



# Fresh Connections

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



**Ambrose F. Grow**

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



**The Grow Family Homestead**  
Still stands today as home to Harbour Public House

## Git y'er Goat

Excerpted from GRIT, "Cooking with Goat: The Healthy Red Meat" by Jacqueline Wilt

Goats are quickly becoming a common sight along roadsides and on small farms all over the United States. Beef, chicken, and pork are more widely consumed at the American family dinner table, but goat is actually the world's most popular meat.

Approximately 75 percent of the world's population eats goat meat. With America's rising population of ethnic groups, demand for goat meat has risen sharply. American producers are struggling to keep up with the growing demand for a product that was virtually unheard of 15 years ago. In addition to the ethnic population that regularly consumes goat meat (also known as cabrito or chevon), many Americans are discovering the benefits of eating goat meat.

It has a good flavor and is very healthy. It is low in fat, cholesterol, calories, and saturated fat. In fact, goat meat is over 50% lower in fat than our American beef and is about 40% lower in saturated fat than chicken, even chicken cooked with the skin off! The following meat comparison (per 3 oz. roasted meat) table is from the USDA Handbook:

	Calories	Fat (g)	Sat. Fat (g)	Protein (g)	Iron (g)
Goat	122	2.58	0.79	23	3.2
Beef	245	16.0	6.8	23	2.0
Pork	310	24.0	8.7	21	2.7
Lamb	235	16.0	7.3	22	1.4
Chicken	120	3.5	1.1	21	1.5

Read more: <http://www.grit.com/Life-at-Diamond-W-Ranch/Cooking-with-Goat-Meat>

## Your Seafood Choices Matter!

Not all seafood is created equal. Unfortunately, many popular seafood items are fished or farmed in environmentally destructive ways. Because these practices vary by species and location, knowing this information makes a big difference and can guide your decisions when it comes to ordering fish. By using your purchasing power to buy fish caught or farmed using eco-friendly practices, you are supporting healthy, abundant oceans.

To assist you with your choices, The Environmental Defense Fund has published a one-page Seafood Selector. Visit <http://www.EDF.org/seafood> or from your mobile phone [m.EDF.org/seafood](http://m.EDF.org/seafood) to read it or on [facebook.com/SeafoodSelector](http://facebook.com/SeafoodSelector).



EDF finds new ways to take ideas grounded in science and scale them up to transform entire sectors by emphasizing:

- A commitment to sound science
- The power of partnerships
- Markets as a force for good
- Smart, non-partisan policy

### Innovating with Companies

EDF partners with top firms to make green business the new business as usual. They provide dynamic online tools and a community for all companies at <http://www.edf.org>

## ISL. STRAWBERRIES

### Bainbridge Farmers Honored

On library microfilm, a June 2, 1939 Bainbridge Review headline cheered: "Bainbridge Island Plays Role in Royalty's Visit." The story reported "high honor bestowed on Bainbridge farmers" when a request from Vancouver, B.C., was filled exclusively by Bainbridge growers with 800 cases of Marshall strawberries. It was the Royal Shipment for the visit of King George VI and Queen Elizabeth of England!"

The 1939 shipment had special challenges. Several farms were needed to fill the bill. Kay Nakao recalled how she jumped around from plant to plant and only picked the very best berries for this shipment.

Though local Marshall strawberries were renowned as the sweetest, juiciest and largest then grown in the Pacific

## OLD SETTLER'S SONG

Francis D. Henry

I've traveled all over this country  
Prospecting and digging for gold  
I've tunneled, hydraulicked and cradled  
And I have been frequently sold.

For each man who got rich by mining  
Perceiving that hundreds grew poor  
I made up my mind to try farming  
The only pursuit that was sure.

So, rolling my grub in my blanket  
I left all my tools on the ground  
I started one morning to shank it  
For the country they call Puget Sound.

Arriving flat broke in midwinter  
I found it enveloped in fog  
And covered all over with timber  
Thick as hair on the back of a dog.

