun rise, he moved north and began crafting holistic approaches and methods to grow healthy fruit. Several decades later, Phillips finds that working with ecosystem dynamics, encouraging biodiversity, and the challenges of pests and disease is more satisfying than relying on sprays, natural or not, thus his growing practices go beyond organic.

The mountains surrounding Lost Nation have an influence on spring arrival as well as pollination. He watches for the behavior of honeybees and blue orchard bees, hoping they are true to their mission. He uses fermented teas of nettle and comfrey, pure neem oil (sourced from tropical evergreens), kaolin clay, liquid fish and friendly microorganisms that he believes enhances the flavor of his fruit. He gleans herbal insights from his wife Nancy, a noted herbalist on their **Heartsong Farm** where Lost Nation Orchard resides. All this work hinges on patient investment year after year.

Yet these are not consistent nor fool-proof methods. One of the challenges of climate change is the far more erratic weather. Spring brings optimism, but the spring of 2010 was a wicked season for many apple growers around New England. The mid-May freeze, after an early April bloom, left many orchards without much of a harvest. Lost Nation's yield is only about 10-20% of the usual crop. Ironically, according to Phillips, the fruit that did survive is both large and beautiful (if only ten or so apples to a single tree). Ever looking on the bright side, he says that producing little fruit this year allows the trees some rest, so that they will likely return with a

Michael Philips picking his organic apples during a good harvest.



The lovely Pink Pearl apple with a sweet-tart flavor.

vigorous bloom next year, and the potential for a "fantastic" crop – so long as the weather cooperates.

In a good year though, a generous harvest season will fill Phillips' post and beam barn with 60-some varieties of apples. Lost Nation is not a pick-your-own orchard, rather customers are invited on fall weekends to select tree-ripened fruits as they come ready. It's a real treat to choose from these apples along with a few pear varieties grown here, the reward for making the trip, which in itself is a nice way to spend an autumn day.

Phillips works to preserve heritage varieties of apples, and encourages people to appreciate these lesser-known varieties. There's the lovely Pink Pearl, seemingly too pretty to eat, as well as Gravenstein, Redfree, William's Pride, Zestar, and the venerable Duchess of Oldenburg which Phillips rates among the top five pie apples. A cutting board and knife are always on hand in the apple barn. When Phillips offers up a slice of a heritage apple, people typically react with surprising pleasure.

A few years ago, Phillips was recognized by Slow Food USA for helping to preserve apples in danger of extinction. He extends his community orcharding efforts with grassroots networking, offering an online newsletter for growers keen on holistic methods and heritage varieties. Each June he holds an annual orcharding class, Organic Apple Intensive, to inspire apple lovers to pursue their orchard dreams with practical insights. His book, *The Apple Grower, A Guide for the Organic Orchardist,* first appeared in 1998, and was revised and expanded a few years ago. With over 25,000 copies in circulation, Phillips' book is helping people grow healthy fruit for their communities and rebuild their enthusiasm for heirloom varieties.

It has taken years to learn the nuances of an ecosystem approach to orcharding. Phillips keeps a nursery full of rootstock readily available to budding and veteran orchardists alike. Highly sought out for consultations and speaking events, Phillips now shares his experiences to help new growers accelerate along their own learning curves. There are plans to resurrect the former Lost Nation Cider Mill, which was closed over a decade ago when federal regulations interfered due to fears about *E. coli* in unpasteurized cider. The effort will ultimately be community-based with the cider available only to shareholders.

Phillips will be the first to tell you that being flexible is a requisite farmer's mantra. Despite the immense challenges, it is possible to grow healthy, flavorful apples with little or no synthetic chemicals. Phillips continues to achieve this by combining the forgotten wisdom of our ancestors with the best research knowledge and techniques of today. Every orchard is unique, but Lost Nation and Michael Phillips are priceless. *e*WM

Heartsong Farm ~ Lost Nation Orchard • www.herbsandapples.com

HONEYBEES: WILL WORK FOR FOOD

BY LISA GARCIA

Photo by Carole Topalian

Traditionally, each fall throughout New Hampshire, farmers give thanks for the harvest and consumers give thanks for the tasty bounty. Few people, however, give thanks to an insect that made the harvest possible—*Apis mellifera.*

NO HONEY BEES, NO FOOD.

Yes, the honeybee is the unsung and often overlooked hero of our harvest season. According to Allen Lindahl, president of the New Hampshire Beekeepers' Association, "One third of the food we eat is the result of pollinating insects, of which honeybees are the best pollinators. Without honeybees we don't have food." Bees are such an integral part of agriculture that some farmers will arrange with a beekeeper to have hives brought to a field or orchard when the plants are flowering. This symbiotic relationship between bees and our local food supply is critical.

Yet this vital interrelationship has been threatened and damaged by a phenomenon known as Colony Collapse Disorder (CCD) in which hives that were healthy the month before will suddenly become deserted. "Everything can be going fine with the hive and then suddenly you have no bees," explains Lindahl. Although no figures were available regarding the percentage of beekeepers in New Hampshire who had hives with CCD, last year 28% of beekeepers in the United States experienced this disorder.

The cause of CCD is somewhat mysterious, but it is believed to be linked to certain viruses, and perhaps the improper use of fungicides and pesticides. Lindahl says it is not just farmers using these chemicals who can cause trouble for honeybees; consumers also contribute. According to Lindahl, honeybees often fly two to

five miles to collect nectar, venturing far from from the beekeeper's property and becoming exposed to many uncontrollable human factors affecting the environment.

Interestingly, there's some new research underway in New Hampshire with experimental "top bar" hives that may provide a more natural and healthy environment for the bees. The top bar hives are elongated, horizontal structures (ironically resembling covered bridges), in contrast to the standard vertical ten box hives. There are 18 beekeepers across the state participating in a study led by the Kearsarge Beekeepers Association, with funding from the USDA Specialty Crop Grant project. The bees seem to be doing well so far in the top bar hives, which have the added benefit of providing easy handling. However, there is some concern how well the bees will do in the top bar hives over the winter. Researchers and beekeepers will eagerly await study results.

Cutting Farm Honey, West Springfield, NH
Photo by Barry Wright

BUSY AS A BEE

Only female honey bees leave the hive to collect nectar, with each bee visiting 50 to 100 flowers each time she leaves the hive during her four to six week life span. In her short life, she will produce about 1/12 of a teaspoon of honey. To produce a pound of honey requires approximately 20,000 honeybees flying over 55,000 air miles and tapping over 2 million flowers. Fortunately, hives typically contain 40,000 to 60,000 bees in the summer, including the queen and male drones that work in the hive.

In a good year, a healthy colony will produce 40 to 100 pounds of honey per hive, not including the wax comb. The amount produced is dependent on the number of bees in the hive, nectar resources, and weather conditions. "Weather is key," explains Lindahl. "If it's raining the bees are not flying." When harvesting, typically during fall, beekeepers will leave some honey in the hive to get the colony though the New Hampshire winter.

