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Provisions

Stories from Pennsylvania's food communities

WINTER 2019/2020

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BACK ON THE TABLE**



**THE PENNSYLVANIA
SOURCED CHEESE
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**Cabbage
Strudel**
Recipe on
page 48

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From fallen trees to fancy tables, Rothrock Wood Project's Scott Hildebrand is carving out a name for himself.

Sticky buns are perfect for serving when you have a house full of company — or for a cozy weekend treat in the dead of winter. Photo by Matt Fern.



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Distributed by Publisher's Distribution Group, Inc. Printed by Graphcom, Inc.

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Letter from the Editor

There are lots of ways we decide what stories to include in each issue: Sometimes there's a story we've been waiting for the right time to tell, and sometimes they pop up at the last minute. Often we reference our long (and growing) list of incredible farms, producers and restaurants, and of course we follow the seasons.

Even still, the stories don't typically have as many connections as do many of the stories in this issue. And while I'd love to take credit, it wasn't all by design.

One restaurant we've been waiting to cover was The Blind Pig Kitchen in Bloomsburg, a farm-to-table, nose-to-tail small-scale restaurant sourced partially by the owners' farm. But what we didn't see coming was a pitch from freelance writer Katherine Rapin about the new Philadelphia restaurant Elwood, whose chef-owner just happens to be the brother of the chef-owner at the Blind Pig.

Plus, the chef at Elwood, where traditional Pa. Dutch fare is back on the table, was heavily influenced by food historian William Woys Weaver, who we talked to about Philadelphia-style sticky buns and their history in the southeastern part of the state.

There are more little connections throughout this issue that I'll let you discover, because that's really part of the fun. Take one small step deeper into our food communities, and you can't help but see how the system works — by each farmer, producer, chef and eater supporting each other. Thanks for being a part of it.



WISHING YOU AND YOURS
 HAPPY HOLIDAYS,
 GOOD CHEER AND
 A PEACEFUL AND
 PROSPEROUS
 NEW YEAR!

Liz & Quintin
 @REVIVALKITCHEN



→ On some pages in this issue, you'll find vintage travel posters for Pennsylvania, in particular celebrating our Pa. Dutch heritage. They're all the work of artist Katherine Milhous, who supervised the Philadelphia Federal Art Project, a branch of the Works Progress Administration (WPA), from 1935 to 1940. She was tasked with promoting Pennsylvania through her poster designs. You may recognize Milhous's work from her Caldecott Medal-winning children's book *The Egg Tree*.

We're cultivating a well-sourced food community across the Commonwealth, and there's plenty of room at the table. Join us.

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Two Timers

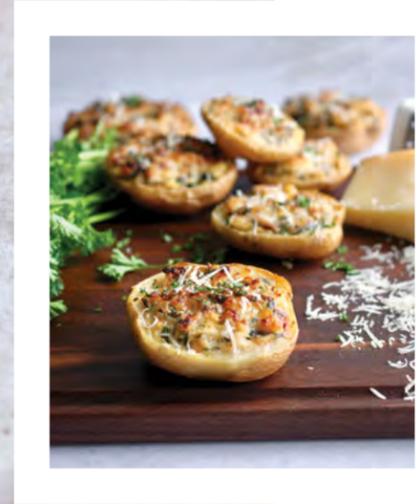
For a comfort food way to eat your greens, Bellefonte based food blogger Maria Barton recommends stuffing them into baked potatoes.

“It's nice to pack some nutrients and greens into a side that is also quite indulgent,” she says. “Use rainbow chard or any other hearty green to infuse wonderful flavor and texture.”

And though it's not a fast dish, the two bakings do mean more oven time, which means this dish may warm you twice as well.



PHOTOS BY MARIA BARTON



→ Turn the page for the recipe and more on winter's best storage crop.

The Vegetable Underground

When you think of potatoes in Pennsylvania, you might very reasonably think of the crispy sliced variety found in crinkly bags all lined up together at the grocery store, with our in-state varieties often taking up more shelf space than the big guys. Hooray for potato chips, yes, but the vegetable has a lot more to offer than a makeshift bowl for your gravy at Thanksgiving.

More than 3,000 varieties of potato are grown in the United States, though only about 100 are grown regularly. The ones that make the best chips, appropriately called chippers, are extra high in starch (which also makes them good

for making vodka, which you can read about on page 44).

Rough fresh whites and russets are probably the most familiar, but reds are another favorite especially for their sweetness. And those eye-catching purple potatoes that brighten up a potato salad? Most varieties are medium on the starch scale and most closely resemble Yukon Golds in texture and use.

Whichever variety, across the board potatoes are a great source of potassium — though not without their skins. They're also rich in vitamins C and B6, so go ahead, have fries with that (but probably make them yourself in the oven).

Storing Spuds

Potatoes are in season in winter because they're such a great storage crop. In the right conditions, they can last four to six months. To keep them from sprouting or rotting, follow these tips.

- Check your potatoes for mold or bad spots; remove those from storage as they may affect neighboring spuds.
- Don't wash the tubers before storing them. Your farmer will have taken steps to prepare the potatoes for a longer shelf life, and washing them can damage skin or add unwanted moisture. If they're homegrown, you'll need to cure them.
- Store potatoes inside a paper bag, mesh bag or cardboard box. They need to be ventilated so plastic won't work.
- Place the bagged or boxed potatoes in a cool, humid spot. The ideal temperature is 45 to 50 degrees F, but it's important not to let them get any colder. Cold temps, like those in the fridge, start the process of converting starch to sugar.
- Keep your potatoes away from onions. It's tempting to put these two storage crops next to each other, but they cause each other to ripen, usually leading to rotten produce all around.



Garlic & Greens Twice Baked Potatoes

Maria Barton | Maria Makes | Bellefonte, Pa.

Twice baked potatoes are twice as nice, right? You get the best of both worlds: decadent mashed potatoes on the inside, and crispy, salty potato skin on the outside. These ones are three times as nice, with an extra veggie boost from super garlicky sauteed greens.

They are the perfect side for all of your holiday dinner needs and will make any meal feel just a little more fancy. Save time on the day-of by making these potatoes a couple of days ahead of time and doing the second bake right before dinner.

INGREDIENTS

- | | |
|---|---|
| 2.5 - 3 pounds of small - medium white or russet potatoes | ½ cup of finely grated parmesan or romano cheese (any hard, salty, aged cheese will do) |
| ¼ cup + 2 tablespoons butter, divided | ¼ cup milk |
| 4-6 cloves garlic, minced | 1 teaspoon salt, divided |
| ½ cup minced white onion | ½ teaspoon black pepper |
| 1 bunch of rainbow chard or greens of your choice | ⅛ teaspoon nutmeg |
| ½ cup sour cream | |

INSTRUCTIONS:

First, bake the potatoes (you can do this step ahead of time). Preheat oven to 375 degrees F. After scrubbing and drying the potatoes, pierce each one a few times with a fork, place on a baking sheet, spray or lightly drizzle with olive oil, and sprinkle with salt. Bake for 45 min to 1 hour or until potatoes feel soft when squeezed and skin is crispy. If your potatoes are inconsistently sized, test the small ones at about 45 minutes.

While the potatoes bake, prep your aromatics and greens. Mince the garlic and onion and chop the rainbow chard stems into small uniform pieces. Melt half a stick of butter in a medium pot and add garlic, onions and chard stems. Season with salt, black pepper and nutmeg. Cook for 10 minutes, stirring occasionally, until softened and fragrant. Chop the rainbow chard greens into thin ribbons and add those to the pot, cooking for an additional 3 minutes until wilted.

Assemble the potatoes and prep for the second bake. Once you remove the potatoes from the oven, cut each one in half and set aside to cool. Bump the oven temperature up to 400 degrees F. Using a spoon, carefully scoop the insides of the baked potatoes into the pot with the greens, leaving about ¼ inch or so intact with the skin. To the same pot, add the remaining 2 tablespoons of butter, sour cream, cheese and milk. Mash the potatoes and greens together using a potato masher or hand mixer so the flavor and color is infused into the mash. Fill potato shells with the mashed potato filling and sprinkle with additional cheese if you like, arranging them on the same sheet pan.

Return potatoes to oven for about 15 minutes, then turn on your broiler and brown the tops for 3-5 minutes (the crispier, the better). Serve immediately.



PHOTOS BY MARIA BARTON



Easy Being Green

Fresh greens in the middle of winter feel almost decadent — but are totally attainable.

With all of its holidays, early winter seems to offer all the colors of the rainbow.

But after the silver and gold of New Year's, do we have to wait for the red of Valentine's Day? Absolutely not. One of the weirdly best-kept secrets about the coldest season is that lots of farmers grow certain greens year round. It's a pretty incredible thing to grab a bag of mesclun mix from the farmers market (and not the grocery store).

In Centre County, Andrew and Amanda Marshall of Oliver's Path are employing low tunnels to help with the successive plantings required for growing greens in winter.

"They're moveable," says Andrew. "We can plant in the ground whenever it's nice, and then going into winter we can set our hoops up and put plastic over them and we have a miniature greenhouse. The only problem is the cost; it's a lot more because you have to continuously plant. Once you harvest the greens this time of year, they won't regenerate — if they make it — until about February."

But it's a niche the farmers, who just celebrated one year on their farm in November, are willing to go after.

Turn the page to read more about Oliver's Path, including how they spend their winter.

Most plants require at least 10 hours of daylight to grow. The winter solstice, the shortest day of the year, occurs on Dec. 21, when we'll see only 9 hours and 15 minutes or so of daylight. But from there on out, we'll gain light each day.



