

A photograph of a woman with curly brown hair tied back, wearing a black sweater, kissing a baby on the cheek. The baby is wearing a red and black patterned sweater and is holding and eating a large green leafy vegetable. The background is a light blue, slightly textured surface.

edible WHITE MOUNTAINS®

Celebrating **New Hampshire's** Abundance of Local Foods, Season by Season

Premiere Issue • Summer 2009

SUMMER FOOD FINDS & RECIPES
INTEGRITY OF REAL DIRT
RED, WHITE & BLUEBERRY
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Summer Pasture Report

Northeast Family Farms

Authentic Artisan Foods



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Red Tomato is a non-profit that coordinates marketing and sales for a network of northeast

ecological family fruit & vegetable farmers including local strawberries, lettuces, summer vegetables, heirloom tomatoes, peaches eco apples, small potatoes, and more!

This Summer we will be featuring:

Local Tomatoes:

- Field-Ripened Tomatoes
 - Davidian Brothers, Northboro MA
- Mixed Heirloom Tomatoes
 - Wards Berry Farm, Sharon MA

•Local Lettuces:

- Red Leaf, Green Leaf, Romaine from:
 - Pleasant Valley Gardens Methuen MA

At Pleasant Valley, Richard Bonanno does things a little differently, a little better than the average grower. You can see and taste that difference in everything he grows.



www.NortheastFamilyFarms.com

SUMMER 2009

JUNE, JULY, AUGUST

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photo by Carole Topalian

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GRIST FOR THE MILL

Welcome to the premiere issue of **edible White Mountains!** This quarterly publication celebrates New Hampshire's abundance of family farms, local foods, food artisans, chefs and restaurants that sustain our tables every season. Although New Hampshire is known as the Granite State, somehow "edible Granite" doesn't feel quite palatable. Since the White Mountains signify our granite landmark, entitling this **edible White Mountains** seemed to better represent our statewide food culture.

New Hampshire has long been known for its independence and breathtaking natural resources, but what may be of a surprise to many is that our state boasts an astonishing bounty of foods and beverages, grown and crafted within our unique communities. Yes, New Hampshire has a wealth of food stories to tell, and **edible White Mountains** plans to share them all.

I am thrilled to feature the voices, faces, hands and hearts of those who bring us together with something we all share in common — food. Now more than ever, it is so important to know where our food comes from, in consideration of our health, safety, economic viability, and humanity. Each of these factors triggered my leap into this new venture — we can't afford *not* to support our local food supply. (I know, a double negative, I'm already riding against the publishing grain.)



Food has always been an integral part of my life, assuming family meal preparation as a young teen when my mother was diagnosed with a severe chronic illness. There were the growing needs of my five year-old sister to think of, sustenance for my dad when he returned home from his high-pressure job, and of course nourishment to help combat my mother's failing health. It was natural then, for me to study nutrition and pursue it as a career. I've been fortunate to enjoy a wide variety of work as a nutritionist, most recently in the cardiology clinic at Dartmouth Medical Center. I've counseled many people over the years, most with lifestyle-related diseases which includes diet. What they ate and where their food came from contributed somewhat to their poor health.

Like many clinicians, I used research as my guide. One fact that has always stuck with me is knowing that by the age of two, most people have developed food preferences for life. More and more, I found myself contemplating a change from trying to help people later in life to break poor food habits towards advocating for a healthier food supply to begin with. The last straw for me came when a pharmaceutical rep insisted that my patients needed a slew of synthetic dietary supplements because our food supply had changed so much.

I also feel passionate about the safety of our food and sustainable communities. Part of that is my desire to make good and tasty food affordable for all people, not just for elite table dining. I believe it all starts with exploring a food garden, talking with nearby farmers and appreciating how you spend your food dollar.

I invite you to join me in this journey — Let's get to know the faces and shake the hands of those who feed us!

KC Wright

edible
**WHITE
MOUNTAINS**

EDITOR & PUBLISHER
KC Wright

CONTRIBUTING EDITOR
Barbara Michelson

COPY EDITORS
Mary S. Rittle
Patricia Slocum

DESIGN
Melissa Petersen

CONTRIBUTORS
Susan Alexander
Hattie Bernstein
Ellyn Found
Katy Haas
Aileen Musselman

PHOTOGRAPHY
Carole Topalian
Barry Wright

CONTACT US
Customer Service
Subscriptions • Advertising
360 Whitney Brook Road
PO Box 249, Elkins, NH 03233
603.526.9081
info@ediblewhitemountains.com
ediblewhitemountains.com

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Photo by Barry Wright



The NH Department of Agriculture, Markets & Food works through promotional initiatives and marketing programs, including trade show opportunities and events, media and networking to encourage the development of agricultural businesses and strengthen the marketing environment for agricultural product.

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www.agriculture.nh.gov

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Department of Agriculture,
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NH Department of Agriculture, Markets & Food
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gmcwilliam@agr.state.nh.us

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EDIBLE NOTABLES

CHIPPA GRANITE RETURNS

In the 1950's the New Hampshire Planning and Development Commission created a mythical character named Chippa Granite to promote the state's resources, including its agricultural crops. Chippa Granite became a beloved part of New Hampshire culture a half century ago, showing up in media advertising, marketing brochures and posters all over the state and beyond.

Two classic Chippa Granite posters promoting agricultural commodities have been rescued from the dustbin of history, graphically restored and made into prints suitable for framing. Now available for sale, they range from \$30-\$75 pending various dimensions. In addition to a retro-cool print to brighten up your edible place, there's an added bonus: all proceeds support youth agricultural activities in the state.

Chippa Granite Prints

<http://agriculture.nh.gov/documents/ChippaGraniteWebInfo.pdf>

Call 271-3788 ask for Gail McWilliam Jellie.



Photos courtesy of NH Department of Agriculture



GOOD EATS IN TOWN

When she's good, there's nothing better than Mom's home cooking, unless it's two Moms' home cooking. When one Mom has a culinary degree from Vienna, and the other, her daughter, trained at her knee. When the venue is a historically charming General Store in the beautiful village of Harrisville, NH...Well, you see where this is going.

Harrisville is a stunningly preserved 19th Century textile manufacturing community, now under the stewardship of the Historic Harrisville Inc. (HHI) foundation. The village was designated as a National Historic Landmark in 1977. HHI's mission goes beyond preservation, fostering community vitality into the present day. Harrisville Designs is one of the town's anchors, drawing textile lovers from around the world for week long classes taught by distinguished fiber artists, with the opportunity to lodge in one of the old boarding houses.

With a number of other flourishing businesses in town and another of the mill buildings being refurbished as artists' studios, someone better be manning the stove. Laura Carden and her mother, M'Lue Zahner leapt into the breach in December when the General Store, in operation since 1838, lost its previous tenant. Day one was the great ice storm of '08, and having surmounted that hurdle and kept things humming, there appears to be no stopping the pair.

Breakfasts feature M'Lue's delicious kettle-cooked doughnuts flavored with local cider and a hint of maple syrup; the Harrisville breakfast sandwich — free range eggs, local sausage and cheddar on a perfect roll; and a Harrisville blend of fresh roasted coffee. Lunch means savory homemade soup, chicken salad atop pristine greens or an array of great sandwiches. The only departure from a flawless formula of top notch local ingredients cooked with care and love, is a carful of Iggy's baked goods brought back from Cambridge, MA every Friday. M'Lue worked at Iggy's in Cambridge until she was summoned by Laura, and the wonderful breads and croissants are welcome interlopers. A leisurely meal on the veranda or a store-prepared picnic enjoyed by the pond is the perfect punctuation for a visit to this quintessential NH town.

—Barbara Michelson

Harrisville General Store

29 Church Street, 827-3138 www.harrisvillegeneralstore.com

Photo by Barry Wright

NOW SPROUTING IN THE NORTH COUNTRY

There's more than squash blossoming in the North Country this summer. The Littleton Food Co-op is now in full bloom, ripe with offerings of locally produced goods along with other high-quality products.

The seeds for the Littleton Food Co-op were planted in the spring of 2006 at an informational meeting that drew a surprisingly large attendance of more than 300 interested people. A steering committee was formed, market analyses conducted and advice garnered from the Hanover Food Co-op down the road. With a relatively short germination period, the Littleton Co-op secured over \$500,000 in member loans, signed-up some 1000 members and opened its doors in May as a full-service market. The Co-op also boasts a café, nicely situated to enjoy the illumination from the building's large skylight.

The Littleton Food Co-op is a consumer cooperative, owned by the folks who use the store regularly, although anyone is welcome to shop there. Members have voting privileges at annual meetings and are eligible for patronage funds. As part of cooperative goals, the Littleton Co-op will also help to create organizations that serve community needs and promote the use of local resources, including a focus on environmental sustainability.

Even if you don't live in the North Country, the Littleton Co-op is a great place to stock up and grab a bite when traveling around New Hampshire's great north woods. It's just off I-93, Exit 41, on the corner of Route 302 and Cottage Street, close to Littleton's lively downtown.

General manager Bob Hayes, formerly of the Lebanon Co-op, has said that the Littleton store will support as many local food producers as possible. Fortunately for the North Country, the Littleton Food Co-op is sure to have a sturdy, perennial presence enhancing the growth and sustainability of surrounding communities.

—Aileen Musselman

Littleton Food Co-op

littletoncoop.org

444.2800



MAKING A SPLASH THIS SUMMER

One may be surprised to learn that New Hampshire, a state with four seasons and dramatic weather changes, has its own wine country. But Carla Snow, the state's first female Certified Specialist of Wine (CSW), can certainly attest to it. In *Wine & Dine with New Hampshire*, Snow offers a keen view of New Hampshire's award winning wines, ciders, and meads, along with the pioneers who craft them.