Exactly how much honey is produced in New Hampshire on an annual basis is hard to determine, since honey production figures for the state are not reported to the U.S. Department of Agriculture. Most of the 400 to 500 beekeepers in New Hampshire are hobbyists and keep only 1 or 2 hives. Honey is usually the only product sold from their hives as the number of hives required to produce wax on a commercial basis ranges from 30 to 100 hives.

RAW? PROCESSED? WHAT'S THE DIFFERENCE?

Honey is a blend of essences from the millions of flowers that were visited by the hive's bees. As such, the honey produced by a hive will have its own unique flavor. If the honey has been produced primarily from one type of flower, the honey may be marketed as a particular variety of honey such as clover or apple blossom honey. The golden color of the honey will also vary from pale to dark, with darker honey offering a stronger flavor.

When buying honey from local beekeepers, you're usually purchasing "raw" honey. This doesn't mean that it is still in the wax; in that case it is referred to as "comb honey." What raw means, according to Lindahl, is that the honey has been extracted from the comb by removing the capping wax and spinning the comb in an extractor to draw the honey from the wax comb where it was stored by the honeybees. The honey is then poured through material to strain out any bits of wax or foreign matter. After the honey has been extracted, the frame with the wax comb is returned to the hive for the bees to refill.

Processed honey, the type usually found in grocery stores, has been heated to at least 150 degrees, making it less prone to crystallization. "Processed honey has essentially been pasteurized," explains Lindahl. "Basically all you have is sugar because the enzymes have been destroyed." According to Lindahl, the honey sold in supermarkets is sometimes from overseas, purchased by large companies from a variety of sources, including China, and then repackaged.

BUY LOCAL HONEY!

Visit farmers' markets around the state. If there's no honey for sale, ask one of the farmers if they know of anyone keeping bees in the area. Another option is to visit your local natural food store or co-op. The New Hampshire Beekeepers' Association (www.nhbeekeepers.org) has a listing of local beekeeping clubs that are good contacts for local honey.

For non-beekeepers, instead of viewing a honeybee as a pesky interloper, imagine that small life, heavily weighed down with pollen on the way back to the hive, ready to use the nectar to make honey. The sweet benefit we enjoy from the work of the honeybee goes far beyond the golden elixir. Unbeknownst to the simple honeybee, as she moves from plant to plant she, is performing pollination so we can enjoy fresh pumpkin pie, corn on the cob, Swiss chard, homemade applesauce, and much, much more. Pollination is not the bee's agenda, rather it is just part of the amazing interrelationship of the insect and plant that puts good food on our tables! *e*WM

Lisa Garcia lives in the Lakes Region, but she travels throughout the state for "just about anything related to food." She can be reached at lgarcianh@yahoo.com

CORE VALUES:
STEWARDS OF AN APPLE ORCHARD

BY TRACEY MILLER

Joanie & Charlie Pratt with orchard dog, Spirit
Photo by Tracey Miller

Twenty-eight years ago, teachers Joanie and Charlie Pratt had an itch to buy some land away from their home in Exeter to plant a garden and grow their own food. Their scratching led them to buy Apple Annie orchard, where they began second careers and a new way of life in an old farmhouse surrounded by 150 apple trees in Brentwood.

"Somehow the gently sloping hillside, the twisted old apple trees in their neat parallel rows, the quiet country road, the warm spring air—everything urged us to try it and see," Joanie wrote in *Take the Apple,* a book of essays, poems and recipes that she co-authored with Charlie. "I guess if we live here, we'll have to grow apples."

Both seasoned educators—Joanie taught art history at the University of New Hampshire while Charlie taught English at Phillips Exeter Academy—the two didn't know a thing about caring for an apple orchard. But with their two children off to college, they became students again themselves, learning the art of pruning Cortlands and McIntoshes and the science of how to protect their apples from insects and fungi through integrated pest management.

As caretakers of the farm, they found growing food to be nurturing, "…like having more children to take care of," they both agreed. The orchard has surely grown over the years, as they planted more trees and expanded their harvest. But this winter, Joanie and Charlie will say goodbye to Apple Annie when they sell their home and the land that has been their livelihood and sustenance from season to season.

Each spring, they walked the orchard with their handsaw to prune, in order to encourage the most vigorous growth. Charlie climbed up the trees to work the upper branches while Joanie made the lower cuts with the pole pruner and clippers. In the fall, Charlie picked the apples and managed the cider pressing operation while Joanie sorted, packaged, and oversaw the kitchen operations that produced handmade pies, applesauce, and cider syrup.

They intentionally kept their apple business small over the years so it wasn't all-consuming and they could "stay cheerful behind the counter." Their most significant "submission to technology" was the $100 electronic calculator/cash register that they purchased in 1996 to replace their cash box and hand written sales pads. To keep up with demand for their fresh cider, they also traded in an old hand press, which produced only two gallons of cider every half hour, for a foot-operated hydraulic jack cider press, which produces nearly five times as much cider in the same amount of time.

Each autumn they hosted school children and taught them how to pick apples (lift, twist, and pull!) and make cider. One of Joanie's favorite memories is Charlie teaching the kids how to use the cider press as he got them all to shout in harmony, "press! press! press!"

Unlike creating lesson plans and grading papers, running a farm involves hard physical labor, and they rose to the occasion as if farming had been in their blood for many generations. "I don't know anyone who works physically harder than they do, or is [more] committed to this lifestyle," attested their daughter Sarah. "Work and life are the same thing." Both Joanie and Charlie continued their teaching jobs in the winter, when their most pressing work on the farm was cleaning up the woodpile and taking care of paperwork.

Some of their most joyous moments have been watching visitors come back each fall to pick apples, including the couple that routinely returns to celebrate their engagement. The Pratts will never forget the hailstorm on July 11, 2006 that tore its way through the orchard and left its mark. "Every single apple in the orchard was scarred and had cuts. It came like a machine gun," Charlie said. That year apples were sold at a discount—called *Hail Annies*—and they made lots of cider.

The Pratts also grow much of their own food, produce maple syrup, and have raised chickens and pigs for themselves. "I like being self sufficient and not being beholden to a grocery store with cans and packages that come from who knows where," Joanie said. She enjoys watching a seed grow and turning it in to something to eat. "It provides a direct connection to our food and just tastes better when it's [only] minutes or hours old."

In their late 60s, they decided they needed a long-term plan to ensure a source for fresh organic vegetables and thought maybe a Community Supported Agriculture (CSA) model might work well in conjunction with the orchard, but they didn't have enough land. After a couple of phone calls they were offered a few acres in Brentwood by a local resident. In the spring of 2004, along with other community members, they hired a farmer and launched the Willow Pond Farm CSA with 25 members.