Baby Ruby Streaks



Baby Garnet Giant



Baby Golden Frill



Lovelock Lettuce



Green Kale



Red Kale



Collards

Growth Experiment

New farmers Andrew and Amanda Marshall reflect on their first year.

When Andrew and Amanda Marshall started small-scale produce farming, they weren't completely starting from scratch. "Eric and Cindy Noel approached us last year to see if we would be interested in taking over Eden View while they transition to spending more time in Belize with their company Maya Mountain," says Amanda. "I think if you think things through too much you're going to find enough excuses to say no. And here we are, a year in."

Still, they were new farmers with full-time jobs, which meant a lot of late nights — and early mornings. "In peak season I'd say we were getting between 4 and 5 hours of sleep a night," says Andrew. "And that's seven days a week."

The goal is of course to transition to farming full time, but for now, the pair is working double duty — happily.

"We really enjoy growing our own food, eating our own food, sharing it with people," says Amanda. "We find it to be so important what you put in your body and how you feel. We're very mindful of how we tend to our land."



ASK A FARMER

What experience did you bring to farming?

Amanda: Farming always something that we wanted to do for our full time occupation. Andrew grew up on a fifth-generation dairy farm in Warriors Mark, Pa. When we first started out we didn't have the land to do it. About 8 years ago we were able to buy a house and about 10 acres. We always had a garden at our old house. We always wanted to get chickens. I said, 'Well, if you build the chicken coop we can get chickens,' knowing that he never finishes a single project. And didn't he finish that project. We had chickens and a big garden. What we couldn't use we'd give away to friends.

How was your first year?

Andrew: Sometimes you're almost ready to throw in the towel, especially with the deer this year. But there's a part of us that wasn't going to accept defeat and just powered through it, and everything fell into place. There's a lot more positive than negative.



The Marshalls' farm is named Oliver's Path after their first goat. "He's going to lead our way in whatever our farming adventure might be," says Amanda.

Amanda: I think of the quote, 'The farmer has to be an optimist or he wouldn't still be a farmer.' That's pretty true. For every challenge, we could look and see that there was good somewhere else. If you focus on the negative, you defeat yourself immediately. So yeah, the deer snipped off all the tops of our peppers, but they're resilient and they grew back. So are we. That's where your mind has to be.

What are you looking forward to this winter?

Andrew: After the first year I'm anxious to get back into spring and start planting again. Actually, I just got an email today, our first seed catalog should be here within two weeks, and I just can't wait to sit down and read it cover to cover. Last year our orders were ready to go before the first of the year. From the time it shows up, it stays on our table until we get the following year's. Some of the pages you have to be gentle because they've been flipped through so many times.

When you're looking at those seed catalogs, how do you choose what to order?

Amanda: There's certain varieties that we're very comfortable with that we know do well. For example, our peppers we knew going into the season what we'd like to grow and what does well. Some of it is trial and error; you can use word of mouth, you can look at reviews, but you don't know how something is going to do until you plant it in your soil.

Andrew: We buy certified organic when we can; about 95% of our seed is organic. We also try to look at the market and see what people grow the least of, because if you all grew the same thing it wouldn't be a very fun market.



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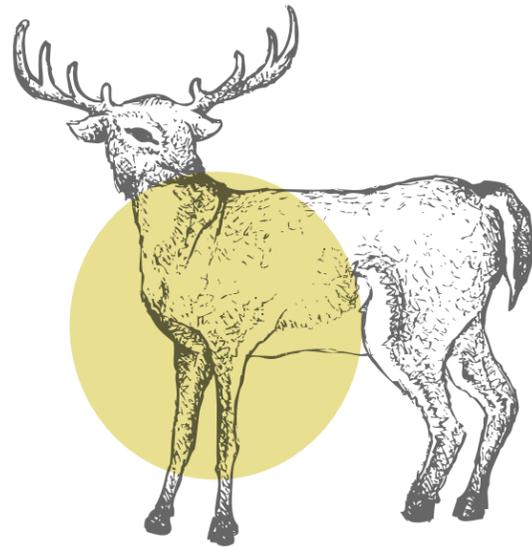
A holistic nutritionist and professional cook finds a new meaning in putting food on the table.

• BY REBECCA LARSEN

My first experiences deer hunting weren't easy. Cold, uncertain and challenging, those first few weeks of hunting happened after many months of conversations and lessons from a friend who grew up hunting with his grandfather in northern New Jersey and Central Pa. In those early lessons I learned things he knew practically instinctually: proper postures, how to read wind direction, the movement of deer and their heightened senses of smell and hearing, even the phases of the moon. The first year was a lot of time spent sitting in the snow, observing all that was happening around me and listening to the voices in my head affirming all I had learned and the firm guided voice of my mentor reminding me to not hesitate when the time came, to be sure and follow through with purpose.

Before moving back to Centre County, I spent many years living and working in different parts of the country, mostly in cities or just outside of them. Big cities have a way of drawing you in and taking over your time with work projects, culture and the commute. As much as I loved the energy and exposure to all things creative and spontaneous about city life, I felt at ease soon after returning home.

I spent time at farmers markets and restaurants getting to know the local food community. The style of cooking in my kitchen is a whole foods approach with fresh vegetables, quality meats and spices, and always good salt. Many personal and work relationships have formed and flourished in this shared mentality of choosing to nourish the body and soul with foods that we know where they came from and how they were grown or lived and then harvested. There is another level of experiencing life, getting to know yourself and



others more deeply, when you are in the woods hunting and gathering for foods that will nourish yourself and others at the table.

Being a deer hunter, fisherman or waterfowl hunter means you must learn to understand and respect nature. Doing this first will provide a foundation for growth to better experience all of the beauty and bounties nature has to offer. There is great fortune in the soils, water and forests of Central Pennsylvania. If you love a perfectly seared filet mignon, then a healthy locally harvested filet of venison loin will change all that you ever thought could be experienced with a tender lean cut of quality animal protein.

For me, it was another sort of homecoming; after years of choosing to not eat meat for multiple reasons, I found that eating venison harvested by my own hand was an experience about more than nourishment. Modern grocery stores have blurred the pathways of animal to food source, but in this instance, I was there for each step of the journey.

I gained a lot of skills from a decade of intense hospitality and culinary training, but I don't know that any of those long days prepared me for the true experiences and feelings I would have of being in the woods and being able to hunt with the purpose of filling my freezer for winter months and to share with others. The skills I did use were the technical ability to work safely and efficiently with a knife, store food properly and prepare a meal with thought, care, creativity and ultimately an ongoing learned respect. Whether it's in the woods or in the kitchen, my life's journey is to use my hands with respect to nature and the food it provides us for nourishment and joy.



Medium Rare Loin Steak 3x3 Cooking Method

Larsen's foolproof method for a perfectly cooked loin is easy to remember with the rule of three: Marinate for at least three hours, sear each side for three minutes, then finish in the oven for three minutes.

1 venison tenderloin
3-5 cloves garlic, chopped
3 sprigs fresh rosemary
Salt and pepper to taste

Marinate loin for at least 3 hours with chopped garlic, rosemary, pepper and good salt.

Remove meat from marinade, brush off excess herbs and garlic, and bring to room temperature before searing.

Preheat a cast iron grill pan or outdoor grill; preheat oven to 500 degrees.

Sear each quarter side for 3 minutes and the ends for 30 seconds each.

Finish in 500 degree oven for 3 minutes for a medium rare steak.

Allow meat to rest for 5 minutes before slicing and serving.



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Whether you are the chef in your home or the chef in a professional kitchen, contact us to learn more about forging a direct relationship with the farmers who grow your meat.

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RAISING THE BAR

Moka Origins pairs its humanitarian mission with coffee and cocoa, creating jobs in Africa and delicious treats in Honesdale, Pa.

BY MICHELE MARCHETTI



THE dark chocolate bar that combines notes of brandied cherry and fudge is a clear favorite during a tasting at the Moka Origins factory in the heart of the Pocono Mountains. But on an August morning, the story of how those organic cocoa beans are sourced is the real draw.

“Those cherry bars over there,” says Chris Gill, the company’s sales coordinator, “I was actually on that farm two weeks ago.” On a research trip to the Duarte Province in the Dominican Republic, Gill worked with Zorzal Cacao farmers to plant cacao trees.

The process starts with a cocoa bean that’s germinated right out of the pods that grow on the cacao trees. Farmers break open the pods, clean the beans, and set them out to sprout before planting them in the nursery. About four to six years later, the trees will bear enough fruit to be harvested, with each cacao pod holding about 25-40 cocoa beans.

In a photo on the wall, Gill points to a small cocoa tree that’s growing amid a bunch of plantains. This process of intercropping — planting the trees around other plants — provides farms with food, improves the biodiversity of their land and, in one of those nature-is-so-cool realizations, impacts the flavor profile of the beans.

“That’s the great thing about coffee and chocolate,” he says. “The stuff you plant around it will then go into the soil and start to give stuff to the roots of the trees.”