Blueberries have long conjured up New England summers, and apples evoked New England early autumns—now it is time to add grapes and honey to our sense of the region, and to experience all their flavors year-round. Thanks to advances in hybridization, with cold tolerant grape varieties developed at wineries and universities, winemaking is now possible even in New Hampshire's relatively chilly climate. August's tradition of mead-making, which involves the fermentation of honey, is seeing resurgence. Meanwhile, the apple orchards have evolved to explore the marvelous potential of cider apples at peak ripeness.

Candia Vineyards is known for its Noiret wine, which Snow describes as, "lots of blueberry notes, with moderate acid and a touch of oak, and is fruity but not sweet." This wine is one of the ingredients in the featured recipe, Sirloin with Noiret Pan Sauce, created by Chef Liz Barbour of The Creative Feast. The other six wineries featured in the title are Farnum Hill Ciders, Flag Hill Winery, Jewell Towne Vineyards, LaBelle Winery, Piscassic Pond Winery and Zorvino Vineyards.

Illustrated with stunning color photography, and winery labels, and featuring recipes created specifically to pair with or incorporate the beverages described, *Wine & Dine with New Hampshire* delivers the good news that the state's viniculture and its sister arts are making a splash at home and abroad.

—Ellyn Found

Wine & Dine with New Hampshire

By Carla Snow, CSW · Photographs by Brian Smestad

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\$19.95 hc · 88 pp · over 40 color photographs

GET FRESH, EAT LOCAL!

It's easy to forget the harshness of winter while enjoying mellow summer days.

That's good because no one wants to think about the orange "plastic" tomatoes and other limited local food offerings during those cold and dark months. Imagine though next January, the fragrant aroma from opening a Mason jar of red sauce that's been canned from sun-warmed tomatoes grown at the farm on the outskirts of town. Well then, do look at the calendar — pack up your sun hat and re-useable shopping bags and head out for a tasty tour around the many wonderful communities that comprise the Granite State. The month of August has been designated as **New Hampshire Eat Local Month** by the state's Department of Agriculture, Markets & Food. Each week of the month is full of activity themes centered around small farms, local foods and summer fun.

August bursts open with **NH Farmers' Markets week** — a great way to explore at least a few of the 70+ seasonal markets all over the state (find listing later in this issue). From Colebrook to Keene and Newport to Nashua, you'll find farm fresh food as well as essentials and indulgences from artisan kitchens. *Family to the Farm* is the theme for the second week of the month offering hands-on farm activities such as *Pick Your Own*, farm picnics, in addition to farm tours and getting to know farm animals. The celebration continues with *Share the Harvest* mid-month — ideas and opportunities to *Grow-a-Row* or help to glean fields so that food can be shared with people in our communities struggling to put something edible on their own plates. NH Eat Local month culminates with activities for Food Preservation (canning, freezing, etc.) and ways to extend the season, including a few root cellar tours. Come February, those blueberries from the freezer will taste mighty good on your pancakes drizzled with NH maple syrup. You'll be glad for the memories of a summer's day on the farm and relish in the thought that they'll be coming around again.

New Hampshire Eat Local Week

August 2009

271.3788 www.nheatlocal.org



Photo by Carole Topalian

FOR LOVE OF WATER & CHOCOLATE

Whortleberry Island, The Broads, Little Bear Island, The Witches — just a fraction of the hundreds of places to explore by canoe or kayak on Lake Winnepesaukee this summer. These are also a few of the namesakes given to handmade chocolate bars from Wolfeboro's **Winnepesaukee Chocolates**, founded by husband and wife team Jonathan Walpole and Sally Cornwell. Both natives of the lakes region with a love of place, Jonathan taught himself to make truffles one Valentine's Day for Sally. The rest as they say is history, tasty at that.

This summer you can find chocolate sunfish, turtles and frogs in addition to fresh lavender truffles and fresh basil truffles in their Main Street shop. They also plan to launch a line of *White Mountain Chocolates* featuring a dark chocolate loaded with dried sour cherries, dangerous enough to be called — *Mount Washington!* Another chocolate bar will debut this summer as *Sally's Gut*, a narrow waterway between Stonedam Island and Meredith Neck.

Winnepesaukee Chocolates are handcrafted in small batches using the finest premium ingredients. The truffles are made with fresh local cream. Jonathan and Sally carefully select fruits, honey, wine and liqueurs among other ingredients from local producers to compliment and enhance their chocolate. Ten percent of their profits are donated towards preservation on the lake and surrounding areas for generations to come. Now *that's* sweet! —Susan Alexander

WINNIPESAUKEE CHOCOLATES



Winnepesaukee Chocolates

Colonial Arms, 43A North Main Street
Wolfeboro 569.4831 winnepesaukeechocolates.com

EDIBLE SUMMER IN SEASON

June/July/August

FRUITS

Apples
Blackberries
Blueberries
Melons
Peaches
Pears
Plums
Raspberries
Strawberries

HERBS

Basil
Bay Leaves
Burnet
Chervil
Chives
Cilantro
Dill
Fennel
Lavender
Marjoram
Mint
Parsley
Rosemary
Sage
Thyme
Tarragon

VEGETABLES

Asparagus
Beans (shell, green, yellow)
Beets, Beet Greens
Bok Choy
Broccoli
Brussels Sprouts
Cabbage, variety
Carrots
Cauliflower
Celery
Corn
Cucumbers
Eggplant
Garlic, Garlic Scapes
Kale
Kohlrabi
Lettuce
New Potatoes
Onions
Peas
Peppers
Rhubarb
Salad Greens
Scallions
Snow Peas
Summer Squash
Swiss Chard
Tomatoes
Zucchini

DAIRY

Cheese
Ice Cream
Milk
Yogurt

POULTRY

Chicken
Eggs
Turkey

SEAFOOD

Cod, Haddock
Lobster

PASTURE-RAISED

MEAT

Beef
Bison
Lamb
Pork
Venison



PANZANELLA SALAD

- 1"x1" Bread cubes from half large loaf Italian or French Bread, or 1 med Baquette
- 1½ lbs. large diced Heirloom Tomatoes
- 2 tsp. Minced Garlic
- 2 oz. EV Olive Oil
- 2 oz. Balsamic Vinegar
- 1½ tsp. Minced fresh Thyme
- 2 Tbsp. Capers, drained
- ½ oz. Basil, chiffonade
- Salt and Pepper to taste
- shaved Parmigiano Reggiano Cheese

Preheat oven to 350°F

Toss bread cubes with thyme, salt, pepper, 1 tsp minced garlic, and 2oz. olive oil. Spread on baking sheet in single layer and toast in oven until golden brown. Remove and cool to room temp

Right before serving, whisk Balsamic vinegar and remaining olive oil together. Toss remaining ingredients in large bowl while incorporating vinaigrette. Garnish with shaved Parmigiano-Reggiano.

Chef/Owner Ryan Miller

Blue Trout Grill
Keene 357.0087
bluetroutgrill.com

SALSA VERDE

- ¼ c. Olive oil
- 2 lbs. Tomatillos' husked, washed (can be left whole)
- 1 small Onion, diced
- 2 poblano Chilies rough chopped
- 2 c. chicken Stock or Water
- ½ bunch Fresh Cilantro, chopped
- 3 Basil leaves, chopped
- 1 crusty Roll or stale Bread in small pieces
- 1 Tbsp. Cumin
- 1 Tbsp. Chili Powder
- 1 tsp. Mexican Oregano
- Salt & Pepper

In a large saucepot sauté the tomatillos, onions and chilies over medium heat until tender. Add water or chicken stock and crusty bread, bring to boil. Boil for 3-5 minutes.

Season with cumin, chili powder, Mexican oregano, salt and pepper to taste. Add cilantro and basil. Carefully transfer to a blender (or use a hand blender) and puree until smooth.

Chef Jason Merrill

The Hanover Inn
Hanover 643.4300
hanoverinn.com

Photos courtesy of NH Department of Agriculture





CHILLED ORGANIC STRAWBERRY & CHAMPAGNE SOUP

- 2 lbs. Fresh Organic Strawberries, washed and hulled
- Enough water to cover berries in blender
- 1/4 c. Brut* Champagne
- 1 tsp. Cinnamon
- 1/2 c. Brown Sugar
- 1/4 c. Yogurt or Crème Fraiche
- Fresh Mint for Garnish

Blend all ingredients, except mint, in a blender or using a hand immersion blender.

Chill about 1 hour.

Top with a dollop of yogurt or crème fraiche and a sprig of Fresh Mint.

Can also be served frozen.

Serves 4-6

Chef/Owner Josh Enright

The Seedling Cafe
Nashua 594.4002
theseedlingcafe.com

Photos by Carole Topalian



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FARMER'S DIARY

SUMMER'S PROMISE

BY GREG BERGER
PHOTOS BY MICHAEL SEAMANS



Crops at full promise — just like the used '67 Massey-Ferguson tractor we bought last year — full of promise. Yes, we knew about the tattered seat cushion and the flaking paint, but then the three-point hitch lost its hydraulic pressure and the steering was a bit *loosey-goosey*. We realized that one tire was taller than the other, and the throttle didn't quite rev up like it used to. Sounds like farming. Each year, you start full of promise, then realize that your seat will get wet, you'll lose some pressure, note that things aren't all that even, veer from the straight rows and slow down due to sheer exhaustion as the summer turns to fall. But the promise of that new season keeps us coming back. The promise of the crops a few weeks before harvest, when the first cluster of tomatoes begins to turn, when the strawberries plump up, when the corn is in full tassel, this is when the plants look their best.

These days, the field crew heads out in the morning, hoes in hand, weeding rows of beets, rows of lettuce, hills of squash. The crew are required to leave their cell phones and I-pods at the farm stand; high school and college-aged chatter revolves around Facebook and Twitter. Yet in these early summer days, I do think the crew takes a look back after finishing a row and senses a job well done — strong and stocky plants full of promise. Our goal is to nurture that crop and see that promise turn into fresh, healthy, flavorful produce ready for our customers.

