



# Fresh Connections

Complimentary Copy ~Heritage & Hospitality on Tap~ Summer 2012 [www.parfittway.com](http://www.parfittway.com)

## A NOTE FROM THE DOCTOR

Dr. Holly Christy

Would you get your brakes repaired at "SubPar Care Service", or have your appendix taken out at "It'll Do Hospital"? These are life and death questions, right? So are the decisions you make every day, because **you are what you eat**. Would you rather spend a little more on good quality food now, or pay the doctor or hospital later?

Cows were meant to graze on green things, not yellow things (like corn). When cows get to roam around and eat what they were meant to eat, they produce much healthier food, because their flesh and milk consolidate nutrients from the green things they eat. Same is true of chickens, pigs, and even fish. The reason many of us take fish oil is because the fish eat a bunch of algae, which is super high in omega 3 fatty acids, and consolidate those healthy fats in their flesh. You'll see why this is a good thing if you keep reading.

Conversely, a cow that was standing in a pool of waste being fed nasty things I won't mention, mixed in with a bunch of corn (which they cannot properly digest), is an unhappy cow. Not only do they consolidate stress hormones in their milk and flesh, but also unhealthy fats, hormones, antibiotics and other toxins.

### If you are what you eat, what would you rather be?

Healthy and happy animal products contain the complete form of omega 3 fats, as compared to vegetarian sources, which must be converted into the physiologically active form utilized in your body. So, the animals eat grass, weeds, plants, and other healthy stuff, and do the conversion for you. Cool, huh?

### So, yes, it is healthy to eat meat that is healthy.

What's so great about omega 3 fats? Omega 3 fatty acids are foundational building blocks that your body needs to make hormones, decrease inflammation, help your immune system, control blood clotting, support cognitive function, and build nearly every cell membrane in your body. Indigenous diets contain about a 3 to 1 ratio of omega 6 and 9 to omega 3 fatty acids. Standard American diets contain about a 20:1 ratio. Not so good. But, you can change that by eating healthier animal products.

By eating locally grown, happily raised, well-fed animals, you are helping to build a healthier body and a healthier community.

Dr. Holly Christy practices naturopathic medicine and acupuncture on Bainbridge Island  
[www.element7wellness.com](http://www.element7wellness.com)

## STAND-UP PADDLE BOARDS

LESSONS & RENTALS at Harbour Marina

Contact the Olympic Outdoor Center  
(360) 297-4659  
[www.OlympicOutdoorCenter.com](http://www.OlympicOutdoorCenter.com)

# Locally Grown Farmers

After four long years of college, most graduates look to the workplace to start paying them back for their efforts. But in Bainbridge Island and Indianola, some of those hard-working grads went looking for even more demanding work.

Scanning the backgrounds of the current crop of student farmers at Butler Green & Laughing Crow Farms and Persephone Farm, it's an impressive list of collegiate credentials. Hailing from local universities such as Western, WA; to far off colleges and universities as Philadelphia, PA; Florida and Madison, WI; the 2012 class of nine budding farmers are learning from our best veteran, local farmers.

The ever popular Persephone Farm marks 21 years in business this fall, and its 16th year of teaching young farmers. The farm sells vegetables, fruit, eggs and flowers in North Kitsap and on Bainbridge Island. Co-own-

ers Rebecca Slattery and Louisa Brown receive about 100 applications each year for the four learning positions they offer.

"We like to say the best crop we grow is our crop of beginning farmers," Slattery said.

"Not enough people are doing this," states Brian McWhorter. McWhorter, founder of Butler Green Farms, and Betsey Wittick, owner of Laughing Crow Farm coordinate lessons with their five young farmers. Attracted to Bainbridge Island for various reasons from farming with Wittick's horses, to the extra-long Puget Sound growing season, to just the sheer beauty of our environs, the recent college grads share an enthusiasm

that is contagious. The newly formed group lives and learns side by side with Bainbridge's farm community.

McWhorter and Wittick's teaching partnership began seven years ago and in that time they have taught over 25 young farmers. Together they bring over 50 years of farming experience to the group. In 2012 they reviewed over 60 applications from wannabe farmers from all over the country. Hoping for eventual accreditation, McWhorter beams as he explains that the youngsters he has had the pleasure of teaching are what keeps him motivated. Wittick shares his enthusiasm. "As important as it is for the future of farming, they also keep us young at heart," she explains.

Butler Green Farms grows fruits and vegetables for families in Kitsap County through Community Supported Agriculture (CSA) using biodynamic growing methods. Laughing Crow Farm is on Day Road on Bainbridge. Its owner, Betsey Wittick, has been farming on the island for over 20 years. Both farms also sell their produce and meats at the Bainbridge Island Farmers' Market on Saturdays and to local restaurants on Bainbridge Island and in Seattle.

Speaking of the past trainees, Persephone Farm's Slattery states, "They're always transformed by the experience of it. Many continue their efforts at farming both around Puget Sound and around the world."

