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Provisions

Stories from Pennsylvania's food communities

SUMMER 2019

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On the cover: A Centre County BLT featuring bread from Gemelli Bakers, bacon from Over the Moon Farm, lettuce from Jade Family Farm, and a pre-season understudy from Wegmans taking the place of peak season tomatoes, because, hey, sometimes seasonal photo shoots and seasonal delights at the farmers markets don't always line up. Photo by Matt Fern.

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Letter from the Editor

Three years ago, my friend Michele and I were having coffee and talking about writing, which, in my experience, often leads to talking about life. “What’s your dream?” she asked me. “To start a food magazine,” I responded easily. “We should do it,” she said. “Oh, yeah,” I said, “maybe someday.”

I had the same conversation, with ever-increasing details, with my friend Matt, who had big ideas for a gorgeous coffee-table-style magazine that covered Pennsylvania but felt right at home alongside national titles. “Oh, yeah,” he’d say, “I can see it like this..”

Thanks to those friends, someday is right now and that vision is a reality. Provisions is the result of a lot of passion, a ton of hard work and a push from Michele Marchetti and Matt Fern, who, along with Robyn Passante, Quentin Rodriguez and a slew of dedicated friends and family, helped make this magazine happen.

Over the past year, we’ve spent many lunches (we ate onion pie, green enchiladas and baked ziti, among other dishes) and happy hours (there was a particular margarita-fueled session I remember at which we chose the masthead font, possibly the easiest decision in the entire process) figuring out which stories to tell and how to tell them. Our collective backyard provided plenty of inspiration. With an abundance of farms fueling side businesses in hospitality, food and beverage, central Pennsylvania is the under-the-radar epicenter. (Check out the surprising stats on Pa. organic produce on p. 65.)

While central Pennsylvania will always be our starting point, we aim to uncover issues and stories throughout the Commonwealth, including the serious deep dive into climate change’s effects on farmers (“Under the Weather” on p. 40) to the fun expanded view of our favorite summer sandwich on the centerfold (“A Slice of Summer” on p. 34). We also wanted to feature the people behind the food: “Ask a Farmer” and “Tastemakers” put the spotlight on underseen workers in the many facets of our food system.

Of course, we knew our issue had to be full of food! So from the first pages of the “In Season” section to the Marketplace resource guide in the back, you’ll find ingredients, recipes and dishes to savor the season.

And while local food and summer go hand in hand, we hope you’ll follow along as we take you through the seasons. We’re just getting started. Like the prolific farms outside our windows, compelling food stories surround us. After all, eating (and drinking) in Pennsylvania is as good as it gets.



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Farm Scape

Show your farmer some love and buy a bag of garlic scapes. Those scapes are crucial to the bulbs you rely on the rest of the year. (More on that on the next page.) Once you get used to working with them, the possibilities are endless. The easiest way to make short work of a full bag is by taming them in your food processor. Pesto is the standard answer, but paired with creamy cannellini beans, they shine in this quick dip. Your guests will spend the evening pondering the secret ingredient, and you'll be plotting ways to replenish your supply.

White Bean and Garlic Scapes Dip From Cramer Farm in Howard, Pa.

- 1/4 cup roughly chopped garlic scapes (about 3-4)*
- 1 tablespoon freshly squeezed lemon juice*
- 1/2 teaspoon coarse sea salt*
- Ground black pepper to taste*
- 1 can (15 ounce) cannellini beans, rinsed and drained*
- 1/4 cup olive oil, more for drizzling*

In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough puree. While still processing, slowly drizzle olive oil until fairly smooth. Pulse in 2-3 tablespoons water until mixture reaches desired consistency. Spread dip in a wide bowl or onto a plate, drizzle with olive oil, and serve with crackers or pita.



PHOTO BY MATT FERN

The Great Scape

Chefs love the early summer flower buds put up by garlic plants — and farmers love to harvest them.

Six years ago while working on Anthill Farm, Ben Cooper walked through a field covered in hay and spotted green shoots protruding from the ground, twisting and turning their way toward the sky. Before long that field exploded into a sea of green stalks, waves of the very garlic scapes he had used in the farm-to-table restaurants

where he had worked prior to his stint on the farm.

But on that spring day, the reason for harvesting the flower bud of the garlic plant had nothing to do with pesto. Cooper needed to pick off the snake-like scapes so the garlic would grow. Unlike some flowering plants, removing the scapes is actually beneficial to the garlic bulb

plumping up below ground.

“It wasn’t until I spent a year on the farm that I realized those scapes have a purpose,” he says.

As the chef at Here & Now Brewing Company in Honesdale, Pa., where the menu is defined by what is local and seasonal to Northeastern Pa. and the kitchen staff can sometimes be found getting their hands dirty at nearby Anthill Farm and Salem Mountain Farms, Cooper treats those scapes just like fresh garlic. The scapes arrive as the previous season’s garlic supply has dwindled; using local scapes from nearby Pa. farms means he doesn’t have to buy bulbs from a source across the country.

And when the scapes come in faster than he can serve them, he sticks the unruly vegetables in a meat grinder (a tip gleaned from another farmer) and preserves them as gallons of garlic scape relish. Or he sends them to the bar in the form of pickled garlic scapes. The scape serves as a playful garnish for the Here & Now-tini, a dirty martini made with the juice of the pickled scapes (see recipe at right).

His personal preference for preparing garlic scapes? Grilling or roasting with sesame oil, then tossing the scapes into salads or pasta dishes — or just eating them whole.



The Here & Now-tini

“When we say martini, we mean the classic cocktail made with gin. Vodka can be substituted, I guess, but it’s just not the same,” says Allaina Propst, executive owner of Here & Now Brewing Company.

*3 ounces gin (we love Beefeater)
1 ounce garlic scape pickle juice
Vermouth wash*

Chill a martini or coupe glass. While the glass is chilling, fill a mixing glass half full with ice cubes. Add a splash of vermouth to the mixing glass, stir for about 20 seconds. Pour out vermouth, saving ice. Add gin and garlic scape pickle juice to the mixing glass. Stir 20 seconds clockwise and 20 seconds counterclockwise (extra cold is key!). Strain into your chilled glass, garnish with a garlic scape pickle. Cheers!

“We serve pickle backs at the brewery as well and always rotate through our housemade pickle juices (ranging from scapes to ramps to peppers to yakon). Customers tell me they order the shot because our pickle juice is so tasty! And it’s technically a waste product, win-win!”

Pickled Garlic Scapes

*2 ½ pounds scapes, ends and bulbs trimmed
2 ½ cups vinegar (white, rice, wine, whatever you have knowing that each will yield a slightly different flavor)
1 ¼ cups water
1 ¼ cups sugar
1 tablespoon kosher salt
1 teaspoon whole black peppercorns
¾ teaspoon fennel seeds
1 ½ teaspoon coriander seeds
1 fresh bayleaf*

Sterilize canning jars, including rings and lids. Combine all of the ingredients in a large stainless steel pot and bring to a boil over high heat. Remove the pot from the heat.

Divide the scape mixture among the canning jars. Place the lids and rings on the jars and tighten the rings. Cool the jars. Refrigerate 1 week before eating to allow the scapes to cure. The scapes can also be processed according to the hot-water bath canning method. Properly sealed and canned, the jars will keep in a cool dark place for up to 6 months; refrigerate after opening.



To Your Health

Elderberries provide ancient healing properties in small but abundant fruit.

The ancient Greek Hippocrates is called the father of medicine, but that doesn't mean we'd sign up for every test in his toolkit. (He promoted the tasting of a patient's earwax for aid in diagnosis, for example.) But in general he had some ideas that changed the course of the world, and many of his herbal remedies are still in use today.

The humble elderberry, one species of which is native to North America and abundant in Pennsylvania, has been used as a remedy for colds and flus since Hippocrates — and just about as widely.

Elderberries are tall bushes that put out clumps of very small berries with a slightly tart taste reminiscent of black currants. They can be confused with the poisonous pokeberry, which has much larger berries of a similar dark purple shade. (Always do research and consult experts when foraging in the wild.) The fruit is full of vitamin C, one reason it's lauded for its wellness benefits. In a 2004 study (Zakay-Rones), a group of researchers found that elderberry extract reduced flu symptoms in adults. "Symptoms were relieved on average four days earlier and use of rescue medication was significantly less in those receiving elderberry extract compared with placebo."

The oft-overlooked berry is enjoying a bit of a comeback right now, so you can find syrups and tonics, not to mention jams and preserves, at farmers markets, health food stores and online. Some berry farms also offer pick-your-own so you can stock your medicine cabinet with your new wellness go-to.



Elderberry seed can be stored dry at 41 °F for several years.

Conservation Superstar

You might start seeing more elderberry products in years to come, thanks to efforts by ClearWater Conservancy, a nonprofit organization that works to conserve and restore the natural resources of central Pennsylvania. ClearWater's Growing Native Program collects and propagates locally native species like elderberry to improve the health of local watersheds. "It's a great conservation plant for a lot of reasons," explains Colleen DeLong, habitat biologist for ClearWater. "The flowers are great for pollinators and the berries are great for wildlife. But like most native shrubs and trees, the roots are what make the plant particularly appealing. They stabilize the soil, keeping it from washing into the stream, and help infiltrate rainwater."

Through grants awarded by the Department of Conservation and Natural Resources, ClearWater is helping people design, plant and steward native plants like elderberry, establishing successful streamside buffers that provide food for landowners and wildlife and, for those with interest, the foundation of a small niche business.

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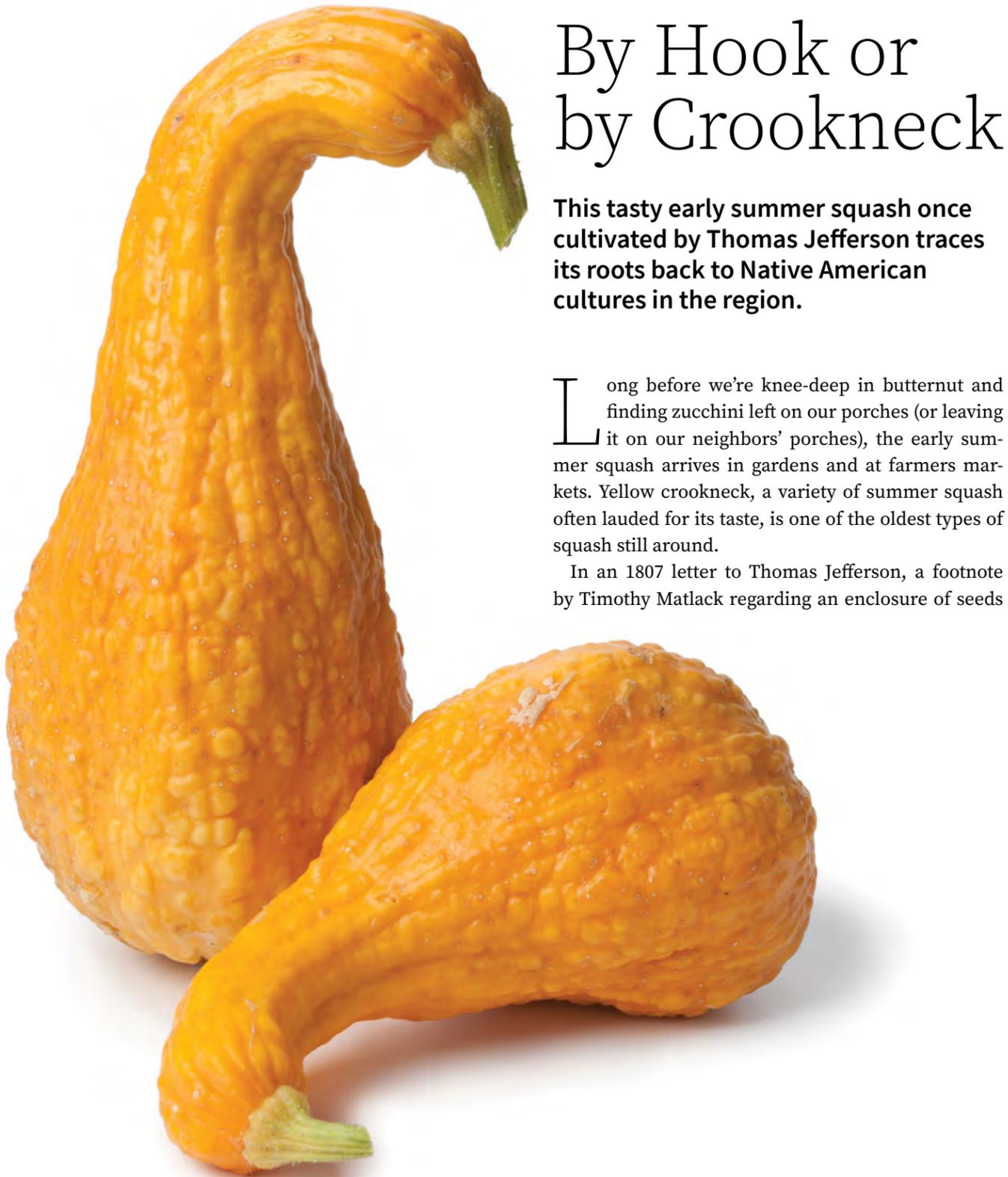
An Elderberry a Day

If you're ready to be your own Hippocrates, gather some berries and get cooking. Using about a cup to a cup and a half of fresh elderberries, boil 3 and a half cups of water and add the berries, 2 tablespoons of fresh grated ginger, 1 teaspoon of cinnamon and a pinch of ground cloves. Reduce to a simmer and cook until the liquid is reduced by about half. Let cool. Mash the berries and pass through a strainer. Stir in a cup of honey. Store the elderberry syrup in the fridge and take daily or as needed: 1 teaspoon for children and 1 tablespoon for adults.