During the summer months, every week brings a new crop to harvest, providing new possibilities in the kitchen, new flavors for the palate, and new textures and color to our tables. The end of a crop brings less enthusiasm. It's tough picking through tired, weedy plants to find a strawberry that has not been nibbled on by a mouse or slobbered on by a slug. And it takes too long to fill a quart basket. This creates a bit of resentment towards the patch at hand.

Diverse small farms like our's offer salvation in the form of a new and different crop ready to harvest almost every week. Many years ago, and this has happened just once in the farm's history, we finished picking strawberries on a hot, muggy day. We stood up, forced our backs straight, and walked across the field to the sweet corn to start picking the first bushels of the year. A late strawberry crop and an early sweet corn harvest means moving from tired, re-picked plants to fresh, first-of-the-season crops. Exhaustion and monotony replaced with energy and novelty.

A late strawberry crop and an early sweet corn harvest means moving from tired, re-picked plants to fresh, first-of-the-season crops. Exhaustion and monotony replaced with energy and novelty.

Just as the diversity of crops and successive plantings bring about new produce to harvest, the farm always offers new jobs for the farmer. Small-scale farming is one of a handful of jobs remaining that are generalist in nature. This spring we received dozens of applications. Some were the typical high school kids whose parents decided it was time they “learn how to work” (and yes, we can tell when a mother fills out an application for the 9th grader). Others were avid home gardeners with newfound time on their hands who wanted to stand in the fields and pick flowers. But this year a new class of applications arrived. Applications from overqualified, specialized folks who were recently unemployed. With decades of experience in one type of job — sales, engineering, carpentry, data entry — these applicants with great resumes looked to the farm for employment.

It occurred to me that in our society, our work is narrowly specialized. There’s just not enough time in the day to learn and master many trades. There is too much information on each and every specialty to devote your time to more than one or two. Small farms require a little knowledge about a lot of jobs. Jack-of-all-trades, master of none of the following: human resources administrator, soil scientist, grower, P.R. and marketing guru, entomologist, HVAC repair technician, laborer, I.T. manager, mechanic, landscaper, bookkeeper, cheerleader and salesman. Why, you think, don’t small farmers hire someone to do these jobs? Three reasons come readily to mind: 1.Lack of cash due to thin farm margins, 2.Yankee pride due to who we are, and 3.Obstinacy due to Yankee Pride. Small farmers need just enough disparate skills to patch together a growing season.

This spring at the farm, we realized a cold frame was so dilapidated that the only thing keeping it upright was the plastic cover. And the cover needed to be patched up with a couple rolls of tape, but it will last the season. It promises to cover the ground where we’ll grow lisianthus flowers, crookneck summer squash, and ‘Sun Gold’ cherry tomatoes - the best-tasting snack on the farm. A sweet promise for a Jack-of-all-trades. Maybe it’s worth it after all. eWM

Greg Berger began his jobs at Spring Ledge Farm while in high school and progressed up the farm ladder to present day ownership. Spring Ledge grows annuals, perennials, vegetables (from arugula to zucchini), cut flowers and strawberries. springledgefarm.com



SEASONAL KITCHEN

HURRAY FOR THE RED, WHITE & BLUEBERRY WINE!

BY BARBARA MICHELSON
PHOTOS BY CAROLE TOPALIAN

When Revolutionary War hero General John Stark, made his famed toast, “Live free or die...” he little dreamed that a “to die for” vodka would one day be distilled in his native state from locally grown apples. Flag Hill, a lovely winery and distillery and NH Farm of Distinction in Lee, NH, continues to carry the patriotic torch with products made from signature American ingredients like cranberries, blueberries and maple syrup and indigenous grapes, perfect products for the Fourth of July table.

Living quite free himself on the day of my visit, was resident Chef, Ted McCormack. All was quiet in the immaculate kitchen, and mid week visitors to the tasting room were scarce. By the time the ingredients for his summer picnic recipes are ripe in the field, he'll be busy catering back to back winery weddings for as many as 200 guests every weekend. But on a cool day just barely hinting of spring, he had time to spare to explain how he pairs seasonal foods with wine that, on the surface, presents challenges.

Flag Hill produces an extensive line of fruit based wines as well as wines made from unfamiliar grape varieties like Seyval Blanc, Marechel Foch, and Chancellor, so a certain amount of wine education is desirable. The wines were obviously delicious, but food matches were far from automatic.

Food education is a large part of Chef McCormack's job. He travels the local farm food circuit to teach CSA members how to use some of the mysterious ingredients that farmers love to provide and



which consumers may never have prepared. For example, we discussed ramps at length, and he inspired me to seek some out for ramp pesto. Sorrel, a most versatile but not well known green making an increasingly common appearance in market baskets, is featured in McCormack's bean salad (recipe below).

Even his production responsibilities are a form of education. The stew or chile or posole he prepares with fresh goat from nearby Riverslea farm (sold at Riverslea and at area farmers' markets) could be the first goat a consumer has ever tasted but will surely lead to further enjoyment of this delicious meat.

McCormack offers this menu, which he envisions as a summer, vegetarian picnic to be served with Flag Hill Blueberry and Raspberry Wines. For carnivores, a bit of grilled Riverslea Farm lamb (or goat!) would be a great addition.

While the words “blueberry wine” may put you in mind of something great on buttermilk pancakes, swirl and sip and you realize that it is, in his words, “a full bodied fruity off dry wine” perfect served with Summer Bean Salad enlivened with sorrel and Ratatouille Tart made from heirloom tomatoes, other late summer

bounty and Boggy Meadow tomme.

Finish with Zabaglione made with peach wine and served with just-off-the-vine raspberries and Flag Hill's Raspberry Wine. As Chef

RATATOUILLE TART

makes one 9-inch tart

For the dough:

- 1 c. plus 2 Tbsp. Flour
- ¼ tsp. Salt
- 2 Tbsp. chopped mixed Herbs
- 4 oz. Butter, cut into small pieces
- 3-4 Tbsp. cold water

For the ratatouille:

- 1 large Onion
- 1 small Yellow Summer Squash
- 1 small Zucchini
- 1 small Eggplant
- 2 Bell Peppers, one Red and one Green
- ½ c. Olive Oil, plus 1 Tbsp. additional
- 1 Tbsp. Balsamic vinegar
- 6 fresh ripe plum or heirloom Tomatoes
- 1 whole head of Garlic
- 1 8 oz. tub Mascarpone Cheese
- Salt and freshly Ground black pepper
- 1 c. fresh Basil leaves
- 1 ½ c. dry Bread Crumbs
- ¼ c. grated Boggy Meadow Farm Fiddlehead Tomme*
- 1 T. chopped Chives

*or any other semi-soft cheese that melts nicely such as Fontina

To prepare the dough, combine the flour, salt, and mixed herbs in a mixing bowl. Use a dough cutter or a fork to cut in the cold butter until mixture resembles course crumbs. Stir in enough cold water to form a dough ball and gently knead until the dough comes together. Let dough rest in the refrigerator 30-60 minutes.

Roll the dough out on a lightly floured surface and fit into a 10 inch fluted tart pan with a removable bottom. Prick dough several times with a fork and cover with a lightweight pie pan or aluminum foil and raw rice or beans to weigh it down.

Pre-bake the tart shell at 375°F for 10 minutes, remove the covering pan or foil and weights and bake an additional 3-5 minutes until crisped but not browned. Cool on a wire rack.

To prepare the ratatouille, cut the onions, peppers, squashes and eggplant into ¾ inch dice. Put diced vegetables in a bowl and season with salt, pepper, ½ c. olive oil and 1 T. balsamic vinegar. Spread on a foil lined baking sheet and roast at 400°F for 15-20 minutes until softened and lightly browned.

Core and cut tomatoes in 1" pieces.. Roast the tomatoes at 350°F with salt, pepper and olive oil on a separate foil lined baking sheet for 15-20 minutes until softened but not browned.



Roast garlic at the same time as the tomatoes. Cut the top off of the head of garlic and drizzle with remaining 1 T. olive oil. Wrap loosely in foil and roast on baking sheet alongside tomatoes. Cook until tender, unwrap and cool.

Squeeze garlic cloves out of the husks and into a small bowl. Mix with mascarpone cheese, salt and pepper.

Assemble the tart by spreading the mascarpone cheese on the tart shell. Mix the roasted vegetables and tomatoes together with the basil. Layer the roasted vegetable mixture on the mascarpone cheese. Mix bread crumbs with Tomme, chives and salt and pepper to taste and sprinkle mixture over tart.

Bake the tart on a baking sheet at 400°F for 12-15 minutes until crumbs are lightly toasted and tart is heated through.. Carefully remove tart from pan and serve hot or at room temperature.



When developing his menus, Chef Ted McCormack looks to local growers and farmers for what's available.

McCormack notes, “when dessert is sweeter than the wine, the wine tastes drier.” It doesn’t get more summery than that.

You don’t have to plan a wedding to enjoy a great outing at Flag Hill, a winery that offers a number of light-hearted amusements and special events. Whether at a small hands-on cooking class, public wine and food pairing event or other celebration, there is usually an imaginative attraction that can be added to lovely views and unique products.

Or put your name on a list and be one of about one thousand visitors who vie to have theirs be among the two hundred pairs of feet selected to stomp a custom lot of grapes. Barefoot in the plonk, living free. *eWM*

Barbara Michelson sold her catering business on Eastern Long Island to move with her husband, Jim, and Scottish terrier, Mackenzie, into Nubanusit Neighborhood & Farm, a Peterborough, NH co-housing community. This summer she is learning about animal husbandry, biodynamic farming and where all the great food places in NH can be found. She has a Grande Diplome from the Paris Cordon Bleu, enjoyed a 30-year career in food from executive dining room chef on Wall Street to market grower in the fields of L.I. We're lucky she's now a granite-stater!