We don’t lack for reasons to love coffee or chocolate. But Moka Origins, a craft chocolate company that started with a team of three people bagging 12 bags of coffee a month around a folding table, makes buying a high-quality chocolate bar or bag of coffee an exercise in social impact. As Gill’s t-shirt points out, *Buy a bar. Change a life.*

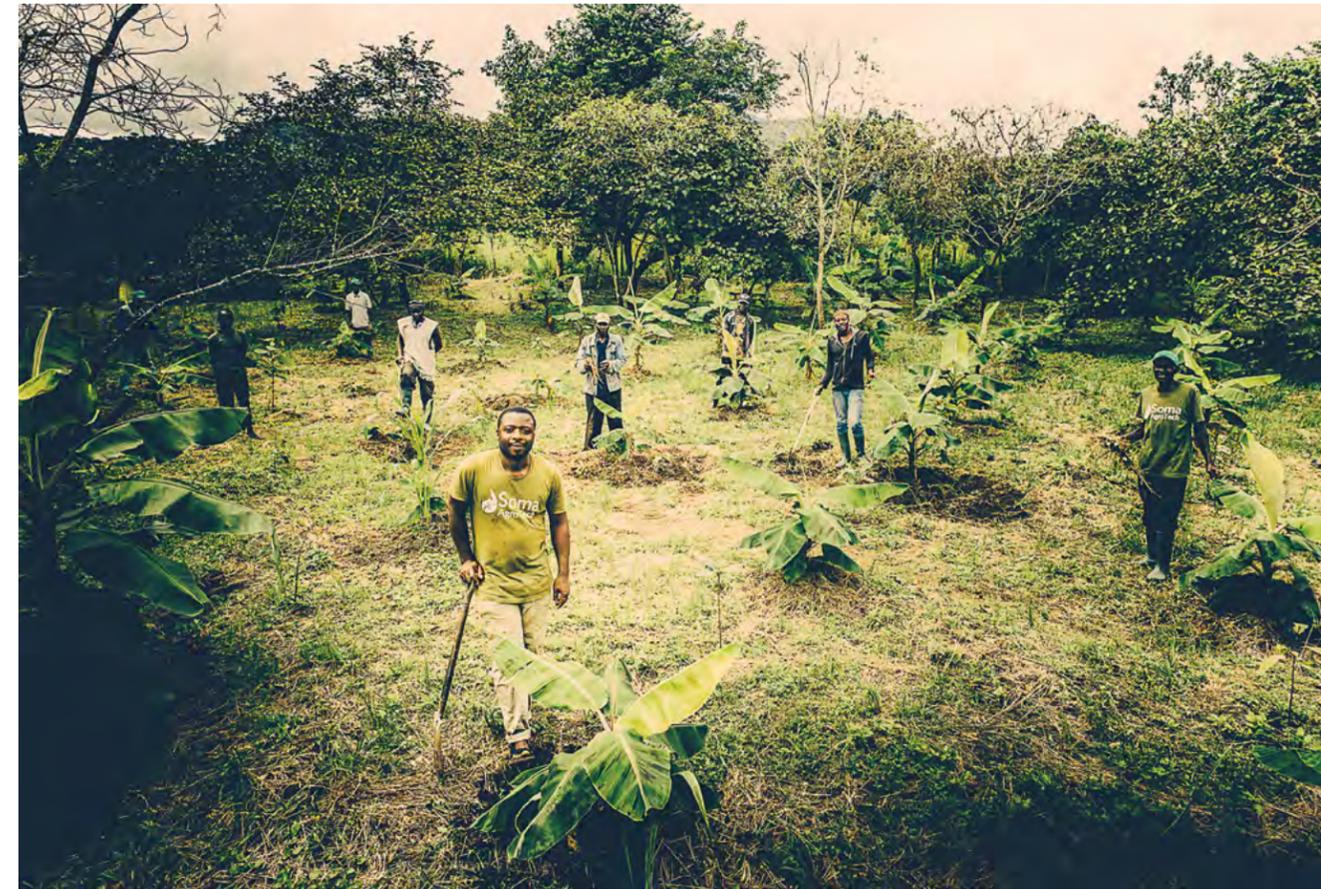
GROWING HOPE

Moka Origins began with Moka Farm in Cameroon. Coffee and cocoa make up the primary product line, but the farm is a success story in crop diversification and self-sufficiency. It boasts the region's first drip irrigation system, which is fed by a recently completed 26,000-liter water storage tank and river pump system. Orange, papaya, avocado, and mango trees contribute to a bio-diverse landscape that helps farmers mitigate risks, while producing vegetables to feed their families and sell at markets. Banana trees create shade for healthy cacao saplings, and a medicinal herbal garden provides alternative medicine to healthy farm workers and their families.

Like healthy soil that holds water in its roots for use in times of drought, the Moka Farm provides hope in a time of social unrest and political upheaval. This year, that turmoil brought violence to the region and the farm's families, writes Ngong Edwin, manager of Moka Farm, in a Moka Origins newsletter. "Many of us were forced to run, while others were afraid of leaving their homes. However, these circumstances highlight the reality that we are needed now more than ever, and we can continue to create the positive impact this region needs."

Investing in Africa's cacao and coffee beans sector is

what inspired Moka Farm and the namesake business that followed. As the director of global humanitarian projects of the nonprofit international humanitarian organization known as the Himalayan Institute, Jeff Abella and his business partner had spent a decade doing humanitarian work with sustainable farming, ethical trade and community development in Africa. The need is great: the world's appetite for coffee and chocolate has led to an extractive landscape devoted to coffee and cacao beans — crops that these families will



never enjoy themselves, and will export to businesses with little interest in their communities.

In 2015 Abella co-founded Moka Farm in Cameroon as a community-based agricultural project. The traditional chiefs of Cameroon granted the founders the land, dominated by coffee and cacao trees. Through a Farmers Field School, the Moka partners distributed seedlings and showed farmers how to diversify their crops to mitigate risks, growing, for example, bananas, while the cacao matures. In addition to medicinal herbs, the farm generates hundreds of pounds of maize, beans, plantains and other staple food crops to feed the local population and provide an additional source of income.

More powerful than jobs, the farm created an environmentally sound ecosystem that provides hope, training and “an anchor” for farmers in need of resources, Abella says. “Access to affordable, healthy food can really change the scope of people’s economic potential.”

THE \$3 CUP OF COFFEE

The farm was just the beginning of their vision. The founders pondered the disconnect between the commodity coffee bean and the \$3 cup of coffee. How could they find a way to reinvest the value of those

beans back into the farming communities? Landing on the idea of a for-profit business that was separate from the Himalayan Institute but still helped fulfill its humanitarian mission, they started bringing back coffee bean samples to Pennsylvania and enlisting companies to test their quality. Over time they realized that being the broker of these beans wasn’t enough. If they truly wanted to impact change, they had to start a company that controlled every step of the process: from bean to bag and bar.



“Access to affordable, healthy food can really change the scope of people’s economic potential.”

In 2017, they launched Moka Origins, opening a factory, retail space and tasting space in Honesdale, Pa., on the grounds of the 400-acre Himalayan Institute, which also serves as a popular yoga retreat center. Moka rents space from the Himalayan Institute, giving the for-profit venture access to socially minded yogis who shop for chocolate in between yoga classes.

Today Moka buys directly from farms with ethical labor practices throughout Africa and South America. Whether it’s their own farm in Cameroon or elsewhere, they pay farmers fairly, often two or three times the commodity price.

The company’s impact is substantial. In 2018, Moka planted 30,320 trees, produced 6,492 days of employment, harvested 5,808 pounds of food, donated 480 trees into the Farmer Field School, and invested \$75,000 into the communities. On its own farm in Cameroon, it added 7,000 additional trees just this year alone, while increasing job opportunities along the way.

THE CASE AGAINST CHEAP CHOCOLATE

Moka also happens to make exceptionally delicious chocolate. Adrienne Henson, a chocolate retail expert and personal chocolate shopper, recalls trying the



company's Cameroon bar at the "Big Chocolate Show" in New York a few years ago. "I just knew that was the *it* bar," she recalls.

At the 2018 "Big Chocolate Show," the company earned two "Audience Fave Awards": a gold "Best in Show" and a silver "Fave Dark Chocolate Bar" for its Brazil Lemon Ginger. (The best bar, in this writer's opinion, is the Peppermint, made from single origin dark chocolate and sprinkled with organic candy cane.)

Moka is not the chocolate you give out on Halloween—unless you're trying to win friends and impress the neighbors. The signature bars retail for about \$8 and the monthly chocolate club runs \$20. The limited-edition Cameroon bar is selling at a New York pop-up on the Upper West Side for \$15; the pop-up runs through April, but Abella expects the Cameroon bar to sell out long before that.

If the price seems high, Abella asks you to consider a different question: Why is the price of most of the chocolate in your grocery aisle so low? It's a question that Abella admits leads to a lot of label reading, turning the simple trip to the grocery store with his wife into an exercise in patience. By ethically sourcing small batches of beans, Moka is helping to provide farmers with a respectable income.

The upside for consumers is a coffee and chocolate



production process that starts on the farm. "There has to be some reciprocal relationships and knowledge appreciation," Abella says.

Moka gives customers a role in those relationships. In addition to the 2019 Rainforest Chocolate Trip to the Dominican Republic, Moka is leading a trip to Mexico's Sierra Norte Mountains, where participants can volunteer on a family coffee farm, roast coffee on an open fire and assist with a coffee tree planting project.

As for the rest of us who can only dream about such trips? Moka will continue sending dispatches out of its offices in Pennsylvania, reminding us that at the heart of this billion dollar industry is people: those who grow the beans and those who savor the story as much as the bar.