Grow Your Own

You can even grow elderberry in your backyard, as long as there's enough shade and moisture. Collect some seeds from wild elderberry or start some from cuttings in the spring or fall. (Stick the cuttings deep into the ground so most of the growth nodes are underground, leaving a little bit exposed. That's where the leaves will grow.) So while you're helping restore Pennsylvania's native ecosystem, you can enjoy everything from elderberry spritzes to elderberry pie. "And then there's elderberry wine," says DeLong, "which is reason enough for anyone to grow it."



By Hook or by Crookneck

This tasty early summer squash once cultivated by Thomas Jefferson traces its roots back to Native American cultures in the region.

Long before we're knee-deep in butternut and finding zucchini left on our porches (or leaving it on our neighbors' porches), the early summer squash arrives in gardens and at farmers markets. Yellow crookneck, a variety of summer squash often lauded for its taste, is one of the oldest types of squash still around.

In an 1807 letter to Thomas Jefferson, a footnote by Timothy Matlack regarding an enclosure of seeds

reads: "The long crooked & warted Squash—A native of New Jersey, which the Cooper's family have preserved unadulterated for near a Century. It is our best Squash."

Many groups of Native Americans used squash not only as a food but as a tool, and the crookneck is probably no different. "It could be used as a traditional summer squash but it also would harden up as a gourd," says Tom Ford, an educator with Penn State Extension who covers the south-central region of the state. "What you couldn't or didn't

eat maybe would dry out and you would be able to use it for everything from a small dipper to carving it into utensils."

If you want to try this historic squash for yourself, it's practically foolproof. "All squash are fairly easy to grow," Ford says. "Realistically you can grow yellow crooknecks throughout the U.S." Harvest while they're young, no more than 8 inches long, for optimum taste and tenderness, and the plant will keep producing long into the depths of summer.

Squash Four Ways

Ford's son, Zach, is a chef at the Golden Eagle Inn in Bedford, where the kitchen puts out weekly specials with as much local sourcing as possible. But where Zach first encountered golden crookneck was south of the Mason-Dixon line.

"The traditional way they would use it in a restaurant is they would peel it, blanch it, then cook it with butter and chicken broth," Tom says. "That's a nice comfort food."

Of course, if harvested young when the skin is still tender, you can cook it as you would zucchini or any other summer squash — simply chopped, tossed with olive oil, salt and pepper, and roasted in the oven.

For a more inventive solution, Chef Zach recommends treating the squash with a little Italian flair. "A more creative way, something they've done in the restaurant," says Tom, "is peel it, slice it into thin strips, then steam it or boil it to make squash noodles. Use a white sauce, or red pasta sauce, or even a fresh pesto. Another way is to peel it and slice it thin, trying to get a sheet, and then boil it and use it instead of lasagna noodles in a vegetable lasagna."



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Down to Earth

What are no-till methods and why do some farmers use them?

With classic primary tillage, you're plowing 6 to 8 inches of soil and flipping it over, intentionally breaking it apart so you can put a seed in when the soil is compacted. At our farm, we add compost, spent horse bedding and different mulching to the top layer of the soil. So in the same way you have leaves falling and decomposing on the forest soil, you get a constant accumulation of organic matter. We're trying to make less of a factory floor out of the field and more of an ecology like a forest floor. When you till the soil, it really decimates the ecology, and it's easy for different pathogens and pests to come in and fill the void.

Another reason to go this way: No till can help farmers adapt to climate change. In a big rain, healthy soil can soak up a lot more water before becoming saturated, and it releases water to plants more slowly during a dry spell. As



the Pennsylvania climate shifts to sometimes hot or sometimes cool or sometimes wet or sometimes dry, that's becoming more important. But the big benefit relates to climate-crisis mitigation. If the soil is turned over, a large amount of the carbon-containing compounds in organic matter gets volatilized back into the environment as carbon dioxide and nitrous oxide. A great potential for carbon mitigation is by managing the soil better.

People may have heard concerns that no-till methods require increased use of herbicides; indeed, most no-till is a subset of conventional grain production that, from my understanding, uses an extra dump of herbicide in the spring and then sows the crop with a seed drill. I haven't seen numbers on

▲ Dan and Katy Hunter of Hunter Hill Farm, a two-acre family farm outside of Easton, Pa., that relies on no-till, regenerative agriculture to make heaps of nutritious, chemical-free produce

how this affects the rate of erosion, but it is certainly still killing the soil ecology and anything downstream. What we do is the no-till subset of organic/regenerative agriculture where no synthetic sprays or fertilizers are used, and the goal is to make the soil and general ecology more fecund each year. ●



Poured in PA

In May, Provisions hosted a screening of "Poured in PA," a feature-length documentary about the Pennsylvania craft beer industry. The evening featured beer from Centre County breweries Elk Creek Cafe + Aleworks and Otto's Pub & Brewery, two of the brewpubs featured in the film. Plus, wood-fired pizza from Happy Valley Chef and gourmet popcorn from Revival Kitchen made for a perfect movie night pairing.

Out of the Frying Pan

Fire-roasted corn seems like the perfect easy recipe for camping — and it is — but here are a few tips to keep your kernels from becoming lumps of coal.

METHOD

Carefully peel back the layers of husk and remove the silk; then replace the husk in its original position. Secure with string if needed.

Soak the desilked ears in a pot of water for at least 15 minutes.

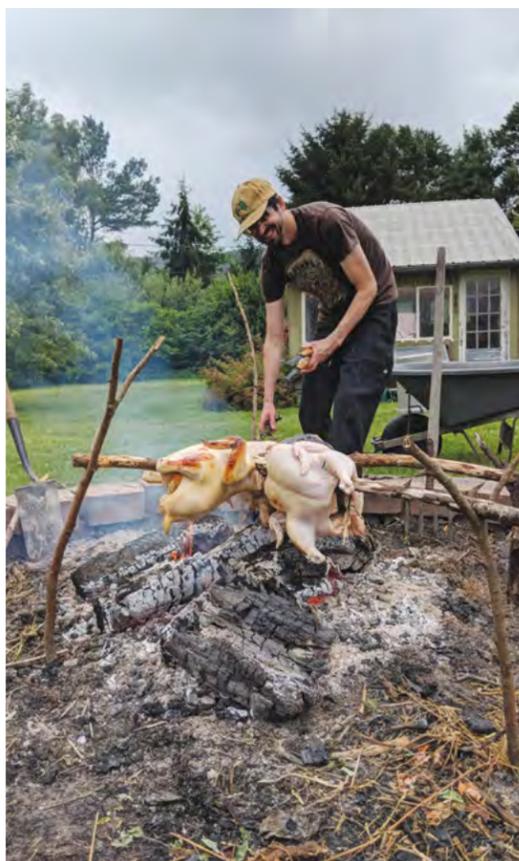
While the ears are soaking, prep your fire for prime cooking. You want coals but not bright, hot ones; go for a more ashy pile that's still giving off plenty of heat.

Place the ears of corn in a single layer on the bed of coals; turn frequently to avoid burning. Roast for about 10 minutes.

Peel back husks and slather with butter and salt or go south of the border with elote (Mexican street corn), Chef Stanley's favorite, with mayonnaise, chili powder and cojita served with a lime wedge.



At his El Gringo En Fuego event in July 2018, Chef Ben Stanley created a five-course meal with local foods, including chicken and pig from Over the Moon Farm and, of course, sweet corn roasted on an open fire.



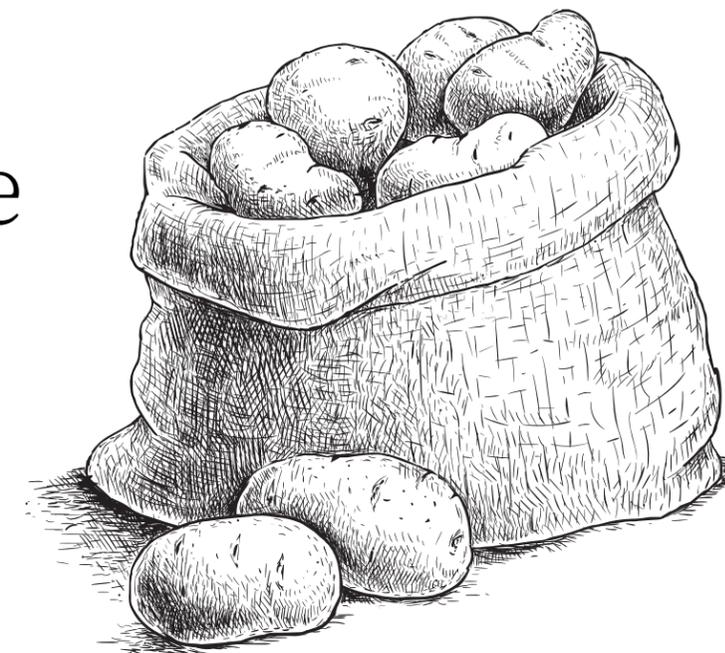
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The Farmer & the Foodie

Samantha Ardry's wedding vows immersed her in the meat-and-potatoes world of her husband's family farm.

BY SAMANTHA ARDRY



My husband saved me from a life of food snobbery. Without him, I would have inevitably been doomed to a totalitarian existence of artisanal toast, alternative milk lattes and heirloom organic craft beverages. Don't get me wrong, in no way am I aiming to shame those who live for a good kombucha cocktail because, deep down, I am one of them. Hello, my name is Sam and I am a food snob. I prefer to think of myself as a "foodie," or someone who just really loves cooking, eating and talking about food. In re-



ality there is an elitist edge to my attitude that I cannot deny. Thankfully the disease is no longer a progressive one because I manage to keep it at bay though marriage. My husband, Mark, is a farmer of the "old school" variety; he is a fourth-generation, conservative, gun-toting, diesel-driving, carnivorous, conventional vegetable and crop farmer. I am a liberal, college and culinary school graduate who wandered the United States for five years, working in a variety of kitchens from New York City to Los Angeles before putting down roots in Happy Valley. My marriage vows immediately immersed me in the meat-and-potatoes business and lifestyle. A foot firmly in both worlds, I can appreciate the merits of being both culinarily conscious and realistically aware that the answer to "What's for dinner?" will most likely consist of three primary categories in descending order of quantity: potatoes, meat and then vegetables.

Welcome to Tuber Town.

The irony of farm life, much like restaurant life, is that the fridge is not always stocked with the freshest of the fresh. There is no artfully curated array of crisp, colorful vegetables neatly trimmed, sorted and stacked on those sliding glass shelves. Farmers and chefs don't really



“meal plan” so much as eat whatever is closest while standing up. In our home, we usually have some lettuce, something of the sturdy romaine or green leaf variety, to include in sandwiches, some gnarly carrot nubs, yellowish celery and dried-out garlic cloves for roasts, a few sprouting onions and, of course, potatoes.

Mark will sometimes describe to me how his mother and grandmother made certain dishes, which often consisted of five or fewer ingredients and were inevitably a shade between gray and brown. Meatloaf, for example, included ground beef (from the farm), oatmeal (left over from breakfast), an egg or two that would have been discarded or fed to the dog because of its thin shell or a hairline crack (from the chicken barn) and perhaps a dash of milk. Maybe salt and pepper dust from the old mismatched shakers, if she remembered. Bread soup, his grandfather’s favorite, was even more minimal, consisting of old stale bread or crackers (one of the few items purchased from a store) mixed with water. Mashed potatoes were simply potatoes boiled to death, thinned out with a bit of soured milk.

My husband is in many ways a great-grandchild of the Depression. His great-grandfather purchased part of our current farm just a handful of years before the second World War. The frugal culinary traditions I describe survived for more than one generation because no man in four generations ever left Ardry Farms for anything other than a delivery or a doctor’s appointment. Meals like bread soup and potato cakes were merely sustenance and not necessarily enjoyed so much as tolerated. Ironically, the meals that developed out of scraps and necessity are the ones we now celebrate in our finest dining establishments; dishes like rice and beans, ratatouille, bouillabaisse and tamales were originally peasant dishes. An orange at Christmas, the treat Mark’s grandmother so fondly remembered receiving as a child, was probably old and wrinkled and had traveled a good distance to end up in her stocking. But it tasted as sweet as any candy because her diet at that time was probably 90 percent root vegeta-

Does frugality
have to be
associated
with lack of
flavor?
Absolutely
not.

bles.