Photo Courtesy of Flag Hill Winery



SUMMER BEAN SALAD

serves 6

- 1 ½ lb. fresh Green and Yellow Beans
- 2 c. Cherry Tomatoes, halved
- 1 Tbsp. minced Garlic
- ½ bunch Parsley, chopped
- ¼ c. chopped Sorrel
- ¼ c. Red Wine Vinegar
- 1 tsp. Salt
- ½ tsp. Black Pepper
- ¾ c. Olive Oil

Wash beans and trim. Blanch in boiling salted water 3-4 minutes, drain and refresh in ice water. Drain and reserve in serving bowl.

Add cherry tomatoes.

Combine garlic, parsley, sorrel, vinegar, salt and pepper in mixing bowl.

Whisk in olive oil and taste for seasoning.

Toss beans and tomatoes with dressing to mix.

MELBA ZABAGLIONE

serves eight

- 4 Egg Yolks
- ½ c. Superfine Sugar
- 1 c. Flag Hill Peach Wine
- 1 c. Heavy Cream
- 1 Tbsp. Confectioner's Sugar
- ½ tsp. Vanilla extract
- 1 pint fresh Raspberries for garnish
- 1/3" slices of homemade pound cake

In a large metal mixing bowl whisk together the egg yolks and sugar until frothy.

In a double boiler or over very low direct heat whip the egg yolk and sugar mixture while adding the wine ¼ c. at a time. Whip the mixture over the heat constantly for at least 12-15 minutes until it turns to light pale yellow foam. The foam should hold soft peaks.

Take the zabaglione off the heat and transfer to a clean bowl. Zabaglione is traditionally served warm as is. For more fun, let cool and keep going. Whip the cream with powdered sugar and vanilla until stiff peaks form. Fold the whipped cream into the zabaglione.

Cut a piece of pound cake to fit into the bottom of a dessert bowl. A martini glass works well for presentation. Top the pound cake with a few raspberries and fill the bowl with the zabaglione. Garnish the top with more raspberries. Repeat the process to make about eight servings. Chill for a few hours, but not over night.



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A young girl with reddish-brown hair, wearing a pink and white striped long-sleeved shirt and blue jeans, is watering plants in a greenhouse. She is holding a large pink watering can and pouring water onto a row of green leafy plants. The greenhouse structure is visible in the background, with curved metal ribs and a translucent plastic covering. The scene is brightly lit, suggesting a sunny day.

THE REAL DIRT: NEW HAMPSHIRE FARMERS OF INTEGRITY

BY KC WRIGHT
PHOTOS BY CAROLE TOPALIAN

...part of their responsibility as small farmers is to educate others about the importance of food sourcing and establish relationships with people from whom you buy food

I can't imagine there are many other former UNH football players who find this much excitement and satisfaction when gathering a bunch of radishes from the garden. Shawn Stimpson's passion is evident about the produce he grows when pulling the bright bulbs out of the ground, that become even "prettier" after washed free of soil. I take a peak inside Shawn's truck, as he is about to depart for a delivery to restaurants in Portsmouth and Manchester. Inside, there are large bins of hand-washed, organic mixed greens, packed carefully in one-pound bags. Other bins explode with purple, white, red and pink radish bouquets.

"Mother nature does it all," he says. "I'm just a man of science helping it along." Shawn studied aeronautical engineering at UNH and formerly worked on airplanes in New York metro airports. After the tragedy of September 11th, he decided he wanted a change from the rat-race lifestyle and yearned to return home to family in New Hampshire. He took a job locally working for John Deere and also began clearing the woods along the hillside of Nelson Farms. Today, he leases the farm with his wife Sarah Anderson for their business, **Sustainable Farm Products.**

As an art student, Sarah lived down the road from Nelson Farms and found herself one summer in need of a third job to help pay for school. She began harvesting onions on the farm, describing it as an awakening. "I had no idea what food looked like, what was a weed, what was an edible plant." That summer, Sarah's family had a litter of puppies. Shawn was given one in exchange for fixing their roof. Five years later, the couple now has their own farm fresh family: 3 year-old Nasturcia and almost year-old Thesun. The children wander the farm — Nasturcia learning to plant seeds, Thesun, in backpack, waving and chewing a wand of just-picked Swiss chard.

While working with her mother in the greenhouse one day, Nasturcia dons a pair of silver glitter dancing shoes, standard apparel for any young princess.

"Are you a farmer 'Sturcia?" Sarah asks.

"No, Momma," her bright daughter replies holding up 10 dirty fingers for expression. "I'm a *Lady* farmer!" Nasturcia quickly adds,

smiling proudly down at her fancy shoes now sprinkled with organic potting soil.

Sarah not only utilizes her artistic talents when marketing and packaging their products, she engages intelligently about the controversy of the proposed H.R. 875: Food Safety Modernization Act of 2009, supporting federal oversight of corporate agribusiness which has increasingly industrialized and concentrated our food production systems, causing significant risks to food safety. She readily acknowledges that the needs for a new regulatory focus may place undue and expensive restrictions on small farmers.

Shawn and Sarah believe that part of their responsibility as small farmers is to educate others about the importance of food sourcing and establish relationships with people from whom you buy food. "Food is something we all have in common and yet most people are so detached from where their food comes from," Shawn explains as he shakes his head in frustration. He is of course referring to the dramatic shift in our food supply over the past 50-some years. Shawn grew up in Northwood where his family had their own garden, readily harvested for dinner. For most of us today, the food purchased in super markets travels an average 1500 miles from its source to our tables, meaning that we must have an adequate supply of fossil fuel before we can eat. Eat less nutritious food that is — research shows a direct decline in nutritional value related to the length of time between harvest and consumption. "We've given up our health in this country to make our food bigger, faster, cheaper," Shawn continues. "You have to look people in the eyes who are selling food, ask questions about the food and then judge how you want to do business," Sarah adds.

To that end, Shawn and Sarah feel they need to achieve some sense of sustainability by growing foods organically. Serving the greater seacoast area and a few customers in Concord and Manchester they not only have a summer CSA program, their value-added winter CSA is probably the largest in the state. They deliver to various restaurants along the seacoast whose chefs are particular about serving local foods. They consider what each market and restaurant does with their products and what Sustainable Farm Products needs for a profit



Shawn Stimpson has boundless energy when it comes to getting people to think about where their food comes from.

to determine a fair price for each. Delicious, healthy food. Education for a better community. Fair business practices.

All from real dirt and a lot of integrity.

They farm mainly by themselves 12 months out of the year. Most New England farmers wouldn't fathom trying to farm more than 6-9 months each year. But Shawn has built a system to heat their greenhouses with used frying oil he carts away from restaurants. Unfortunately, the Alternative Fuel Act has made a commodity out of the used oil, thus becoming harder to get. During the off season, the heated greenhouses produce the mixed garden greens, including arugula, sorrel and tatsoi (a savory, buttery leaf), which are about 70% of their business. In fact Sarah explains that certain greenhouse beds will be ripped out in August so greens can be re-seeded for a Thanksgiving harvest. Yes, that's right — Fresh, local, organic greens in November, through our harsh New Hampshire winters, right on into spring.

In early April, Sarah and Shawn attended a talk given by Mark Winne, author of *Closing the Food Gap, Resetting the Table in the Land*

of Plenty at UNH. They brought with them about 30 bags of their hand-cut, hand-washed mixed organic greens to give away to the community in attendance, mainly students and faculty. Sarah explains that they used to use a machine to wash the lettuce, but it was too rough. "It's better if we allow it to float in water. It's more passive, much less leaf destruction," Shawn demonstrates. "Lettuce needs to be nurtured by hand."

They maintain a popular presence at the Portsmouth farmers' market. In addition to their full complement of summer vegetables, Shawn makes smoothies and wraps at the market — a portable organic café. He considers Sustainable Farm Products to be a niche farm. "People seek us out at the farmers' market to see what we have to offer that is different or what they haven't seen before." He describes a pot full of bright yellow tatsoi flowers that will, "blow out like a light bulb" when displayed on their market table. They have tomatoes ready for sale by the end of May thanks to a ½" tube of radiant heating that elevates the soil temperature to 70-75°F. Generating July greenhouse temperatures in May also speeds up availability of eight varieties of summer squash for market by early summer.

Steve Taylor, former N.H. Commissioner of Agriculture wrote that niche farming *'is best characterized as agriculture in which there is a close connection between the producer and consumer. Often it is a direct commercial linkage of seller to buyer, but it can also be a linkage formed by emotion, philosophy or social values.'** Perhaps this truly defines the niche farming Shawn and Sarah practice in their business of relationships with food and with people.

At no other time in New Hampshire is there more locally produced food than late summer. To their dismay, Sarah and Shawn attended the Rochester Fair only to find highly processed, unhealthy, junk food available at the concessions. So one year they created *The Garden Patch* that they described was their fun away from home. "We have always believed the original intent of the fair was to highlight the wonderful agricultural achievements and skilled handiwork of local townspeople," explains Sarah. They had a large booth at the fair to highlight the immense variety of great, local foodstuffs that New Hampshire has to offer.

There is always work to be done: planning, seeding, growing, weeding, harvesting, packing, delivering, billing. They maintain a list of projects and juggle responsibilities pending priorities. And of course like most small farmers, they are on a very tight budget with even slimmer profit margins. They do offer a working share CSA trying to target the 20-25 year old age group as Shawn and Sarah feel that it's especially important for this population to appreciate food sources as they make their own choices about the future. Hired help is sporadic at best. Shawn explains that they periodically talk to groups of students at UNH (the organic farming club or a class for the new major, EcoGastronomy). "Out of 100 students, maybe one is somewhat interested," Shawn, says. "They see you at the market where it's fun and exciting, but when they come out to the farm, they

realize that there's a lot of hard work involved, and you get really dirty!" "These greens are our paychecks," Sarah adds. So if the greenhouse is out of fuel or the heating engine breaks down, Shawn is likely up all night in the greenhouse, trying to get it working again to keep the crops viable.

