

Weekend Menu 2008

Inspired first by the season, this menu was guided by the wisdom of Sally Fallon's Nourishing Traditions and by the bounty of fresh vegetables, fruits, and value-added products available to us locally.

Friday Dinner

Local Mountain Trout or Tempeh
Creamy Brown Rice with Roasted Carrot and Burdock Root
Assorted Toasted Seeds
Local Greens Salad with Citrus Vinaigrette
Sliced Local Tomatoes with Herbs
Spice Cake with Butter Cream Icing

Saturday Breakfast

Homemade Granola & Sourdough Breakfast Breads
Local Raw Honey/Fruit Preserves
Nut Butters
Soaked Grain Porridge
Local Milk
Yogurt & Amish Butter

Saturday Lunch

Cream of Coconut Squash Soup With Dandelion Greens and a Hint of Smoked Chipolte Pepper
Tangy Quinoa Salad with Fresh Tomatoes, Corn, Cucumber, and Garbanzo Beans
Local Greens Salad with Tahini-Spice Vinaigrette
Assorted Artisan Breads
Local Cheeses

Saturday Dinner

Roasted Free-Range Garlic Chicken or Tempe
Middle Eastern Millet/Bulgar Pilaf with Fresh Mint, Local Feta Cheese, Wilted Spinach, and Assorted Roasted Peppers
Savory Apple Raison Chutney
Crusty Sourdough Bread and Butter

Sunday Breakfast

Assorted Local Breakfast Breads
Local Raw Honey & Nut Butters
Local Milk
Soaked Grain Porridge
Soft Boiled Local Eggs
Yogurt & Amish Butter

Sunday Lunch

End of Summer Chili made with Seasonal Fresh Vegetables and Black Beans
Local Greens Salad with Balsamic Vinaigrette
Local Artisan Breads and Cheeses
Baked Apples and Pears Drizzled With Maple Syrup and Walnuts

For aiding digestion and flavor, Liana's Lacto-fermented Sauerkraut will be served throughout the weekend.