I often hear people in my rural community bemoan the existence of “fancy” coffee shops and restaurants. They are not above anything that comes from a can, a value pack or a roadside stand, and they wear those preferences like a badge of honor. Any plate of food without potatoes or biscuits is incomplete. Any cup of coffee that costs them more than a buck is a scam. The “country” and “townie” mentalities in regards to food are a direct reflection of our current political climate in some ways. Every day I straddle both worlds and often feel as though I’m having an identity crisis. While in town at a “fancy” coffeeshop, I have found myself thinking, “The last cup of Eight O’Clock coffee I had at my grandma’s house was better than this overpriced pour-over.” While in the country, I have found myself surrounded by farmers all devouring plates of instant mashed potatoes at an auction, thinking, “There is something really weird about this picture.”

Does frugality have to be associated with lack of flavor? Absolutely not. Here is where the power of food snobbery can



prevail because I am convinced that many of us “foodies” really do mean well. True “foodies” are not snobs at all. We are not primarily concerned with trends, but with knowledge and stories. I want to know every shape of pasta that exists and its origins because food is not just a means to an end; our diets are an incredible amalgamation of our biology, psychology, culture, geography, politics and spirituality. Flavor and authenticity are important to foodies because we really do appreciate food. Enhancing the flavor of a product that is already delicious or coaxing flavor from an item past its prime is paying homage to the hands that grew it. Likewise, farmers appreciate the details. Whether it be weather patterns, row spacing, tomato varieties or soil attributes, every detail is important because it influences the outcome of the food. At the end of the day, my farmer and I are both in the business of feeding people; we just arrive at the destination from different points on the same map.

Now that I am married to a farmer and have regular contact with farmers, I have greater access to high quality, locally produced foods than I ever had before. At the same time, I no longer experience those foods through rose-colored lenses. I have not only seen the backbreaking, 80-hour weeks during the height of growing season, I have experienced them firsthand for a number of years now and I can honestly say there is nothing glamorous about this gig. My view from the other side of the farm stand has illuminated everything I once glorified about living off the land — for the better. To truly love something, you have to embrace even the unappealing parts. And though the plate in front of me may not always be artfully composed, I am certainly grateful for that meal, no matter what form it comes in. ◉



POTATO OMELETTE

MAKES 1 LARGE OMELETTE

INGREDIENTS

2 large eggs
2 medium sized potatoes
1 garlic clove, peeled
2 tablespoon finely shredded cheese
Salt and pepper
2 tablespoons unsalted butter

METHOD

Break the eggs into a bowl and whisk them for a minute or so until light and fluffy. Grate the potatoes and add to the bowl of beaten eggs (you need about 1 ¼ cups of grated potato). Grate the garlic clove and add to the mix, along with the cheese. Season the mixture well with salt and pepper.

Melt the butter in a medium-sized, non-stick pan over medium-low heat. Pour the omelette mixture into the pan and let it cook for about 10-15 minutes on each side, or until golden brown.

Serve warm with a tender lettuce salad.

The Scoop on Summer

It's a short trip from cow to cone no matter where you are in Pa.

BY ROBYN PASSANTE

If you set out to try the ice cream at every dairy farm, creamery and family-owned parlor across Pa. that makes the frozen treat, you would lose your entire summer — though that might be a worthy sacrifice. According to figures from the Pennsylvania Office of the National Agricultural Statistics Service, there were 54,599 dairy farms in Pennsylvania in 2017. And in 2018, regular and low-fat hard ice cream production in the Keystone State topped 46,239,000 gallons. That's a lot of cones. (Hold the jimmies, *and* the sprinkles.)

Our ice cream reserves are so vast, in fact, that the 2019 Pursue Your Scoops PA Ice Cream Trail is actually three trails broken into different regions of Pennsylvania. (visitpa.com/2019-pursue-your-scoops-ice-cream-trail)

So we're giving you just a tiny taste of what you can find across the Commonwealth in your search for ice cream perfection. From an old-fashioned parlor in Philadelphia, to a nearly 100-year-old dairy bar in Montoursville, to an artisanal outlet hand-churning the frozen treat using ice and salt like our forefathers, here are six rocky road-trips worth taking this summer.



URBAN CHURN

HARRISBURG | urbanchurn.com

It takes guts to start an ice cream business in Harrisburg, in the shadow of ice cream giant Hershey's Ice Cream (no relation the chocolate company). It also takes guts to sell ice cream flavors like sauerkraut or maple bacon. But Adam Brackbill's thriving homemade ice cream startup Urban Churn is proof that a healthy dose of creativity and an artisan touch can help you stand out in the creamery crowd.

Urban Churn is best at concocting unique flavors — a favorite staple on the menu is honey lemon & lavender — and using local ingredients whenever possible.

The business has a stand at the Broad Street Market and a storefront in downtown Harrisburg, where they have four standard flavors and another four that rotate weekly.

Ice cream base mix: Comes from Leiby's Dairy in Tamaqua.

Known for: Creative concoctions. Brackbill is working on a smoked ice cream flavor using a portable smoker and orange tree-bark wood chips. "It's fun to do newer stuff with ice cream," he says. "I like smoked cocktails and I thought that would be interesting."

Gotta try: Their lemon bar sundae: a lemon bar from Harrisburg bakery Raising the Bar, topped with either vanilla or honey lemon & lavender ice cream, whipped cream, lemon zest and a waffle square.

While you're here: Take in a Harrisburg Senators ballgame on City Island, or explore the intersection of art and science at the Whitaker Center.

BRENNAN'S BIG CHILL

BLOOMSBURG | brennansbigchill.com



Since opening in 2004, Debbie and Brian Brennan have been making families smile with their big cow out front and their ice cream inside. Brian is head ice cream maker and flavor creator, with more than 200 flavors in his repertoire and 42 always ready for scooping at the store.

The flavors are all handmade in small batches of 2-and-a-half to 5 gallons. "No flavor lasts more than 24 to 36 hours," Debbie says. "You could come back every day and you'll get new flavors."

And if you can stomach the entire Big Chill — eight scoops of ice cream, four toppings, whipped cream and a cherry — you get your name and pic on the wall, a nod on the website, and a (hopefully forgiving) T-shirt.

Ice cream base mix: Comes from Leiby's Dairy in Tamaqua.

Known for: A delightfully unpredictable flavor list, but if you see peanut butter or blueberry cheesecake on the board, scoop them up.

Gotta try: Debbie's favorite flavor is mint, and Brian makes about 15 different combos of it. Find mint on the menu and we're betting you'll taste a little extra love.

While you're here: Head 20 minutes south for a fun, family-friendly day at Knoebels, America's largest free-admission amusement park.

Road Trip



NINA'S WAFFLES AND ICE CREAM

NEWTOWN/DOYLESTOWN/PEDDLER'S VILLAGE/NEW HOPE
ninaswaffles.com

When Belgium native Louis Zantias brought his home country's Liège-style waffles — which are homemade using pearl sugar imported from Belgium — to the U.S. in 2010, he Americanized them by topping them with ice cream. Nina's Waffles and Ice Cream was a quick hit, spreading to five locations in Bucks County as of this summer.

"We make over 155 flavors, and rotate them throughout the year," says Heather Lacey, head of promotions and event coordinator for catering at Nina's. "We stand out from the crowd with our waffles, but our ice cream keeps people coming back."

Ice cream base mix: They make their own base at Nina's Waffles and Ice Cream Factory in Warminster, Lacey says, using milk and cream from a local dairy farm. "We only make our base and our ice cream for ourselves. We don't sell it to anyone."

Known for: The warm Liège waffle topped with a scoop of freshly made ice cream. Madagascar vanilla, double espresso crunch and raspberry crunch are local favorites.

Gotta try: A waffle with a smear of Nutella and one scoop of ice cream, topped with whipped cream and chocolate chips.

While you're here: Do some shopping in Peddler's Village, or head 5 miles from the New Hope store to Washington Crossing Historic Park, where George Washington crossed the Delaware River during the Revolutionary War.

EDER'S ICE CREAM

MONTOURSVILLE | edersicecream.com

Third-generation owners Melissa and Rob Labach are holding the reins at Eder's Ice Cream, which has been owned by Melissa's family since it opened in 1927. Her grandfather, Bruce Eder, started the business as a way to use the excess milk produced from his dairy farm. Back then Bruce stuck to the classics of vanilla, chocolate and strawberry; 92 years later, Eder's makes more than 50 flavors, and a rotating list of 24 are available during the summer months.

The Labaches use local ingredients when possible, including fresh fruit from nearby farms for their summery-good peach ice cream and blueberry ice cream.

"We also have partnered with Alabaster Coffee in Williamsport to make a coffee ice cream," Melissa says. "And they use our ice cream in the summer to make special coffee drinks."

Ice cream base mix: Comes from Schneider-Valley Farms Dairy in Williamsport.

Known for: They get big accolades for their peanut butter flavors, including Meltaway (peanut butter, chocolate syrup and peanut butter cups) and Jiffy-O (peanut butter ice cream with Oreos).

Gotta try: The peanut butter fudge sundae — even the fudge is homemade.

While you're here: Meander through downtown Williamsport, take a hike in nearby Worlds End State Park or, if you come in August, stay for the Little League World Series.



THE FRANKLIN FOUNTAIN

PHILADELPHIA | franklinfountain.com

Brothers Ryan and Eric Berley opened The Franklin Fountain in 2006, offering an authentic soda fountain experience like that of a bygone era.

"We've tried to bring back an American institution that was largely known for its sundaes and drinks made at the soda fountain," says Eric. "We've helped make the art of the soda jerk akin to the barista of the coffee world."

In addition to ice cream, they make their own toppings, baked goods, chocolate, soda syrups and root beer. They source ingredients locally, including the rooftop honey used for their cult favorite honeycomb ice cream. [Note: The brothers are now in the chocolate business (Shane Chocolate Works), the candy business (Shane Confectionery), and they have a smaller ice cream shop a few doors down where they sell the keystone-shaped Franklin Ice Cream Bar, giving them a lock on the sweeter side of Philly.]

Ice cream base mix: Comes custom from Longacres Modern Dairy in Berks County.

Known for: Their classic root beer float. "The root beer float was invented here in Philly in 1874," boasts Eric.

Gotta try: Mt Vesuvius — an "eruption" of ice cream, brownie pieces, hot fudge, whipped cream and malt powder — is their most popular sundae, with good reason.

While you're here: There are just about an unlimited number of reasons to visit Philly, but while you're in Old City for a cold treat, head a few blocks over to the Liberty Bell, Independence Hall and other historic sights.



MILLIE'S HOMEMADE ICE CREAM

PITTSBURGH | millieshomemade.com

Millie's Homemade Ice Cream is truly aptly named, as it is one of the few small ice cream operations vat-pasteurizing their own ice cream base, using just Pa. milk and cream, kosher salt, organic vanilla bean, non-GMO cane sugar and cage-free egg yolks.

"One of the nice things about pasteurizing is that we are able to change our sweeteners. We do a butter-black walnut flavor using Pa. black walnuts, so for that we can use brown sugar. And a good friend has a substantial maple business in Potter County, so we can use maple," says owner Chad Townsend. "We are able to be a little bit more dynamic."

Chad and his wife, Lauren, keep Millie's hyper-focused on local and fair-trade ingredients, making all their own fruit purees and partnering with other regional producers for sourcing ingredients.

Ice cream base mix: Millie's makes its own at its new 7,000-square-foot facility.

Known for: A rotating assortment of super-fresh flavors. Try any of the fruit-based flavors, often sourced from Churchview Farm in Pittsburgh.

Gotta try: Millie's vanilla. "You've got nothing to hide behind with five ingredients," Chad says.

While you're here: Chad says a meal at Union Standard is a must, and a stroll through Frick Park is a beautifully kid- and dog-friendly way to pass some time in the 'Burg. ◉



New Trail Brewing Co. beers have garnered such a following that the Williamsport brewery has doubled production in less than a year.

BY MAGGIE ANDERSON | PHOTOS BY MATT FERN

With more than 300 breweries and counting, Pennsylvania is a veritable playground for hopheads and malt masters. You might think another brewery opening could be a literal drop in the bucket of Pa. beer. But then you haven't met the team behind New Trail.

Just over a year old, New Trail has made some serious waves across the state as they've grown furiously since opening in April 2018. Between then and April 2019, 2,500 barrels of beer came out of the production facility in an old warehouse in Williamsport. That's more than 6,000 gallons — or 50,000 pints — of beer a month. And that's all before they doubled production capacity by adding four new tanks just before their one-year anniversary party on April 27.