"We really do love our jobs and want to make farming a functioning lifestyle again," Sarah says with confidence. The farm is truly the heart and soul of what they do. "We don't know how we do it," adds Shawn, "we just do it." Fortunately they've got plenty of dirt and even more integrity to help them along. *eWM*

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**Excerpt from Foreword to Pastures of Plenty, The Future of Food Agriculture and Environmental Conservation in New England by John E. Carroll, NHAES Publication #2340, ©2008.*

All in the Family in a bed of sorrel: Shawn, Thesun, Nasturcia and Sarah



A poster for "Eat Local Celebrate Eat Local Month August 2009". The top half features a collage of various fresh vegetables like carrots, broccoli, and leafy greens. Below the collage, the text "Eat Local Celebrate Eat Local Month August 2009" is prominently displayed. Underneath, a section titled "Get Fresh Each Week" lists several events: 8/1 Get Started with Farmers' Markets! (Find local foods, Explore nearby farmers' markets), 8/15 Share the Harvest (Grow a row, Clean crops, Donate to help those without enough food), 8/8 Family to the Farm (Pick Your Own Animals, Picnics & Fun!), and 8/22 Food Preservation & Season Extension (Can, Freeze, Store Summer! Root cellar tours). At the bottom, it says "More info: NH Dept. of Agriculture, Markets & Food 271-3788 • www.nheatllocal.org" and "Ad space made possible by: edible WHITE MOUNTAINS 'Live Free & Eat Well!'". A small map of New Hampshire is in the bottom right corner.

A poster for "Valley Food & Farm". The top half features the logo, which includes a stylized orange and green apple. Below the logo, the text "Valley Food & Farm" is prominently displayed. Underneath, the text "FIND local food" is followed by a list of items: Cheese, Berries, CSA Share, Vegetables, Restaurants, Pick Your Own, and Local Stores & More!. At the bottom, the website "www.vitalcommunities.org" is listed. The bottom of the poster features a collage of various fresh vegetables like corn, carrots, and blueberries.

FROM COW TO CONE

BY KATY HAAS

It's around eight thirty on a Monday morning when Tom Beaudry pulls his red pick-up to the back entrance of the **Walpole Creamery**. The tank in the bed of his truck holds sixty gallons of fresh, raw milk from his dairy a few miles up the road. He runs inside the creamery, grabs a hose that he pulls through the open door to connect to the tank, and pipes the milk into a large mixing and pasteurizing tank just inside the door. This milk will soon become the base mix of Walpole Creamery's ice cream, the start for all their flavors and independently, sold as their Sweet Cream ice cream.

Unlike most ice cream operations of its size, Walpole Creamery makes its own base, not only flavors. Vanilla, Sweet Cream and Ginger are their top three sellers.



The Creamery is a new venture among old friends - Tom and Sharlene Beaudry, Dave Westover and Steve Caswell - in a town where dairy has a long history and remains an important part of life. Walpole has nearly a dozen working dairies, including the Beaudry's Echo Moon Farm, and Great Brook Farm, run for ten generations by Westover's in-laws.

"I was in the insurance industry for 35 years," says Dave. "I retired and was working on my sugar house a couple months after, and Tom stopped in and said, 'When are you interested in un-retiring?'"

"We wanted to create a value-added product," says Tom. And who doesn't like ice cream? In contrast to most ice cream operations of its size, Walpole Creamery makes its own ice cream base.

"I immediately approached Steve," said Dave, "an old fishing buddy of mine." Steve Caswell had recently sold his business, Ye Goode Shoppe in Keene that produced confections with a viewing window between the kitchen and storefront, similar to the Walpole Creamery scoop shop now. Steve oversees most of the ice cream production from creation to perfecting of flavors. He carefully

measures out natural stabilizers while Tom pours sugar and powdered milk into the giant mixing tank. Finally, cream is added. Lots and lots of cream. So much cream that the ice cream has a higher butterfat content than even premium ice cream. Less air is incorporated into Walpole Creamery ice cream, which is quite apparent when you take a taste. At 16% butterfat, it is considered a super-premium cream. It is a dense, rich and smooth blend.

Before ice cream even gets close to a freezer, there is a long cooking process. The base mix is churned, carefully monitored while heated to nearly 150 degrees and then held at that temperature for a half hour to ensure complete pasteurization. The sound of rushing and chugging water, rotating parts and fans fill the kitchen, and as the mix cooks, the room begins to smell sweet and almost buttery. "This is when we eat ice cream!" Tom declared while waiting for the mix to cook, stepping in to the front to get spoons, bowls and pints. "What kind do you want?"

After the base mix is pasteurized and homogenized, it is transferred by single bucket loads from a holding tank to a batch freezer. The liquid flaps loudly when turned around by the paddles,

Photo by Carole Topalian



but as it freezes the sound becomes softer. The subtle noise of the freezer alone is a good indicator that the ice cream is done. This will chill the mix to the consistency of nearly melting soft-serve, at which point it is portioned into containers, sealed and stored in the freezer.

When the base mix goes into the batch freezer so do flavors and add-ins. Maple Cream, Coconut, Butter Pecan, Mint Chip, Cinnamon, Strawberry. There are a number of flavors that are made regularly and consistently - Vanilla, Sweet Cream and Ginger are the top three sellers - but there are also seasonal varieties, and the endless possibility of experimentation. With the small batch freezer, it's easy to mix in just about anything to try new flavors and make just a few pints. Some of their flavors are based on suggestions from customers. Sometimes flavors are made as special requests.

"We didn't just make a home-run ice cream on the first try," Dave Westover says. The Walpole Creamery has nonetheless begun to develop a reputation regionally for the incredible quality of their smooth, all natural and local dairy ice cream. It's sold at more than 100 locations throughout New England and found on dessert menus of discerning chefs. But perhaps it's best enjoyed on a summer's day, right at the scoop shop where it's made. *eWM*

Katy Haas, a native of New Hampshire passionate about farming and food, likes to spend as much time in the kitchen as possible.
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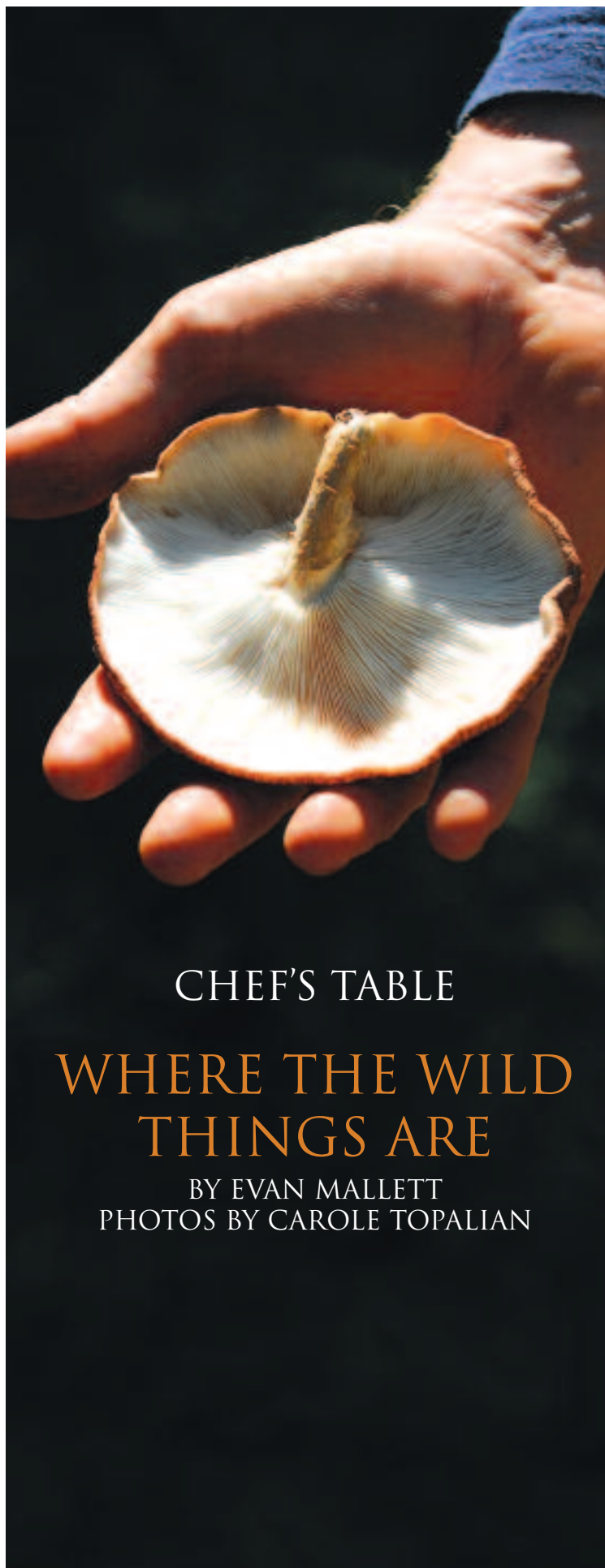
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CHEF'S TABLE

WHERE THE WILD THINGS ARE

BY EVAN MALLETT
PHOTOS BY CAROLE TOPALIAN

We are all foragers. Even bloated families in idling minivans waiting in line at the drive-thru for a reheated fatburger, have it in them to forage for dinner. Scientists have suggested that our DNA still holds a complex survival toolkit, linked to our senses, for identifying edible plants and fungi. Centuries of conveniences, brought to us by technology, have pampered us as humans, nudging us to an obesity epidemic, a dietary crisis, and perhaps even a biological intolerance of organic matter. I'm here to reassure you that, through all the interference, the toolkit remains not only intact, but also surprisingly adept. I use my toolkit when foraging. All of us who hunt for wild food use it. An illustrated guidebook is still a must, to be sure, but a little instinct doesn't hurt either.

