



FARM TABLE

FOUNDATION



www.facebook.com/FarmTableRestaurant/

WWW.FARMTABLEFOUNDATION.ORG

Upcoming Classes & Events

8/14 WEEDS: NUISANCE OR BLESSING? 6:00 PM - 8:00 PM

From vegetable gardens to flower beds, we are constantly waging war against the weeds freely growing in them. How wonderful would it be to find a use for the weeds? You can! Carolyn Smith, herbalist & intern at Red Clover Herbal Apothecary, invites you to take a walk with her to explore the weeds around you. After a short walk along Stower Seven Lakes Trail, head back to the kitchen to make use of the plants found along the way. This is a hands-on class and will have take home goodies you can make yourself.

\$30.00/per person

8/17 OUT OF THE BOX - BASICS 6:00 PM - 9:00 PM

Join food enthusiast, Jessica Turtle, in a hands on exploration of the cooking basics with vegetables & herbs. Learn to rely on your senses to make decisions and begin stepping away from dependence on recipes. Explore the value of seasonal eating and begin to understand the four basic elements to successful cooking. In this class, you will help prepare a balanced meal to dine as a group. This class is meant to be fun and informational, so be prepared to have good time!

\$30.00/per person

8/17 PICNIC ON THE PATIO 5:00 PM - 9:00 PM

Enjoy the end of the summer with us as we Picnic on the Patio before the blustery winds begin. Enjoy a classic BBQ menu featuring: Savory BBQ brisket, coleslaw, baked beans, cornbread, and a great variety of craft beers.

Live music by Elizabeth Ghandour & the Heighburners from 7 pm to 9 pm.

This event is kid friendly & open to the public.

Reserve your seats: <https://www.eventbrite.com/e/picnic-on-the-patio-tickets>

8/21 NORTHERN CANNING CLUB 5:00 PM - 9:00 PM

Kick off the canning season with an informational class. We will discuss safety both in the kitchen and with food processing, as well as some methods used to preserve your beautiful garden vegetables. This series will continue to meet monthly to bring together harvests from our gardens and preserve them together.

\$10.00/per person

8/23 FARM TABLE TRIVIA NIGHT - ZUKE IT OUT 7:00 PM - 8:30 PM

Grab your clever crew and join us for Farm Table Trivia hosted by local history buff, Star Foster. This month, show off your expertise on epic fist fights & the magnificent zucchini! We have awesome prizes for first and second place teams! We sure hope to see you there!

This event is kid friendly, free & open to the public.

8/24 YOUTH WORKSHOP - EARTHWORMS 7:00 PM - 8:30 PM

Our Youth Workshops are designed to bring our kids a little closer to nature. In August, we will dig into all of the worms. Come explore the world of earthworms as we discuss the impact they have on the earth around us. Head home with your very own worm hotel! This class is recommended for ages 5 and up. Child participants must have an adult present.

\$5.00/per person

9/8 ALEX KUNO OPENING RECEPTION 6:00 PM - 9:00 PM

Alex Kuno's work is brimming with fairytale imagery that carries both a grim and satirical mythology. The exhibit features mixed-media works that are reminiscent of beasts & characters, seemingly floral and somewhat unsettling. His ability to challenge the viewer with a playful balance of softness, vibrancy & darkness is unexpectedly more absorbing than repelling.

REGISTRATION INFORMATION

Call 715.268.4510 to register. And now, for your added convenience, we are happy to announce a *NEW* class & event registration feature! Head over to our Exhibition Hall next door, check out our current exhibit and then make your reservations on-site using the newly added registration station! Best part? No service fees!



Join our blooming Facebook community! Share with us, and learn more about upcoming events & classes.
<https://www.facebook.com/FarmTableRestaurant/>