More anecdotally, if you mention New Trail to any beer drinker in a region with distribution (a number that's also growing rapidly), you typically hear, "Oh, yeah, they make great beer." Their flagship hazy IPA, Broken Heels, seems to fly off the shelves, as if in defiance of its name.

So how has the new kid on the block become the talk of the town?



Mike LaRosa, head brewer and co-owner, had been working as a brewery consultant when he met Charles Imbro and Dave Herwig, owners of downtown Williamsport establishments the Cell Block nightclub, The Brickyard restaurant and Stone House Pizza & Pasta.

"It was the next step for us," says Imbro. "We've been in the restaurant business for years, all the facets of it, from fine dining to nightclubs. Why not make the beer yourself? Makes sense. But up until five or six years ago you couldn't do that. They changed the laws, which enabled us to own a restaurant and own a brewery."

Imbro and his partner didn't want to draw business from downtown restaurants — but they did want to sell them beer.

"We tell everyone that's here, if you want proper food, go downtown," says LaRosa. "As much as we like them supporting the food trucks we bring in, we like them supporting the people that are buying our beer, too."

The warehouse on the outskirts of town is on the site of the former Dodge Lumber Company — logs coming off the river could be easily hauled into the warehouse for planing. For a brewery, the location is more about space that can handle beer production — and maybe a few guests.

"We need the warehouse space," says Imbro, "the loading docks, a place for spent grain, all the things that happen in a production brewery."

Plus, they knew they'd need room to expand — they just didn't know they'd need it so quickly. In April, LaRosa added four new



"We thought we might grow out of it in two years, not one," says LaRosa. "You always hope for growth but this is explosive growth. **We're very happy.**"

tanks to his operation, expanding his capacity from 3,300 barrels a year to 8,000.

“We thought we might grow out of it in two years, not one,” he says. “You always hope for growth but this is explosive growth. We’re very happy.”

So are fans of the beer, who get to experience a new brew every two weeks.

“The original intention of New Trail was to focus on what we call our core brands — the Lazy River Pils, White Ale and Trail Ale — and Broken Heels was just sort of an afterthought,” LaRosa says. “It was a more traditional brewery model, at least traditional a few years ago. We quickly changed that and moved into doing lots more seasonals and rotations of hazy IPAs because it’s what people want.”



At the one-year anniversary party in April, First Orbit, a hazy triple, marked the occasion.

Also on tap were Something Deep & Meaningful, a hazy DIPA collaboration with Imprint Beer Co. out of Hatfield; Heliotropia Bound, a Citric IPA brewed in partnership with Foreign Objects Beer; and Barrel Aged Sunrise, a Baltic Porter aged in Heaven Hill bourbon barrels and rested on coffee from downtown Williamsport’s Alabaster Coffee.

Collaborations are not just a great way to drinkers to get more interesting brews — they’re also a way for brewers to share some knowledge and expand their circles.

“There’s really not a lot of continuing education for brewers,” says LaRosa, who still does some brewery consulting, “so collaborating a lot of times is really about exchanging ideas. Having a guy or gal come in and hang out for the day and talk about what they’ve been doing and what they’ve seen success with is really helpful.”

Having been in the industry for 10 years, “you make friends,” he says, and with a resume that reads like a fantasy brewery tour, LaRosa has a lot. He started at a Rock Bottom in King of Prussia before moving to Saucony Creek, Manayunk Brewing Company, Kane Brewing and finally Tired Hands. He helped build the Fermenteria, Tired Hands’ second location down the street from the original brewcafe in Ardmore. “We started there with a cellar capacity of about 2,000 barrels a year and by the time I left we were



Broken Heels is named for co-owner Charles Imbro: “They named it after me after I fell and broke my heel, so I have to like that one,” he jokes. “That’s what happens when you get hurt around here — they name beers after you.”





on pace for about 10- to 12,000 barrels a year.”

Though he loves pumping out the hazys, LaRosa most enjoys brewing darker beers.

“It’s immediately gratifying,” he says. “The wort smells better, the mash smells better. But what I prefer to drink is pilsner. If I could drink one beer for the rest of my life, it would be pilsner. Clean, crisp, I can sit and have 10 of them or I can sit and have one.”

But New Trail is probably best known for its IPAs, particularly of the hazy variety. LaRosa says the cloudy, less bitter style is so popular right now because it’s so easy to drink.

“It’s a really agreeable beer,” he says. “It’s low bitterness and high aroma. A lot of times West Coast IPAs, they are an acquired taste, something you have to learn to like, whereas I think a hazy IPA is an easy thing to learn to like because it tastes often like juice, which is something that you’ve been drinking since you were 2. My mom drinks hazy IPA and Coors Light.”

And whether or not everyone can taste the subtle differences, when you’re releasing a new beer every two weeks you have a lot of room to play with different ingredients. A recent double IPA, Rained Out, was LaRosa’s first foray into Sabro, a new hop introduced last year by Hop Breeding Company.

“People were saying it’s got this crazy coconut flavor, and I’ve never gotten coconut out of a hop,” he says. “We put it into this beer and, sure enough, it’s like candied coconut and pineapple. It’s like drinking a piña colada.”

On the other end of the spectrum, the barrels in the back of the tasting room aren’t just for show. The Buffalo Trace ones hold Moonlit, an imperial stout, and barrels from Heaven Hill that previously held maple syrup are now occupied by an imperial milk porter that has yet to be named.

In June, some of New Trail’s releases include: No Breaks, a hazy DIPa; Broken Paddle, a hazy IPA; a Mai Tai-inspired collab with Pizza Boy Brewing Co.; and a re-release of Something Deep & Meaningful.

If any of those sound good, get to the brewery fast. Like all such beers, these are best served cold and fresh. And like summer, they’ll be gone before you know it. ◉



“People were saying it’s got this crazy coconut flavor, and I’ve never gotten coconut out of a hop,” says LaRosa (pictured above). “We put it into this beer and, sure enough, it’s like candied coconut and pineapple. **It’s like drinking a piña colada.**”

A SLICE OF SUMMER

Certain sandwiches stand in for entire cities (and we love a Philly cheesesteak) but there's no sandwich more central to a season — in this case, summer — than the BLT. When tomatoes and daytime temps hit their peak, the BLT becomes the go-to. Here's how to make sure your summer stacker is greater than the sum of its parts.

TOAST

The other "T" should be anything but an afterthought. There's something that just feels right about toasted white (or, fine, wheat) bread, but if you really want to revel in the glutens, go for something artisan. A slightly tangy or even full-on sourdough artisan loaf adds a whole new layer of flavor. Just avoid anything too crusty.



TOMATO

Sliced thick, tomatoes become the real star of this sandwich when they're at peak ripeness.

That's sometime between mid-July and mid-September in Pa., so start hitting up your local farmers markets for these juicy gems in the height (and heat) of summer.

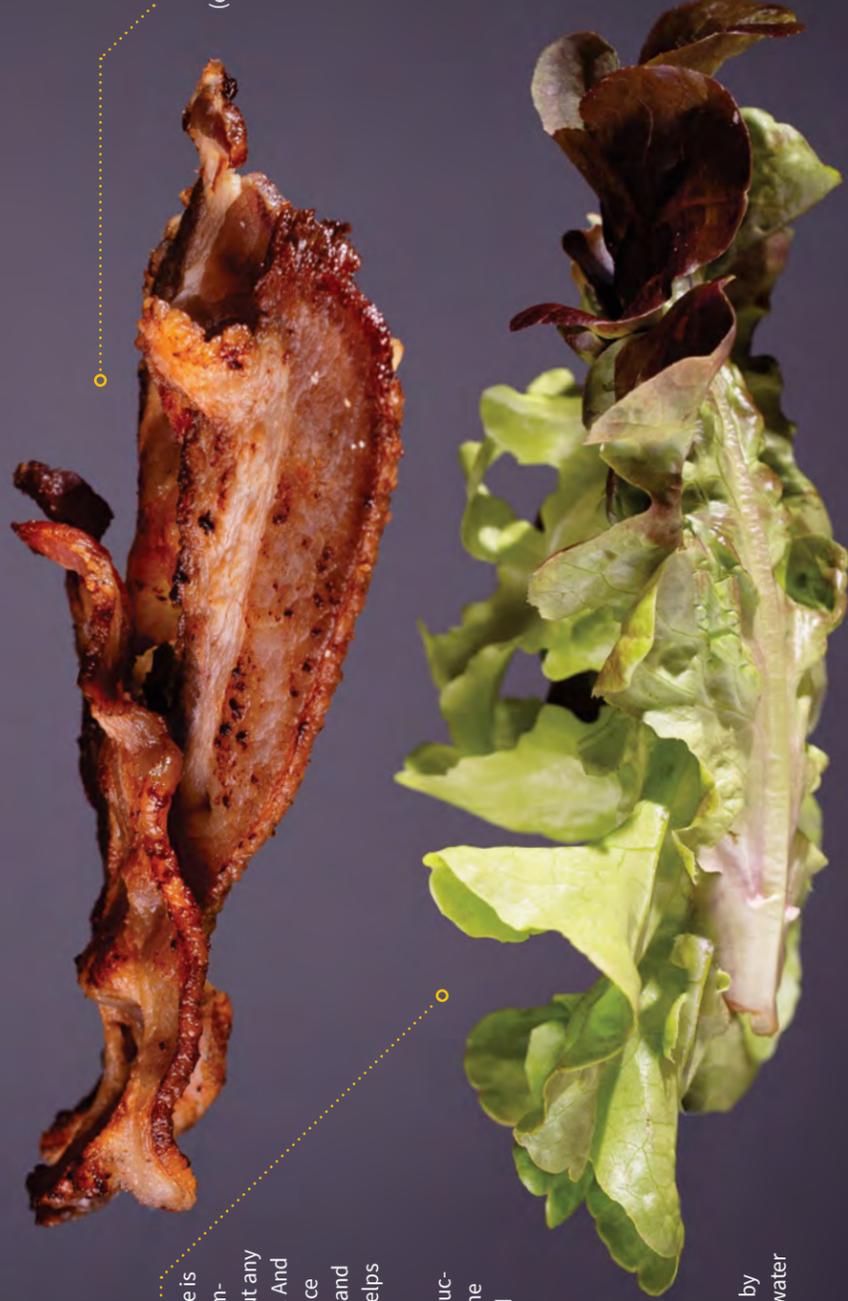
If you can, use one sandwich-sized slice to avoid stacking, which could cause some frustrating slippage. Other than that, it's hard to go wrong with heirloom varieties from your local farms. Oh, and a pinch of sea salt on the tomato slice is a game changer.



LETTUCE

You may think lowly lettuce is just here for looks, but farm-fresh greens take just about any sandwich to the next level. And in the case of the BLT, lettuce next to one piece of bread and tomato next to the other helps keep tectonic shift at bay.

Beyond texture and construction, branching out from the standard offerings can add unique flavor to the classic sandwich. Try peppery mustard greens or spicy arugula, or layer up some just-picked basil for an extra-fresh take on the leafy layer. Pro tip: Liven up wilted greens by soaking them in some ice water and patting dry.



BACON

Sure, everybody loves bacon (except, of course, vegetarians and vegans). In fact, Philadelphians love it so much they rank No. 6 in the top 10 bacon-consuming markets in the U.S., according to The Meat Institute. (Don't tell Pat or Geno.)

But the collective affinity breaks down pretty quickly when talk turns to the best bacon-cooking techniques.

Some swear by the relative mess-free method of cooking bacon in the oven (great for prepping a Sunday brunch before kicking out your weekend guests) while others were taught to go stovetop (just remember to keep the heat low to medium for even cooking).

For those of you who don't love bacon, go for a similar umami flavor and meaty texture with some grilled portabella (or if you're feeling really ambitious, mushroom bacon — look it up).



MAYO

There is no "M" in "BLT" just like there is no "I" in "team" — it's not about you, mayo. It's there to give a hint of creamy flavor and keep the whole stack from entering a desert wasteland. If you're feeling fancy, have fun making your own, but the brand-name stuff is just as good.

Just make sure the mayo isn't too prominent. Because if you've selected and prepared the other ingredients correctly, they're the real winners.

COUNTRY COW, *City Steak*

Locally raised meat makes its way from the valley to New York's top restaurants thanks to Happy Valley Meat Company.

BY MICHELE MARCHETTI



When Dan Honig first visited Rising Spring Meat Company, a small-scale USDA-certified slaughter and processing facility in the heart of Penns Valley, he reached into his pocket and preemptively took out his cell phone. He was used to being asked for it by suspecting slaughterhouse owners who didn't want photos of their operations surfacing in the news.

"Why would we need your cell?" Rising Spring co-owner Jay Young asked. He had nothing to hide, and welcomed interested partners into the facility.

It was a good sign for Honig, who was in the early stages of starting a business that would connect chefs at New York restaurants with the meat from small, humane farms. A "mostly" vegetarian who alighted in the sustainable meat industry, first in sales and later at a butcher shop, Honig's professional journey has brought him closer to a food system that, as a child, had been a mystery.