The first farmer, Kate Donald, has fond memories of the Pratts. "Joanie and Charlie immediately took me under their wing and made sure I had everything I needed. They helped me find an apartment, brought me food from their garden, and devoted countless hours to the CSA. They often invited me for lunch—soup, apples and cheese in the winter, and BLTs in the summer, always with Charlie's fresh-baked bread," Donald recalls. "For years, Joanie dropped off fresh eggs on my doorstep every week, often with an extra treat from her garden—early spring salad greens, a bundle of asparagus, a pint of raspberries, a container of applesauce, or a sprig of rosemary with a note that said *'rosemary for friendship,*'" she continues.

The Pratts were committed to minimizing their "footprint" in other ways, such as securing a conservation easement for their orchard and adding 16 solar panels to their 200 year-old farmhouse. "Most of the year we generate more electricity than we use, except the fall when we turn on the coolers for the apples," said Charlie. They drive a hybrid car and are constantly educating themselves about sustainable and organic farming methods and sharing that information with others. Joanie served on the Brentwood energy commission and Charlie on the town planning board.

This year brought their biggest disappointment of all when a late frost in May wiped out most of their crop. When they heard on the news that the last time the area had seen such weather so late in the season was in back in 1983, the same year they bought the farm, they realized that was why there were no apples that fall. "We just assumed it was because the orchard was neglected the past year since no one owned it," explained Charlie. "There was nothing edible that first year, nothing edible at all." Ironically, they now face that prospect again, in their last year on the farm.

Joanie and Charlie met in their 20s on Cape Cod over a tuna fish sandwich at a lunch that their mothers arranged. Joanie was from Long Island and Charlie from Concord, Massachusetts. They learned then that they shared the same birthday. Over the years they have shared much more than the same birthday as they tended to the apple orchard, which is about the same age as the couple.

At 75 and 71 Charlie and Joanie haven't slowed down much. As they move on to new adventures later this fall, they leave Apple Annie stronger than they found her, with images to hold onto as crisp and sweet as the apples they've grown. Their book *Take The Apple* shares those reflections. Charlie has two other books of poetry: *In The Orchard* and *Still Here,* and a new book, *From The Box Marked Some Are Missing,* which is being launched early this fall as part of the new Hobblebush Granite State Poetry Series (www.hobblebush.com).

Their only retirement plans are to spend more time with their children and five grandchildren. They'll plant Willow Pond's first potato crop in the spring. They also want to do some traveling, spend more time at their house on Cape Cod, and find a new home nearby where there is a yard big enough for a garden. "I would tear up lawn in a minute to put food in it," Joanie said. As stewards of the orchard, the apple doesn't fall far from the tree. *e*WM

Tracey Miller is a health coach, cooking instructor, and health and wellness educator. You can find more about her and the farmers she buys from along with lots of recipes at www.traceymillerwellness.com or email her at tracey@traceymillerwellness.com.

Opposite: Barn with solar panels at Apple Annie's in Brentwood
Photo by Barry Wright

INTO PLACE

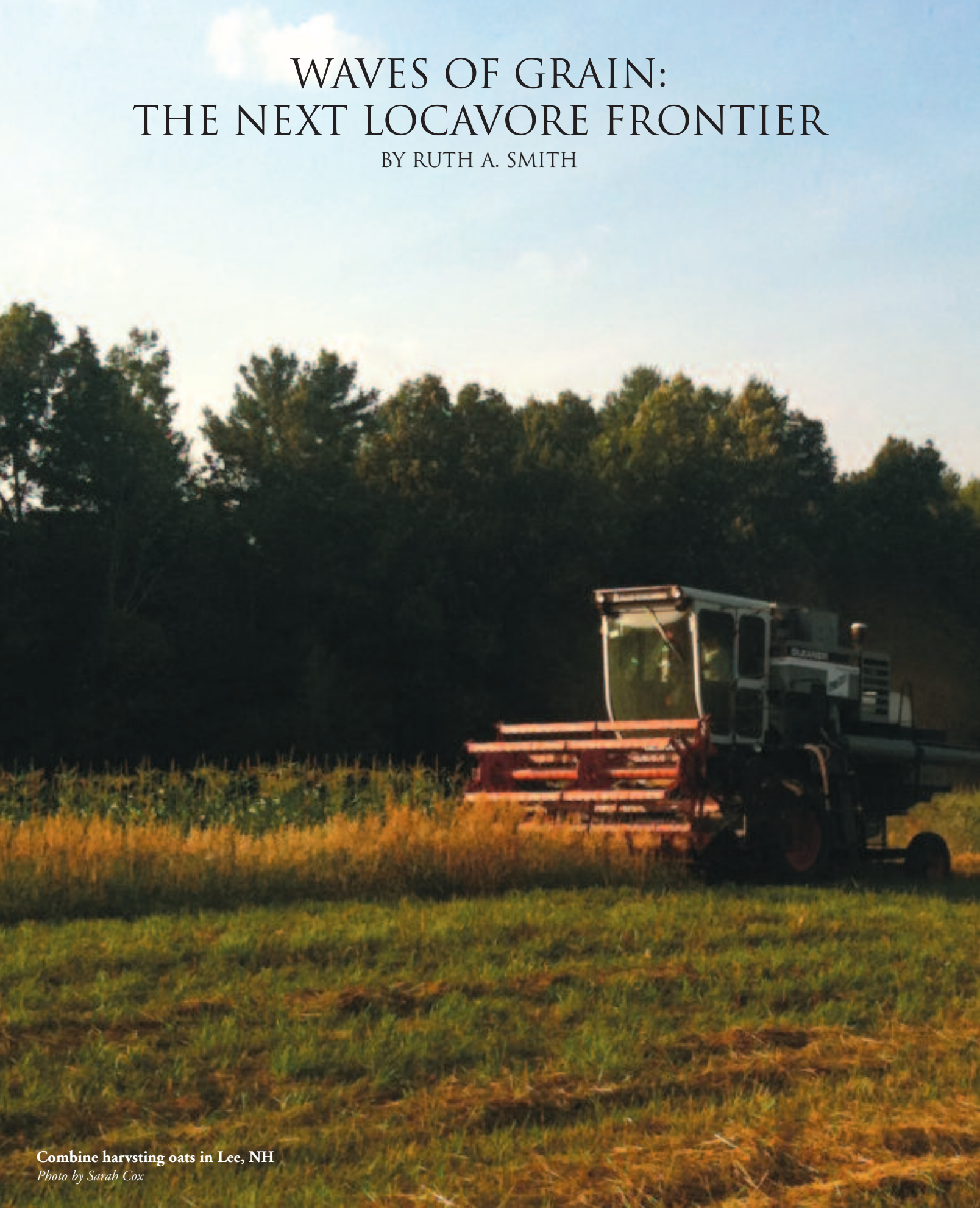
It's not so much a departure, as an arrival,
Or rather, a having arrived—as when, out driving
You pass an orchard on a southward hill,
Old apple trees aslant in heaps of prunings.
For sale. What do you know of apples? Still.
One morning you wake up under a different ceiling.