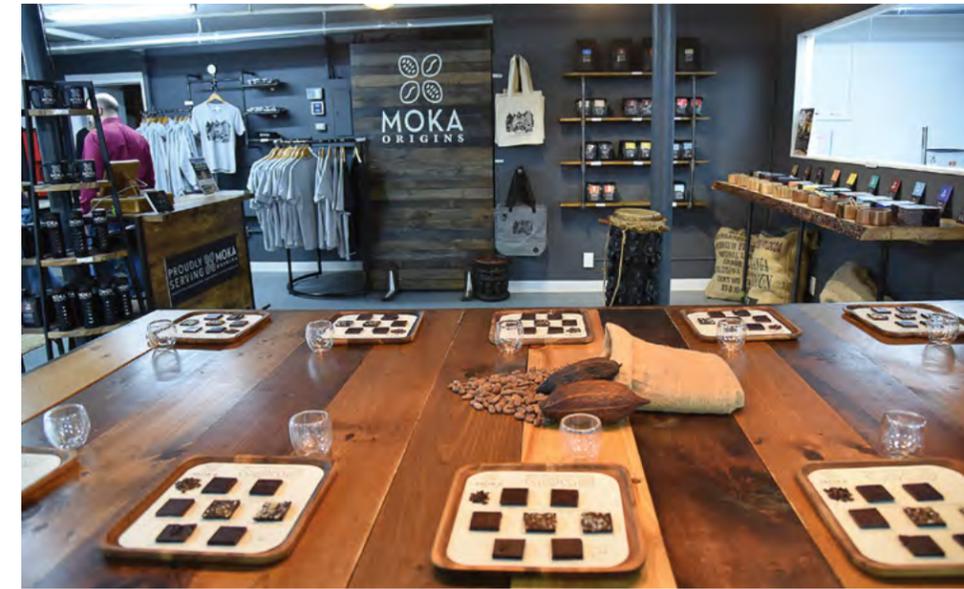
FROM BEAN TO BAR

THE MOKA CHOCOLATE BAR starts with a delivery of raw beans to the Moka "lab" in Honesdale. The team sorts the beans by hand, and the best of the batch is slow roasted at 275-280 degrees for a time period that depends on the origins of the bean and the desired flavor profile.

From the roaster, the beans head to the "winnowing machine," where powerful suction separates the husk or shell of the bean from the nib. Next, stone grinders, which preserve the integrity of the delicate bean, volatilize its acetic acid, slowly transforming the crunchy hard nib into an edible liquid form. The process takes three to four days, over which time creaminess and flavor are closely monitored.

"When you're doing two-ingredient (certified organic sugar and cacao butter) chocolate, there's nothing to hide behind," Abella says. "You have to take all the quality steps to ensure flavor development."

After tempering — the process of heating and cooling chocolate so that it crystallizes into a stable form — the bars are ready to be wrapped. Thanks to a \$15,000 FedEx Small Business grant (a program that attracts 13,000 entries), Moka recently built an entire



room dedicated to pouring the chocolate into molds and hand wrapping each bar. It's a huge boon to a company that poured, hand-wrapped and shipped 18,000 bars of chocolate last year.

While the bars are available in stores throughout Pennsylvania, Moka prides itself on its direct relationship with consumers through sales at mokaorigins.com. "When someone buys a bar (online) and knows where the beans came from or even spent time on the farm or in some cases helped ferment

those beans, that's really special," he says. "When you start putting the bars on the grocery shelves, it's getting the product out there and raising awareness of the mission, but it's a little bit of an arm's length transaction."

In the next several years, the distance between farmer and eater will feel even shorter. As this Pa.-based company begins sourcing more of its Cameroonian beans from its own farm, you can really make the case that you're eating local craft chocolate. •

All in Good Bun

The sticky bun we know and love comes from European traditions made American by 18th century Philadelphia bakers.

BY MAGGIE ANDERSON | PHOTOS BY MATT FERN

These days, eating sticky buns for breakfast may be as easy as popping open a can from the refrigerated section of the grocery store or even, especially for Pennsylvanians in the southeastern part of the state, grabbing one at any number of bakeries or farmers markets.

But 200 years ago, sticky buns were not as easy to come by —

though perhaps just as popular.

“They were special occasion for sure,” says William Woys Weaver, food historian and author who has written extensively about Pennsylvania’s food history. “They were something you might have on Sunday when company came or something you’d make for a church bake sale. Now today they’ve become commercialized like scrapple.”

Many parts of the recipe for

sticky buns were much more difficult back then — yeast, for instance, which we buy in tidy little packets, was often incorporated into doughs by skimming it from the top of fermenting beer. And raisins, that ready-to-eat snack kept on hand by parents everywhere, were actually kind of a pain.

“When you bought them, they were dried but still had the seeds inside,” says Weaver. “It was a lot of work just getting





them prepared to use them in baking.” (Weaver also thinks they were probably using Zante currants, one of the oldest known raisins, in the 18th century.)

Sticky buns’ heritage can easily be seen in the German *Schnecken*, a classic rolled and sliced cinnamon bun. “*Schnecken*” means “snails,” a name that indicates the swirl seen in these buns when finished. American sticky buns probably also owe something to the classic British Chelsea buns, which are also made with a butter-rich dough and exhibit the tell-tale swirl.

Borrowing from these two traditions, the sticky buns in

the New World included both raisins and nuts, were flavored with cinnamon, and became a Sunday morning or tea time staple.

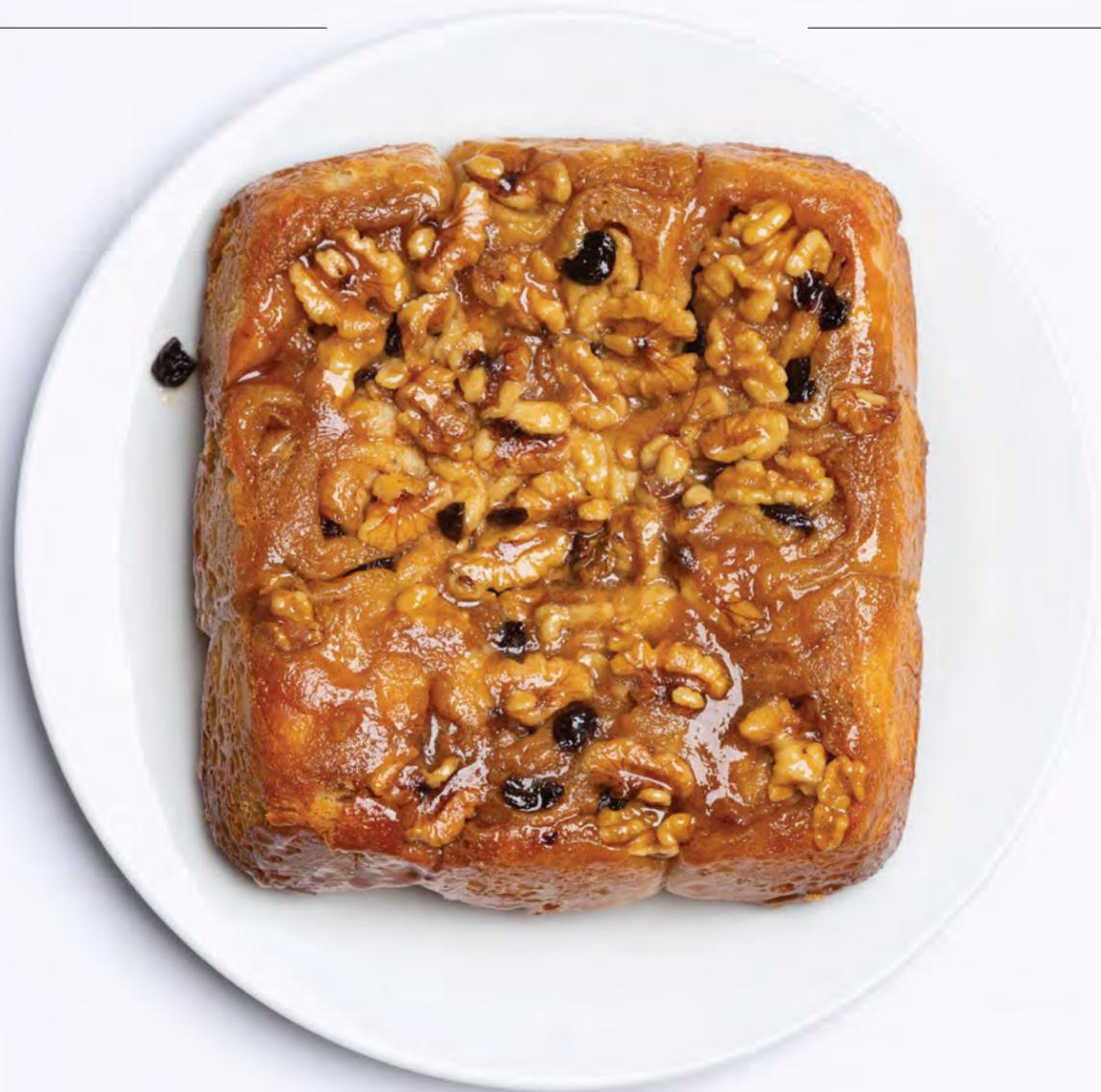
“It was certainly a thing among the much-emulated Quakers,” says Weaver. “They often traveled from house to house for religious services in the private home, and they would serve this Quaker tea, like a high tea with buns and cold cuts and pickled oysters. And the sticky bun was part of that.”

And as for who was baking them? Weaver has traced much of Philadelphia’s baking tradition back to a trio of women via their published works as well

as an archeological dig.

“There were women in the city who were specialists in making pastries and that kind of baked good,” he says. “There was one person for certain I know was making them: Mary Newport. She was very famous for her pastries. We know about her because a lot of wealthy Quaker women bought from her and they mention it in their diaries. Her bakery was on Morris Alley, which is now underneath a hotel. It was archaeologically explored by the park service before the hotel was built, so we even know what some of her baking pans looked like.”

Newport was the aunt of



Elizabeth Goodfellow, who was also famous for her sticky buns. Goodfellow's cousin Eliza Leslie, who wrote one of the more famous cookbooks of the period, also wrote about Goodfellow.

"There's this whole chain of baking tradition passed down," says Weaver.

