

Meet the Modern Farmers: Mark & Nancy Bowman

Port Townsend, WA — Goat on interbreeding them with meat cheese is wildly popular in the goat varieties. “The goal is to U.S. – in direct opposition to produce a marketable meat goat goat meat. But to make cheese with the best characteristics of you need milk, and to get what is available to us from the milk, animals need to get pregnant. This means that there are many goat kids born each year that are not needed for milk. Unlike in the beef, pork or chicken markets, wholesale buyers rarely buy goats for meat. In many cases, the kids are killed at birth to unburden the farmer from caring for goats with little market value.

The lack of American interest in goat meat is in many ways confounding. It's affordable, lean, and often produced on small, sustainable farms. Not to mention: It tastes good. “We're interested in supporting wholly integrated farms and humanely-raised food production and this goat program is part of that,” says Jeffrey McClelland, the Pub's chef. “You can look forward to more goat on the Pub's menu if the Bowmans and others like them are successful. The more that people eat goat the more that those farms can be self-sustaining.”

So why aren't we eating goat meat? Most American folks simply have no experience with eating goat – or perhaps have had an unpleasant one eating older goat, which might have had a gamey taste or tough texture. When the animal is younger, it's going to have a more delicate, grassy, vegetal flavor.




Natembea Farm

Port Townsend, WA — Devon time and expertise at restoring the land in exchange for a place in which to grow their dreams. “buy the farm.” Or have anything to do with a farm, for that matter. But those breathtakingly beautiful pastures on the edge of Port Townsend were up for sale and looked fated to be parceled off into yet another set of housing developments. So two years ago, the Cohns leapt headlong into the process of preserving the old Swanson Farm as, “open space, for community benefit, in a way that honors its history as a family farm.”

The farm's new name, “Natembea” (nah-tem-BAY-ah), comes from the Swahili word for walking, as on a voyage of self-discovery, and reflects the farm's ongoing evolution. At present, Natembea is home to the Bowman Farms, providing local, pasture-raised goats, Heartwood Nursery, and the Sweet Seed Flower Farm, as well as providing additional pasture for One Straw Ranch and other neighbors dedicated to local, sustainable, ethically produced food.

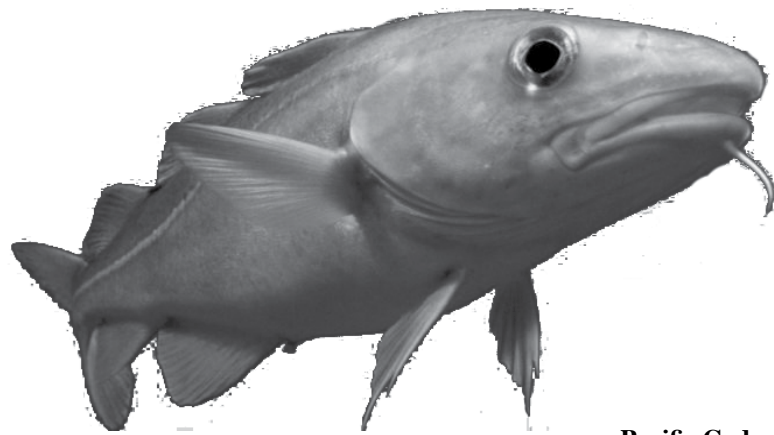
You can learn more about Natembea over at <http://natembea.com>, and subscribe to the farm blog at <http://natembea.com/blog>.



Stop Waiting, Get in Line from Your Phone

- 1 DOWNLOAD THE APP from the Android or iPhone app stores
- 2 SELECT THE PUB and add yourself to the waitlist
- 3 ARRIVE ON TIME and check-in with the host

COD CREW CUT



Pacific Cod

COD QUOTAS REDUCED 80 PER CENT FROM 2017 NUMBERS
THIRTY PER CENT INCREASE IN PRICE EXPERIENCED OVERNIGHT

“Things have seemed a little strange,” in the Gulf of Alaska over the last few years, according to fisherman Erik Velsko, who fishes cod pots out of Homer, Alaska.