I first stumbled upon the idea of foraging in Concord, Massachusetts, while in-between cooking careers, in the mid-1990's. Being a nature-lover in Thoreau's backyard, I originally took to the footpaths and woodlands of the region in search of rare owls and other birds. I found a few of them (but, to be clear, did not eat them), yet I became terminally sidetracked by the profusion of colorful fungi on the forest floor. The non-Thoreauvian half of my brain — the analytical half indebted to the work of Carolus Linnaeus and Charles Darwin — demanded that I take samples from the woods, bring them home (much to my then-girlfriend's horror), and classify each specimen using multiple handbooks and field guides. Certainty in identification requires elaborate "spore prints," which meant multicolored scraps of paper with fungal dust scattered all over the house and yard. For me, these are fond memories that predate the presence of small children in our house. Nowadays, with two young children running about willy-nilly, it makes good sense that we have a 'no-unknown-mushroom-anywhere-near-the-house rule'.

During this early phase of my foraging life, I had no intention of eating — or, God forbid, serving — my forest harvest. Like everyone else, I had heard terrifying stories about expert mycologists making lethal mistakes of mushroom misidentification. Never has the phrase "When in doubt, throw it out" taken on a more urgent tone. Still, I felt compelled to record information, even for the deadliest species, if only to bring me closer to understanding the vast universe of wild edibles.

Perhaps it is no coincidence that I have ended up living in Maine and working in New Hampshire, the first and second most forested states in the country, respectively. Northern New England boasts a glorious diversity of forageables: dozens of edible mushroom species, ramps and fiddleheads lead the pack. Yet other, even more esoteric wild plants — in both earth and water — can be converted to scrumptious comestibles by those of us willing to take the time to explore.

Although many mushrooms appear edible, spore prints are the only way to identify with certainty what's safe to eat.

Having now educated and foraged with a few younger cooks in my restaurant kitchen, I can say with certainty that my greatest concern for New England's wild edibles looking forward is not for the safety of the foragers, but for the safety of the foraged. If sustainable harvesting techniques are not observed by everyone, entire ramp beds, fiddlehead plots and mushroom mycelia will disappear permanently, destroyed by our society's collective myopia toward the natural world. Selectively cutting at the level of the soil is best for mushrooms, while digging rows of ramps appears to sustain them long-term. The key to remember is the *Golden Foraging Rule*: leave behind as much as you take away. This will ensure that next year you — and future generations in years to come — will have the thrill of culling wild food from the earth.

New England is known for its hardy denizens, and indeed it takes a rugged soul to ford tick and mosquito breeding pools in search of a handful of mushrooms or plants. But that's exactly what we foragers do. And, at least to me, the payoff is greater than the sum of the harvest. The foraging experience incorporates a Zen-like communion with all of nature's goodness. Think of the older growth woods of the White Mountains as your own private cathedral. Now you can go to church and shop for dinner at the same time! eWM

*Evan Mallett is a parent, chef, restaurateur and forager living in Maine. His downtown Portsmouth harbor-front restaurant, **Black Trumpet**, co-owned with his wife Denise, strives to source locally raised, grown (and foraged!) ingredients throughout the year.*

Ed note: The black trumpet mushroom has been described as "easily recognized, but not so easily found." One might find this analogous to the unparalleled food and atmosphere at Chef Evan's Portsmouth Bistro.

Golden Foraging Rule:
leave behind
as much as you take away.





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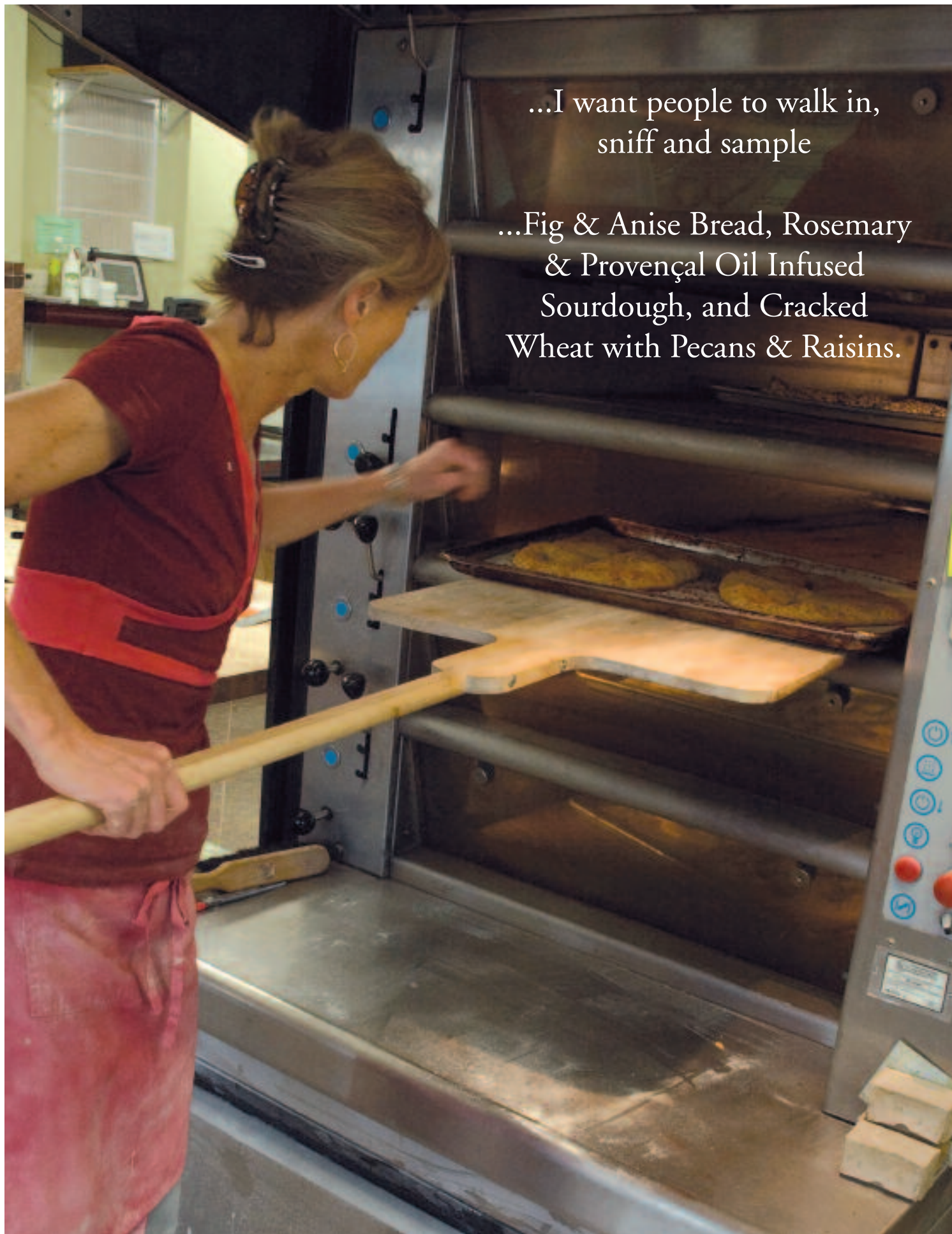


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ARTISAN BAKING SCIENCE, PATIENCE, ART & HEART

BY HATTIE BERNSTEIN

Walk the short distance from the Milford Oval in downtown Milford, NH to The Good Loaf bakery on Route 13 South, and you'll find that before you've reached the parking lot, you're smitten with the fragrant aroma of yeasty bread. Enter the shop and be prepared to surrender — eyes and palate — to the delectable arrangements and bountiful baskets: everything from the traditional French baguette and dense, dark, organic miche bread to wild blueberry scones and old-fashioned oatmeal cookies.

The bakery is an open concept design — customers walk into the shop and come face-to-face with the ovens and the bakers. They also have the chance to survey the hand-made breads and other baked goods up close: instead of traditional glass display cases, the mouthwatering edibles are arranged on welcoming tables. Then there's the tasting bar, stocked with the day's specials, which are offered in generous slices.

"I want people to walk in, sniff, and sample," said Linda Shortt, the artisan baker who opened The Good Loaf last fall, moving the operation from her Mont Vernon home, just up the road. Providing samples has been good for business. Vollkornbrot, a true artisan rye bread that Shortt said she could barely give away has been flying out of the bakery since customers began enjoying samples. The same happens with the other breads eagerly pulled from the oven each day, including *Fig & Anise Bread*, *Rosemary & Provençal Oil Infused Sourdough*, and *Cracked Wheat with Pecans & Raisins*.

The simple baguette it turns out is the heart of Shortt's enterprise, a philosophy reflected in the life-size black-and-white banner-style photographs adorning the bakery walls. "The theme is 'Everybody loves a baguette'," she said, pointing to the vivid images by local photographer Jennifer Bernard.

The baker said her entry into artisan baking was a fluke. For a birthday gift about seven years ago, her husband, John, gave her a week of classes at King Arthur Flour in Norwich, Vermont. After she returned home, Shortt began baking for friends and giving her breads

as gifts. On a whim, a friend designed a business card for her, naming the home bakery, The Good Loaf. The next thing she knew, Shortt was piling loaves of bread into her car and delivering them to a local food shop. Three hours later, the shopkeeper called to say he'd take whatever she had. At the time, she was making some 70 loaves a day in her home kitchen.

Shortt said the venture into retail was a dream whose time had come. "The bakery had taken over the entire house. It was in the kitchen, the dining room, and after my husband tripped over a bin, we said, 'We've got to get out of here'," the baker said, recalling how she spotted the retail space not far from home and quickly ordered two commercial ovens that she had been eyeing for a long time. Since then, the business has grown like wild yeast, multiplying by the day as customers, both foodies and plain eaters alike, spread the word. Indeed, Shortt's bread lovers travel from all around New Hampshire. The Good Loaf breads and baked goods can also be found at specialty food markets and farm stands across the state.

From the beginning, Shortt has made most of her yeasts from a starter culture, some 20-years old, carried home in a tiny container from King Arthur after her class seven years ago. Because yeast culture is so sensitive to its environment, Shortt said, she wasn't sure how it would react to the move from home to the retail bakery. She also worried about the introduction of town water, another change that could affect the quality of her bread. But the hearty levain did not disappoint her — all things fermented.