In fact, Goodfellow had a cooking school, the oldest known cooking school in the United States, according to Weaver, so she probably passed the sticky bun technique to

even more women.

"The sticky bun story might go back to them," says Weaver, "because they made it famous, and then other people copied it, and it became kind of a Philadelphia thing."

Sticky buns were on menus at hotels and high-end taverns, and Weaver even recalls the story of one wealthy shipping company owner who moved to New York and had the buns shipped to him.

Modern folks needn't go to quite so much trouble, though

sticky buns really are regional.

"The tradition is not dead at all; it's very much alive," says Weaver. "You'll get all kinds of variations of it if you go to any farmers market throughout the southeastern part of the state. Kutztown and Renninger farmers markets I've seen them for sure."

Or you can simply make your own, a special occasion breakfast for when you have company but also, we think, a wonderful treat to make winter just a bit warmer. •

Philadelphia Sticky Buns

This recipe is lightly adapted from one published in 1981 by McCall's, which has all the historical elements of a Philadelphia-style sticky bun: a yeasted and buttery dough, brown sugar and honey, and raisins and nuts. You could leave out either of the last two, but we think they complete the bun and make it extra special, particularly if you consider the historical cost and preciousness of the now-ubiquitous seedless raisin.

FOR YEAST DOUGH:

1/3 cup milk
 1/4 cup granulated sugar
 1/2 teaspoon salt
 1/4 cup butter or margarine
 1/4 cup warm water (105-115 degrees)
 1 package active dry yeast
 1 egg
 2 1/2 cups all-purpose flour, plus more for dusting

FOR FILLING:

1/2 cup butter, softened and divided
 3/4 cup light brown sugar, divided
 1/4 cup honey
 1/2 cup walnut or pecan halves
 1/2 cup raisins
 1/2 teaspoon ground cinnamon

In a small pan, heat milk over medium heat until bubbles form around the edges; remove from heat. Add butter, stirring until melted; add sugar and salt. Let cool to lukewarm.

Add warm water to the bowl of a stand mixer (or other large bowl). Sprinkle yeast over water; let sit for 5 minutes. Stir in lukewarm milk mixture. Add the egg and flour; using dough hook attachment or wooden spoon, beat until smooth and pulls away from side of bowl.

Turn out dough onto lightly floured surface. Knead until smooth. Place in lightly greased large bowl, cover, and let rise in warm place, free from drafts, until doubled in size, 1-1 1/2 hours.

Meanwhile, make filling: In small bowl, cream 1/4 cup butter with 1/4 cup light brown sugar. Spread on bottom and sides of a 9-by-9-inch baking pan. Drizzle with honey. Sprinkle with nuts.

On lightly floured surface, roll out dough into a 16-by-12-inch rectangle. Spread with 1/4 cup soft butter; sprinkle with 1/2 cup brown sugar, raisins and cinnamon. Roll up, away from you, starting with the long side. Cut log into 12 pieces; place, cut side down, in pan.

Let rise, covered, in warm place 1-1 1/2 hours, until doubled and the buns reach 2 inches in height. Preheat oven to 375 degrees F. Bake 25-30 minutes, or until golden. Remove from oven and let stand 1 minute; invert pan onto serving tray or board, let stand 1 minute, and remove pan. Scrape any remaining syrup from pan back onto buns. Serve warm.

Note: For an easier (and faster) morning sticky bun service, the second rise can be done in the fridge. Simply cut and place the rolls in the pan, cover, and refrigerate overnight. When you wake up, pull them out and let them return to room temp before baking.



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Well Cultured

CHEESE plates and charcuterie boards are the throw-it-together backbone of any good party — or lazy weeknight dinner that feels extra fancy. Add Pennsylvania products and now you're eating local in a flash. Cheese is always in season, so check out your farmers market or the Pennsylvania Cheese Guild's Cheese Trail (pacheeseguild.org), which features two dozen cheesemakers from Pittsburgh to Philadelphia and everywhere in between.

If you want to see who's the best in cheesemaking this year, stop by the Pennsylvania Farm Show's annual Cheese Competition, which began in 2015. The 104th annual farm show will run Jan. 10-18, 2020, in Harrisburg (pafarmshow.pa.gov), showing off the state's dairy industry in many delicious ways (like a half-ton butter sculpture).

We put together this spread of Pa. deliciousness, but it's just the beginning in a state that's delivering some pretty big cheese.

For years, Philadelphia specialty food store Di Bruno Bros. carried these **Black Lava Cashews**, a customer favorite. So when the company that made them closed down, Di Bruno bought it and continues to roast up the sweet and salty snack. dibruno.com

The Holstein herd at Calkins Creek Creamery's Wayne County family farm produces milk for both raw milk, aged cheeses and pasteurized cheeses, like this award-winning Brie-style **Noble Road** round. calkinscreamery.com

Ari Miller's love of cured meats began with bacon but quickly moved into dry cured meats. His Philly-based 1732 Meats' lineup includes flavors like Smoked Paprika and Black Peppercorn, but we're partial to the **Garlic Insanity**. 1732meats.com

Artisan farmstead cheeses from Clover Creek Cheese Cellar in Blair County are grass-fed and naturally rinded, creating European-style flavors and textures like that of this **Galen's Good Old**, which is based on Gouda from Amsterdam. clovercreekcheese.com

Centre County producer Tait Farm Foods has been dreaming up delicious ways to preserve the harvest since its first batch of raspberry shrub in 1986. For a sweet cheese pairing, we love the **Fig & Honey Conserve**. taitfarmfoods.com



No cheese and meat spread would be complete without a board to place it on, and this one comes from Rothrock Wood Project in Centre County. Read more about Scott Hildebrand's work on page 45.

Repast Revisited

Adam Diltz serves
Pennsylvania dishes you
can't find anywhere else
— at least this century.

By Katherine Rapin



We've

been reminded
over and over
in recent years
how far removed

we are from where our food comes from — we too often know little about who grew, processed, or cooked it, much less how it got to us. Elwood, which opened in Philadelphia in May, reminds us of how far removed we are from our food history, too.

“We explore Pennsylvania through its history, culture and foodways,” says Elwood chef-owner Adam Diltz. He serves the dishes of our state’s past, like catfish and waffles, snapper soup and ham pot pie, showing how just one dish can tell quite a story.

Take, for example, catfish and waffles. Though chicken and waffles is a dish most closely associated with the South, there’s a Pennsylvania story, too. In the early to mid 19th century, about a hundred years after the Lenni Lenape people were forced out of the southeast part of the state, inns along the Schuylkill River and Wissahickon Creek served catfish dinners from the still clean and plentiful waters close by. (The name “Wissahickon” comes from Wisameckham, a Lenni Lenape word that means “catfish stream.”) In the summer and into early fall, steamboats carried passengers from Manayunk or Fairmount along the river to roadhouses where they ate catfish suppers, which included crisp, savory waffles with catfish and gravy and served with pepper hash.

Diltz, who serves catfish and waffles seasonally, ar-

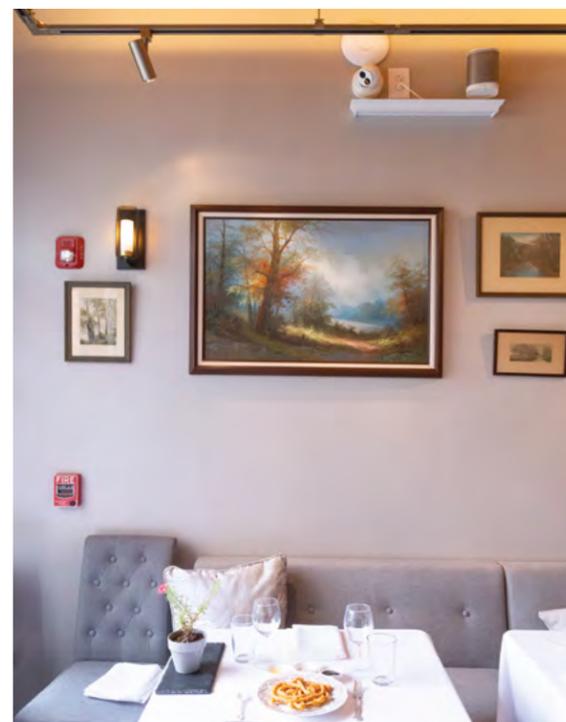
“I was eating
shoofly pies and
picking wild
teaberries and then,
on the other side,
Spam and bagels.”



gues that it’s a defining dish of Philadelphia, much more so than, say, cheesesteaks. The fiercely beloved cheesesteak tells the story of a media-inflamed rivalry, mob wars, contrived tourist traps and the rise of fast food. In 2003, according to a spokesperson from Kraft, the Philly/South Jersey region accounted for 25% of total cheese whiz sales and 50% of American White Cheese slices, a piece of our culinary history that, frankly, makes Diltz seriously angry.

It’s our lost connection to the ingredients that he’s interested in. He describes the theme of Elwood in a question: “What if the industrialized food revolution didn’t happen?”

It’s a question that’s tied to his personal history; growing up in Northeastern Pennsylvania, he experienced the distinct food cultures of two generations. At his grandparents’, German and Swiss immigrants that we call the Pennsylvania Dutch, he ate truly rustic farmhouse meals and from-scratch sweets. At home, it was





“I was reading James Beard and Dr. William Woys Weaver about Pa. Dutch cooking when I was in high school and I thought, ‘Wow, this is the stuff I eat.’”

processed foods.

“It’s these two sides,” he says, “I was eating shoofly pies and picking wild teaberries and then, on the other side, Spam and bagels.”