And feeling that you've not chosen but been chosen.
Are something less than owner, more than guest.
You fertilize and mow, attend the slow
Growth of apples readying for harvest,
And settle into place like leaves or snow,
Unfold like a letter delivered as addressed.

-- Charlie Pratt

WAVES OF GRAIN: THE NEXT LOCAVORE FRONTIER

BY RUTH A. SMITH



Combine harvsting oats in Lee, NH
Photo by Sarah Cox

From apples to watermelon, asparagus to zucchini, balsamic dressing to strawberry jam; from buffalo to venison, cream to quark, honey to maple syrup, cider to spring water, and from wine to vodka – a diet composed mainly of local foods is readily available. But what about grains? Most likely, the grains (oat, barley, wheat, etc.) in your cereal, bread, pancake, waffle, cookie, pretzel, cracker, pizza, and pasta don't contain grain that came from anywhere nearby. Why is that?

Most people would answer by saying that New England doesn't have the wide open prairie landscape thought to be necessary for growing fields of grain. While that is true, it doesn't mean that grain hasn't been grown here or couldn't be grown again in our region. The real reason is that there are gaps – gaps in knowledge, research, infrastructure, and specialized equipment.

Gardeners and farmers who grow vegetables have plenty of places to turn for advice and support. That can't be said for northeast grain producers. According to Juli Brussell, Agricultural Resources Program Leader with UNH Cooperative Extension, "There's no agronomist [soil scientist] at the University or Extension Service. In order for us to ramp up to help farmers we need more research and focus in this area." She adds that this is vital because, "Grains are the next locavore frontier."

Across the borders in Vermont and Maine, a growing demand for local and organically-produced food, along with state funding and support, is driving more farmers in both states to produce wheat, rye, oats, barley, spelt, and other grain crops. Here in New Hampshire, there are a few pioneers willing to tackle this new frontier despite the void in support systems. About two years ago, ten farmers in the seacoast region formed the **Great Bay Grain Cooperative** to pool their resources, share equipment, and experiment with reviving what was once a very important aspect of New Hampshire's agricultural landscape. Their goal is to return more land to agricultural production, increase soil health, and contribute a major ingredient to our local food supply. Dorn Cox of **Tuckaway Farm** in Lee, one of the grain co-op members, believes that it is possible to produce high-yielding, healthy grains in New Hampshire. "We could feed a lot of people. It doesn't take thousands of acres or the best land to vastly increase our local grain production."

It's not likely that New Hampshire will ever be known as a bread basket state like Kansas, but any increase would be significant. This year, members of the Great Bay Co-op have grown winter and spring wheat, triticale, rye, oats, barley, spelt, buckwheat, canola, soybeans and sunflowers. According to Cox, almost all of the grain

"It just doesn't take that much grain to make bread or pasta."

(many tons) is being used as animal feed, but some (a few hundred pounds) is being sold at farmers markets with a higher percentage starting this fall. Of course Great Bay Co-op members enjoy the grains at home; "It just doesn't take that much grain to make bread or pasta," states Cox. The Co-op has plans to add a de-huller into the equipment mix, which will enable easier processing of oats, spelt, barley and buckwheat, and maybe even rice in the future.

Determining what varieties of grain grow best in this area is one way for New Hampshire to catch up with its neighbors. A grain that does well in northern Vermont may not be the same one that thrives in coastal New Hampshire. The Great Bay farmers are trying nine different varieties to see which have the highest yield, best disease resistance, and overall desirable qualities. By working with different crops and comparing notes at the end of a season, the group is collectively gaining knowledge that would take an individual farmer years to accumulate. In addition to swapping knowledge, the co-op is also sharing equipment. Grains require very specialized and expensive equipment if they are grown on a commercial scale. Grain drills are used for planting; combines for harvesting, threshing and winnowing. The Co-op is going to great lengths and distances to acquire the necessary machinery to power their study.

Some grain varieties are better for bread flour, pastry flour, or brewing. The timing of the harvest is critical to making sure that the grain has the desired properties for a specific use. Most critical is the infrastructure required for processing. During the mid-1800s t there were over 10,000 grist mills throughout Northern New England. Farmers must now rely on a limited number of mills, storage facilities, and distribution systems that exist only in dispersed pockets, if at all. All of these steps add to the cost and challenge of converting grains to the table.

This begs the question: are growing grains locally worth the effort and expense? Consider the difference in taste between a farm fresh egg and one purchased from a supermarket, that was sourced from huge, crowded laying factor; compare the tomato you bought at a farmers' market to one that was picked early and transported from California. That answers the question. Flour typically used in baking has been stripped of the germ and bran to extend its shelf life. In the process most of the nutrition has also been lost, so the many calories of energy that are used to produce, store, and transport the flour, often bring only empty food calories to the table. Bread made with fresh whole flour or oatmeal prepared with locally-grown oats are flavors most of us have never experienced, and are missing out on . . . for now.

As the demand for local food increases, it is likely that more innovative farmers, aspiring entrepreneurs, and hopefully university researchers will jump in to fill the gaps of production, infrastructure, and knowledge and help revive the production of grains in this state. Meanwhile, home gardeners interested in tacking a crack at growing their own grains can refer to *Homegrown Grains* by Sara Pitzer and *Small Scale Grain Raising* by Gene Logsdon. Both authors inspire backyard farmers and gardeners to try growing "pancake patches" and "bread beds" for themselves.

On a small scale, none of the expensive specialized equipment is necessary. Seeds can be hand broadcast, spread with a small seeder or planted in rows like vegetable crops. When it comes to harvesting, traditional sickles or scythes still work, but so do modern hedge trimmers or a string trimmer with a blade attachment. Threshing (loosening the grains from the seed heads and straw) is probably a new skill for most people, but with a little practice a plastic baseball bat can be as affective as an old fashioned flail, and a lot safer too. A light breeze is all you really need to blow away the chaff, but a window fan can also be used for winnowing. When it comes to grinding, there are many home-scale grinders, both hand crank and electric which do a fine job of converting homegrown grains into meal or flour. This is the kind of equipment that can easily be shared among neighbors and friend – creating a grain cooperative of sorts.