"We didn't talk about food (growing up)," he says. At some point, however, "it was like the wool had been pulled over my eyes. I realized it sucked to be an animal and farmer in the current climate."

Honig gave up eating meat — then sought a career in the industry. Rather than trying to convince the rest of the world to become vegan, he wanted to align himself with small farmers who believed in the humane treatment of animals up until, as industry parlance goes, their "one bad day."



For his next gig, Honig needed a processing facility he could trust to do the job well, one that was flexible enough to cater to the needs of high-end chefs and transparent enough to be part of a story Honig could take to his chefs. "That was unique to Rising Spring," Honig says.

Back in Brooklyn, not long after Honig's pivotal trip to central Pennsylvania, he walked into one of his first sales meetings and realized he didn't have a name for his company. Honig had just purchased his first animal, which was raised by central Pa. farmer Wade Wolfe and slaughtered by Rising Spring.

Honig could eat this meat. He could proudly tell the chefs he was cultivating as customers who had slaughtered and packed it. He could trace the animal to its farm in central PA. As he brainstormed a name for the business, he took stock of its most important assets — the farms in a fertile valley four hours west on Rt. 80. In 2013, Happy Valley Meat Company was born.

The impact on its namesake is significant. "Happy Valley Meat is writing checks to the tune of about a million (dollars) a year to our farmers," says Rising Spring's Young.

And their meat is landing in the kitchens of some of the country's finest restaurants. Last summer Rising Spring shipped five bone-in tenderloins to one of Honig's most well-known customers: the storied Delmonico's Restaurant. "Yes, that Delmonico's," Young crowed on Instagram.

The list of restaurants sourcing from Happy Valley Meat has grown to 120. Most of its customers are restaurants in New York and New Jersey, although some come from Connecticut, Washington, D.C., Virginia and Pennsylvania. (Head to provisionsmag.com for a complete list of Pa. restaurants that source from Happy Valley Meat.)

Happy Valley Meat and Rising Spring grew up together. In the early days of the company, as Honig worked to keep supply steady, he



made the four-hour trek from Brooklyn to Penns Valley weekly, sleeping at the home of Jay and his wife, Laura. When one of Rising Spring's employees suffered a shattered spine after he was kicked in the neck by an animal, Honig stayed for a month helping out in various jobs, including working on the kill floor. At one point during that stint, his hands started tingling from fatigue. "That's a day's worth of work, boy," a Rising Spring employee noted after Honig asked what was happening. "You've finally done one."

This grueling, not-for-the-faint-of-heart labor is something most eaters, even carnivores, would rather not consider. Yet, when performed by a responsible company that's acting in the best interests of the farmers, the animals, its employees and the consumer, it's a vital, trustworthy link between the farm and your plate.

By working with Rising Spring, Happy Valley Meat (a B Corp) also benefits from the relationships the

Youngs have built with the small farms in our community. In the circles they work and travel in, buying meat from your neighbors is just part of living in a healthy local economy and, in the same way you buy your milk at the local dairy or your drills at retailer-owned co-op Ace Hardware, supporting the businesses in your own backyard. That support extends to a price tag that's commensurate to the work involved in making that product. "For some reason, food and farming is something that people have expected to get for as little as possible," Young says. "If farmers charged for their time, no one could afford food."

Wal-Mart and countless other stores selling cheaper options make it all too easy to forget that your grocery purchase came from an animal. Its story — where that animal came from, how it was raised, where it was slaughtered — disappears with the air that's removed in the vacuum packaging.

"We are able to provide a high degree of traceability for Happy Valley in the process we do, which is a value-added part that consumers are looking for," says Mike Smucker, president of Smucker's Meats, a third generation meat processing company in Mount Joy, Pa. that signed on as Happy Valley Meat's second Pennsylvania processor in April 2015. That transparency goes beyond region or location of the animal, giving consumers a window into each business that played a role in the animal's journey to their plates. The way Smucker sees it, it's all part of being an informed consumer. "I know personally, when I go on a website, one of the first things I look at is, Who am I doing business with? What's their story?"

Chefs are equally hungry for this information. Honig leads monthly field trips for chefs interested in a comprehensive understanding of their food system. They leave at 6 a.m., starting their morning on a central Pa. farm and ending with a trip to the slaughterhouse. It's an intimate glimpse into the process that transforms farm animals into a \$50 ribeye finished with demi-glace and garnished with a sprig of thyme.

Or the meatball. One animal purchased by Happy Valley Meat yields more than 300 pounds of trim, the parts of the animal that are left over once the ribeyes, strips, filets and other prized cuts are removed. "Meatballs are an important part of our business model because the key to moving a whole animal is having a good home for all the grinds," Honig says. The fact that this versatile fan favorite can be paired with vegetables makes the product even more appealing.

Those priorities explain why Happy Valley Meat is one of many industry players rethinking the humble hamburger. In a partnership with To-Jo Mushrooms, a fourth generation family-owned and -operated mushroom farm in Avondale, Pennsylvania, Happy Valley Meat is rolling out the beef-mushroom blended burger, which replaces a quarter of its beef with mushrooms. The newfangled burgers are distributed through The Common Market, a Philly-based distributor with a focus to bring local foods to institutions.

The addition of mushrooms brings Happy Valley Meat's price down, making a burger made with small-farm meat more accessible for schools, hospitals and other institutions. It also makes something pedestrian — ground beef formed into a patty — new and exciting.

The beef-mushroom burger appealed to Rising Spring, even though it adds another layer of complexity to its process. If Happy Valley Meat can expand its customer base by blending mushrooms with trim, it can buy more animals and send more money back to farmers in central Pa. Increased demand allows those farmers to, say, fix a tractor or buy a heifer, investments that strengthen the local food economy. And that's the ultimate goal for Young.

As for the local food consumer, that mushroom burger could be coming to a restaurant or farmers market near you one day. In the meantime, the next time you venture to New York for dinner, ask the chef where her meat comes from. Don't be surprised if it's a small farm in central Pa.

Jay Young likes to talk about local food almost as much as he loves to eat it.

We asked Young, co-owner of Rising Spring Meat Company, for the three things he wishes consumers understood about his corner of the local food economy.



"You don't need to buy meat from outside our economy. All your meat needs can be met right here in central Pa. The nuance here is that it probably can't be done on the cheap. We simply can't compete with the big houses that have made meat very inexpensive."

"What you ask for has consequences for the local farmer. Labels like 'free-range,' 'grass-fed,' 'antibiotic-free' and 'organic' are desirable, but come with inefficiencies. For example, grass-fed means slower growth rates, while antibiotic-free means increased chance for disease. Those requests are the exact opposite of the primary demand: inexpensive, affordable and consistently available food. We want agriculture to serve our inefficient needs inexpensively and it doesn't work. For the system to work, the customer needs to understand the relationship they are in with the farmer and commit to it in the same way the farmer does: with long-term investment.

"Far more important than any certification is finding a farmer who you would trust to act as you would act. That's what we have in the farmers all around central Pa. and among the farmers Rising Spring works with. For example, a 'never-ever' approach to antibiotics means that if an animal becomes ill, you either put it down or let it suffer. In the way that you would not let your child suffer through an earache, the reasonable farmer is not going to let his animal suffer through pneumonia."

"The cost your farmer or local slaughterhouse incurs just to open the doors in the morning is exorbitant. People look at farmers as aw-shucks, fingers-in-their-suspenders kind of people. But if you ever wanted to find someone who knows something about business, find a farmer who has been doing this for a good amount of time — someone who has paid the taxes and mortgage for about 30 years. That's a pretty fascinating person."

UNDER THE WEATHER

BY ALEXANDRA JONES

Pennsylvania farmers are reeling after the wettest season in more than a century. Here's how they're coping, how they're working to keep us all fed, and how they just might be able to help put the brakes on climate catastrophe.

If you live in Pennsylvania, you know it rained — a lot — last summer. You probably missed out on some days you planned to spend at the beach or by the lake. Maybe you even had trouble getting to work or school because the roads near you flooded. Well, you may have thought for the umpteenth time that season, *at least I don't have to water the garden today.*

But for farmers across the Keystone State, 2018 wasn't just a bummer. It was borderline cataclysmic. Heavy rains washed away seeds and seedlings — if farmers were able to plant in their soaked, muddy fields in the first place. Fruits and vegetables rotted from the roots when the sun didn't dry soil fast enough between each deluge. Floods washed out roads and fences, causing untold damage to crops and property. In many parts of Pennsylvania, it was a year that broke records. For many farmers across the state, it was the year that nearly broke them.

"It wasn't a hurricane, high winds, or hailstorms. It was just rain — too much of it and too frequent," says Jim Crawford, proprietor of New Morning Farm in Husstontown, about 90 minutes south of State College. "One, two, three inches here and there was devastating to us."

In 46 years of farming, Crawford had never seen anything like 2018's sustained sog. While communities on the West Coast suffered from extreme heat, drought conditions and wildfires, the Northeast experienced rainfall far above average, with parts of Pennsylvania receiving 200% over typical precipitation amounts in June and July. According to the National Weather Service, May through July 2018 was the rainiest period in Pennsylvania since 1894, the earliest year for which the state has records, coupled with above-average temperatures, too.

Crawford estimates that the rains destroyed a full third of New Morning's total annual production of around 50 kinds of organic vegetables. In a good year, revenue is around \$800,000, but net profits are only around 5% of that. The farm has had lean years before, with the oper-



Above and at right: Emma Cunniff of Kneehigh Farm

ation netting only around \$10,000 or \$20,000 in profit. But in 2018, "we had a loss of \$100,000," Crawford says. "Drastically worse than any other year we've had."

After this dramatic loss, Crawford is simply cutting out nearly a quarter of his 40 acres from production — the poorest-drained fields that get too wet and don't dry out quickly enough. He simply can't risk another year like that.

On March 25, Pennsylvania Gov. Tom Wolf announced that farmers in 61 counties — out of 67 in the state — would be eligible for USDA disaster relief assistance in the form of low-interest emergency loans, administered through the Farm Service Agency, to help

them bounce back from 2018's losses. Crawford is one of them. "It's the first time we've done that in at least 20 years," he says.



We're slowly learning that the only thing we can predict about weather in the Anthropocene is that it's unpredictable. But there are some long-term trends climate scientists have identified, and those point in one direction for the Northeast United States: warm and wet.

The Northeast is experiencing the most significant intensification of rainfall over time; between 1958 and 2012 there was a 71% increase in the amount of precipitation that falls during downpours. That's according to the 2014 National Climate Assessment, a congressionally mandated report by the U.S. Global Change Research Program. And if carbon emissions remain at their current rate of increase, temperatures in Pennsylvania will rise between 1.9°C and 4.3°C (3.4°F and 7.74°F) higher by midcentury (2041-2070) than what we experienced from 1971-2000, according to the 2015 Pennsylvania Climate Impact Assessment Update. That means that as early as 2041, Philadelphia could resemble Orlando in heat and humidity.



Harrisburg will feel like Alabama, while the climate in Erie, the state's northernmost city, will resemble that of eastern Tennessee today.

In the short term, experts say, this trend may present some opportunities: Extended growing seasons due to shorter winters could benefit the rural economies that make up much of the state. But long term, the shift is far from ideal.

It's not just vegetable growers who have been hurting due to recent weather extremes. At Three Springs Fruit Farm in Aspers, just north of Gettysburg, seventh-generation farmer Ben Wenk and his family grow tree fruit like cherries, peaches and apples, plus vegetables to complement their fruit at markets in Philadelphia, Maryland and Washington, D.C.

For Wenk, 2018 meant fruit rotting on the tree before his crews could harvest it, a proliferation of pathogens like bacteria and mold that can cause cosmetic damage to fruit, and an inability to get into his fields with machines to plant and pick. The prior year had some of the same problems, he says — "but not in a 'how are we going to possibly farm and pay people and keep the lights on' way."

That was just one year, you might think — but rain isn't the only extreme the state's farmers have experienced in recent seasons. In 2016, Wenk suffered severe losses due to drought conditions. Multigenerational memory shows that things are changing, too: In his grandfather's lifetime, hail only hit Three Springs once. But since Wenk returned to the family farm from Penn State 13 years ago, he says, hailstorms have damaged his crops in at least half those years.

Growers are worried about temperature fluctuations, too. In recent years, waves of warmth in early spring have caused fruit trees to bloom, making them vulnerable to late-season killing frosts. Fruit farmers across the state marshaled resources to spray blossoms with water in hopes that a layer of ice would protect them. (It might seem counterintuitive, but enough heat is released as liquid water turns to ice that delicate blooms and buds can be kept from dipping below freezing.) Others set bonfires between rows of trees in hopes that warm rising air would protect the future fruit. Some hired helicopter pilots to hover over their fields in hopes the whirling blades would push warm air down to keep the freeze at bay.