At **The Good Loaf**, Shortt and her three full-time professional bakers use wild rye and sourdough yeasts. Nurturing yeast, a living organism that starts as a single cell, is not so different from tending a garden or caring for a child. "You have to feed it, flour it, and water it twice a day during the development, give it brunch and dinner," Shortt said. "Just like people, you don't feed it all at once."

Shortt, who is also a multi-sport athlete, said the venture is a labor of love.

"The elements of The Good Loaf are *science, patience, art and heart*," she said, recalling how the idea came to her while out for a run one day. The terracotta painted walls at The Good Loaf bakery

Opposite: After baking for almost ten hours, Linda Shortt remains meticulous in checking the Olive Fougasse at her Good Loaf Bakery.



Nurturing yeast, a living organism that starts as a single cell, is not so different from tending a garden or caring for a child.

You have to feed it, flour it, and water...give it brunch and dinner...Just like people, you don't feed it all at once.

reinforces a sense of relaxation, heightened by the aroma of bread baking.

Eventually, Shortt wants to sell artisan cheeses and oils to complement her crusty breads. She also plans to build a patio cafe to serve salads and soups in addition to the coffee and Summit Boost Granola already on the menu. "I want it to reflect the community and be a place where people can just hang out", said Shortt. All things fermented.

As it is now, Shortt keeps a daunting schedule, starting in the middle of the night when she arrives at the bakery, and ending when the shop closes for the day. But the baker, whose personality is as bubbly as her yeast, couldn't be happier. And the same goes for her customers. The breads do taste as good as they look. [eWM](#)

Hattie Bernstein, a free-lance writer based in Derry, can't imagine a New Hampshire summer without strawberry cobbler!
hbernstein@hypercon.net 434-2721.

THE GOOD LOAF ARTISAN BREADS ALSO AVAILABLE AT:

A Market Natural Foods, Manchester
 Applecrest Farm Orchards, Hampton Falls
 Calef's Country Store, Barrington
 Farmers' Market Salzburg Square, Amherst
 Harvest Market, Bedford
 Maggie's Market Place, Peterborough
 Roy's Market, Peterborough
 Spring Ledge Farm, New London

Caraway Rye Artisan Breads ready for some cheese and wine at The Good Loaf in Milford.

EDIBLE CALENDAR

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3 TASTE OF NASHUA

883.5700 nashuataste.com

6 COUNTRY LIFE FESTIVAL

Enfield Shaker Museum
632.4346 shakermuseum.org

6 CHOWDERFEST

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11 AMERICA'S KITCHEN EXHIBITION

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228.6688 nhhistory.org

14 CONTAINER VEGETABLE GARDENING

Stonewall Farm, Keene
352.5063 hannahgrimes.com

19 CAMPFIRE COOKING CLASS FLAG HILL WINERY

659.2949 flaghill.com

20 STRAWBERRY JAMBOREE

Canterbury Shaker Village
783.9511 shaker.org

24 TASTE OF THE NATION

Portsmouth
shareourstrength.org/portsmouth

26 FOOD & FESTIVITIES AROUND THE CAMPFIRE

Longhaul Farm, Holderness
Friday night BBQ's through Labor Day
968.9381 www.longhaulfarm.com

27 WAKE UP TO BREAKFAST AT THE FARM

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Rise & Shine for local foods breakfast
through Labor Day
968.9381 www.longhaulfarm.com

27 BREWFEST OLDE NEW ENGLAND

Lincoln 745.6621 nebrewfest.com

28 BARRINGTON FARM TOUR DAY

Barrington Farmers 781.8715 llfarm.net

JULY

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www.pickyourown.org

11 Yes You CAN!

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12 HERBAL TEA MAKING

D Acres, Dorchester 786.2366 dacres.org

19 NATIONAL ICE CREAM DAY

Stonewall Farm, Keene
357.7278 stonewallfarm.org

25 CHICKEN BBQ

Canterbury Fair, Town Center
785.0335 canterburyfair.com

AUGUST

BRICK FARM ICE CREAM

Any Summer day is a good day!
Unity (Newport)
863.6732 brickfarmicecream.com

7-8 BLUEBERRY FIDDLE FESTIVAL

Cheshire Fairgrounds Swanze 239.6495

8 BROOKFIELD'S OPEN FARM DAY

Brookfield, Town-wide Farms & Gardens
522.0031

15 FARM DAY at D ACRES

Dorchester, Pig Roast, Local Veggies
786.2366 dacres.org

29 MOOSE BURGER BBQ

North Country Moose Festival
Colebrook 237.8939
Northcountrychamber.org

29 MUSHROOM GARDENING & FORAY

Emerson Brook Sustainability Project
Gilsum 357.2758
wichlandwoods@hotmail.com

30 HARVESTING & PRESERVATION

D Acres, Dorchester 786.2366 dacres.org

2009 NEW HAMPSHIRE FARMERS' MARKETS

Our Farmers' Markets offer a colorful and tasty bounty from local farms and gardens all season long. Enjoy the friendly, open-air market atmosphere while shopping for fresh vegetables, fruits, flowers, locally prepared foods and specialty items. There are many convenient Farmers' Markets located throughout the state. For variety, quality, value and the chance to chat with local farmers, visit a Farmers' Market this season!

Amherst Farmers' Market: Amherst Village Green. May-Oct. 2:30-6:30pm, **Thursday**, 249-9809, grdnprty1@aol.com

Barrington Farmers' Market: Int. Rts. 9 & 25. May-Oct. 9am-1pm, **Saturday**, 749-0377

Bedford Farmers' Market: Wallace Rd, Benedictine Park. June-Oct. 3-6pm, **Tuesday**, 435-6410, Romney@comcast.net, www.bedfordfarmersmarket.org

Berlin-Gorham Farmers' Market: parking lot Fred's Service Station, 215 Glen Ave., Rt. 16. May 1-Oct. 31 **Friday** 12-4pm & **Saturday** 9am-1pm; **Sunday** 9am-4pm, 752-1592

Bethlehem: Local Works Farmers' Market: Main St. May 23-Oct. 10, **Wednesday** 3-6pm; **Saturday** 9am-1pm. Located at WREN on the corner of Rt. 302 and Park Ave. 869-9736, localworksnh@gmail.com, www.wrencommunity.org

Bradford Community Farmers' Market: Bradford Community Center, 134 E. Main St. June-Oct. 3-6pm **Thursday**. 938-6228, bacc@mcttelecom.com

Brookline Farmers' Market: Brookline ball park, Rt. 130. June-Oct. 3-6pm **Tuesday**, 672-4229, www.brooklinefarmersmarket.org

Canaan Farmers' Market: Rts. 4 & 188, on the park, downtown May-Oct 10am-1pm **Sunday** 523-4337, canaanfarmmkt@valley.net, www.townofcanaannh.us

Canterbury Community Farmers' Market: Canterbury Center, Elkins Library parking lot. June-October, **Wednesdays** 4-7pm, 783-9649, farmer@ccfma.net, www.ccfma.net

Claremont Farmers' Market: Broad Street Park. June 4-Oct 1, 4-7pm **Thursday**, 542-4321, www.claremontmarket.org

Colebrook Farmers' Market: 84 Colby St. July-Oct 8am-12pm **Saturday** 237-4430.

Colebrook: Main Street Farmers' Market: North Main St., at Northern Tire parking lot,. Last week of June-Oct. **Thursday** 4-6pm; **Saturday** 8-11am, 237-4395

Concord Farmers' Market: Capitol St. June-Oct 8:30am-12pm **Saturday** 224-8862

Contoocook Farmers' Market: Main St. at Train Depot. June-Oct 9am-12pm **Saturday**, 746-2874, planetloft@comcast.net

Davisville Farmers' Market: 909 E. Rt. 103, Warner. June-Oct 10am-3pm, **Friday, Saturday & Sunday**. 995-1345, happyazmy.com

Deerfield Farmers' Market: Deerfield Fairgrounds. June-Oct. 3-7pm **Friday**, 463-8812, justforfunjj@yahoo.com, www.farmersmarket.deerfield-nh.us

Enfield Farmers' Market: Enfield Shaker Museum, 447 NH Rt. 4A. July 1-Oct 7, 4-7pm **Wednesday** 632-4346 enfieldshakermuseum@yahoo.com, www.shakermuseum.org

Farmington Farmers' Market: Behind TD North, Central & Main Sts. May-Oct, 8:30am-12pm **Saturday** 859-2551

Fitzwilliam Farmers' Market: next to Town hall. May-Sept. 9am-12pm **Saturday**, 585-9052, utuhusa@yahoo.com, www.harvesttomarket.com

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Lebanon Farmers' Market: Colburn Park. May 28-Sept 24, 4-7pm
Thursday, 448-5121, 704-996-0705, farmersmarket@lebcity.com,
www.lebanonfarmersmarket.org

Lee Farmers' Market: Id Fire Station, Rt. 155. May-Oct 3-6pm **Thursday**
659-9329, leemarket@comcast.net

Lisbon Farmers' Market: North Main St. Late-Spring-Fall, 3-7pm
Thursday, 838-2200, lisbonmainstreet@roadrunner.com

Littleton Farmers' Market: Cottage St., Senior Center parking lot. July-
Oct. 10am-1pm **Sunday** 444-0248, cabinviewfarm@roadrunner.com

Lyndeborough Farmers' Market: Center Hall, Center Rd. June-Sept 9am-
12pm **Saturday** 654-5362, kgrybko@aol.com

Manchester Farmers' Market: Pine St. & Concord St. intersection. June-
Oct 3-6:30pm, **Thursday** 679-8101, day of market telephone 205-1684,
charliereid@ttlc.net.