When I looked on the prospects so gloomy  
The tears trickled over my face  
And I thought that my travels had brought me  
To the end of the jumping-off place.

I staked me a claim in the forest  
And sat myself down to hard toil  
For two years I chopped and I struggled  
But I never got down to the soil.

I tried to get out of the country  
But poverty forced me to stay  
Until I became an old settler  
Then nothing could drive me away.

And now that I'm used to the climate  
I think that if a man ever found  
A place to live easy and happy  
That Eden is on Puget Sound.

No longer the slave of ambition  
I laugh at the world and its shams  
As I think of my pleasant condition  
Surrounded by acres of clams.

"Old Settler's Song (Acres of Clams)" is a Northwest folk song written around 1874

Northwest, they had a short shelf life of maybe two days. Shig Moritani described how 800 wooden berry boxes had to be specially made to hold two layers of cartons.

A Seattle Times photo essay described how "900 to 1,000 Indians from Vancouver Island" camped out to help pick berries on Bainbridge that summer. The 165-foot freighter "Indian" transported the harvest to B.C. Akio Suyematsu recalled that "special permits and permissions" cut governmental red tape for the royal, international delivery.

That year's six-week cannery season packed 1.45 million pounds of berries. A year later, almost 2 million pounds of berries were processed.

For decades, island strawberries infused life up and down the coast, including pickers, farmers, planters, cultivators, field hands, shippers, truck drivers, processors, buyers, sellers, ice cream makers, consumers, restaurants, barrel makers, box makers, packers, canners and cultural tourists. Even kings and queens ate our berries.

Excerpted from Gerald Elfendahl's 4/10/2009 contribution to the **Bainbridge Review**

## Washington Clams

### WASHINGTON STATE DOMINATES WEST COAST SHELLFISH INDUSTRY

Displaced by the salmon and eclipsed by the oyster, the clam is perhaps the forgotten star of the Puget Sound. But once it was the main seafood symbol of the region. Even before restaurateur Ivar Haglund made his "Acres of Clams" restaurant a Seattle

### BAYWATER SHELLFISH Growing the Pub's Steamers

Bainbridge Islanders, Joth & Karen Davis, started Baywater Shellfish near Thorndyke Bay in Hood Canal in 1990 seeing the potential in year around triploid oyster production. They started growing Manila clams using bag on bottom techniques around the same time and added geoducks in 1999. Their shellfish can also be found at the Bainbridge Island Farmers' Market.



landmark, the clam's status was lodged on the shores of Northwest Native American lore. In fact it had a role in the origin of man. According to Haida tradition, Raven discovered a large clamshell on the beach and looked inside to find dozens of little people. Lonely for someone to play with and trick, he coaxed them out of the shell and thus populated the land.

The clam canning industry in the west started at the turn of the century with the razor clam operations in Oregon. Washington, with its rich clam beaches, came on the scene in 1914 with canneries surfacing in Aberdeen, Grayland, and Copalis. Guy Halferty, heir to a large Oregon business, moved Pioneer Packing Company to Grays Harbor. Around the same time, prohibition pushed a large brewery in Aberdeen into becoming the Surf Packing Company, another clam cannery. As market demand increased, these canneries pushed north—toward Alaska near the town of Cordova.

Today, though, when most people think of clams, it's likely the smaller Manila that comes to mind. The classic eating Manila hitchhiked its way to Washington's beaches in oyster seed shipments from Japan. They live at about half-tide level and since their siphons are short, they only bury themselves two to four inches deep.

Its cousin, the native Littleneck, has about the same size and appearance, only where the manila is oblong, the littleneck is rounder.

It is the Littleneck and the Manila that stole the scene in the 1950s, around the time restaurateur and folk singer Ivar Haglund made the clam the center of the Seattle seafood scene with his "Acres of Clams" restaurant on Alaskan Way. Promoting clam culture and delighting patrons with his witticisms like "keep clam," and "man can live on clams alone," he whetted the region's appetite with his steamer clams and chowders.

