

FOOD SOURCES

FRIDAY & SATURDAY, MARCH 21-22, 2014



- 8TH ANNUAL -

LOCAL FOOD CONFERENCE



WELCOME.

Welcome to the **8th Annual Farm to Table Pittsburgh** Conference! American HealthCare Group started the Farm to Table Conference back in 2007 for consumers to learn the how, what, where and why of local food. We work year round to educate individuals on how to access real & local food, the importance of asking where our food comes from and how we can get back to gathering around the family table.

"Food Sources" has several meanings - and they're all relevant in today's food world. Western Pennsylvanians are interested in sourcing local products so they're shopping at Farmers Markets, Farm Stores and retailers who carry these products. Wellness is catching on and people want to eat the real foods that are the sources of nutrients that keep their families healthy. **The source of those nutrients are the seeds, soil, water and sunshine that make plants and animals grow.**

Come say "Hi!" to us at our table – American HealthCare Group – to talk about how you can incorporate these themes into your workplace, clubs, family and more. **Wellness is prevention!**

FROM OUR FAMILY TO YOURS,

Erin Hart, *Director of Business Development*
Liz Kanche, *Director of Wellness Services*
Bob Hagan, *President and CEO*

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SPEAKER SCHEDULES

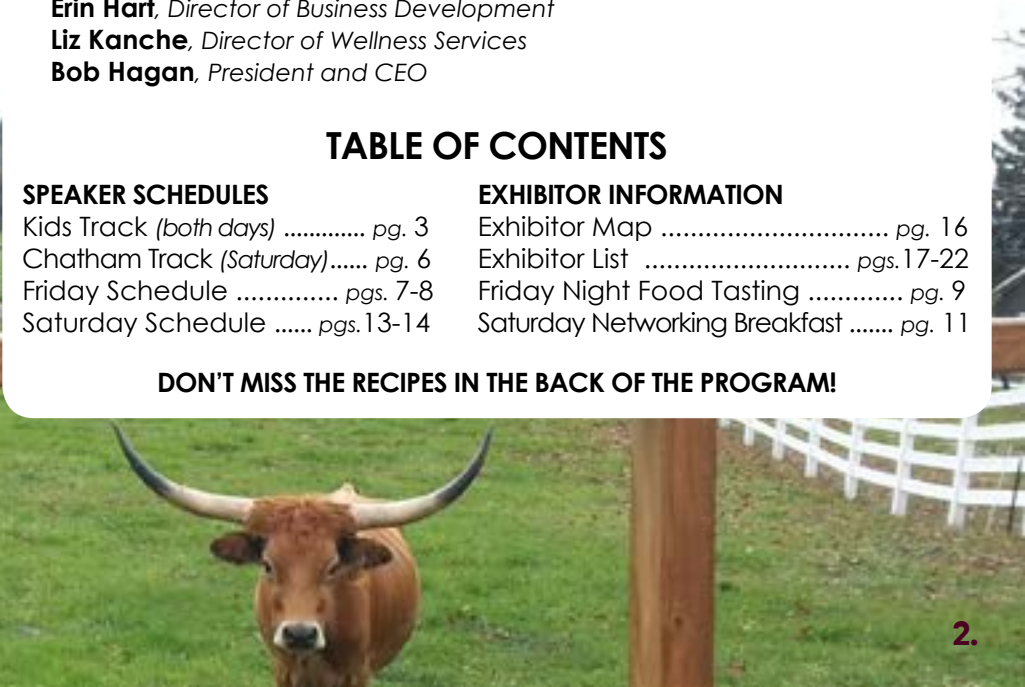
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DON'T MISS THE RECIPES IN THE BACK OF THE PROGRAM!

THANK YOU TO OUR SPONSORS.



KIDS TRACK!

Friday & Saturday in Concourse C

- FRIDAY -

12:30 PM

DIY SEED PACKETS

Hanna Mosca, Chatham University

1:30 PM

KIDS TASTING PARTY! FEATURING MY FOOD NOTEBOOK

Elizabeth Pagel-Hogan, Sweet Tooth Communications

KNOW YOUR FOOD
AND KNOW YOUR
FARMERS.