He grew partial to one side early on. When he’d visit his grandparents’ farm as a kid, he’d head out to the turnip field where his uncles would let him dig one up. “They were the size of my head,” he says. “I would eat it for a whole week; sprinkle salt, take a bite, put it back in the fridge.”

Diltz’s grandpa Elwood, the restaurant’s namesake, took him to the woods and waters nearby to hunt and fish. (In his hometown of Hetlerville, like in many towns across the middle of the state, the first day of buck hunting season was also a proper day off school.) He still has tasting notes he wrote from the opossum he killed and cooked back in his young hunting days.

At Elwood, Diltz serves an homage to hunting with his grandfather: a whole roasted rabbit, served family style and accompanied by an army of tiny bowls filled with

treats like sauerkraut, pickled turnips and fruit butters.

Also on the menu is his great grandmother’s ham pot pie — a Pa. Dutch hearty stew with thick noodles and no crust that recently made one diner cry. It was a specialty of Laura Mangini’s grandmother, who lived in Westmoreland County, Pennsylvania, all her life and died about 10 years ago. “She took the recipe with her when she passed, and I could never replicate the flavor,” Mangini says. “Chef Adam was able to transport me back in time to taste my grandma’s food again.” (Plus, he gave her the recipe.)

“I always wanted a Pennsylvania restaurant — since I was a kid,” Diltz says. “I was reading James Beard and Dr. William Woys Weaver about Pa. Dutch cooking when I was in high school and I thought, ‘Wow, this is the stuff I eat.’”

Diltz’s lifelong love of simple food and high-quality local ingredients, plus his deft hand in the kitchen (he’s worked under three James Beard Award-winning chefs including Barbara Lynch of No. 9 Park in Boston),



makes Elwood a place go back to, well after you’ve been schooled in our state’s culinary history. His menu highlights a long list of local foods, like rabbits from Brooklee Farm near Reading and beef from Forks Farm near his hometown. When he makes the trip to pick up half a cow, the other half ends up at his brother’s restaurant, The Blind Pig Kitchen in Bloomsburg. (Read more on page 48.)

At Elwood, Diltz visits every table, where the chairs are squishy and music soft; snapper soup is not poured table-side but comes to you in a tureen to be kept hot; you spread your rabbit liver pate across toasted rye bread with a delicate butter knife and eat your German butter cake with a pastry fork (it took four years of antiquing to gather the silver cutlery, copper platters and English China that grace the tables).

Of course, it took much longer — four decades plus a family history — for Diltz to create this paean to a Pennsylvania of the past, serving dishes you simply can’t find on a menu anywhere else. 🍷

Braised Celery

ADAM DILTZ | ELWOOD | PHILADELPHIA, PA.

In the Victorian era, celery was a status symbol. It was hard to grow and rare to come by, and therefore treated like any prized vegetable should be — slow-cooked and topped with cheese. At Elwood, Diltz uses the tender pale stalks in the center of the celery bunch (the heart), and two knock-out local cheeses; he serves the delicacy in a long, narrow antique celery dish.

INGREDIENTS

- 1 celery heart, washed
- 2 quarts pork stock or chicken stock
- 1 cup sherry or white wine
- 6 ounces Goat Rodeo’s Hootenanny cheese (or another local soft gouda), grated
- 6 ounces Clover Creek Royer Mountain cheese (or another local Alpine-style cheese), sliced thin
- ½ cup butter
- ½ cup flour

INSTRUCTIONS

Place celery heart in a baking dish with stock and wine and cover tightly with tinfoil. Place in a 350 degree F oven and cook until the celery is tender, about 30 minutes. Try not to cook it too long where it gets too soft.

Make a roux with the butter and flour and add the stock and wine used to cook the celery. Simmer and reduce until it is slightly thickened.

Open the celery up and spread the Hootenanny cheese inside. Put shaved Royer Mountain cheese on top. Place celery in the broiler and let the cheese melt and brown. To serve, place celery on plate or shallow bowl and spoon sauce around it.





Tater Treats

If thoughts of heading down to the root cellar for your winter meals are giving you serious doldrums, consider alternative ways to consume the great storage crop: vodka and chips. Both are made in Pennsylvania, from Pennsylvania potatoes, so it's all perfectly justifiable.

Boyd & Blair Potato Vodka from Pennsylvania Pure Distilleries in Glenshaw, Pa., is actually made from the same type of potatoes

as the near ubiquitous snack food: “What you look for in a potato chip potato is the same thing we want, believe it or not, in a vodka potato,” says master distiller Barry Young. “We want a really starchy potato because we are taking the starch and converting it to sugar. We need a lot of it, so Pennsylvania potatoes are great for that.”

→ [Read more about potato vodka and what else is new for the award-winning distillery on the next page.](#)



PHOTO BY MATT FERRELL

Spuds to Spirit



FOR MASTER distiller Barry Young, potato vodka is all about heart. Or rather, the hearts. When he went to distilling school in the 1990s after leaving his career in healthcare, he learned that while all distillers discard the heads — the poisonous methanol that comes off a still at the beginning — many include some of the tails, or what comes off the still toward the end of a run. In between, of course, are the hearts, and for Young, he knew that's all he wanted in his bottles of potato vodka.

"It just tastes delicious," he says. "The hearts are the pure flavor of what Boyd & Blair really is."

Young's interest in distilling is partly fueled by his chemist roots, but he notes a trip to Jack Daniels that really cemented the idea of starting his own distillery.

"I kind of fell in love with it," he says. "And I put it in the back of my head."

When he felt ready to leave his career and start something new, in the mid-2000s, Young began to research and found a lot of micro-breweries but very few distilleries. With a pre-planning grant from the Pennsylvania Department of Agriculture, he gathered the info he needed, including potato sourcing and yeast selection.

Young uses all Pennsylvania grown potatoes and a champagne yeast that he says helps bring out the sweetness from the fermented potato mash.



Pennsylvania Pure Distilleries launched in 2008 and has since garnered much acclaim and multiple awards, including a 5-star rating from *Spirit Journal*.

"I love watching people taste it," says Young. "They taste it. They look at me, look at the glass, and look at me again and say, 'Holy—,' you know. 'That's great.' And that's the best feeling in the world."

KNOCKOUT PUNCH

PA Pure's latest product is one Young was a little reluctant to explore even though it was something he loved making at home.

"My wife and I usually have 40 or 50 people for Christmas at our house," he says. "I always make punches. So I made this lemon lavender one four years ago. And then everyone always asked me to bring it every holiday, even the 4th of July. Everyone said, 'You should bottle and sell this!' And I said, 'We don't do flavors; we're about being pure.'"

But an opportunity with the Kimpton Hotel Monaco Pittsburgh to bottle some drinks was too good to pass up, and it was such a hit that the distillery created their new ready-to-drink line of bottled cocktails. So far, the flavors include Lemon & Lavender and Iced Tea & Lemonade, but Young has plans to create more. If his family is any indication, they'll probably be delicious.

All a Board

Rothrock Wood Project's tables and charcuterie boards made from discarded wood have a quickly growing fan base.

FOR SCOTT HILDEBRAND, it all started with a tree — and a teenage son looking to make a quick buck.

"We had a dead ash tree in our yard," says Hildebrand. "I knew a guy that had a portable bandsaw, so we milled the tree, and it turned out it was beautiful." He had the idea to make tables, just as a fun project to relax outside of his day job in sales.

"I was working in the basement and my son came in and said, 'Dad, I want to make some money.' So I gave him what I thought was my worst piece of wood. I had no idea if he was going to do it. He did it, and my wife, Lori,



put it on Facebook and immediately two people were like, 'We want that.'"

These days, Hildebrand's son Owen is on to other projects, but his dad is still in the woodworking game — more than ever — with his new company the Rothrock Wood Project.

"The idea was, when I get a chance to retire, I'm going to slowly start and let people know I do stuff like this," he says. "It turned into this wildfire in a matter of months."

The spark was a few charcuterie boards that Hildebrand made with some wood that wasn't thick enough to be a table. But that quickly grew into the item most in demand.

An avid mountain biker and trail runner, Hildebrand first had the idea for making tables from fallen wood while in Rothrock State Forest, a favorite of many hikers and bikers in the state and the namesake for his company. On weekends now, Hildebrand can often be found driving around looking for fallen trees in yards — a little easier to haul away than from deep in the forest. The boards, which average about \$145 in price, and tables have a lot of character from live edges and holes made by insects or mice.

"People don't want that wood," he says. "But for me, there's nothing like when you're working with a piece of wood and start to see its unique character. It's very rewarding." ◉

Come Together

New fundraiser brings the table to the farm to help feed our community.

THE FALL WEATHER CAME just in time for the inaugural Community Table held in October at Cramer Farm in Howard, Pa. The event was a fundraiser for the Community Cafe at St. Andrew's Episcopal Church in State College and featured food by Chef Zach Lorber and his Culinary Arts students from the State College Area High School.

Between advance ticket sales and a live auction, the event raised \$3,500 for the Community Cafe, which serves a free meal each Thursday.

"Each week we receive donations from Trader Joe's, Wegmans, Cramer Farm and others in the community, but it still takes money to be able to do what we do," said Ron Rovanssek, executive director of the Community Cafe. "We're so grateful for the support of this community, and we hope you come out to join us for food and fellowship any Thursday from 5-7."

The event featured music by strolling musicians Papa and Picker, beer donated by Robin Hood Brewing Co. and a menu of heavy hors d'oeuvres made with food donated mainly by the Cramers.

"It was such an amazing opportunity for my students to learn, first hand, about true farm to table dining," said Lorber. "The Cramers have awesome produce, pork, chicken, and eggs. Knowing them, personally, and



serving the meal on their farm pushed us to work harder to honor the ingredients and utilize every bit, including pork liver and trotters. As a teacher, I am filled with pride watching my students grow, learn, and succeed."