To keep the local food movement moving and broaden it to include grains, it takes all of us requesting locally-raised, not just locally-produced grain products. As restaurants, bakeries, grocery stores, farmers, and processors become more aware of the demand, the gaps will fill. It will take time, but the seed has been planted – it's up to all of us to nurture the crop so that we can reap the harvest and ultimately feast on fresh baked, locally grown bread, pizza dough and pancakes. Yummm! *e*WM

Ruth Smith is an award-winning environmental educator who sees food as a venue to help people connect human health and environmental wellbeing. She is an advocate for local and sustainable food and farms and has been growing a small plot of oats and barley in her garden this year. She works with schools, groups and individuals to develop organic gardens as a tool for integrating environmental stewardship, healthy living and community connections. Ruth can be reached at ruthnaturally@myfairpoint.net.

NEW HAMPSHIRE FARM-TO-SCHOOL KEEPS GROWING

BY KATE DONALD

Jennifer Dusenbery, Food Service Director for Hinsdale School District describes a perfect lunch for New Hampshire school children: "Farm fresh milk, locally-raised baked chicken, baby lettuces grown by students in school greenhouses, steamed green beans grown in school gardens, harvested and frozen to be served all school year." The Hinsdale schools may not yet have all of the pieces in place for Jennifer to serve her ideal healthy local lunch, but they are on the right track. Her schools participate in **New Hampshire Farm to School** (NHFTS), and purchase many locally grown and locally produced foods for their school lunch program.

A program of the **University of New Hampshire University Office of Sustainability (UOS),** NHFTS began in 2003 as a pilot project of UOS and the NH Coalition for Sustaining Agriculture. "When we began this project, we focused on getting NH apples and cider into as many NH schools as possible," said Elisabeth Farrell, Food & Society Program Coordinator for UOS. It has since evolved into a program that works in districts throughout the state facilitating connections among food service directors, distributors, farmers and fishermen to incorporate a wide range of local foods and educational efforts into schools.

According to Stacey Purslow, NHFTS Program Coordinator, over 300 NH schools are now participating in farm to school. Activities vary from school to school: some buy directly from local farmers, while others work with their distributors to source local products. Many schools have started their own gardens or other experiential learning programs focusing on food, agriculture and nutrition.

GROWING CONNECTIONS, KEARSARGE SCHOOL DISTRICT

According to Cheri White, Food Service Director for the six schools in the Kearsarge School District farm to school is all about getting

Hancock Elementary 1st graders 'trussing' the potatoes they planted. *Photo by Kin Schilling*

to know her local farmers. So she contacted Larry Pletcher who runs a CSA in Warner called **The Vegetable Ranch.** "My original question for him was whether he would be willing to sell us any extras – like potatoes, onions or lettuce – things that will still be available when we come back to school in September," explains White. Since that initial conversation, Pletcher has committed to selling several fall crops to the schools. He also offered to host field trips to his farm, and brought his tractor to the Sutton Central School to break ground for a new vegetable garden.

At Kearsarge High School, vegetables are not the only local foods in the cafeteria. The menu occasionally features buffalo burgers from the **Yankee Farmer's Market** just down the road in Warner. With cost and portion size in mind, White made arrangements with Yankee Market owners Keira and Brian Farmer to order 2.66 ounce burgers made especially for the schools. (And yes, their last name really is Farmer.)

Despite these successful connections, Cheri sees some barriers to expanding her purchasing to other farms - most notably the transportation of products from the farms to the schools. While she feels lucky to have found two farms nearby where she can stop by and pick things up herself, she's now ready to expand and buy from more local growers. "Anyone who has local products, send them my way!" she says.

TRYING NEW THINGS, PORTSMOUTH SCHOOL DISTRICT

In Portsmouth, Food Service Director Pat Laska organizes "Try It Days" once a month to introduce the students to "novel" foods that aren't normally on the menu. "Mothers have told me that their kids had never eaten raw parsnips before, but after eating them at school, their kids wanted them to buy them at the grocery store."

On a recent "Try It Day" at Little Harbor School, Pat coordinated with local fishermen to offer a shrimp tasting, which was very popular with the elementary students. The Anderson family of Rye Harbor caught the local shrimp. Padi Anderson and Carolyn Eastman of Eastman's Fish have been reaching out to seacoast area schools, offering to provide them with locally caught seafood for cafeteria entrées like chowders and fish cakes. In June, they began selling fish to schools in Exeter and Portsmouth.

GETTING CREATIVE IN THE KITCHEN, HINSDALE SCHOOL DISTRICT

In the southwestern corner of the state, the Hinsdale School District procures an impressive list of vegetables and fruits comes from several area farms including Fertile Fields Farm in Westmoreland, and Picadilly Farm in Winchester. Local yogurt, cheese, meats and maple syrup are also served regularly in the Hinsdale schools, and promoted on the cafeteria menus.

"One of the most noticeable changes happening because of farm-to-school activities is the students' awareness of the food that they are eating," says Dusenbury. "Students seem to be more interested in trying vegetables that were grown at a local farm or an apple that was grown at a local orchard, especially if they've visited the orchard or farmers' market."

Dusenbury is a big fan of beets which are naturally sweet, nutritious, store well, and are versatile in meal planning. "In the school kitchens, we steam beets to make beet salads for the salad bar," she explains. "We chop up the beets and roast them with other root vegetables for a roasted vegetable side dish. We also bake a scrumptious Beetnick Cake – The kids and teachers are usually surprised when they find out that the delicious chocolate cake is made with beets."

SCHOOL GARDENS

Gardens are sprouting up on school grounds all around the state with food-producing vegetable plots, designed to provide hands-on opportunities for children to learn more about their food and healthy eating. The Cornucopia Project in Hancock is a unique, grassroots, non-profit dedicated to providing school- and community-based organic gardening initiatives. Founder Kin Schilling, also an accomplished cook and artist, has so far established gardens and gardening curriculums at five Monadnock region schools as well as at the Crotched Mountain Rehabilitation Center in Greenfield. With the help of her Garden Gorillas (ages 6-10) and a few Seedlings (ages 3-5), Schilling built an outdoor bread oven. A few grains are grown in the garden for demonstration. This year, the Cornucopia Project has been granted use of the 52-acre Brooks' Side Farm in Hancock that will help to expand educational opportunities beyond the classroom. For Schilling, one of the best things is for kids to get their hands dirty and experience the bounty of the earth. "The first graders will pull their potatoes in September and the whole grade will cook something for their school mates," exclaims Schilling. "Each class cooks something for the whole school – it's such fun!"

Upper Valley Farm to School reports that a new garden is growing at the Ray School in Hanover. A collaboration between school staff and Hanover Community Gardens, the garden will be used for both teaching and food production. In Andover, local farmer Katherine Darling of Two Mountain Farm helped start a new community vegetable garden at Andover Elementary/Middle School. In June, the first lettuce was harvested and used in the cafeteria on sandwiches.