“Last year we knew something was up,” he added. “A couple years ago it started to seem like something was going on. The fish didn't look as good... You could really tell last year that they just never schooled up. It wasn't like it used to be.”

Cod potters weren't the only ones who noticed a decline in quality and quantity of the catch.

“Watching how the fishery has performed over the past few years, several of the different gear types did not reach their quota,” said Julie Bonney, executive director of Groundfish Forum in Kodiak. “If you look at 2017, it was even more pronounced. I think something like 50 percent across all of the gear types were not harvested.”

In response to these changes, marked by fishermen and scientists alike, the North Pacific Fishery Management Council cut the Gulf of Alaska Pacific cod quota by 80 percent for the year. All gear sectors in the region had a total allowable catch of 64,442 metric tons in 2017; in 2018 it is 13,096 metric tons.

“Most folks are agreeing that the quota should go down,” said Bonney, who attended the December Scientific and Statistical Committee meeting. “At this point, we're accepting the science that the recruits aren't there, and there is a higher natural mortality in the eco-system. We're going to need more data to figure out what to do in the future.”

SEATTLE'S BAVARIAN MEATS — OLD-COUNTRY ROOTS

Bavarian Meats, located on Western Ave. just east of the Olympic Sculpture Park, is a third-generation family-owned and operated business. Bavarian Meats was founded in 1961, just in time for



Jamie Simmons

Max Hofstatter, Bavarian Meats founder, to make a name for himself at the 1962 World's Fair. At 19 years old, Max came to America

NOAA's Alaska Fishery Science Center interprets the decline as a result of unusually high water temperatures and subsequent effects on larval production and food availability for the species. Pacific cod is fished year-round in state and federal waters with pots, longline, trawl and jig. The Gulf of Alaska management region is separate from the Bering Sea and Aleutian Islands sector, but the North Pacific Council manages both federal regions. The research and data that determines federal stock assessments also defines state quotas.

As the landings go down, boat owners are hoping for a higher price to compensate. Buyers were reporting a 50-cent dock price, up from 38 cents last year.

Price increases, however, can only absorb so much of the blow. Alaska's frozen-at-sea cod has gained considerable market share around the world with the killer combination of higher quality, relatively low price point and high volume. “What will really define the impacts is whether this is a long-term trend, or do the cod bounce back?” said Chad See, executive director of the Seattle-based Freezer Longline Coalition.

Despite the drastic cuts, the sector is overwhelmingly united behind the decision, recognizing that cuts are the best option in the hopes of maintaining a broodstock.

Excerpted from Emilie Springer's Article in the National Fisherman, March 2018

www.nationalfisherman.com

from Munich in 1933. He worked as a sausage-maker for many years in Seattle. While working for others, Max always believed he could make a higher-quality German sausage with the recipes that he brought with him from the Old Country. Max's authentic German wieners were a massive hit, and earned his Bavarian Meats a place in Seattle's hearts and stomachs ever since. In the early '70s, Max passed the torch to his sons, Jerry and Bob. And now, Jerry's twin daughters, Lynn and Lyla, run the family business. Our chef, Jeff McClelland, recently toured the dated factory with head sausage maker, Jamie Simmons. There chef learned that the plant is in the early stages of moving, smokers and all, to a new building in Kent that is at least twice the size of the existing plant. Jamie credits the popularity of its Landjaeger to the move. “We're going national and can hardly keep enough landjaeger in our distributors hands,” he exclaims.

www.bavarianmeats.com

BUTLER GREEN FARMS

We caught up with Butler Green Farm's 2018 interns fresh out of the fields one day. They have been here since mid-March, taking up residence and getting the lay of the land with owner Brian MacWhorter. We asked them to introduce themselves here:



Maura Rasmussen

“I'm from Humboldt County in Northern California. I am drawn to the multifaceted and dynamic nature of farming as well as the sense of connection it gives me to the community and environment. I hope to learn from Butler Green Farm's vast experience in sustaining a business while remaining true to organic values.”