The Cuban sandwiches with housemade mustard and ham cured by Lorber and his students were a guest favorite, as was the cabbage strudel and vegetable steamed dumplings.

Charity auctioneer Daniel Foster led the live auction, leading with a statement about all the donations that went into making the event happen.

"If we want to live in a Happy Valley, that happiness has to be accessible by everyone," he said. "For that to happen, it takes each member of our community giving of themselves and investing themselves into creating the community we want. This event is a simple example of that: everyone giving time to help our community have an opportunity for the most basic act of happiness: a good meal."

Provisions helped to organize the event, the first in their two-year series of farm-to-table events that has been a fundraiser.

"We loved working together with these groups to put on this fabulous dinner," said editor in chief Maggie Anderson, "and we're glad to know that this one dinner means many more for the Community Cafe."

The evening's sponsors included Cramer Farm, Gemelli Bakers, KeyFarm Premium Beef, Mount NitaNee Kombucha, Pegasus Wedding & Party Rentals, Provisions Magazine and Robin Hood Brewing Co.



CABBAGE STRUDEL TRIANGLES

ZACH LORBER | State College Area School District Culinary Arts Program

INGREDIENTS

- 4 ounces unsalted butter (divided)
- 1 large onion, chopped (approximately 1½ cups)
- 1 small green cabbage, thinly sliced or grated (approximately 4 cups)
- 2 medium carrots, peeled and shredded
- 1 teaspoon salt
- 1 tablespoon chopped fresh dill (no stems) or 1½ teaspoons dry dill weed
- ½ teaspoon caraway seeds (optional)
- ¼ teaspoon black pepper
- 8 ounces feta cheese, crumbled
- 4 ounces Parmesan cheese or Asiago, shredded (not finely grated)
- 1 cup plain bread crumbs
- 6 sheets of phyllo dough (cut into fourths for 24 strips total)

INGREDIENTS

- Preheat conventional oven to 375 degrees (350 convection, low fan).
- Line a baking sheet with parchment paper and spray with non-stick spray.
- In a large saute pan, melt half the butter over medium heat. Saute onions until soft. Add cabbage and carrots. Cook until soft.
- Remove from heat and cool to room temperature. Add remaining ingredients except phyllo and other half of butter.
- Melt remaining butter.
- Lay a strip of phyllo vertically on your cutting board or counter. Place 1 tablespoon of cabbage/cheese mixture in the bottom center of the strip. Working from the bottom corner, fold over to form a triangle. Fold the triangle up and over again to form a triangle with multiple pastry layers. Continue folding toward the top to form a fully enclosed triangle strudel. Place on parchment lined baking sheet and brush with melted butter
- Bake 12-14 minutes until golden brown and crispy. Serve immediately.
- Note: Once folded, strudels can be frozen for 4-6 weeks. To bake from frozen, add 2-3 minutes to the baking time.*

Every Last Scrap

The Blind Pig Kitchen in Bloomsburg focuses on nose-to-tail cuisine and local sourcing — including from the owners' farm.



Sarah Walzer was looking for a different pace when she signed up for the dating site FarmersOnly.com. “I grew up in Los Angeles, I’d been working in the art world in New York, and I just wanted something different.” She met Toby Diltz and traded in the New York minute for the 24/7 farm life. Now, their 5.5-acre farm outside Benton supplies their restaurant, The Blind Pig Kitchen, about 20 miles south in Bloomsburg. They opened it in 2015, taking over from a family-run Indian restaurant in a cozy spot just off Main Street.

Last year, the building went up for sale, and in order to stay, Walzer and Diltz needed to buy it. They launched a Kickstarter campaign and raised nearly \$45,000.

“It’s really amazing to have that support from the community,” says Walzer, who admits that there is a lot of education involved when it comes to letting customers know why certain things aren’t on the menu year-round or why prices are higher than other area restaurants.

“We are really transparent and 97% of our menu is local. Besides olive oil, white vinegar, sugar, those kind of basics. Our main focus is the ingredients. We’re not willing to sacrifice quality for convenience.”



How much of what you serve at the restaurant or at catering jobs is grown on your farm?

Every year we’ve amped up production; we probably grow 30% of our food. We grew all our own tomatoes this year for the



restaurant: four different heirloom varieties. We grow smaller scale specialty things. We have an herb bed and berry bushes, products that we can freeze and use throughout the year.

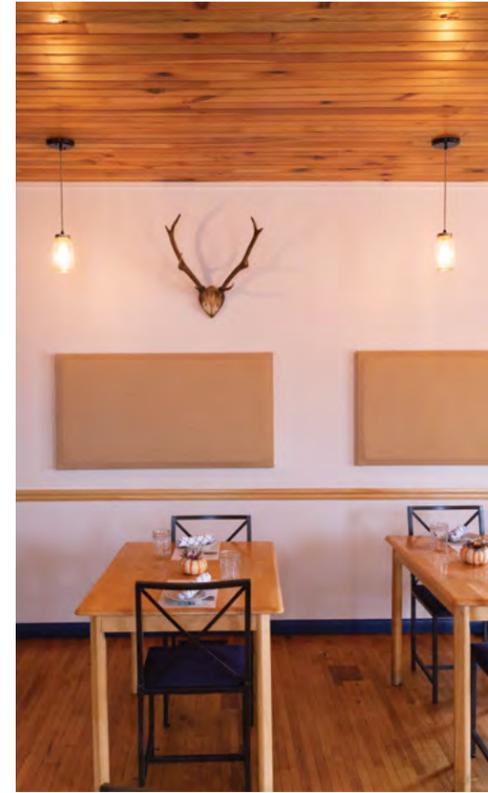
We raise all the pastured chicken that we use at the restaurant. We raise about six pigs a year, and for the rest work with a Mennonite farmer who raises the same heritage breed cross. It’s a cross between Tamworth, Old Spots and Duroc. It’s a cross we’ve refined and narrowed down through the years as one that works for us. It has great flavor and a good fat to meat ratio on the pork chops.

How does your menu change in the winter?

Our staple proteins stay the same — duck confit, salmon, trout, we always have a couple pasta dishes — and then the preparations change. For the duck confit, we can use frozen elderberries for a sauce in the winter. For a pork chop, we can do it with spruce tips we got from the spring before. And then the vegetables get harder — beets, winter squash, sweet potatoes, onions. I always make a seasonal ice cream, so with something like fresh ginger I freeze it and make ginger spice ice cream, or I dehydrate mint or lemon verbena for a different flavor. We do a lot of work in the summer to be able to offer variety in the winter.

Is scrapple a hard sell on your menu?

Usually people are excited about it if they know scrapple. Ours is out of this world. With scrapple in the supermarket, you don’t know what you’re getting. We boil down all the bones and we pick out all the good pieces of meat. We do this



with all our carcasses. We make our own broth. We don’t just butcher and throw it away. We literally use everything. Because I’ve seen what goes into it, I’m not freaked out by it.

The texture is a little different because we use buckwheat as the binder, not gelatin. It’s a way to use all the parts that you can freeze or keep. This is the first time we’ve served scrapple for dinner, so we’ll see how it goes! 

→ Turn the page for the recipe for The Blind Pig’s butternut squash, scrapple and pork confit dish.

For more delicious Pa. fare from the Diltz family, turn to page 36 to read about Elwood, the new Philadelphia restaurant where Toby’s brother Adam is cooking up new takes on Pennsylvania Dutch classics.

Woodlot Pork

Seared scrapple topped with pork confit and cider dashi over butternut squash

• TOBY DILTZ | THE BLIND PIG KITCHEN | BLOOMSBURG, PA.

"I make this dish using trimmings after butchering a hog. Home cooks could braise a pork shoulder, retaining the bones to make pork stock as well. Splitting the recipe into a two-day process allows the flavors time to meld. Sometimes I add a handful of dried mushrooms to the stock while it's cooking down."

INGREDIENTS

- 1½ cups braised pork, shredded
- ¾ cup lard
- 4 slices butternut squash, about ¾-inch thick
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- 3 cups pork stock
- 2 cups apple cider
- 2 tablespoons roughly chopped fresh ginger
- 2 tablespoons chopped garlic
- ½ cup tamari
- 1 teaspoon sesame oil
- 1 pound of your favorite scrapple



THE DAY PRIOR:

Heat lard on medium high and add the braised pork; cook until the pork reaches 165 degrees. Salt to taste. Pack pork in an oven-safe container, then pour the rest of the lard over it. Refrigerate it overnight.

Toss squash slices in olive oil, salt, pepper and cinnamon until the squash is evenly coated. Bake on a parchment-lined sheet in a 350-degree oven until squash is just starting to soften.

Combine cider, ginger and garlic in a 2-quart saucepan over medium-high heat until reduced by half. Add the pork stock, tamari and sesame oil and cook down to 3 cups; let cool to room temp and refrigerate.

THE DAY OF:

Remove pork confit from fridge; allow to come up to room temperature. Pre-heat oven to 350 degrees. Reheat pork confit until it reaches 165 degrees.

Quickly grill the squash or reheat it in the oven.

Heat dashi to a simmer.

Slice scrapple into four ¼-inch thick slices and sear in butter or oil, turning once.

Place squash in bowl. Top with scrapple and braised pork. Strain ¾ cup of dashi over each bowl. Garnish with microgreens.





Share your love of local with friends and family this holiday season — and all the other seasons.

Gift subscriptions available at provisionsmag.com



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!