MENU SOURCING

GOOD TURN FARM * STOCKHOLM, WI

cucumbers, basil & radishes

BLACKBROOK FARM * AMERY, WI

CSA shares, arugula & radishes

RED CLOVER HERBAL APOTHECARY FARM * AMERY, WI

basil & herbal teas

CHICKEN CREEK RANCH * RIDGELAND, WI

whole chickens

NORTHSTAR BISON * RICE LAKE, WI

bison, elk & new york strip

CRYSTAL BALL FARM * OSCEOLA, WI

organic milk & cream

WHITE PINE BERRY FARM * RIVER FALLS, WI

raspberries & blueberries

COSMIC WHEEL CREAMERY * CLEAR LAKE, WI

antares, deneb, circle of sun, quark & cheese curds

HUNGRY TURTLE FARM * AMERY, WI

culinary greens, broccoli & maple syrup

DANCING HEN & ROCKY ACRES ANGUS * WEYERHAUSER, WI

eggs, grass fed ground beef & steaks

BODIN FISHERIES * BAYFIELD, WI

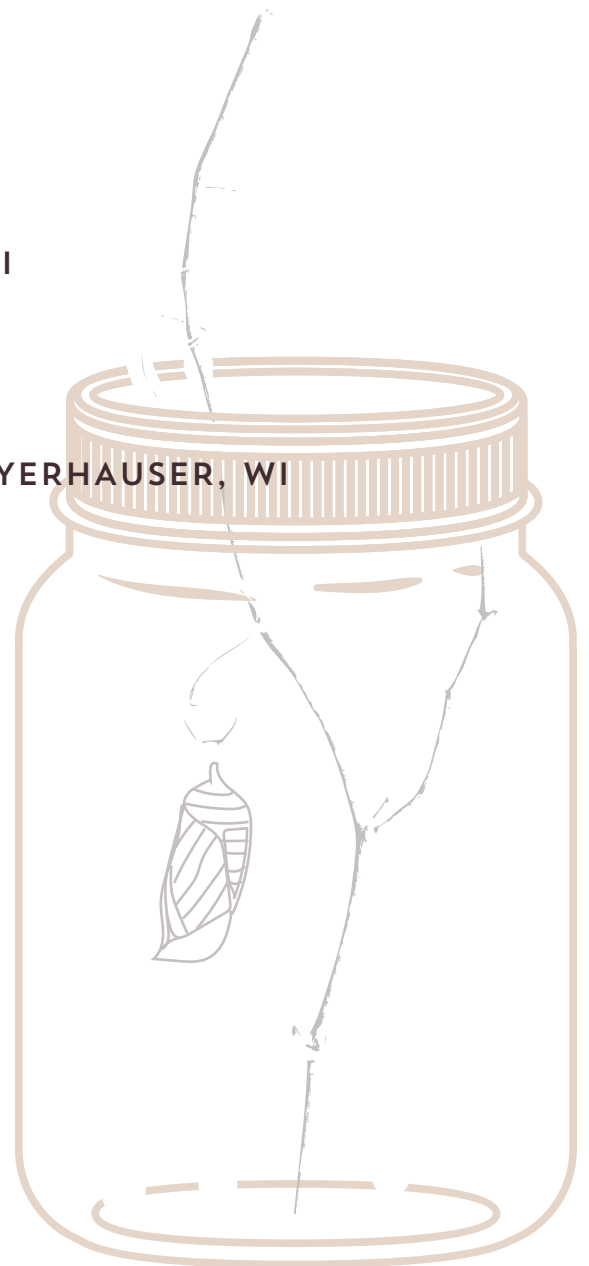
lake trout, white fish & herring

THE 70/40 COMMITMENT

Anyone who has tried making their meals using only local farm produce understands the sourcing challenges our region faces. Farm Table Restaurant faces these challenges each week.

Ideally, we are working toward a sourcing system that purchases 70% or more of our ingredients locally, during peak season. We are also preserving enough during the peak season to hold to 40% or more during the winter months.

To inquire further about our status in the 70/40 commitment, call Jesse Selin @ 715.553.3633



BRUNCH

SERVED UNTIL 4:00 PM

VEGETABLE HASH 10.00

Griddled seasonal vegetables & breakfast potatoes served with rooster sauce & toast.

BREAKFAST STACKER 10.00

Over medium egg, sausage, Cosmic Wheel cheese, rooster sauce & greens on a toasted roll. Served with choice of breakfast potatoes, side salad, coleslaw, or a cup of soup/chili.

CLASSIC BREAKFAST 8.00

Two eggs any style, served with breakfast potatoes & toast.

GREEK CARDAMOM RICE 10.00

Tender basmati rice served with fried eggs, yogurt, burnt onions & assorted vegetables.