## YOUNG FARMERS NEED CAPITAL, LAND, AND HEALTH INSURANCE

### SURVEY OF 1,000 YOUNG FARMERS REVEALS WHAT THE NEXT GENERATION NEEDS

TIVOLI, NY –The National Young Farmer's Coalition released a study showing that the nation's young and beginning farmers face tremendous barriers in starting a farming career. **Building a Future With Farmers: Challenges Faced by Young, American Farmers and a National Strategy to Help Them Succeed** surveyed 1,000 farmers from across the United States and found that access to capital, access to land and health insurance present the largest obstacles for beginners. Farmers rated farm apprenticeships, local partnerships and Community Supported Agriculture (CSA) as the most valuable programs to help beginners.

"If Congress wants to keep America farming, then they must address the barriers that young people face in getting started," says Lindsey Lusher Shute, Director of the National Young Farmers' Coalition. "We need credit opportunities for beginning and diversified farmers, land policies that keep farms affordable for full-time growers and funding for conservation programs."

Lack of capital was found to be the biggest challenge for beginners. Although the USDA's Farm Service Agency offers loans to beginning farmers, current loan rules often disqualify even experienced farmers with good credit and small loans are hard to come by. For real estate transactions, FSA loans take too long to process — up to thirty days to qualify and up to a year to receive funds — and the \$300,000 loan limit doesn't go far in many real estate markets.

Land access was the second biggest concern. Farmers under the age of 30 were significantly more likely to rent land (70%) than those over 30 (37%). Over the last decade, farm real estate values and rents doubled making farm ownership next to impossible for many beginners.

The National Young Farmers' Coalition recommends action at the local, state and federal level to help beginning farmers. At the local level, communities can create market opportunities for farmers by supporting Community Supported Agriculture groups and shopping at farmers markets, as well as protecting existing farmland through zoning and the purchase of development rights. States can preserve farmland and even offer tax credits for farmers that sell their land to beginners. At the federal level, Congress can include the "Beginning Farmers and Ranchers Opportunity Act" in the next Farm Bill, which supports many of the specific recommendations in the report.

Secretary of Agriculture, Tom Vilsack, is calling for hundreds of thousands of new farmers nationwide. Over the past century, the total number of American farmers has declined — from over 6 million in 1910 to just over 2 million today. For each farmer under 35 there are now 6 over 65 and the average age

of farmers is 57. The USDA expects that one-quarter (500,000) of all farmers will retire in the next twenty years.

The 'good food' movement is inspiring many young people to farm, both from farming and non-farming backgrounds. These farmers have the potential to offset the numbers of retiring farmers and keep family farms active, but land tenure and lack of capital are getting in the way.

"With the release of reports such as this one and the agrarian revival, this influx of young and beginning farmers gains status — we're not just a few people spread across the country, we're a well organized, politically active group that can be documented," says Tierney Creech of the Washington State Young Farmers Coalition. "We know who our senators and representatives are, we vote, and our friends and families vote. We need USDA and government support to succeed and we're going to let the nation know that."

source: [www.youngfarmers.org](http://www.youngfarmers.org)



### PROFILE - Ben Bisbach, Persephone Farm

**Born:** Iowa City, IA  
**Educ:** Masters Degree in Leisure Services & Non-profit Admin University of No. Iowa  
**Interests:** The Great Outdoors



### PROFILE - Ryan Montella, Butler Green/Laughing Crow

**Born:** Abington, PA  
**Educ:** Degree in Industrial Design, Philadelphia University  
**Interests:** Travel, Food & Wine



### PROFILE - Sadie Beauregard, Persephone Farm

**Born:** Seattle, WA  
**Educ:** Degree in Urban & Environmental Policy, Occidental College  
**Interests:** Knitting & Hiking

See the rest of this year's group and more on our blog [parfittway.com/blog](http://parfittway.com/blog)



### PROFILE - Leah White, Butler Green/Laughing Crow

**Born:** Bremerton, WA  
**Educ:** Degree in Environmental Science, Western WA University  
**Interests:** Horses & Hiking

## TYEE CHARTERS

Specializes in light tackle salmon angling trips on Puget Sound leaving from right here in Eagle Harbor. Booking half & full-day trips all year long 206.799.2530

[WWW.TYEECHARTERS.NET](http://WWW.TYEECHARTERS.NET)



### 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





# BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969



SINCE 1991



## FARMERS CLOSE TO HOME

Our vision is regional – regional, organic, and sustainable. The products supplied by our local, farmer-owned farms are important to our collective survival. In addition, by supporting organic farmers regionally it gives you, our customer, lots of delicious, high-quality, fresh products. Regional, organic production builds the local economy and allows rural communities to protect the environment in which their children are raised. It wasn't that long ago that two corporate-anonymous tractor trailers supplied our foodstuffs. Last year for every dollar we spent on food products, over 50 cents was paid to locally-owned farms – many on-island – where more often than not the farmer him or herself makes the delivery. Relationships matter!