Their manila clams are grown from seed in bags that are placed into the sandy substrate. The seed is grown locally at the Taylor Quilcene Hatchery. It takes about 2 years for the clams to grow to a marketable size. With the bag system, they don't have to dig up the beach at harvest and they can also concentrate a lot of clams into a smaller footprint on the beach — which also benefits the beach. The geoducks are also all grown from seed.

The Varnish Clams, dubbed the Salish Blues, came to Vancouver Harbor as larvae in ballast water and have spread like wildfire throughout Puget Sound and Hood Canal. It does not seem to compete for space with other local clams as it is found very high in the intertidal. The clam is delicious and has a lovely blue color on the inside of the shell. They steam well, pop open when cooked and are delicious. The Davis' have a good population on their Thorndyke farm. The Harbour Pub has been their first market for them.

Shellfish grown on the farm are produced sustainably using mainly hand techniques. No chemicals of any kind are utilized and they are very active in recycling bagging and oyster shells. According to Davis, a fisheries biologist, the biodeposits the shellfish produce naturally may also help promote seagrass growth. Nitrogen is removed from the ecosystem upon harvest of oysters and clams and their feeding activities help promote further removal of nitrogen through nitrification and denitrification activities in the sediments below the cages.

You can see more about Baywater Shellfish on our blog at [www.parfittway.com](http://www.parfittway.com)

### Washington Shellfish Production in 2009

#### Oysters

61.0 Million lbs

\$57.75M Sales

#### Clams

9.52 Million lbs

\$19.55M Sales

#### Mussels

2.75 Million lbs

\$3.16M Sales

#### Geoduck

1.65 Million lbs

\$2.01M Sales

#### All Larvae/Seed

\$7.00M Sales

All pounds converted to live weight/in the shell. Compiled by the Pacific Coast Shellfish Growers Association

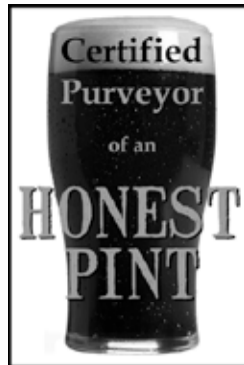




# BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991



## BURGERS

### PUB BURGER\* PLATTERS

All are fresh, Pub-ground, Harlow Cattle Co., Grass-fed Beef, grilled to order & served on a Pane d'Amore® burger bun with lettuce, tomato & mayo Served with our Pub-cut fries

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

CHICKEN BREAST? Go ahead and substitute it...sure, no problem  
It's Ranger® Free-Range

**SPICY CHICKPEA MELT** \$9.95  
Pub-made Italian-spiced chickpea patty with grilled tomato, melted mozzarella, pesto aioli & balsamic glaze Served on Pane D'Amore® bun With Pub-cut fries

**PORTABELLA VEGGIE BURGER** \$11.95  
A whole grilled & marinated mushroom topped with tomato, lettuce, pesto aioli & melted mozzarella cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries fried in trans-fat free canola oil

**PUB BBB.L.T.** \$11.95  
Not really a burger, but enough bacon to eat like one! Six strips, (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing

**SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$2.50**

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

## LOCAL GRASS-FED BEEF



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



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



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

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

## GRILLED SKEWERS

We go to extraordinary measures to offer the best grass-fed meat. You can taste the difference! Served with Pane D'Amore® ciabatta

<b>Harlow Cattle Co. Beef</b> with side of Pub BBQ sauce	\$8.95
<b>Spiced Lamb Sausage</b> w/ a side of green Chutney & raita	\$8.95
<b>Ranger® Chicken</b> served with a side of mango Chutney	\$8.95

## LOCAL SEAFOOD

**PAN FRIED OYSTERS** \$12.95

Five plump Hama Hama oysters lightly panko breaded, pan fried & served with lemon, tartar sauce Pub-fries & cole slaw