APPALACHIAN FOOD WORKS

A 501(c)3 farmer-focused, non-profit food hub

What is a food hub?
A food hub aggregates and distributes fresh, locally raised and grown food to the people who live closest to it.



Sugar Hill Farm, St. Marys, PA.



4 Ways Pub & Eatery, Bellefonte, PA.

Our Mission
Ensure food grown and raised in central PA gets into the stomachs of those who live in central PA, with a focus on creating a more equitable food system starting with the farmer.

appfoodworks.org
@appfoodworks

Marketplace

Ice is Nice

Pennsylvania offers a bevy of Christmas markets, especially those in the Christ-kindlmarkt German tradition, but is there any reason to leave the house in January and February? Of course there is! Check out these festivals in the heart of winter, featuring everything from ice sculpture contests to snowmobiling and winter hikes. Hot chocolate tastes even better after the beautiful chill of an afternoon spent outside in the snow.

Ardmore Winter Beer Festival

Jan. 11, 2020

This beer fest features more than 50 craft brewers offering tastings with live music and food available. Participating breweries include Brooklyn, Goose Island, Lagunitas, Bell's, Workhorse, Tonewood, Spellbound, Sterling Pig, Yards and many more.
ardmoremusic.com

Warren County Winterfest

Jan. 18-20, 2020

Held annually in January at Chapman State Park in Clarendon, Warren County Winterfest is hailed as the biggest winter event in the Pennsylvania Wilds and a perfect opportunity for the whole family to chase away the winter blues with sled dog races, a polar bear plunge, sledding, ice fishing and craft and food vendors.
visitanf.com/warren-county-winterfest

Fire and Ice Festival

Jan. 18-20, 2020

Fire and Ice in Somerset features an ice sculpture contest and fireworks as well as a 5K run, children's activities, a chili and soup cookoff and local vendors.

facebook.com/FireIceFestival

Ligonier Ice Fest

Jan. 25-26, 2020

Visit charming Ligonier and view more than 50 ice sculptures on display around town.

ligonier.com

Marienville Winterfest

Jan. 25, 2020

Take a ride to the snowmobile capital of Pennsylvania for Marienville's annual Winterfest, complete with ice skating, sledding, great food and, of course, snowmobiling.

marienvilleareacivicassociation.com

Groundhog Day at Gobbler's Knob

Feb. 2, 2020

Experience the legend with dozens of activities that happen surrounding Groundhog Day in Punxsutawney, all focusing around the main event with our famous Pa. prognosticator Phil.

groundhog.org

Lancaster Roots & Blues Festival

Feb. 28-March 1

Lancaster Roots & Blues is a three-day annual music festival in historic downtown Lancaster featuring more than 65 artists on 11 indoor stages within a few walk-able blocks of each other. The music genres include blues, jazz, bluegrass, country, rock, rhythm & blues, indie pop, folk, alt country and much more.

lancasterrootsandblues.com

Marketplace



Tasting Tips

"IN SMELLING ANY SPIRIT, open your mouth when you put your nose over the glass," says master distiller Barry Young. "You want to create a loop because of the higher proof. It's good to get a circular vent going between your nose and your mouth. Then sip it for the first time. Put the glass down, then bring it back up and taste it again. Sometimes you need to coat your palate a little bit with spirits. After you have sipped, put your tongue to the roof of your mouth. That will help you keep your mouth open a little bit, and it just makes a kind of smoother taste. With our vodka, you get this perceived sweetness. Obviously there's no sweetness in there, but it tastes sweet because of the starch, and you get so much mouthfeel because of the starch."

Brookmere Winery & Vineyard Inn

Savor the Experience

We are a small family winery adhering to principles of quality wine making.

We use our own grapes, Pennsylvania grapes and local fruits in all of our wines. We are proud of our award winning wines and invite you to come and try some for yourself. We are not just a winery, we have developed into a destination offering wine, venues, and a comfortable bed & breakfast.

Central PA's
**PREMIER
Wedding
Location**



Weddings

The premier location to host your special day

Bed & Breakfast

Stay in comfort at our beautiful estate

Learn more about our retail locations, shopping and events at brookmerewine.com

From east to west Pennsylvania has an abundance of farmers, producers and chefs who care about their local food systems. Here's where we went to gather the stories for this issue.

1732 Meats
Philadelphia
1732meats.com

Birchrun Hills Farm
Chester Springs
(610) 827-1603
birchrunhillsfarm.com

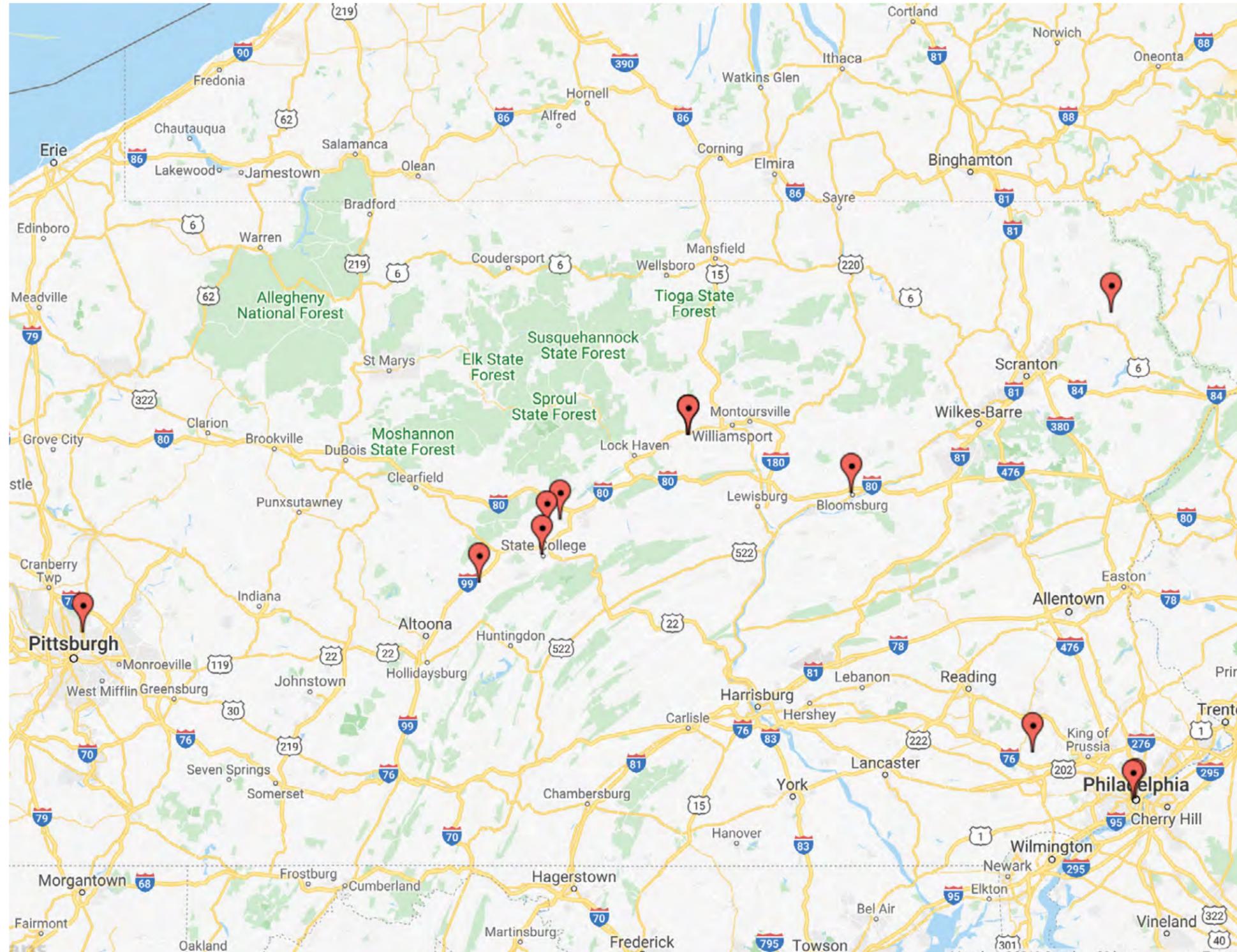
The Blind Pig Kitchen
Bloomsburg
(570) 784-2656
blindpigkitchen.com

Calkins Creamery
Honesdale
(570) 729-8103
calkinscreamery.com

Clover Creek Cheese Cellar
Williamsburg
(814) 832-3755
clovercreekcheese.com

Di Bruno Bros.
Philadelphia
dibruno.com

Elwood
Philadelphia
(215) 279-7427
elwoodrestaurant.com



The Lion's Pantry
University Park
thelionspantry.psu.edu

Maria Makes
Bellefonte
mariamakes.com

Moka Origins
Honesdale
(570) 979-1010
mokaorigins.com

Oliver's Path
Warriors Mark
(814) 360-3298
facebook.com/OliversPath-Farm

Pennsylvania Pure Distilleries
Glenshaw
(412) 486-8666
boydandblair.com

Rothrock Wood Project
State College
(814) 404-6342
rothrockwoodproject.com

Tait Farm Foods
Centre Hall
(800) 787-2716
taitfarmfoods.com

Can-do Campus

College is a time of both happiness and stress for most. But not all students have the same struggles. “I didn’t realize that food insecurity was such an issue at Penn State,” says Sayre Bradley, who learned about the Lion’s Pantry on the University Park campus during her freshman year. Now a senior majoring in statistics, she’s president of the club that oversees the 100% donation based pantry available to anyone with a student ID. “We’ve grown pretty exponentially since 2014, when we were founded,” she says. “The need is definitely there but we’re still working hard to get the word out so students know it is a resource and can come to us.”