- Footprints Farm

- SATURDAY -

10:30 AM

SNACK AND S.W.A.P.S. – GIRL SCOUT STYLE

Girl Scout Cadettes, Senior & Ambassadors, Girl Scouts of Western PA

11:30 AM

FARM SENSORY GAME

Emily Stevenson, Pleasant Valley Farm

12:30 PM

KIDS TASTING PARTY! FEATURING MY FOOD NOTEBOOK

Elizabeth Pagel-Hogan, Sweet Tooth Communications

1:30 PM

SNACK AND S.W.A.P.S. – GIRL SCOUT STYLE

Girl Scout Cadettes, Senior & Ambassadors, Girl Scouts of Western PA

2:30 PM

SNACK AND S.W.A.P.S. – GIRL SCOUT STYLE

Girl Scout Cadettes, Senior & Ambassadors, Girl Scouts of Western PA

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Convention isn't going to change the world.

“Sustainability poses very broad challenges — from climate change to energy production to food security. These issues require solutions from many different areas, which is why we have faculty trained in geography, sociology, ecology, and so on, who are all part of one school of sustainability. We give our students the broader knowledge base needed to solve the serious challenges facing humanity.”

Molly Mehling, Ph.D.
Assistant Professor of Ecology and Sustainability

Bachelor of Sustainability

falk.chatham.edu

chatham UNIVERSITY
FALK SCHOOL OF SUSTAINABILITY

CHATHAM TRACK

Saturday in Room 324

Led by Students at Chatham University Falk School of Sustainability

- 10:00 AM -

FARM TRUCK FOODS: BRIDGING THE GAP BETWEEN LOCAL FARMERS AND FOOD INSECURE COMMUNITIES IN THE GREATER PITTSBURGH REGION
Landon Depaulo, Meredith Kneel & Michelle LeGree

- 10:45 AM -

SEED BOMBS
Hanna Mosca & Casey Vogan

- 11:45 AM -

FERMENTING BASICS: GETTING STARTED WITH SAUERKRAUT
Katie Walker & Brittany Thorp

FOOD SOURCES is knowing where your food comes from. Whether it's who planted it to who cooked it. Knowing that is one step closer to cultivating a healthy relationship with food.
- Leah Lizarondo

- 12:45 PM -

BEAN TO BAR: TASTING SUSTAINABLE CHOCOLATE
Amber Webb & Maureen Gullen

- 1:45 PM -

NO FARMS, NO BOOZE
Sam Mass, Drew Cranisky, Elisa Loeser & Lori Diefenbacher

- 2:45 PM -

PENNSYLVANIA FOOD TRAILS
Mary Miller & Beth Taylor

- 3:45 PM -

COMPOSTING WITH WORMS!
Addie Hurst & Arielle Seligson

FRIDAY SPEAKERS

Friday, March 21, 2014
Exhibit Hall opens at 10am

- 10:30 AM -

MINDFUL EATING: EATING PATTERNS THAT PROMOTE WEIGHT LOSS

Bonnie Artman Fox, A Conscious Choice
Room 323

15 MINUTE MEDITERRANEAN MEALS

Dalel Khalil, Sito's
Alcove C

- 11:30 AM -

NOURISHING CONVERSATIONS FOR MIND BODY SPIRIT

LaVerne Darnell, Director of EVE Project
Room 323

KEYNOTE ADDRESS

JUDY WICKS, AUTHOR

Author of "Good Morning, Beautiful Business: the Unexpected Journey of an Activist Entrepreneur and Local Economy Pioneer."
Alcove C

TAKE A BREAK - YOGA SESSION

Debbie Vignovic, RYT
Concourse C

12:30 PM -

TRUTH IN OLIVE OIL

Heather Cramer, Olive & Marlowe
Room 323

EATING IN SEASON: OPTIMIZING NUTRITION BY CHOOSING LOCAL FOODS IN SEASON ALL YEAR LONG

Kimberly Jones, MS, RD, LDN & Chef Crystal Baldwin, Market District
Alcove C

FRIDAY SPEAKERS

Friday, March 21, 2014
Exhibit Hall opens at 10am

- 1:30 PM -

CERTIFIED NATURALLY GROWN: THE "OTHER" ORGANIC STANDARD

Joe Bozzelli, Five Elements Farm
Room 323

ARTIST IN THE KITCHEN

Michael Fracasso & Leah Lizarondo, Author & Brazen Kitchen
Alcove C

TAKE A BREAK - YOGA SESSION

Debbie Vignovic, RYT
Concourse C

- 2:30 PM -

KEEPING HENS IN THE CITY AND LEGISLATIVE CHALLENGES

Jana Thompson, Pittsburgh Pro Poultry People
Room 323

SCHOOL GARDENING 101: THE FOUNDATION FOR STARTING A SUCCESSFUL SCHOOL GARDENING PROGRAM

Kelsey Weisgerber, Environmental Charter School & Slow Food Pittsburgh
Alcove C

- 3:30 PM -

BEHIND THE LABEL: WHERE WHISKEY COMES FROM (TASTING WILL BE PROVIDED!)