HUEVOS RANCHEROS 10.00

Two fried eggs, black beans, burnt onions, cabbage slaw, crema & salsa fresca served over grilled corn tortillas.

OMELET OF THE DAY 12.00

A seasonal three egg omelet, served with either breakfast potatoes, hand-cut fries, side salad, coleslaw, or a cup of soup/chili.

ADD PORK SAUSAGE 4.00

ADD AN EGG 2.00

SOUP

SERVED WITH FRESH BAKED BREAD

SOUP DE JOUR OR VEGAN CHILI

BOWL 6.00

CUP 4.00

SALADS

SERVED WITH FRESH BAKED BREAD

SEASONAL VEGGIE SALAD 9.00

A medley of grilled seasonal vegetables, greens and tossed in a roasted tomato vinaigrette.

*ask server about which vegetables are in season.

FIELD GREENS 8.00

Fresh greens topped with pickled vegetables & toasted sunflower seeds, tossed in a lemon cilantro vinaigrette.

WILD RICE, KASHA & CHERRY ... 9.00

Wild rice, toasted kasha, greens, dried cherries, pecans & caramelized leeks tossed in a honey tarragon vinaigrette.

HOUSE COLESLAW 6.00

Assorted cabbage, kale & shredded carrot tossed with honey turmeric vinaigrette.

Wild Rice

Wild rice is a grain called *zizania aquatica*; it's not an actual rice, but rather a very similar grain. The plant is an annual water grass, and the seed grain is what is referred to as the rice. Lakes in Northern Minnesota and Canada house much of the wild rice population, where it grows wild in the cold waters.

The vitamin and mineral content of wild rice is comparable to that of other grains, making it a great alternative for more variety in your diet. It is high in B-vitamins, niacin, riboflavin, and thiamine, as well as potassium and phosphorus. Wild rice is a complete protein, containing all of the essential amino acids, although it is a bit low in lysine. Lysine is what the body uses to construct collagen, hormones, enzymes and antibodies, that are necessary for a wide range of physical processes and overall good health.

We are pretty lucky to have an abundance of wild rice available in our region, as it is not as easily accessed in other areas within the U.S and globally.

FARM-TO-TABLE

CIRCA 1914



Farm-to-table is considered a social movement that promotes serving local food at restaurants or in school cafeterias, preferably through direct acquisition from the producer. Although the distance is often up for debate, typically the range is within a 100 miles.

This social movement is not unique to our time. With the first World War looming in 1914, the U.S. Postal Service went forward to implement a radical new experiment; the initiative enabled rural farms to get fresh produce to urban centers quickly and affordably. They called it, "Farm to Table Parcel Post."

Before this, if a rural resident wanted to mail anything, especially large packages of food, they hauled it to the post office themselves from several miles away down unforgiving dirt roads.

As you might imagine, the new initiative quickly proved to be a game changer for small farmers and city dwellers alike. The Postal Services' "Farm to Table" program operated much like CSA (Community Supported Agriculture). City residents would get a list - distributed by the USPS - of registered farmers and their goods; they would next put an order in for eggs, vegetables, chicken, butter, or whatever that farmer had to offer. The farmer would then package up the order and ship it to the resident, all within a couple of days.

SMALL PLATES

HAND-CUT FRIES 5.00

Russet potatoes deep fried in rice bran oil and served with house-made ketchup.

CHEESE CURDS 9.00

Hand battered & deep fried organic white cheddar curds served with house-made ranch & tomato coulis.

CHEESE COURSE 10.00

A selection of local cheese, seasonal fruit, house pickles, spreads & house-made bread.

SEARED BRUSSEL SPROUTS 9.00

Seared brussel sprouts with roasted carrot puree & mushrooms.

RED ELK TATAKI 14.00

Rare seared elk, olives, pickled vegetables, house toum (garlic sauce) & balsamic reduction.

SANDWICHES

CHOICE OF HAND-CUT FRIES, SIDE SALAD, COLESLAW, OR A CUP OF SOUP/CHILI

CLASSIC CHEESEBURGER 12.00

Grass-fed beef, Cosmic Wheel cheese, sliced tomato, greens, pickles & aioli on a house-made roll.