The potential to teach school children about the value of knowing where food comes from appears wide open. NH Farm To School hopes to establish more direct connections between farmers and schools, perhaps by organizing CSA shares, improving distribution systems, and incorporating a broader offering of local products. So it's back to school with more food for thought. *e*WM

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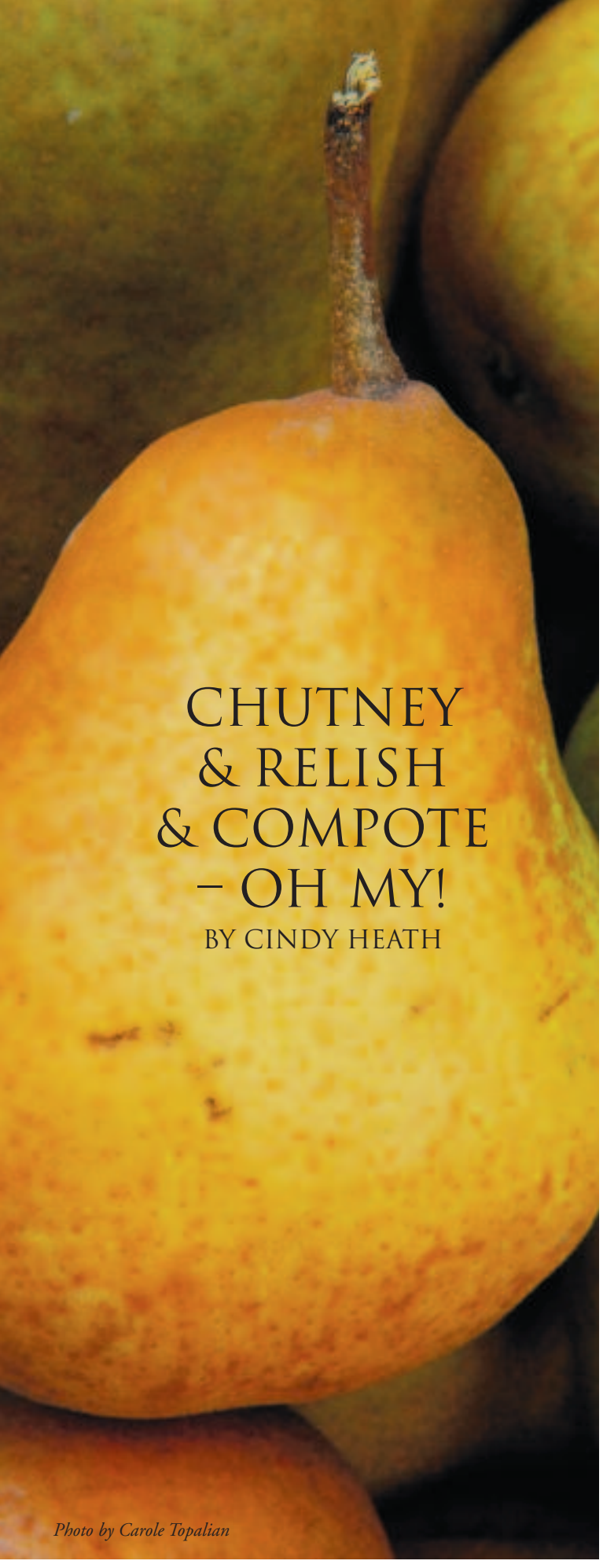
Kate Donald is Special Projects Coordinator for the Food and Society Initiative at the UNH University Office of Sustainability. She is also an organic vegetable farmer at Stout Oak Farm in Epping.
kate.donald@unh.edu



CHUTNEY & RELISH & COMPOTE – OH MY!

BY CINDY HEATH

Photo by Carole Topalian

Growing up in Northern New Hampshire, I was blessed with a farm-raised dad who loved gardening and a German-born mom who loved to cook. We used organic methods and ate from our huge backyard garden. Every evening during the summer and fall, my brother and I went to the garden with instructions for harvesting the ripest vegetables for dinner. Many evenings were spent canning and freezing.

Since then, I've enjoyed creating interesting and delicious fruit and vegetable condiments to pair with a main dish or spread on sandwiches. New Hampshire's abundance of farm stands, farmers' markets, and pick-your-own places provide flavorful ingredients for making homemade condiments with zest, texture and color. After an Upper Valley Slow Food meeting last winter, I mused about the difference between compotes, relishes and chutneys. Here's a brief summary of what I've learned.

CHUTNEY: With origins in India, chutney is a strong, spicy mix made from fresh fruits (and sometimes vegetables), with sugar and spices. While there are many exotic varieties available commercially, chutney is especially delicious when prepared with fresh local ingredients and supplemented with spices. Helen Brody, author of *New Hampshire Farm To Kitchen,* suggested I try her recipe for ham and chutney sandwiches, so I did with pleasurable results, using an Apple Cranberry Chutney adapted from her book.

APPLE CRANBERRY CHUTNEY

1 firm Apple, peeled, cored & cubed
3 Tablespoons Apple Cider Vinegar
1 clove Garlic, minced
¼ cup Green Onion, chopped
1 Tablespoon fresh Ginger, peeled and minced
¼ cup Dark Brown Sugar
1 Tablespoon Mustard Powder
Dash of salt
½ cup Raisins
½ cup Cranberries

Combine all ingredients in a stainless steel saucepan and bring to a boil; add a small amount of water if needed. Simmer until fruit is soft.

HAM, CHEESE AND CHUTNEY SANDWICHES:

Using crusty French baguette slices (about 7" long), spread sweet honey mustard and mayonnaise on the bread. Add thinly sliced ham and your favorite local cheese. Add 2 tablespoons of homemade apple cranberry chutney. Grill Panini style.

RELISH: If you immediately think of the grocery store variety used to top off a hot dog, prepare for a grand awakening. Homemade relish with fresh ingredients provides a refreshing crunch and stimulating flavor. A typical relish is made exclusively from vegetables, yet Chef Paula Snow from the Home Hill Inn in Plainfield offers her recipe for Local Pear Relish, served with grilled pork. Paula notes, "I really like fresh relish to provide a temperature contrast."

CHEF PAULA SNOW'S LOCAL PEAR RELISH

2 Tablespoon diced Shallot
2 Bartlett or Anjou Pears, peeled and diced
¼ cup extra virgin Olive Oil
¼ cup Sherry
1 Tablespoon fresh Thyme leaves, chopped

Sweat shallots (sauté over medium low heat until translucent, not brown) in extra virgin olive oil. Add sherry and reduce to 2 Tablespoons. Remove from heat and add the rest of the ingredients. Season to taste.

COMPOTE: A mixture of dried or fresh fruit cooked with sugar and spices, compote is usually served as a dessert. This recipe is adapted from June Fleming's book, *The Well-Fed Backpacker,* which I've carried as a staple on numerous hiking trips. Use your favorite fruit combinations from the local food co-op, pick-your-own orchard, or neighborhood farm stand.