Meredith Grelli, Wigle Whiskey
Room 323

FOOD BLESSING MEDITATION

Dorit Brauer, Meditation
Alcove C

TAKE A BREAK - YOGA SESSION

Debbie Vignovic, RYT
Concourse C



FRIDAY NIGHT FOOD TASTING

- presented by -



We are proud to share that the Friday Night Food Tasting is supported by the American Farmland Trust organization.

Friday, March 21, 2014 - 5-8pm: Registration sold separately at Registration Desk.

A portion of the proceeds will benefit Grow Pittsburgh



**LIVE MUSIC BY
MICHAEL
FRACASSO!**

"A kitchen should be an area of creation and like any artist, having the right materials (in this case - food) is essential. By growing your own food a balance is automatically instilled in the diet according to season; colors and nutrition automatically follow.

In the Spring there are plenty of wild greens to pick in fallow fields: dandelion, broccoli rabe among others and in the fall mushroom season gives a new meaning to hunting."

- Michael Fracasso



91% of the fruits and 76% of the vegetables are grown on farmland under pressure from suburban sprawl and highways.



The United States has been **losing an acre of farmland every minute** to development and once this productive land is gone, it's lost forever.



Losing this land threatens our ability to grow local food and protect our drinking water.



**No Farms
No Food®**

American Farmland Trust

Join **American Farmland Trust** in saving farmland, promoting sound farming practices, and keeping farmers on the land.

Visit www.farmland.org to learn more about American Farmland Trust and sign-up to get your FREE "No Farms, No Food" bumper sticker today!

SATURDAY MORNING NETWORKING BREAKFAST

Saturday, March 22, 2014 - 8-10am

Registration sold separately at Registration Desk.

Get to know your farmer on a more personal level!

Share a meal prepared using local food with exhibitors at our Saturday Morning Networking Breakfast.

- 8:30 AM -

EATING LOCALLY SOURCED FOOD ALL YEAR ROUND, EVEN IN PENNSYLVANIA!

Karlin Lamberto & Lydia Vanderhill
Penns Corner Farm Alliance

- 9:30 AM -

FOOD SOURCES

Leah Smith
Pennsylvania Association for Sustainable Agriculture

- MENU -

Granola Yogurt Parfaits
Vegetable Frittata
Oven Roasted Potatoes
French Toast Casserole
Maple Syrup

SPECIAL THANKS TO THESE SUPPLIERS:

Pennland Artisan Marketplace
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East End Food Coop
Grandma Z's Maple Haus
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Giant Eagle and Market District® is honored to sponsor of Farm to Table.



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GIANT EAGLE MARKET DISTRICT

SATURDAY SPEAKERS

Saturday, March 22, 2014
Exhibit Hall opens at 10am

- 10:30 AM -

FARM TO TABLE, FOOD DESSERTS & SOCIAL ENTREPRENEURSHIP

Majestic Lane, Juice Up 412
Room 323

FARM TO FIVE STAR

Jeremy Swartzfager & Brent E. Wertz CEC, AAC, Footprints Farm & Nema-
colin Woodlands Resort
Alcove C

- 11:30 AM -

CSA, FARMERS MARKETS & BUY LOCAL PROGRAMS

Elliott Lengel, Lengel Brothers Farm and
Market
Room 323

SHIITAKE MUSHROOMS: THE HOW & THE WHY

Rusty Orner, Quiet Creek Herb Farm &
School of Country Living
Alcove C

- 12:30 PM -

MAXIMIZE YOUR HEALTH & MINIMIZE YOUR FOOD BUDGET WITH SEASONAL EATING

Jeff & Cindy Berkowitz, New Life Kitchen
Room 323

FAIR TRADE COFFEE

Therese Tardio, Building New Hope
Alcove C

When you learn to
make local and organic
food purchase decisions,
you are coming from a
place of healing for our
mind, body, and mother
earth.