GRASS FED BISON BURGER 14.00

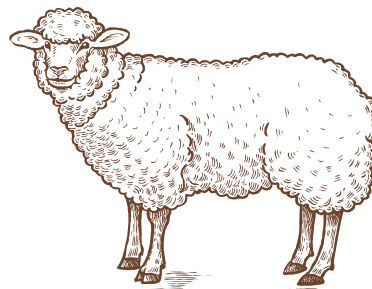
Grass-fed bison, blue cheese & cherry stone mushrooms served on a house-made roll.

ROASTED CHICKEN SALAD 12.00

Classic chicken salad prepared with carrot, celery, onion, fresh herbs, aioli & greens on house-made sourdough bread.

VEGGIE SANDWICH 12.00

Roasted seasonal vegetables & greens, with our house-made vegetable tapenade, served on house-made sourdough bread.



ENTREES

10 OZ. NEW YORK STRIP 30.00

10 oz. New York Strip, demi-glace, caramelized onion & sauteed mushrooms, served with classic mashed potatoes.

GRASS FED LAMB CHOPS 30.00

Rocky Acres' lamb with patio-garden herb pesto, served with classic mashed potatoes.

FISH TACOS 14.00

Deep fried Bodin's Lake Superior fish over corn tortillas & topped with cabbage slaw, crema, salsa fresca, and served with a side of black beans.

★ Dietary restrictions? Just let your server know.

BEVERAGES

ADD FLAVOR SHOT 0.50

DRIP COFFEE 3.00

Rivermoon Coffee Roasting Company - River Falls

COLD PRESS

Produces smoother, less acidic coffee, making it ideal for sensitive stomachs.

10 OZ. 3.00

12 OZ. 4.00

ESPRESSO 3.00

Double shot of delicious espresso, straight up.

CAPPUCCINO 4.00

A perfect balance of light, airy foam and deeply delicious espresso.

LATTE 4.00

Traditionally prepared with double espresso, steamed milk & a dollop of steamed milk froth.

MOCHA 4.50

Double espresso, steamed milk & chocolate.

CHAI LATTE 4.50

Black tea concentrate, vanilla syrup, earthy spices & steamed milk.

10 OZ. SEASONAL JUICE 4.00

Ask your server about what's in season.

8 OZ. MILK 3.00

Crystal Ball Organic Dairy - Osceola

8 OZ. CHOCOLATE MILK 3.00

Crystal Ball Organic Dairy mixed with house-made chocolate syrup.

WISCO POP! 4.00

Cherry, Strawberry, or Ginger - Viroqua, WI

KOMBUCHA (kom - BOO - cha)

Brewed in oak barrels and fermented with whole, organic fruit & herbs in small batches.

6 OZ. POUR 2.50

12 OZ. POUR 5.00

GROWLER & FILL 23.00

GROWLER 5.00

REFILL 18.00

TEA

ALL TEA VARIETIES ARE 3.00

RED CLOVER HERBAL APOTHECARY AMERY

Tulsi Spearmint Lavender
Lemon Balm & Chamomile
Tulsi Peppermint Rose
Mother Earth's Garden
Lemon Grass

RISHI TEA MILWAUKEE

HERBAL

Chamomile Medley
Turmeric Ginger Chai
Turmeric Ginger
Thyme for Triple Lemon
Mystic Mint
Ginger
Rooibos
Peppermint Rooibos

BLACK

Himalayan Classic
English Breakfast
Earl Grey
Lavender Earl Grey
Vanilla Bean
Masala Chai
Jade Cloud

GREEN

Japanese Gunpowder
Jade Oolong
Jasmine
Orange Blossom
Tropical Coconut

WHITE

White Peony

PU-ERH

Pu-erh Classic
Pu-erh Ginger

SEASON
— by —
SEASON
EATING

KOMBUCHA (kom - BOO - cha)

A probiotic beverage produced by fermenting sweet tea with a culture of yeast & bacteria, otherwise known as "SCOBY."



WHAT'S NEW?

www.farmtablefoundation.org

Farm Table Restaurant & the Hungry Turtle Institute have now become one! You may have noticed our new name - Farm Table Foundation. With this change we will be launching a brand new & beautiful website: www.farmtablefoundation.org