BACKPACKER'S STEWED FRUIT COMPOTE

½ cup of dried Fruits (Cranberries, Plums, Apricots, Apples, Pears)
2 Tablespoons Brown Sugar
1 teaspoon Cinnamon
½ teaspoon Nutmeg
Option: ¼ cup chopped Nuts

Cook mixture in water to cover until the fruit is tender, usually 8-10 minutes. Serve as a dessert for dinner and have the leftovers for breakfast with oatmeal or granola for a sweet treat.

I'm still a rookie at making condiments compared to Mom, but autumn's harvest offers opportunities for some delicious practice. Consider making your own concoctions to spice up your kitchen repertoire. Package in jars with your own label and ribbon and you've got some unique gifts to keep on hand for family and friends. Bon appétit!

Cindy Heath is a founding member of the Upper Valley Localvores and founder of the Lebanon Farmers' Market. She enjoys gardening and experimenting with new recipes at potlucks and resides in Plainfield, NH.

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PERMACULTURE IN NEW HAMPSHIRE:
CULTIVATING COMMUNITY ONE SITE AT A TIME

BY JEN RISLEY

Many local food lovers and home gardeners alike cultivate their own *Yarden of Eatin.*' (see "Edible Yards" article in *edible* White Mountains Summer 2010 issue, www.whitemountains,com). Some enthusiasts are digging deeper by practicing *Permaculture* that uses ecological principles to design and regenerate healthy, productive landscapes and communities.

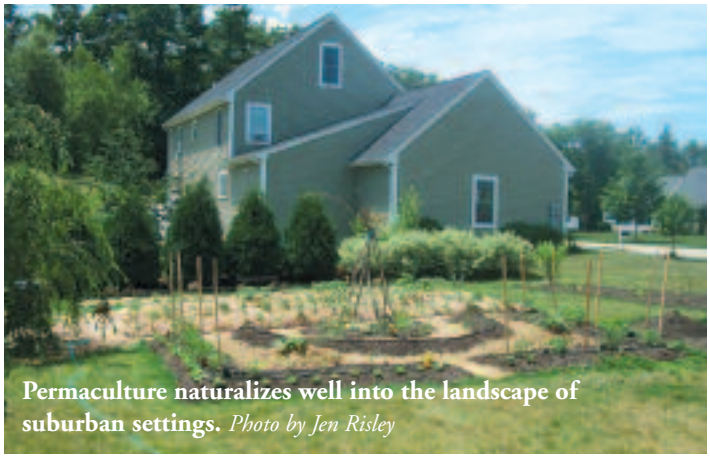
The principles of permaculture permeate at **D Acres,** an organic farm and educational homestead located in Dorchester, nestled in the Baker River Valley, west of Plymouth. Founded by Josh Trought and others in 1997 for sustainable living and small-scale agriculture, D Acres (Development Aimed at Creating Rural Ecological Society) provides opportunities to experiment and share what works in our climate. Permaculture practices originated in Australia and may not translate well to our short New England growing season. "If we can figure it out here, we can figure it out everywhere," Trought offers.

Valuing and making use of all available resources, D Acres practices the *Produce No Waste* principle of permaculture. This may be most evident by the greenhouse enclosure made from salvaged glass storm doors. Another permaculture principle *Catch and Store Energy* is achieved with the use of rain catchment systems where a system of ponds and terraced waterways are being built to collect water when abundant so available as needed. D Acres offers many workshops and events to the community along with hostel accommodations. The farm holds a course on *Permaculture Through the Seasons* over seven weekends from May to November.

An introduction to the principles of permaculture for children and families can be found at the **4-H Children's Teaching Garden** at the Massabesic Audubon Center in Auburn. Extension educator and garden coordinator, Julia Steed Mawson, hosts 150 inner city and neighborhood kids each week during the growing season. Children plan, grow, and harvest their own yardstick-sized gardens, taking some of the harvest home to their families, and donating the rest to the New Hampshire Food Bank. Last year over 1,800 pounds of produce was donated; this year's target is 3,000 pounds.

The teaching garden demonstrates for families what they can do in their own backyards. For example, garden beds are easily created using sheet mulch (layers of cardboard, newspaper, and other materials to kill weeds and prepare the bed for planting). Some beds are places for children to carry out mini-research projects such as testing out the effects of different mulches or cover crops, or evaluating compost methods on plant growth and yield, or showcasing techniques that may bear the most fruit. By considering and valuing all functions of a garden element, permaculture can increase a garden's uses and subsequent yields. At the 4-H garden, daylilies are planted for both edging and demonstration; they are easy for children to dissect and examine. Coordinator Steed Mawson encourages, "Every garden should be a teaching garden."

Implementing permaculture at home led Mary Gilbertson and Amy Antonucci to organize the **Greater Seacoast Permaculture Group,** using an online tool that makes it easy for people to meet up to exchange ideas for adapting in place. By connecting individuals, Amy and Mary are building a network of support, skill sharing, and community.



Permaculture naturalizes well into the landscape of suburban settings. *Photo by Jen Risley*

Amy began practicing permaculture a couple of years ago on her wooded lot with a steeply sloped side yard. She adapted the site by building terraced garden beds where a swale, or a ditch between each terrace, follows the contour of the land, to allow for even distribution of rainwater and decreased erosion. Amy keeps bees in her backyard for honey as well as to pollinate her plants. She is committed to being a steward of heritage and threatened breeds of farm animals, raising Dominique chickens, and plans to add Nigerian dwarf goats soon. Amy reflects on her draw to permaculture, "We are borrowing from the past while using today's technology."

In contrast with Amy's wooded site, Mary practices permaculture in her year-and-a-half-old home in a suburban development. Both beauty and function come together in the landscape; blueberry bushes offer striking fall foliage after providing a harvest delicious and nutritious fruit.

Re-source-ful: Greenhouse made from old storm doors at D Acres in Dorchester *Photo courtesy of D Acres*

Mary is also helping to make rain barrels and keyhole gardens (circular raised beds with a path to the center) a common sight in her suburban setting.

Relative location is an important concept for successful permaculture; by placing elements so they are best positioned to interact with each other, benefits increase while labor decreases. In Amy's wooded site, select trees are cut to open up sun pockets. Some trunks are left standing to use as fence posts for a future goat yard. A new garden bed will be placed adjacent to the goat yard, allowing for easy transfer of manure to the garden for fertilizer. At Mary's site, guilds (a number of perennials growing in one area) support the growth of her fruit trees by luring beneficial insects, boosting soil fertility, and conserving water. "Permaculture is a means to develop life skills and enhancements for sustainable living and beyond," Mary explains.

