Mount Desert High School
Sunday, February 10
Program 2:30 - 5, Food, Music & Exhibits 5:00 - 6:00 p.m.

Thanks to our local caterers and restaurants for generously donating their time, talent, and locally sourced food.

Bar Harbor Farm
Blue Ox Blueberries
Clark Point Catering
Garden Side Dairy
Gather

Milk and Honey Kitchen
Old Dog Bakery
Open Table MDI
Peekytoes Provisions
Sassafrass Catering

Bar Harbor Farm
Rose Avenia
www.barharborfarm.net

Nori Rolls
Local Ingredients: Carrots, Cabbage, Spinach, Rice, Oats, Vinegar, Honey,

I am hopeful about the number of young people starting Maine farms; and their willingness to try growing many different foods.

Blue Ox Blueberries
Laura Flannery and Tim Falt

A Medley: Buckwheat and Oat Blueberry Cake
Oat and Seed Blueberry Jam Cookies
Gluten-Free, Grain-Free Blueberry Muffins

Local Ingredients: organic Maine oats, Maine grain buckwheat, Maine maple syrup, Happytown organic eggs, Tidemill organic yogurt, Organic Valley butter (sort of local-44 or so Maine dairies sell here), Blue Ox organic blueberries.

Our little blueberry farm is our beacon of hope in these truly absurd times that we are living in. Through small local farms and food we can save our rural communities, our health, our spirit, and our planet.
**Clark Point Catering**
Huyen Tran
clarkpointcatering.com

*Miniature wild Maine blueberry pies, Miniature Bar Harbor Farm pumpkin pies*
Local Ingredients: Blue Hill Berry Company organic blueberries, medley of organic winter squashes and pumpkins from Bar Harbor Farms

Arriving in the United States in 1980, grocery shopping in an American supermarket for the first time was both shocking in its massive quantity and yet depressing in its quality. Coming from a culture where you shop fresh daily from your local neighborhood produce and livestock farmers, I am hopeful to see the United States embracing a movement towards environmentally responsible food production and the revival of local farms and farmers. To me, food is an everyday necessity whose production has shown to have huge global impacts. Therefore, I feel it behooves each of us to contemplate how we affect our world and future through our own food purchases and consumption.

**Garden Side Dairy**
Kim Roos
www.hatchknollfarm.webs.com

*Goat Cheese Platter*
Local Ingredients: Goat Cheese

**Gather**
Jordan Kerik

*Savory Greek-Carrot Spanakopita Squares with Homemade Phyllo Dough*
Local Ingredients: eggs, spinach, dill and carrots from 4 Season Farm in Brooksville, Goat Cheese from Seaport Cove Farm in Lamoine; and Kate's Butter from Arundel.

**Milk and Honey Kitchen**
Eliza Bishop
milkandhoneykitchen.com

*Oat cakes with bittersweet chocolate crème fraîche and Maine sea salt*
Local Ingredients: oats, butter, flour, crème fraîche, sea salt

Food is powerful. Farmers, restaurant workers, food producers, activists, and consumers are creating a community around local food that gives so much hope, when things can feel a little hopeless.
Old Dog Bakery
Steve Anastasia
www.olddogbaking.com

Hand-crafted sourdough baguettes baked in a wood fired oven in Mt. Desert

Whenever possible, we use Maine flours and ingredients from Maine family farms. From business cards to ingredients, anything we can buy locally we do. For our wood fired oven, we use wood harvested locally from dead and downed wood. Our electricity is solar and deliveries are done by bicycle and with a solar-charged hybrid electric car.

Open Table MDI
Mahandeva Singh Khalsa
www.opentablemdi.org

Mole Marifax Bean Empanadas with Chipotle Cilantro Crema
Local Ingredients: Marfax beans from Patti Qua in Exeter, ME; onions from Bar Harbor Farm, garlic from Dennis Kiley, Pretty Marsh; goat milk feta from Seal Cove Farm in Lamoine.

As co-founder and chief menu planner of Open Table MDI, a local community supper program, one of my absolute favorite aspects of this work has been connecting with local farmers and purveyors. There is a pure and simple joy in hearing what is being harvested right now and creating a menu around that. There is a deep satisfaction in following the Earth’s lead and truly going with the flow. knowing now is the time to enjoy those fruits or vegetables for they will be gone in just a few days or weeks. There is an appreciation for what is available now and gratitude for all God's bounty.

Peekytoes Provisions
Drew and Cyndi Smith
www.peekytoeprovisions.com

Smoked Mussel crostini with chipotle caramelized onions & whipped goat cheese
Local Ingredients: Hollander & DeKoning mussels, Old Dog Baking Co. baguette, Bar Harbor Farm onions & local goat cheese

Our aim is to provide the MDI and surrounding community with sustainably harvested fresh seafood and local shellfish. Since we opened in 2014 we have been committed to using reusable, compostable, and/or biodegradable containers, as well as recycling everything possible. We are also 100% solar powered. We have found many challenges to being conscious of environmental sustainability balanced with economic sustainability. On many occasions we have run into "1 step forward, 3 steps back" in our attempts to maintain our environmental stewardship. We continue to improve our efforts with the development of new technology and welcome any and all suggestions!
**Sassafrass Catering**
Amanda Kendall
[www.sassafrasscatering.com](http://www.sassafrasscatering.com)

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**Kimchi Deviled Eggs**
Local Ingredients: eggs, carrots, cabbage, garlic, hot peppers, sea salt, watermelon radish, sprouts

Our food choices matter. *They affect our personal well being, the health of our community and the local and global environment. Choosing to source ingredients locally supports each of these and builds relationships between producers and consumers that strengthens our web of connectedness.*