"Volatility is the key word," Wenk says. "We've experienced weather in all the extremes."



Last year's rains pooled in the fields at Kneehigh Farm (left) and New Morning Farm (right).

Luckily, there are methods that farmers can use — and many are already using — to build resilience for their farms and their businesses. And these methods may be a big part of a long-term solution not only for individual producers, but for the planet as a whole.

“As a climate adaptation strategy, soil health is really important,” says Franklin Egan, director of education for the Pennsylvania Association for Sustainable Agriculture. “On a large scale, it’s an important sink for carbon... A lot of farmers are interested in doing something to be a part of the solution.”

Healthy, productive farms use regenerative techniques to boost organic matter in their soils; that process sequesters carbon from the atmosphere. Carbon-rich soils are able to absorb much more water than those with less organic matter.

“We find that if we can continue to enhance soil resources, we’re able to handle more extreme weather events like heavy rainfall if we increase the infiltration of our soil,” says Denise Coleman, conservationist for the state office of USDA’s National Resources Conservation Service. That means the soil can hold onto more water during a deluge, reducing runoff and damage caused by water pooling on fields, as well as during drought conditions. Better water infiltration also means less agricultural runoff into streams, rivers and lakes.

Cover cropping fallow fields reduces erosion and boosts soil health season over season in addition to breaking up tough soils and building carbon. Planting perennial grasses and legumes can fix nitrogen, another greenhouse gas that functions as plant food, in soil. Farmers can also increase their soil’s water infiltration

“THERE’S AN OLD SAYING THAT A DRY YEAR WILL SCARE YOU TO DEATH, BUT A WET YEAR WILL STARVE YOU TO DEATH.”

by using cover crops like daikon radish to break up the hard pan, the tough, low-nutrient layer of soil beneath the topsoil, so that water can penetrate more deeply. For farmers growing crops like grains, soybeans and corn, Coleman also recommends avoiding tillage, which releases the carbon that’s trapped in the soil into the atmosphere. Instead, she teaches farmers to keep stubble on the fields after crops have been harvested — another tactic

for reducing erosion, holding moisture, and building organic matter in soils.

While animal farming in a time of climate change has its own unique challenges, grass-based dairy and livestock farmers already have a leg up on many of these methods. Because of this, season over season, these “grass farmers” often run more resilient agricultural operations than farmers who plant each season.

“There’s an old saying that a dry year will scare you to death, but a wet year will starve you to death,” says Kim Seeley, farmer and owner of Milky Way Farm near Troy, in Pennsylvania’s northern tier, when asked how he fared in 2018.

Seeley’s family has been on Milky Way’s 450 acres since his grandparents purchased the farm in 1928. In his 41 years running things, he transitioned from the high-input conventional farming he was taught at Penn State to a grass-based system — what he sees as a way for agriculture to be a solution to climate change rather than a contributor.

“Soil is the sponge to recapture carbon back down here if we go back to farming techniques that are safe and healthy,” Seeley says.

A farmer like Seeley doesn’t have to worry about the

kinds of things that conventional dairy farmers might, like manure lagoons overflowing with heavy rains. But extreme conditions can wreak havoc on grass, the foundation of his operation.

In a wet season like 2018, the grass might grow more quickly, but it’s likely to be lower in nutrients than in an ideal year. Lower nutrients in summer’s fresh grass and the hay he relies on to feed his cows through winter can result in less nutritious milk and less of it. Wet weather also makes it hard to get enough cuttings of hay. In drought years, the grass won’t grow fast enough to get enough cuttings, and farmers may have to buy hay from outside sources before the grazing season is over in the fall. That cuts into the nonexistent profit margins for producers who may still sell their milk on the commodity market, for which milk prices are currently set below the cost of production.

The challenging economics of dairy farming are part of what put Seeley onto grass-based systems in the first place. “My degree is in agricultural economics. The price of milk is so atrocious,” he says. “I came up with a slogan: We need to reduce moving parts. The moving parts are a tractor, plow, planter, chopper, all that stuff. We went back to making people and animals the moving parts.”



It’s easy to feel overwhelmed, panicked, even hopeless about climate change. But speaking with farmers about a problem that seems to be staring humanity in the face was surprisingly heartening. Though farmers only made up just over 1% of the population nationally, according to the 2012 agricultural census, the other 320-plus million of us (up from 314 million in 2012) rely on their hard work. As long as they’re able and there are people to feed, they’re going to adapt and endure as best they can — even in times of suffocating stress.

Kneehigh Farm owner and operator Emma Cunniff spent much of 2018 watching helplessly as clay-heavy soils on the 7 acres she leases near Pottstown pooled with water from frequent heavy rains. She had panic attacks. She and her small team of organic vegetable farmers struggled to salvage what they could for their 60 CSA members, high-end chef customers in Philadelphia and two suburban farmers markets. By all accounts, it was a terrible year.

At the same time, Cunniff says, as physically, mentally and emotionally draining as farming can be — espe-

cially in adverse conditions — pushing herself to keep doing her best work is what helps her keep it together.

“Presence is a hot word right now, but farming really settles you into that. It’s a form of meditation,” she says. Farming has made her feel “crazy” because there is so much, like the weather, that’s out of her control. At the same time, there’s a life lesson in that, she says, that is both humbling and calming.

Cunniff takes heart in the small-scale farming movements that have bloomed after natural disasters in places like Haiti, Puerto Rico and Cuba, with food supplies becoming more atomized, locally based and community-oriented. She also gets strength from her community of fellow farmers and from her CSA members, who can see the condition her fields are in when they come to the farm for pickup each week during the growing season.



A late-season apple at Three Springs Fruit Farm

But what’s given Cunniff and others the drive to push forward, to learn how to keep going, to feed themselves and each other and all of us, is that they really see no other option.

“We have 12 years,” she says, referring to the report by the UN Intergovernmental Panel on Climate Change (IPCC) that stated current planned greenhouse gas emission mitigation efforts under the Paris Agreement would not be enough to limit global warming to 1.5°C by 2030. “If we say, ‘This is what matters, I’m alive, what a blessing! What kind of good work can I be doing in the time given?’ There’s really nothing else you can do.”



Serving a Purpose

Creating RE Farm Café wasn't easy, and that was entirely the point. Here's what bringing the table to the farm really looks like.

BY MICHELE MARCHETTI

Five years ago on a night when the earth's soil was tucked in for a long winter's nap, Chef Duke Gastiger cooked a "hometown" feast at his former restaurant Spats Café, challenging the notion that local eating in Pennsylvania is a three-season game.

For Gastiger, it was a challenge worth pursuing. Addressing the well-fed crowd, he said, "Community is not taking the easy way out."

That sentiment can be applied to just about every aspect of RE Farm Café, the net-zero energy, net-zero water restaurant that Gastiger and his wife, Monica, are set to open this summer (stay tuned for a July opening date). The café is located on 57 acres that include a working farm transformed from fields of corn and soybeans to rich, organic soil that's growing the caliber of vegetables that make diners and chefs swoon. Volunteers clocked approximately 4,000 hours clearing debris, planting crops and pulling nails out of glitter-covered boards (more on that later).

Financing this enterprise was more expensive than Duke and Monica had planned. "This was going to be a fun retirement project. Now it's our retirement," Monica says with a laugh. After a brief partnership with an existing farm, the couple changed course and ended up buying Windswept Farm, the one-time residence and sheep farm of the late community philanthropists George and Margaret Downsborough. Financial institutions didn't necessarily share their belief that their quixotic vision was worth the cost. So the couple formed an LLC with eight community members and co-owners whom they believed would be assets to the farm.

Back in 2014, when the Gastigers began searching for a location for their farm-to-table dream, they decided to pursue the "Living Building Challenge," a rigorous standard that has been achieved by just 73

buildings in the world. Using the life cycle of a flower as an analogy, the challenge encompasses seven building performance categories, or "petals": site, water, energy, health, materials, equity and beauty. Within each petal, subcategories or "imperatives" outline how certified buildings interact with their environments and visitors. Once the Gastigers set a date, officials from the International Living Future Institute will monitor the operation for 12 months to ascertain compliance.

"Another unique aspect of LBC certification includes us having a plan for the life of the building — should we cease to operate as a café, what is the plan?" explains Monica. "Unlike knocking down a Sheetz and starting over, we need to outline a plan that takes this place into its next life with the same care we have put into designing it and bringing it to life."

Certification or not, the aspiration has elevated the operation. Duke contends that RE Farm Café is the only net-zero water, net-zero energy restaurant in Pennsylvania that's housed on a working farm and built with chemical-free, reclaimed and locally sourced materials.

But RE Farm Café isn't really a restaurant. Or a farm. From the on-site wastewater treatment operation to the field-fertilizing mobile chicken unit to the solar-powered facility, it's a living experiment in community, agriculture and dining that looks beyond the lifespan of its creators.

The Farm

One of the best text messages Monica has received since the beginning of the RE Farm Café adventure read "17 earthworms today!" from farm manager Erik Hagan. When Hagan, a Penn State graduate stu-



dent in ecology and a teacher and presenter to agricultural professional organizations and government agencies, started working with Windswept soil three years ago, earthworms were scarce. Today, Hagan is thrilled to see new worms crawling over his crops. While Windswept does not have official organic certification, it is committed to organic practices.

Bees and butterflies are coming back to the land, too. It's all the result of what Duke says is a step beyond sustainability.

"Sustainability really just means 'don't harm,'" Duke says. "That's not what we're about here. Our farm manager has spent the last three years *regenerating* the life and fertility of the land."

Regeneration is less about managing the land and more about leaving the land alone to take care of itself, he says. In practice that means planting fruit and vegetables like pawpaws and hearty kiwi, native plants that are part of Pennsylvania's history but have faded in favor of more commercially appealing crops. In partnership with the American Chestnut Foundation, RE Farm Café propagated several hundred chestnut trees, bringing the plant back to the local ecology and, eventually, yielding a healthy, gluten-free flour that's sure to show up on the dessert menu.

The vitality of those fields is why Tory Glossner jumped at the chance to move back to central Pennsylvania. Glossner, one of six RE Farm Café chefs, recalls a childhood spent gardening with his dad and helping out on the farms dotting the landscape of

"Sustainability really just means 'don't harm.' That's not what we're about here."

Centre Hall, a small town outside of State College. After attending culinary school in Rhode Island, he made his way to California, where he worked as a sous chef for an online grocery delivery service. On trips back to central Pa. to visit family, Glossner has kept a close eye on the restaurant scene. He spent a summer cooking for Revival Kitchen, a Reedsville restaurant that is inextricably linked to an Amish farm down the road, and longed for more menus that adequately reflected the vibrancy of the land. "I've had produce (in central Pa.) that's as good if not better than what I had access to in California, and they grow year-round."

The Café

On a spectacular spring morning when the piglets are sleeping in and the farm dogs are chasing each other through the fields, Duke and Monica descend the café stairs to the "belly of the beast," the behind-the-scenes control center that reveals the complexity of this operation. Living Building Challenge energy requirements stipulate that building energy usage is segregated, creating a monitoring sys-

tem that shows how much power goes to the kitchen versus, say, the lighting or the HVAC system. That knowledge will help the owners make better decisions about their own energy use and, through an information-sharing partnership with the National Restaurant Association, hopefully inform future restaurants and builders of the importance of investing and accommodating energy monitoring systems.

Living Building Challenge standards inform the café's aesthetics, too. The owners salvaged doors from an old church, made wine storage units (for diners who wish to store their BYO wine) with crates from a nearby apple farm, purchased exterior lights from a Ruby Tuesday (and saved them from a demolition) via an advertisement on Craigslist, and turned a phone booth from a nearby elementary school into a "cell phone booth" that will hopefully limit cell phone use to pictures of the food.

The best story comes from the floor in the 20-seat private dining room. Two RE Farm Café co-owners volunteer with the local thespian troupe at the nearby high school, which recently completed a substantial renovation that entailed tearing down one



All in the details: From the café's hallmark timber frame to the wagon-wheel light fixture, created by Envinity architect Jordan Robb and adorned with antique farm tools, every aspect of RE Farm Café is an exercise in thoughtful design.

of its buildings. The RE team expressed interest in the stage floor that had held hundreds of musicals and plays, diverting its path from an area landfill.

The maple wood was warped, painted black and covered in 60 years of stage-life detritus: glitter, gunk, sequins, makeup, dust, spit, hair, sweat and other unidentifiable substances. Restoring its beauty entailed hundreds of volunteer hours. The crew pulled nails out by hand, sent each piece of wood through a planer three times to remove the

paint, and donned masks to hand scrape the side grooves. "That was brutal," Monica recalls.

The Table

Sometimes using repurposed materials required little more than being in the right place at the right time. After the Gastigers discovered nine black walnut trees that were unexpectedly cut down at an area farm, they gave them new life in their café, most notably as dining room tables.