## GREENS & SALADS

### NORTHWEST SPINACH SALAD \$13.95

Organic Palouse spinach tossed with cooked lentils, chopped Montana bacon, dried Rainier cherries, red wine vinaigrette & crumbled Willapa Hills Baby Blue cheese Served with a Pane D'Amore® bread roll

### 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

### PUB FAVOURITES SALAD sm \$6.95 lg \$9.95

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

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

Crisp 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)

- Roasted & pulled Ranger® Free-Range Chicken \$4.95
- Roasted & pulled BBQ Natural Pork \$4.95
- Salmon filet, Peppered Cod, Smoked Salmon \$7.95
- Grilled Marinated Portabella Mushroom \$4.95

## POUTINE

### CLASSIC MONTRÉAL \$9.95

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

### BOURGUINONNE \$13.95

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 \$12.95

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

### SWEET PAPAS \$9.95

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

## BAR FOOD

### FLASH FRIED CALAMARI \$10.95

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

### OYSTER SHOOTER\* \$2.50

A single plump Dabob Bay in a shot glass with cocktail sauce

### OYSTER SLIDERS \$5.95

A single plump Dabob Bay, battered & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2 Each Additional Slider: \$2.50

### PULLED BBQ PORK or BBQ CHICKEN SLIDERS \$6.95

Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® mini-buns Standard order of 2 Each Additional Slider: \$3.00

### GARDEN GREEN GARBANZOS \$4.95

Palouse Green Chickpeas blanched with star anise & Kosher salt

### GARDEN GREEN HUMMUS \$6.95

Green chickpeas, tahini & roasted garlic with naan & fresh veggies Served with Pane d'Amore® baguette crisps

### SMOKED SALMON SPREAD \$7.95

Pub-smoked Sockeye with Willapa Hills Sheep Yogurt Cheese Dip Served with Pane d'Amore® baguette crisps

### PUB QUESADILLA \$11.95

Shredded roasted free range chicken or pulled Natural pork between two grilled flour tortillas With chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado

### PUB NACHOS \$7.95

Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream

Add 1/2 Avocado \$2.00

Add shredded chicken or Natural pork \$4.95

or 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.

Watch our chalkboards for daily specials made from the freshest, nutrient-packed, local ingredients

## 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

The Pub Original with cheese, grilled onion & mayo \$14.95

Swiss Melt grilled mushrooms, caramelized onions & Swiss \$14.95

The Works bacon, grilled mushrooms & cheese \$15.95

Bacon & Cheddar 'nuff said \$15.95

The Pub BBQ Pub-made BBQ sauce, cheddar & bacon \$15.95

The Black & Bleu bacon, bleu cheese & grilled onion \$15.95

### 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. \$12.95

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

Looking for that Skinless Boneless Chicken Breast? Well, like our beef, pork and fish buying practices, we primarily buy whole chickens too – on the hoof or on the fin, as it were. Only two breasts come on any chicken... so, if we are out, we're sorry. By purchasing whole animals we can better manage the nutrient level of our food and not encourage unhealthy farming practices.

### 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

**BAYWATER SHELLFISH Co.**  
Hood Canal  
Farm Raised  
Clams & Oysters

**HARLOW CATTLE COMPANY**  
Hormone, Pesticide & Antibiotic Free  
Exclusively Grass-fed  
Humane Handling, Dry Aged  
USDA Inspected  
SPANAWAY, WASHINGTON, USA

**BUTLER GREEN FARMS**  
Biodynamically Grown  
Fruits, Vegetables & Meats  
CSA & Farmstand  
POULSBO & BAINBRIDGE Isl.

## LOCAL SEAFOOD

### PAN FRIED OYSTERS \$13.95

Five plump Dabob Bay oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-fries & cole slaw

### OYSTER SANDWICH \$11.95

Three plump Dabob Bay oysters, lightly panko breaded & panfried 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

### STEAMED CLAMS \$13.95

Steamed Baywater Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls

### PUB CLAM CHOWDER \$12.95

A New England Classic using local, in the shell, Baywater Salish Blue clams, potato, onion, bacon & cream Sautéed to order with white wine & Garnished with a traditional pat of butter

OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

## WASHINGTON BAKERS

### PUB-BAKED RUSSET POTATO

A large WA baker with butter & sour cream \$3.95

Add: Roasted & pulled Ranger® Chicken & Gravy \$4.95

Roasted & pulled Natural® Pork & BBQ Sauce \$4.95

Chicken or Beef Gravy from our own stock \$1.50

Beef Bourguinonne \$9.95

Sautéed Market Vegetables Mkt

Garden Green Garbanzo® Hummus \$1.95

Mt. Townsend Creamery® Cheese Curd \$1.95

Pico de Gallo \$9.95

## SOUP BOWLS

### RIBOLLITA \$11.95

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 \$6.95 cup \$5.95

Made fresh & served with a Pane D'Amore® bread roll

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