Brian Buecher

“I am from the Front Range of northern Colorado. After graduating from Colorado State University in Natural Resources, I worked as a Park Ranger. I started farming last summer in northern CA. Having moved to Bainbridge Island, I'm excited to learn more with Butler Green Farms.”



Deanna Wong

“Born and raised in Seattle, but I love to stretch my comfort zone. I went to Emerson College in Boston, MA, and just returned to the PNW from five years of working as a producer in LA. I left the entertainment/marketing industry to pursue my love of food and sustainable communities. I'm very excited to work at Butler Green this season to continue my quest in cultivating friends and good experiences.”

You are cordially invited to the pub's
Non-Brunch-y Brunch

Every Sunday beginning
December 3rd, 2017
serving from 10AM to 10PM

In addition to our printed menu, our chalkboard specials will feature brunch-inspired dishes for you footy-pajama sporting (or whatever your're left wearing from Saturday night) Sunday imbibers

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991

UNIQUELY
BAINBRIDGE



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

BAR FOOD

- PAUL'S ALBACORE TUNA SLIDERS** \$10
Seared medallions of sashimi-grade tuna On a Pane d'Amore® mini-bun with ginger aioli & pub-made kimchi
Plate of two — Each Additional Slider \$4
- OYSTER SHOOTER*** \$3
A single locally farmed Pacific in a shot glass with cocktail sauce
- OYSTER SLIDERS** \$9
A single locally-farmed Pacific lightly rice panko (gluten-free) crusted & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Plate of two — Each Additional Slider \$4
- FLASH FRIED CALAMARI** \$16
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli
- PULLED BBQ PORK or BBQ CHICKEN SLIDERS** \$9
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns
Plate of two — Each Additional Slider \$4
- GARDEN GREEN® HUMMUS** \$8
Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread
- PUB QUESADILLA** \$14
Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado
- PUB NACHOS** \$12
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream
Add 1/2 Avocado \$3
Add pulled chicken or Natural® pork \$5
or black beans \$3
- KIMCHI FRIED BROWN RICE** \$9
with two fried eggs & locally made red sriracha
- PUB-CUT FRIES** small side \$2 plate \$4
Hand-cut russet or yam Double-fried in trans-fat free canola oil

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

SOUP BOWLS

- RIBOLLITA** \$14
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladled over a thick slice of grilled rustic organic bread Seasoned with parmesan cheese
- SOUP OF THE DAY** bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll

LOCAL SEAFOOD

- PAN FRIED OYSTERS** \$16
Five plump Pacific oysters lightly rice panko (gluten-free) crusted & pan-fried Served with lemon, tartar sauce, Pub-Cut fries & Cole Slaw
- LITTLE BEN'S FISH TACOS** \$17
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of two Tacos — Each additional \$6
- ASIAN SALMON BOWL** \$24
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- STEAMED MUSSELS IN BEER** \$17
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo
- FISH AND CHIPS** \$17
BECAUSE OF COD SHORTAGE we're now serving just two-pieces of fish
Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw, lemon & Pub-made tartar sauce — Extra piece of fish \$5
- STEAMED CLAMS** \$18
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls
- PUB FAMOUS CHOWDER** \$18
A New England Classic using the best of the local NW ingredients! Bowl of organic potatoes, onion, bacon, white wine & cream sautéed to order Garnished with a traditional pat of butter With your choice of:
In the shell Baywater® Salish Blue Clams,
Hood Canal Mussels,
Pub-smoked Pacific Sockeye Salmon, or
Locally farmed Pacific Oysters

BURGERS*

All burgers served à la carte (we suggest fries or poutine for the table!)