Eight-thousand board feet of black walnut reveal stories about nature and its intersection with humans, and help fulfill the Living Building Challenge biophilia requirement in which the outside is brought indoors. No disrespect to the well-meaning volunteer who wanted Monica to consider tablecloths, but RE wants diners to interact with those tables as part of the RE Farm Café experience.

The food on those tables will tell another story. From the 100-plus varieties of vegetables and



Team green: Co-creators Monica and Duke Gastiger (above) relied on various experts as they pursued Living Building Challenge (LBC) certification. 7Group in Sinking Spring, Pa., designed the cafe, performs energy modeling and serves as LBC consultant. State College-based Envinity is general contractor, deploying project manager Norm Horn as the operational linchpin. Says Monica, “His perfectionism is evident in the building.”



fruit growing in the greenhouses and fields to the chickens, ducks, pigs and lambs it raises, RE Farm Café will source most of its food on site. But not every ingredient will be local. While the staff will look to surrounding farms and businesses, it will also source from producers that offer complete transparency about how their food is grown or raised. The menu will change in rhythm with the seasons, and the experience will be markedly different from your typical night out.

It begins with a reservation. Using the online booking system, diners pay for one of 50 seats in the main café, which also features an eight-seat chef’s table. The tip is built into the ticket price, ensuring a living wage for the servers. It’s another nod to the social justice piece of the Living Building Challenge. As for what folks can expect to pay, Monica offers this: “Buying local costs a bit more.” Plus, she adds, “research shows that buying local food has a positive effect on the general local economy.”

Plans change? Find someone who can buy your ticket. If that doesn’t work, instead of a refund,

you get another reminder that RE is different. Most of the money goes toward the operating costs of running a restaurant for the night. The rest, the portion that is considered profit, goes into a fund that benefits area nonprofits. As the fund grows, those organizations can send people in need of a mental (and gastronomical) pick-me-up to dinner. Since the servers and chefs don’t know how diners end up with tickets, there’s built-in anonymity.

Chefs introduce the menu, then invite diners to watch the cooking in the open teaching kitchen. Families can walk through the designated demonstration fields with their servers to experience a layered story about local food that is often reduced to a menu footnote. A year from now, once hydroseed has taken root and flowers are planted, diners will be able to cut and assemble the flower arrangements for their tables.

Six chef “composers,” led by “Culinary Composing Conductor” Bill McPartland, will cook on an energy-efficient induction range, which uses a magnetic field to create heat in iron or steel cookware. The team shares a deep respect

for ingredients from the time they poke through or step out onto the land through their journey into the kitchen. (Job applications required one-page statements outlining beliefs in sustainability, local food systems and the “farm-to-fork” movement.)

The cooking team includes a “preserving specialist” with a specialization in mushrooms (Morel Tiramisu Shortbread anyone?) and a personal home chef who is overseeing a prepared-food division using fresh produce from Windswept and other local farms. Order by noon Monday and pick up 4:30-6:30 p.m. Wednesdays at RE Farm Cafe.

And while the restaurant aims to please carnivores and vegetarians, omnivores will find plates that flip the usual meat-to-vegetable ratio. At RE Farm Café, the vegetables will make up the bulk of the meal.

Yet altruistic eating does not skimp on pleasure. Courtesy of the views from the dining room table, the birdsong that replaces any need for a sound system and the super fresh ingredients on the plate, no one should leave hungry. 🍴



Local food blogger Maria Barton of *Maria Makes* says eat a rainbow while the time is ripe!

HEIRLOOM TOMATO CAPRESE SALAD

Slice your tomatoes and arrange them on a plate. Bonus points for heirloom and a variety of colors!

Layer in some fresh mozzarella.

Top with fresh basil — leaves, chiffonade, or both!

Drizzle with extra virgin olive oil and season with salt and pepper.

Devour!

Photo and recipe by Maria Barton



Potato Revival

Be the hero of the next backyard cookout with this dead simple twist on potato salad from Reedsville eatery Revival Kitchen, whose monthly tasting menus revolve around local.

After cooking in much bigger cities, Lewistown native Chef Quintin Wicks returned to Pennsylvania to start his own restaurant in what he

calls a “culinary goldmine” back home. A morel serves as the restaurant’s logo, so it’s no surprise that his take on a summer cookout classic trades in mustard for mushrooms. And though they use a housemade morel salt, co-owner and wife, Liz, recommends Trader Joe’s Multipurpose Umami Seasoning Blend for that same burst of savory flavor.



Check out the recipe for this potato salad on p. 63

Saving Summer

Talking potatoes, tomatoes and cookbooks with Chef Mark Johnson

What's the best way to preserve tomatoes when they're at their peak?

The most basic tried-and-true method is to can. (If freezing is your preferred method, continue with this blanch-and-shock method that follows, allow to cool, and freeze on a tray before placing in freezer bags. It's not my ideal way of preserving but it is doable, and without the hassle of canning.) Start with a low-moisture tomato, such as a Roma, Paste or other variation of these, found at your local farmers markets.

With a knife, score an X in the blossom end of the tomato, opposite the stem end. Have a pot of boiling water going and a separate bowl of ice water. Working with a few tomatoes at a time, place them in the boiling water for 10-20 seconds. Retrieve with a slotted spoon and transfer to the ice bath to shock. The skins should be easily removed now.

From this point move on to one of the universal guidelines for canning,

like Ball's method (freshpreserving.com) or the Cook's Info canning guide (healthycanning.com).

Or if canning isn't your thing, try this dehydrator method for sundried lookalikes:

Slow-dry tomatoes by placing them whole, stem-side down on a rack in your dehydrator at 130° F for 36-48 hours. Once finished they will resemble sun-dried tomatoes. Store in an airtight container in a cool, dry place for up to six months.

What's the secret to actually crispy potatoes at home?

You can achieve easy crispy potatoes through oven-roasting while you prepare the rest of your meal. Preheat your oven to somewhere in the range of 375-425° F (if you need to cook something else in there, defer to that recipe's called-for temp). Rinse whole potatoes to clean, and cut into uniform pieces. Toss them in a bowl with oil, salt and seasonings of your choice. Spread out your cut, lubed and seasoned potatoes on either a sheet tray or cast iron pan, making sure not to crowd them — this will cause them to steam instead of crisp. Roast for at least 30 minutes before checking. When checking you're looking for the moisture to have

dissipated and for the potatoes to be easily released from the surface. When this is achieved (30-45 minutes later), toss with a spatula to turn potatoes to another side and continue roasting for another 10-20 minutes. When crisped properly on most sides, remove from oven, take a taste to make sure they're seasoned correctly, and remove from the oil left in the pan. They should stay crisp for several minutes while you're getting the rest of your meal together.

If you could only have one cookbook, what would it be?

I love cookbooks that read like a field guide, focus on a specific culture, or are scientific in nature. If I had to muddle them all together I'd be looking for a book that is technique driven, tells a story about being a chef, and is a great snapshot of food I love to eat. For all intents and purposes Tom Colicchio's *Craft of Cooking* encompasses all of these. It's a book that emphasizes the need to really respect the ingredient. You can understand each technique and certainly apply it to a vast array of other ingredients that identify to your style. 

Chef Mark Johnson likes being close to the source. When he's not in the kitchen, he's often in the woods — but he'll never tell you where. A local mushroom aficionado, Johnson cooks at Big Spring Spirits in Bellefonte, where he creates dishes for the distillery's tasting room as well as five-course chef tasting dinners on Sunday nights.



Stir It Up

Whether or not you believe in the beauty of a wooden spoon, that utilitarian workhorse of the kitchen that we tend to reach for with little thought to its design, you can probably agree with us that these wooden spoons are a work of art. Their creators certainly believe in their aesthetic value in addition to their functionality; indeed, there's hardly a difference for these Pa. craftsmen.



JONATHAN'S SPOONS
Kempton, Pa.

While working as an apprentice furniture maker, Jonathan Simons took a break for lunch and found he had forgotten to pack a spoon. With the skills he was learning, he quickly made one, ate his lunch, and continued to work.

Years later, Simons returned to spoons. He moved back to his hometown of Bryn Athyn in southeastern Pennsylvania, where he took inspiration from the cathedral there. "It has beautiful stained glass, beautiful architecture, but it was the wooden doors that I loved the most," he says. "It's all hand carved and flowing."

Today, Simons and his team have created more than 600 designs, and they're constantly adding more. But it all comes back to that initial spoon borne out of necessity.

"The secret of life is that love combined with wisdom creates usefulness," he says. "When you put the two together, the knowledge and the love, it creates the thing." woodspoon.com

RIVERWOOD TRADING CO.
Harmony, Pa.

Gregg Kristophel started carving spoons as a side hobby more than 30 years ago, but in the last decade, his family has helped him transform the side gig into a full-fledged business. Jake Kristophel learned the craft from his father, and he and his girlfriend have been carving during downtime on their farm, Fallen Aspen Farm, which is near his parents' homestead in Harmony, Pa.

"I like that it's something that everybody can appreciate," says Jake Kristophel. "Everybody cooks — or at least knows somebody who cooks."

The family mostly uses cherry wood, much of it sourced right from their own land and hewn at a lumber-mill down the road.

"The way that we do it, we cut everything out on a bandsaw, so every single one of our pieces is different," says Kristophel. "I can make 100 of the same exact item and every one will be slightly different." riverwoodtradingco.com



That's Amaro

The Italian herbal liqueur is making a splash stateside.

While summer will always burn for gin, amaro is enjoying an uptick. The digestif is one of the most wide-ranging categories of liqueur; amari can be anywhere from 32 to 80 proof, typically include about a dozen herbs for flavoring, and run the gamut from syrupy sweet to sharply bitter.

Aaron Selya, head distiller at Philadelphia Distillery, debuted Vigo Amaro in March after a four-year journey. His "medium obsession" with amaro began at one memorable Christmas party at his former employer Epic Brewery in Salt Lake City. At Philadelphia Distillery, it progressed



This innovative farm to table café will offer a unique dining experience that serves as a community resource providing educational opportunities while expanding the diversity of agricultural growth opportunity. RE will set new standards for local sourcing and promote regenerative practices.



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with an exploration of botanicals and taste tests with myriad combinations.

Tastings and featured cocktails with his plum-forward spirit exposed many of his customers to their first amaro, a digestif that's as wide ranging as the herbs that influence its flavor. "It's cool to be people's introduction to the category," Selya says.

Dean Browne, owner and distiller at Rowhouse Spirits Distillery in Philadelphia, followed a similar path to his line of collaborative amari, though inspiration struck across the pond.

"You go to Europe, everybody's got their own localized version of herbal liqueur that they break out at special occasions. That appealed to me."

Browne worked with William Reed, owner of Standard Tap, Johnny Brenda's and The International in Philadelphia, to develop a flavor profile for his first amaro, the aptly named Standard Amaro.

On the "milder side of bitterness," the Standard Amaro gets its herbal notes from artichoke leaves and dandelion.

But the star ingredient is the Pennsylvania peach; the fruit is charred under the broiler at Johnny Brenda's and transformed into a tincture that's used to flavor and color the spirit — and, after farmers market peaches are gone, help you hold on to summer.

TASTING NOTES

VIGO AMARO

In the final year of a four-year-long process, Selya settled on dried plum as the central flavor. "That informed a lot of the other decisions I was making, botanical-wise," he says. "There's two main directions that I try to pull that flavor: one is toward the dried fruit, baking spice, Christmas, dessert realm, and we do that with cinnamon and nutmeg. The other direction is the lighter, fruitier tart but really bright direction, and we do that with dried elderflower and dried rose hips.

"Depending on how you drink it, those two elements come out. So if you open it up a little bit, if you add soda water to it or some sparkling wine, then the lighter, fruitier elements come out, whereas if you drink it with heavier flavors like whiskey, then the more intense Christmas dessert flavors tend to shine through."

BLACK MANHATTAN

Both distillers recommend the Black Manhattan as an opening round for amari bambini. The drink uses amaro in place of sweet vermouth, and the bartenders at Philadelphia Distillery, who provided this recipe, use their aged gin in place of the bourbon or rye.

4 dashes Jack's Citrus Bitters
1 ounce Vigo Amaro
2 ounces Bluecoat
Barrel Finished Gin

Combine the ingredients listed above into a mixing glass. Fill the glass with ice. Stir, then strain the finished cocktail into a coupe glass. Garnish with a Luxardo cherry.

SUMMER 2019

Marketplace



We know foodies aren't afraid to travel. We also know that some of the best markets, eateries and farm stands across the Commonwealth are more "hidden gem" than "tourist hot spot." From farm-to-table restaurants with inventive chefs to producers creating delicious ingredients, our resource guide is here to highlight what makes us proud to be part of the Pa. food scene. We know this is just the beginning — help us add to it!