Meredith Farmers' Market: Trinity Episcopal Church. July-Aug 2:30-
5:30pm **Thursday**

Milford Farmers' Market: Granite Town Plaza, Tractor Supply parking lot,
Elm St. Late-June-early Oct 9am-12pm **Saturday** 673-5792,
mosseyapples@aol.com, www.Milfordnhfarmersmarket.com

Nashua, Farmers' Market Association of: 48 West Hollis St., St. Louis de
Gonzague Church. July-Oct 2-6pm **Tuesday** 878-3437,
nashuafr@netway.com

Franklin Community Farmers' Market: 206 Central St. July-Sept., 3-6pm
Tuesday, 648-6586 cindytaylormidwife@yahoo.com

Gilmanton Farmers' Market: Academy at the 4 Corners. July-Oct 3-6pm
Wednesday, 267-7083 meadowviewfarm@metrocast.net

Hancock Farmers' Market: Horse sheds behind church. May-Oct 9am-
12pm **Saturday**, 525-3172, konorei@hotmail.com

Hanover Area Farmers' Market: "The Green" June 3-Sept 30, 3-6pm
Wednesday, 802-299-9707, farmersmarket@hanoverchamber.org

Hillsborough Pride Farmers' Market: Butler Park, corner of Central &
Main Sts. July-Sept. 9am-12pm **Saturday** 464-4640

Jackson Farmers' Market: next to Snowflake Inn Field. July-Oct 9am-1pm
Saturday, 520-4974, chendr7108@aol.com

Jaffrey Farmers' Market: Rt. 202, Monadnock Plaza. July-Sept 9am-12pm
Saturday 532-6561

Keene Farmers' Market: Commercial parking lot off Gilbo Ave. May-Oct
9am-2pm **Tuesday & Saturday** 446-9474

Laconia Farmers' Market: Beacon St. East. June-Oct 8am-12pm **Saturday**
267-6522, BPRamsay1@aol.com

Lancaster Farmers' Market: Centennial Park. June-Oct 9am-12pm
Saturday, 788-3391, townmanager@lancasternh.org

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Nashua: Main Street Bridge Farmers' Market: 53-75 Main St. May-Oct 10am-3pm **Sunday** 883-5700, sueb@greatamericandowntown.org, www.downtownnashua.org

Nashua: Downtown School Street Farmers' Market: School Street parking lot. June 5-Oct. 30, 2-6pm **Friday** 883-5700, sueb@greatamericandowntown.org, www.downtownnashua.org

New Boston Farmers' Market: Town Common at the gazebo, Rt. 13. July-Oct 9am-12pm **Saturday** 487-2480, pygarus@aol.com, www.newbostonfarmersmarket.org

New Durham Farmers' Market: off Depot Rd., next to Post Office, on the lawn. Mid-May-early-Oct 8am-1pm **Saturday** 859-4251, davcrord@metrocast.net

Newbury Farmers' & Artisans Market: Rt. 103, near Newbury Library & playground July-Oct 3-6pm **Friday** 763-0181, crazyrussell@msn.com

Newmarket Farmers' Market: The Stone Church Meeting House parking lot, 5-7 Granite St. June 20-Oct10, 9am-1pm **Saturday** 659-5900, newmarketfarmersmarket@gmail.com

Newfound Farmers' Market: Dedication Park, Lake St. Bristol. May 16-Oct 31, 10am-1pm **Saturday** 934-8146, gitchfarm02@yahoo.com

Newport Farmers' Market: on the common, Newport. June 12-Oct 19, 3-6pm **Friday**, 865-9841, newportfarmersmarket@comcast.net

The Northwood Area Farmers' Market: corner of Rts. 4, 202A/9 and Rt. 43, at the Municipal building parking lot. June 4-Sept. 24, 3-6:30pm **Thursday** 682-0662, northwoodfarmersmarket@yahoo.com

Nottingham Farmers' Market: Blaisdell Memorial Library, 129 Stage Rd. June-Oct 1-4pm **Sunday** 679-8484, blaisdellml@comcast.net

Pelham Farmers' Market: St. Patrick Parish, 12 Main St. June 1-Aug 31, 4-7pm **Monday** 635-3525, 978-500-0023, pelhamfarmersmarket@yahoo.com

Peterborough Farmers' Market: Depot Square. May-Oct 3-6pm **Wednesday** 878-6124, Mich.S@comcast.net, www.peterboroughfarmersmarket.webs.com

Piermont Farmers' Market: corner of Rt. 25 & River Rd. June 2-Oct 13, 3-6pm, **Tuesday** 802-505-0123, emilygtshipman@hotmail.com

Pittsfield Farmers' Market: Main St. Dustin Park. June-Oct 3-5:30pm **Thursday**, 435-5570, chapmans4.1@myfairpoint.net

Plymouth Area Farmers' Market: 63 Highland St. June 18-Sept 24, 3-6pm **Thursday**, 536-3823, cperk40119@aol.com

Rochester 4 Corners Farmers' Market: 4 Corners Antique Shop parking lot, Jct. 202A, Estes Rd. & Meaderboro Rd. May 8-Sept **Friday** 3-6pm; **Saturday** 9am-12pm, 859-6979, squires@metrocast.net

Downtown Rochester Farmers' Market: Foster's Daily Democrat parking lot, 90 N. Main St. June-Sept 3-6pm **Tuesday & Thursday** 332-1765

Wentworth Greenhouses Farmers' Market: 41 Rollins Rd. Rollinsford. June 30-Oct. 27, 2-6pm **Tuesday** 743-0923 kokolis@comcast.net, www.wentworthgreenhouses.com

Sanbornton Farmers' Market: Sanbornton Historical Society's Lane Tavern, 520 Sanborn Rd., Rt. 132. June-Oct., 3-6pm **Friday** 286-8700, budgie@metrocast.net

Sandwich Farmers' Market: Samuel H. Wentworth Library-'Pines'. June-Nov 9am-12pm **Saturday** 284-7163

Seacoast Growers Association: Contact 659-5322, info@seacoastgrowers.org, www.seacoastgrowers.org

Dover: 181 Silver St. June 3-Oct 14, 2:15-6pm **Wednesday** 692-4511

Durham: Pettee Brook parking lot, Pettee Brook Rd. June 1-Oct 12, 2:15-5:30pm **Monday** 658-0280

Exeter: Swasey Parkway, off of Water St. June 4-Oct 15, 2:15-6pm **Thursday** 658-0280/5322

Hampton: Rt. 1, Sacred Heart Church parking lot, near the Hampton Cinemas. June 2-Oct. 13, 3-6pm **Tuesday** 674-3990

Kingston: on the "Plains", across from the Kingston Fire Station, near intersection of Church & Main Sts. June 2-Oct13, 2:15-5:30pm **Tuesday** 658-0280/5322

Portsmouth: 1 Junkins Ave. May 2-Nov 7, 8am-1pm **Saturday** 658-0280/5322

Tamworth Farmers' Market: Unitarian Church, Rt. 113, Main St. June-Oct 9am-12pm **Saturday** 323-2392, farmersmarket@sunnyfield.us

Wakefield Farmers' Market: corner of Rt.16 & Wakefield Rd, opposite Palmer's Market. May 23-Oct 10 9am-3pm 473-8762, www.wakefieldmarketplace.homestead.com

Warner Area Farmers' Market: Town Hall lawn. Mid-June-mid-Oct 9am-12pm **Saturday** 456-2319

Washington Farmers' Market: Town Common. May 23-Oct 10, 10am-12pm **Saturday** 345-8783, teaberrywolf@yahoo.com

Weare Farmers' Market: Weare Center around gazebo. June-Sept., 3-6pm **Friday** 413-6213, wearefarmersmarket@comcast.net

White Oaks Market at Prescott Farm Environmental Education Center: Prescott Farm, Weir's Beach/Laconia. June 25-Oct 1, 4-7pm **Thursday** 366-5695, DRosato@PrescottFarm.org

Wilmot Farmers' Market: Town Green. July-Sept 9am-12pm **Saturday** 526-7729, information@wilmotfarmersmarket.com, www.wilmotfarmersmarket.com

Winter Farmers' Market: Dover, Exeter, Newington, Rye, Stratham. Nov.-April, 9am-2pm **Saturday** 498-6934, info@seacoasteatlocal.org, www.seacoasteatlocal.org

Woodsville Farmers' Market: Rt. 302, Woodsville Center. June-Sept., 3-6pm **Thursday** 747-2786, daryl@celticweb.com

For Information on Pick Your Own This Summer:
www.pickyourown.org/NH.htm

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THE LAST CRUMB



For 27 years, Steve Taylor served New Hampshire as Commissioner of Agriculture, the longest tenure of any other official in this capacity in the U.S. Although he retired in 2007, his compilation of **100 Things You Should Do To Know The Real New Hampshire** remains in scattered circulation. It's chock full of places, activities, events and diversions that afford insight into the culture and values of our state making it distinctive from the "homogenized, mass-market rest of America!" According to Steve, most things on the list don't cost a nickel, the rest can be done for under 25 bucks. Here's a condensed (mildly-edited) version specific to edible pursuits all around New Hampshire. The complete list can be found on edibleWhiteMountains.com.


1. Visit a Real Working Dairy Farm: stand in the pit of the milking parlor and watch what happens. Some to try (best to call ahead): Graymist Farm in Groveton; Tullando in Orford; Pine Lane in Contoocook; Stuarth in Stratham owned by present NH Ag Commissioner, Lorraine Merrill.
2. Drink a cold soda by Squamscot Beverages of Newfields from a returnable bottle.
3. Pick Your Own berries or apples at a nearby farm.
4. Dig clams in the Hampton River.
5. Enjoy a picnic on the summit of Mount Washington on a clear day.
6. Sample the breads and pastries made in Finnish family kitchens and sold in stores around New Ipswich.
7. Bring a good cuppa joe and watch the sun rise at the Cathedral of The Pines in Rindge.
8. Hunt up Muriel's Donut Shop in Lebanon and have a cruller right from the kettle.
9. Join a crew raking wild blueberries in Gilmanston, Alton or Brookfield.
10. Enjoy chocolate milk bottled in glass from Hatchland Dairy in North Haverhill, or McNamara's in Plainfield. Keep the bottle, start a collection.

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