- Janet McKee

SATURDAY SPEAKERS

Saturday, March 22, 2014
Exhibit Hall opens at 10am



- 1:30 PM -

10 ESSENTIALS TO SAVE YOUR EYESIGHT

First fifty participants in this session will receive a Dr. Courtney's book.
Dennis J. Courtney, MD, Courtney Medical Group
Room 323

CLOSE TO THE SOURCE: HOW RETAILERS & CUSTOMERS CAN WORK TOGETHER

Regina Koetters, Marty's Market
Alcove C

- 2:30 PM -

PUTTING LOVE INTO FOOD SAFETY

Edwin W. Shank, The Family Cow
Room 323

REJUVENATING OUR LAND AND OUR HEALTH

Janet McKee, Holistic Health Counselor/Founder of Sanaview
Alcove C



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EXHIBITOR MAP

Exhibit Hall open 10am-5pm each day



Exhibitors are labeled
with their table #
starting on the next
page.

EXHIBITORS

Exhibit Hall open 10am-5pm each day

ACHD/ WIC PROGRAM 8

Pittsburgh, PA
412-350-7238

ALLEGHENY COUNTY CONSERVATION DISTRICT 10

Pittsburgh, PA
412-291-8017

AMERICAN FARMLAND TRUST 63

Washington, DC
202-378-1206

AMERICAN HEALTHCARE GROUP 62

Pittsburgh, PA
412-563-8800

ALLEGHENY INTERMEDIATE UNIT 57

Pittsburgh, PA
412-576-3297

ANIMAL WELFARE

APPROVED 20
Millersville, PA
717-412-1701

ARBONNE 11

Bethel Park, PA
412-851-1131

AROMATHERAPY/YOUNG LIVING ESSENTIAL OILS 61

Pittsburgh, PA
412-403-4510

BARRE 33

Pittsburgh, PA
206-617-6917

BIG HORN RANCH GRASS- FED & PASTURED MEATS CSA 27

Pittsfield, PA
814-563-7348

BLACK MOUNTAIN SPIRIT SCHOOL OF CHINESE KUNG FU 14

Homestead, PA
412-216-8030

BRENCKLE'S ORGANIC FARM & GREENHOUSE 30

Zelienople, PA
724-6506907

BUILDING NEW HOPE/ BEAN CATERING 60

Pittsburgh, PA
510-947-5934

CHATHAM UNIVERSITY - FALK SCHOOL OF SUSTAINABILITY 37

Pittsburgh, PA
412-365-1386

CHICKS-IN-THE-HOOD 66

Pittsburgh, PA
412-310-4182

CHRISTIAN W. KLAY WINERY 59

Chalk Hill, PA
724-439-6492

CLARION RIVER ORGANICS

56

Sligo, PA
412-418-2596

COMMUNITIES ALLIANCE FOR RESPONSIBLE ECO- FARMING 4

Carlisle, PA
717-249-5629

DILLNER FAMILY FARM 2

Gibsonia, PA
724-444-6594

FARM-TO-CONSUMER LEGAL DEFENSE FUND 65

Falls Church, VA
703-208-FARM

FARM TO TABLE PITTSBURGH

62

Pittsburgh, PA
412-563-8800

FIVE ELEMENTS FARM 34

Worthington, PA
724-575-0317

FOOTPRINTS FARM 55

Gibbon Glade, PA
724-329-8254

FRANKFERD FARM FOODS, INC. 49

Saxonburg, PA
724-352-9500

FREEDOM FARMS 36

Butler, PA
724 272 7715

GATEWAY LODGE 38

Cooksburg, PA
814-744-8017

GIANT EAGLE 31

Pittsburgh, PA
412-963-6200

GIRL SCOUTS OF WESTERN PENNSYLVANIA 3

Pittsburgh, PA
800-248-3355

GMO FREE PA 0

Newtown Square, PA
724-591-3174

GOODLIFE JUICES LLC 21

Pittsburgh, PA
412-523-7274

GRANDMA Z'S MAPLE HAUS 54

Wilmington, DE
412-279-3324

GREATER PITTSBURGH COMMUNITY FOOD BANK 29

Duquesne, PA
412-812-6716

GREEN MOUNTAIN ENERGY 9

Pittsburgh, PA
412-586-7578

HEALCREST URBAN FARM 5

Pittsburgh, PA
412-228-1762

HEMPZELS/LANCASTER TRADING HOUSE, INC. 46

Lancaster, PA
800-873-4367

LAUREL VISTA FARM 53

