



*Working with farm & city
to cultivate a local,
sustainable food system.*

FarmFolk/CityFolk Society
1937 West 2nd Avenue
Vancouver, BC V6J 1J2
Tel: (604) 730-0450
Fax: (604) 730-0451
<http://www.ffcf.bc.ca>
e.mail: info@ffcf.bc.ca
Toll Free: 1-888-730-0452

CHEFS HEED THE CALL FOR LOCAL GOODNESS

As the rising price of gasoline drives up the price of food, more consumers are seeking out what is local, fresh and in season. More than ever, restaurants are incorporating this ethic into the menus they serve, and the results are fantastic. In contrast to seeking out strange and exotic ingredients flown in from around the globe, working with the goodness that is available locally has created a stronger connection to the place where we live and enjoy eating.

In this summer season, there is no end to the amount of delicious local products that grace the menus of some of our forward-thinking restaurants. Robert Clark of C Restaurant, co-founder of the Ocean Wise program, has been championing this theme for years, with his inspired take on our local seafood catch. John Bishop of Bishop's restaurant is another local, seasonal, food pioneer and Aphrodite's Organic Café began as a solid link between the diners of West 4th Ave, and the produce and meats supplied by the Glen Valley Organic Farm in Abbotsford. These establishments continue to showcase the interesting and different types of produce, meats and cheeses that are part of a particular season in the Lower Mainland and feature their use of local fare at this year's Feast of Fields.

A recent conversation with Feast participant, Boneta's Executive Chef Jeremie Bastien, showed that these ideas are also part of the guiding force of new restaurants. Having celebrated its first anniversary last week, Boneta restaurant (1 E. Cordova St.) focuses on freshly prepared, homemade meals, with clean, delicious flavours. Often their produce is locally supplied through Very Berry, an Okanagan-based distribution centre. A peek through their ever-evolving menu consistently reveals a number of new and interesting items. Even though they can be easily grown and found locally; celeriac, beet greens, kabocha squashes, sea asparagus, sunchokes; are not typically found on most menus, or on our supermarket shelves. By incorporating these local goodies, chefs are helping to continue the trend towards enjoying more of what is available to us, fresh and in season.

For the upcoming Feast, prepare to be amazed by the creativity and care which goes into showcasing all of these great seasonal products. Some chefs have hinted that we may see a number of takes on a more conventional fruit, which we eat all year-round, but should be truly celebrated in September: the tomato.

Don't wait to buy your tickets for the Feast on Sunday, September 7th; you will be amazed at what is available right in our own backyards! Tickets are \$75 and are selling fast! Available online at www.feastoffields.com and at all Choices Markets.