Grilled to order & served on a Pane d'Amore® burger bun unless otherwise described You're welcome to Substitute a free-range, skinless, boneless Chicken Breast; or a Port Townsend-made Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

- THE PUB ORIGINAL BURGER** \$14
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo
- MAKE IT YOURS ADD-ONS:**
- | | | | |
|--|-----|---------------------|-----|
| Beecher's Flagship® Cheese | \$3 | Fried Organic Egg | \$2 |
| Mt Townsend® Trufflestack Cheese | \$3 | Sautéed Mkt Veggies | \$2 |
| Willapa Hills® Big Boy Blue or Lily Pad Alpine | \$4 | Sautéed Mushrooms | \$2 |
| Goat Cheese or Mt Townsend® Cheese Curd | \$2 | Two Bacon Slices | \$3 |
| Pepperjack Cheese | \$2 | Caramelized Onions | \$2 |
- TRENCHERMAN BURGER** \$16
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese
- SAN ANTONIO BURGER** \$16
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo
- BACON BLUE** \$17
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese
- BO BURGER WITH BACON** \$16
Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef

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

ALT BURGERS

- COTTAGE PIE** \$14
Ground Harlow Cattle Co.® Grass-fed Beef & vegetables baked in a rich pub-made gravy Topped with mashed potatoes
- CHICKEN PANCETTA BURGER** \$15
Char broiled, free-range, ground chicken & Italian bacon With organic greens, pesto aioli & melted goat cheese
- SMOKED PORTABELLA REUBEN** \$14
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pub-made kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella \$3
- SMOKED SALMON ON RYE** \$16
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, organic greens & our dill dressing
- SMOKED PORTABELLA VEGGIE BURGER** \$15
A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese
- PULLED BBQ PORK OR CHICKEN** \$15
Smoke roasted & pulled Natural® pork or free-range chicken splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served on a bun with melted cheddar & shaved red onion With a side of Cole Slaw
- PUB BBB.L.T.** \$15
Six strips (yes six!) of smokey Montana bacon on toasted Pane d'Amore® organic whole wheat bread With lettuce, tomato & mayo
You can Substitute Fresh Sliced Avocado for the Bacon

MAKE SURE TO CHECK OUT OUR CHALKBOARD SPECIALS FOR TODAY'S FRESHEST OFFERS



We deep fry exclusively in trans-fat free Canola oil. The waste fryer oil is recycled into biofuel and other products.

POUTINE

- CLASSIC MONTRÉAL** \$11
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy
- VANCOUVER** \$12
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd
- SWEET PAPAS** \$11
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream
- ECUADOR** \$12
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg

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

GREENS & SALADS

- WILTED KALE SALAD** \$14
Organic wilted kale with roasted butternut squash, Starvation Alley® organic dried cranberries, candied pecans, cranberry balsamic vinaigrette & goat cheese
- GRILLED CHICKEN BREAST** \$16
Organic, free-range, boneless, skinless chicken breast charbroiled & served over organic farro with roasted butternut squash, sautéed mushrooms & cranberry balsamic vinaigrette
- SMOKED SALMON TARTINE** \$16
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens
- PUB FAVOURITE SALAD** small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions below
- PUB CAESAR SALAD** small side \$6 lg \$9
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below
- SALAD ADDITIONS** (price added to price of salad)
- | | |
|--|------|
| Grilled boneless, skinless Free-Range Chicken Breast | \$9 |
| Smoke Roasted & pulled BBQ Natural® Pork | \$5 |
| Peppered Cod or Smoked Salmon | \$9 |
| Sockeye Salmon Filet | \$11 |
| Grilled Smoked Portabella Mushroom | \$6 |
| Bob's Vegetarian Pecan® Patty | \$7 |
| Two Pane D'Amore® bread rolls & butter | \$2 |

WASHINGTON BAKERS

- PUB-BAKED RUSSET POTATO**
- | | |
|---|-----|
| One large WA baker with butter & sour cream | \$4 |
| Add: Roasted & pulled Ranger® Chicken & Gravy | \$5 |
| Roasted & pulled Natural® Pork & BBQ Sauce | \$5 |
| Sautéed Market Vegetables | Mkt |