In these uncertain and disconcerting times of climate change, economic instability, peak oil, and more, consider all the resources in our own back yards and the wealth of energy and experience within our own communities. Permaculture is a great tool to encourage productive landscapes, promote healthy habitats, and help set our tables with wonderful food. For more information, please explore the references below. *e*WM

Jen Risley is Program Coordinator at the Hannah Grimes Center and co-chair of Monadnock Buy Local in Keene. She loves supporting local food by creating monthly Monadnock Localvore e-newsletters. Contact her at jen@hannahgrimes.com.

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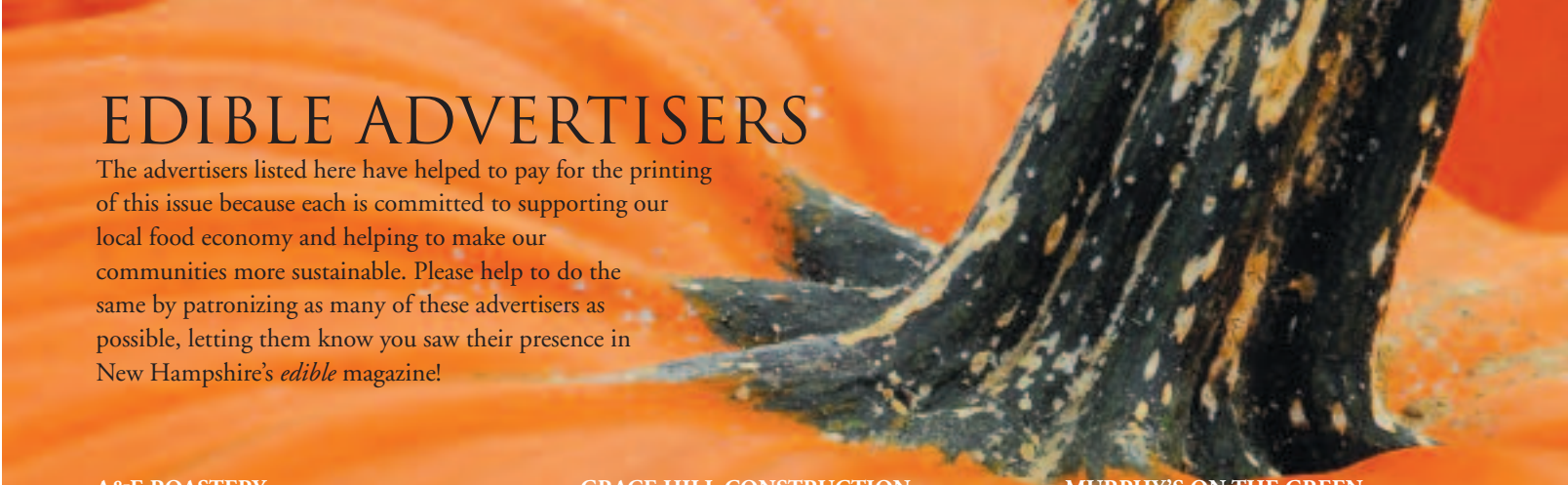

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Sunny's Table

11 Depot St, Concord
603 225.8181 | sunnystable.com
Lunch & dinner Tue–Sun

Asian-American Bistro with a farm to table approach. Eclectic menu using the freshest, local ingredients—our dishes pop with flavor! Fun, urban setting at everyday prices.

Greenwoods's at Canterbury Shaker Village

288 Shaker Rd, Canterbury
603.783.4238
greenwoodsatcsv.com

Serving Shaker-inspired food in a beautifully reconstructed blacksmith shop. Hearty and delicious fare at long communal Shaker table with warmth and camaraderie.
Daily lunch when village is open. Join old friends and new. We make you kindly welcome.

SEACOAST

Black Trumpet Bistro

29 Ceres St, Portsmouth
603 431.0887 blacktrumpetbistro.com
Lunch Mon-Fri, dinner nightly from 5pm

The dynamic menu capitalizes on the freshest seasonal ingredients. Wine list features a variety of unheralded gems that pair well with the bold flavors of Chef Mallett's cuisine, reflecting culinary curiosity, drawing inspiration from the Mediterranean as well as the Americas. A true find in Portsmouth.

Blue Moon Evolution

8 Clifford St, Exeter, Lunch & Dinner
603 778.6850 bluemoonevolution.com

Natural, organic, and local food advocate Kath Gallant brings her passion for simply delicious food and local brews to a bistro style setting offering lunch and dinner, guaranteed to satisfy the strict vegan to the conscience carnivore.

UPPER VALLEY

Home Hill Inn

703 River Rd, Plainfield
603 675.6165
homehillinn.com
Dinner Tue–Sat, Sunday brunch

Farm-to-table is Chef Paula Snow's passion: combining her formal training with hands-on farming experience with her larder before it hits the delivery door. Seasonal menus represent the area's bounty presented in traditional bistro style.

Murphy's

11 S Main St, Hanover
Dinner nightly, lunch Fri–Sat
Sunday lunch/brunch
603 643.4075 | murphysonthegreen.com

On the Green at Dartmouth, Murphy's is a melting pot and social epicenter all in one, serving Polished Casual where you can relax and be wowed by the food and service. The first-class culinary team procures fresh, local food from this fertile valley.

Three Tomatoes Trattoria

1 Court St, Lebanon
603 448.1711 Lunch Mon–Fri, dinner nightly from 5pm
threetomatoestrattoria.com

Landmark restaurant in downtown Lebanon serving rustic Italian cuisine in a casual atmosphere. Authentic preparations, fresh ingredients and bold flavors are presented with great pride while supporting the local communities that sustain them.

MANCHESTER

Cotton

75 Arms St,
Manchester
603 622.5488 | cottonfood.com
Lunch Mon–Fri, dinner nightly 5pm

Features the cooking of multi-award winning Chef/Author/Owner Jeffrey Paige. Located in Manchester's historic Millyard District, Cotton is known for exceptional food friendly, yet professional service and an inviting, casual, upscale atmosphere. Eclectic American comfort food; extensive wine list.

Republic

1069 Elm St, Manchester
603 666.3723 | republiccafe.com
Open daily 8am–dinner

Farm to table gastropub and bakery featuring a Mediterranean influenced menu of small plates and entrees. At our Marble Bar we offer a full espresso menu, classic cocktails, and our unique "wine on tap" as well as an eclectic wine list.

Jewell & The Beanstalk

793 Somervile St,
Manchester
603 624.3709
jbeanstalk.com
Tue-Fri 6:30a-3:00p
Sat&Sun 7:00a-1:00p

A true neighborhood cafe offering local and organic foods (their own eggs 'n veggies). Help yourself to good coffee. Full service breakfast & lunch, take-out. Yummy baked goods and vegetarian fare. One visit and you're hooked.

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www.coopfoodstore.coop

43 Lyme Road and 45 South Park Street, Hanover / Route 120, Centerra Marketplace, Lebanon
209 Maple Street, White River Junction, Vermont