**OYSTER SANDWICH** \$10.95

Three plump Hama Hama oysters, lightly panko breaded & pan fried Served on a Pane D'Amore® burger bun with lettuce, tomato & tartar sauce With Pub-cut fries

**ASIAN SALMON BOWL** \$15.95

Charbroiled wild salmon filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette

**GRILLED SALMON SANDWICH** \$14.95

Wild salmon filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries

**FISH AND CHIPS** \$12.95

Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries, cole slaw, lemon & Pub-made tartar sauce

**FLASH FRIED CALAMARI** \$9.95

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

**STEAMED CLAMS** \$13.95

Steamed Baywater Manila clams in white wine & lots of garlic Served with Pane D'Amore® ciabatta bread

**SMOKED SALMON TARTINE** \$10.95

Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of organic salad greens

New For Spring! Watch our chalk boards for specials made from the 'freshest' of in-season, nutrient packed & local ingredients

## GREENS & SALADS

**PUB FAVOURITES SALAD** sm \$6.95 lg \$8.95

Fresh Butler Green Farms organic greens & vegetables with your choice of dressing Served with Pane D'Amore® ciabatta bread See Additions Below

**PUB CAESAR SALAD** sm \$5.95 lg \$7.95

Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below

**SALAD ADDITIONS** (price added to price of salad)

Add Harlow Cattle Co. Beef Skewer	\$8.95
Spiced Lamb Sausage Skewer	\$8.95
Ranger® Free-Range Chicken Skewer	\$8.95
Salmon filet, Peppered cod, Smoked Salmon	\$7.95
Grilled Marinated Portabella Mushroom	\$4.95

## SOUP BOWLS

**PUB CLAM CHOWDER** \$12.95

A New England Classic using local, in the shell, Baywater Manila clams Potato, onion, bacon & cream base Sautéed to order with white wine & whole steamed Manila clams Garnished with a traditional pat of butter OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

**RIBOLLITA** \$10.95

A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar salad

**SOUP OF THE DAY** bowl \$5.95 cup \$4.95

Made fresh & served with fresh focaccia

## BAR FOOD

**GARDEN GREEN HUMMUS** \$6.95

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

**SMOKED SALMON SPREAD** \$8.95

Pub-smoked Sockeye with Willapa Hills Yoghurt Cheese with naan

**OYSTER SHOOTER** \$1.75

A single plump Hama Hama in a shot glass with cocktail sauce

**GARDEN GREEN GARBANZOS** \$3.95

Palouse Green Chickpeas blanched with star anise & Kosher salt

**WARM CURRIED CHICKPEAS** \$5.95

Organic Eastern Washington garbanzo beans cooked with dates, cardamon, cumin & star anise Served with cucumber raita & naan flatbread

**RED LENTIL 'DAL' WITH NAAN** \$6.95

Spiced Eastern Washington red lentils served with warm naan flatbread & fresh vegetables

**CHICKEN TANDOORI QUESADILLA** \$10.95

Masala spiced pulled free-range chicken, mozzarella cheese, pickled onions & green Chutney between two grilled naan bread Served with cucumber raita

**PUB NACHOS** \$7.95

Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made salsa with sour cream

Add Avocado Slices \$2.00

Add shredded chicken or black beans \$2.95

**SPICY CHICKPEA FRITTERS** \$5.95

Deep-fried and served with cilantro, mint aioli

## POUTINE

**CLASSIC MONTRÉAL** \$8.95

The Canadian classic prep of a plate of Pub-cut fries topped with Mt. Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy

**BOURGUINONNE** \$12.95

Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd

**VANCOUVER** \$11.95

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

**SLUMDOG** \$9.95

Sauteed zucchini, tomatoes & spinach with our pub-made curry sauce over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd

**SWEET PAPAS** \$8.95

Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

## SIDES

**HAND-CUT FRIES** \$3.95

**HAND-CUT YAM FRIES** \$3.95

**PUB-BAKED ORGANIC POTATO** \$3.95

With butter & sour cream

**BLACK BEANS** \$2.95

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

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

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