FARMERS MARKETS

CENTRE COUNTY

Bellefonte Farmers Market
Saturdays 8 a.m. - noon
160 Dunlap St., Bellefonte

Boalsburg Farmers Market
Tuesdays from 2-6 p.m.
PA Military Museum Parking Lot,
Boalsburg

Downtown State College Market
Tuesdays 11:30 a.m. - 5:30 p.m.
Fridays 11:30 a.m. - 5:30 p.m.
Locust Lane, State College

Millheim Farmers Market
Saturdays 10 a.m. - 1 p.m.
112 Legion Lane, Spring Mills

North Atherton Farmers Market
Saturdays 10 a.m. - 2 p.m.
Home Depot Parking Lot, State College

Pine Grove Mills Farmers Market
Thursdays 3-7 p.m.
St. Paul Lutheran Church Parking Lot,
Pine Grove Mills

#whatslocal

Maybe you've seen a few businesses in Centre County using the hashtag #whatslocal and wondered, "What IS local?" The inquiring nature of the social media tag was borne out of a conversation about local food in which Monica Gastiger, of the soon-to-open RE Farm Café, introduced a great way to challenge restaurants to source locally. "When you go out to eat," she said, "ask your waiter, 'What's local on the menu?' Even if they don't have anything, if we keep asking, the restaurants will hear the consumer demand." Put it into practice on your posts — and at your repasts.



Fair Weather

Carnival games, tractor pulls and funnel cakes: There's no better way to celebrate your county pride this summer than a trip to the fair. Even better still, take a trip to a neighboring county to see what your neighbors are growing, cooking and crafting. Though many Pa. county fairs center around the Fourth of July, there's fair food calling your name just about every weekend June through early September.



COUNTY FAIRS

June 28-July 6
Big Butler Fair
Prospect, Pa.
bigbutlerfair.com

June 30-July 6
Wolf's Corners Fair
(Clarion County)
Tionesta, Pa.
wolfscornersfair.com

July 7-13
Franklin County Fair
Chambersburg, Pa.
franklincountyfair.org

July 7-13
Mercer County Grange Fair
Mercer, Pa.
mercercountygrangefair.net

July 8-13
Mason Dixon Fair
(York County)
Delta, Pa.
Masondixonfair.com

July 10-20
Lycoming County Fair
Hughesville, Pa.
lycomingfair.net

July 14-20
Jefferson County Fair
Brookville, Pa.
jeffcofair.com

July 14-20
Derry Township
Agricultural Fair
(Westmoreland County)
New Derry, Pa.
derrytwpagfair.com

July 16-20
Jacktown Fair

NEGRONI

Week

JUNE
24-30

a drink for your cause
#NEGRONIWEEK

7 DAYS • 3 INGREDIENTS • 1 SIMPLE WAY TO GIVE BACK





You Know You're A Real Pennsylvanian If... You Love Teaberry Ice Cream

Or at least know what it is. While not every born-and-bred Pennsylvanian adores the slightly minty, often overly pink scoop found largely in the Keystone State, it's typically a source of pride, though perhaps one of a bygone era. Teaberry popularity hit its peak in the '60s when Clark's Teaberry gum was popping, but old-fashioned ice cream counters often feature the flavor — as does Penn State's Berkey Creamery, albeit only in the spring.

“When we make it, it all gets sold. And when it disappears, everyone gets crazy,” says Jim Brown, Berkey Creamery assistant manager. He says teaberry lovers add their names to an email list to be alerted as soon as the pink stuff is being scooped and sold (usually just March and April). “It seems to be that connoisseurs of ice cream and teaberry love our teaberry ice cream.”

(Greene County)
Wind Ridge, Pa.
jacktownfair.org

July 20-27
Lebanon Area Fair
Lebanon, Pa.
lebanonareafair.com

July 21-27
Clarion County Fair
Fairmount City, Pa.
clarioncountyfair.com

July 21-27
Bedford County Fair
Bedford, Pa.
bedford-fair.com

July 22-27
Troy Fair
(Bradford County)
Troy, Pa.
troypair.com

July 23-27
Plainfield Farmers' Fair
(Northampton County)
Stockertown, Pa.
plainfieldfarmersfair.com

July 25-Aug. 3
Fayette County Fair
Dunbar, Pa.
fayettefair.com

July 27-Aug. 3
Clinton County Fair
Mill Hall, Pa.
clintoncountyfairpa.com

July 28-Aug. 3
Clearfield County Fair
Clearfield, Pa.
clearfieldcountyfair.com

July 28-Aug. 3
Potter County Fair
Millport, Pa.

pottercountyfair.wixsite.com/index

July 28-Aug. 3
Fulton County Fair
McConnellsburg, Pa.
fultoncountyfair.com

July 29-Aug. 3
Schuylkill County Fair
Summit Station, Pa.
schuylkillfair.com

July 29-Aug. 3
Montour-Delong
Community Fair
Washingtonville, Pa.
montourdelongfair.com

July 29-Aug. 3
Goshen Country Fair (Ches-
ter County)
West Chester, Pa.
goshencountryfair.org

July 30-Aug. 3
South Mountain Fair
(Adams County)
Arendtsville, Pa.
emmitsburg.net/smf

Aug. 2-10
Wayne County Fair
Honesdale, Pa.
waynecountyfair.com

Aug. 3-10
Venango County Fair
Franklin, Pa.
venagofair.com

Aug. 4-10
Union County West End Fair
Laurelton, Pa.
ucwef.com

Aug. 4-10
Greene County Fair
Waynesburg, Pa.
greenecountyfair.org

Revival Kitchen's Potato Salad

“Fingerling potatoes work great, but really any early season, red, white, pinto are good because the skin is thin enough to serve.”

2 pounds spring potatoes, washed and quartered
2 bunches spring onion, trimmed and cleaned
1 cup chopped mushroom
1 cup mayonnaise
2 tablespoons sherry vinegar
1 tablespoon mushroom salt
Salt and pepper to taste

Boil the potatoes until tender enough to pierce with a fork. Drain and rinse with cold water. Set aside to cool until they are room temp.

Char the spring onions on the grill or roast in the oven at 450°F for 7-10 minutes, or until they are caramelized. Once they're cool, chop them and set aside.

Saute mushrooms in olive oil or butter and season with salt and pepper.

Combine mayonnaise, potato, mushroom, chopped spring onion and umami powder in a large bowl. Toss lightly until potatoes are evenly covered.

Season with salt and pepper to taste.



Aug. 4-10
Huntingdon County Fair
Huntingdon, Pa.
huntingdoncountyfair.com

Aug. 4-10
The Reading Fair (Berks
County)
Leesport, Pa.
thereadingfair.org

Aug. 4-10
Mifflin County Youth Fair
Reedsville, Pa.
mcyouthfair.com

Aug. 4-10
Cameron County Fair
Emporium, Pa.
sites.google.com/site/ccfair

Aug. 5-10
Tioga County Fair
Wellsboro, Pa.
tiogacountyfair.com

Aug. 5-10
Carbon County Fair
Palmerton, Pa.
carboncountyfair.com

Aug. 5-10
Sykesville Agricultural and
Youth Fair
(Jefferson County)
Sykesville, Pa.
sykesvillefair.org

Aug. 5-10
Cochranon Community
Fair (Crawford County)
Cochranon, Pa.
cochranonfair.org

Aug. 6-10
Warren County Fair
Pittsfield, Pa.
warrencountyfair.net

Oh K!

Most people know that bananas are a good source of potassium — a certain generation or two has “Honey I Shrunk the Kids” to blame for that. But you may not know that potatoes, and specifically their skins, are even more potassium-rich.

One medium, raw banana contains 325 mg of the important nutrient; a baked white potato with the skin on contains 925. If you’re trying to eat more local foods, reach for potatoes from the farm down the road the next time you think about a bunch of bananas.



Aug. 6-10
Cumberland County Ag Expo
Newville, Pa.
cumberlandagexpo.com

Aug. 6-10
Elk County Fair
Kersey, Pa.
elkcountyfair.wordpress.com

Aug. 10-17
Washington County Fair
Washington, Pa.
washingtonfair.org

Aug. 11-17
Dayton Fair
(Armstrong County)
Dayton, Pa.
daytonfair.org

Aug. 12-17
McKean County Fair
Smethport, Pa.
mckeancountyfair.net

Aug. 12-17
Lawrence County Fair
New Castle, Pa.
lawrencecountyfair.com

Aug. 13-17
Blue Valley Farm Show
(Northampton County)
Bangor, Pa.
facebook.com/BlueValleyFS

Aug. 13-17
Perry County Community Fair
Newport, Pa.
pecofair.org

Aug. 14-18
Middletown Grange Fair
(Bucks County)

Wrightstown, Pa.
middletowngrangefair.org

Aug. 16-24
Westmoreland Fair
Pleasant Unity, Pa.
westmorelandfair.com

Aug. 17-24
Somerset County Fair
Meyersdale, Pa.
somerseccountyfairpa.com

Aug. 17-24
Crawford County Fair
Meadville, Pa.
crawfordcountyfairpa.com

Aug. 18-24
West End Fair (Monroe County)
Gilbert, Pa.
thewestendfair.com

Aug. 18-24
Williamsburg Community Farm Show
Williamsburg, Pa.
williamsburgfarmshowpa.com

Aug. 19-24
Elizabethtown Fair
(Lancaster County)
Elizabethtown, Pa.
etownfair.org

Aug. 19-24
Harford Fair
(Susquehanna County)
New Milford, Pa.
harfordfair.com

Aug. 20-24
Hookstown Fair (Beaver County)
Hookstown, Pa.
hookstownfair.com

Aug. 21-24
Northumberland County Fair
Sunbury, Pa.
northumberlandcountyfair.com

Aug. 23-Sept. 1
Greene-Dreher-Sterling Community Fair
(Wayne County)
Newfoundland, Pa.
gdsfair.com

Aug. 25-29
Indiana County Fair
Indiana, Pa.
indianacountyfair.com

Aug. 26-31
The Erie County Fair at Wattsburg
Wattsburg, Pa.
wattsburgfair.com

A Big Production

Look out California: Pennsylvania ranks second nationally behind the Golden State in organic sales, according to the most recent Certified Organic Survey by the United State Department of Agriculture.

The 2016 Certified Organic Survey shows that Pennsylvania farms produced and sold \$659.6 million in certified organic commodities in 2016, almost double the amount in 2015. According to separate data from the USDA, in 2016, Pennsylvania had the second highest number of farms producing certified organic eggs and the third highest number of farms producing certified organic milk.

For a state that can fit inside California three and a half times, that’s a lot of food produced without the use of conventional pesticides, petroleum- or sewage-based fertilizers, herbicides, genetic engineering, antibiotics, growth hormones or irradiation. As our appetite for organic food grows, we expect Pennsylvania to get even closer to California’s throne.



Aug 27-31
Big Knob Grange Fair
Rochester, Pa.
bigknobgrangefair.org

Aug. 27-Sept. 2
The Great Allentown Fair
Allentown, Pa.
allentownfairpa.org

Aug. 28-Sept. 1
Sullivan County Fair
Forksville, Pa.
sullivancountyfair.com

Aug. 28-Sept. 2
Wyoming County Fair
Meshoppen, Pa.
wyomingcountyfair.com

Aug. 28-Sept. 2
Great Stoneboro Fair

(Mercer County)
Stoneboro, Pa.
stoneborofair.info

Aug. 31-Sept. 7
Juniata County Fair
Port Royal, Pa.
juniatacountyfair.com

Sept. 1-7
American Legion County Fair
(Cambria County)
Ebensburg, Pa.
cambriacofair.com

Sept. 1-7
Spartansburg Community Fair
(Crawford County)
Spartansburg, Pa.
spartansburgcommunityfair.com

Sept. 4-8
Luzerne County Fair
Dallas, Pa.
luzernecountyfair.com

Sept. 6-15
York Fair
York, Pa.
yorkfair.org

Sept. 8-14
Cookport Fair
(Indiana County)
Commodore, Pa.
cookportfair.com

Sept. 10-14
Denver Fair (Lancaster County)
Denver, Pa.
thedenverfair.com

Sept. 17-21
Harmony Grange Fair (Clearfield County)
Westover, Pa.
harmonygrangefair.org

Sept. 21-28
Bloomsburg Fair
(Columbia County)
Bloomsburg, Pa.
bloomsburgfair.com

Oct. 2-5
New Holland Farmers Fair
(Lancaster County)
New Holland, Pa.
newhollandfair.org

Driving Source

While Amish farmers can normally be seen traversing the roads in horse-drawn wagons, market days demand more modern means of transportation.

Enter the Amish hauler. Bobbie, who works for the Amish family that owns Spring Bank Acres in Rebersburg, Pa., has been driving Amish families, and their goods, for 13 years. "It's extremely important to support our farms," she says. "Too many farms are going under. If we don't have any farms there isn't going to be any food."

With a no-nonsense attitude and an affinity for the Amish kids who entertain her on the ride, Bobbie drives a roundtrip of 160 miles on market days so the rest of us can enjoy the fruits (and vegetables) of her neighbors' fields.



Thank you to our Kickstarter backers for helping to bring this issue to life!



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