Somerset, PA
412-523-1825

LET'S MOVE PITTSBURGH 43

Pittsburgh, PA
412-622-6915 x6751



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EXHIBITORS

Exhibit Hall open 10am-5pm each day

M & M ROBERTSON FARMS & GREENHOUSE 35
Sligo, PA
814-358-2882

MARKET DISTRICT 31
Pittsburgh, PA
412-831-1480

MIRA FAIR TRADE 17
Pittsburgh, PA
412-849-0893

MORRIS FARM 28
Irwin, PA
412-370-3206

MT. LEBANON FARMERS MARKET 17 (Friday only)
Pittsburgh, PA
412-343-3412

NATIONAL HEALTH FEDERATION 16
Verona, PA
412-828-9542

NEW LIFE KITCHEN 7
Pittsburgh, PA
412-513-5963

NORTH HILLS COMMUNITY OUTREACH 15
Allison Park, PA
412-487-6316

NUTRADENTIST, LLC 58
Bethel Park, PA
412-831-9700

PA BEEF COUNCIL 25
Bedford, PA
814-623-2698

PA PREFERRED 39
Harrisburg, Pa
717-772-3094

PA WOMEN'S AGRICULTURAL NETWORK 52
University Park, PA
814-863-4489

PASA 16 (PA Association for Sustainable Agriculture)
Pittsburgh, PA
412-365-2987


PASTURE PERFECT BEEF 24
Grove City, PA
724-992-0942

PATHWAYS TO SMARTCARE 62
Pittsburgh, PA
412-563-8800

PENNLAND ARTISAN MARKETPLACE 67
Hagerstown, MD
724-323-3324

PITTSBURGH CRAFT BEER ALLIANCE 47
Pittsburgh, PA
724-312-5756

Pittsburgh Eye Protocol
Dr. Dennis J. Courtney, M.D.



PittsburghEyeProtocol.com

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Aries Athletic Club – Ellsworth | George Washington Hotel – Washington
Sunny Bridge Natural Foods, INC – McMurray | Back Yard Gardens – Ohiopyle

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Find us on Facebook www.pennlandmarketplace.com

EXHIBITORS

Exhibit Hall open 10am-5pm each day

PITTSBURGH PUBLIC MARKET
19
Pittsburgh, PA
412-281-4505

PLEASANT VALLEY FARM **13**
Tionesta, PA
814-755-3911

PRETZEL CRAZY **51**
Pittsburgh, PA
412-526-1300

**QUIET CREEK HERB FARM
AND SCHOOL OF COUNTRY
LIVING** **32**
Brookville, PA
814-849-9662

R WINE CELLAR **50**
Pittsburgh, PA
412-562-9463

**REPUBLIC FOOD ENTERPRISE
CENTER** **23**
Republic, PA
724-246-1536

**REVIVE UPPER CERVICAL
CHIROPRACTIC** **22**
Cranberry Township, PA
724-553-8526

**SANAVIEW FARMS AT
ROARING RUN** **1**
Pittsburgh, PA
724-417-6695

SERENITY HILL FARMS **27**
Cheswick, PA
724-316-4175

SPICE IT UP **18**
Moundsville, WV
304-312-8877

**SUMMER SMILES HONEY
APIARY** **21**
Steystown, PA
814-525-0306

**SWEET TOOTH
COMMUNICATIONS**
Pittsburgh, PA
412-999-1219

TABLE MAGAZINE **26**
Pittsburgh, PA
412-661-6106

TAIT FARM FOODS **48**
Centre Hall, PA
814-466-2386

THE FAMILY COW **26**
Chambersburg, PA
717-491-4004

THE FARMER'S TABLE **46**
(Saturday only)
Trafford, PA
412-841-8381

THE OLIVE TAP **17**
(Saturday only)
Pittsburgh, PA
412-586-4407

THE PAMPERED CHEF **6**
Greensburg, PA
724-205-1115

Food Sources means more than geography; it's about people. Do you know the people who provide your food?
- Pittsburgh Public Market

TURNER DAIRY FARMS **41**
Pittsburgh, PA
412-372-2211

UJAMAA COLLECTIVE **42**
Pittsburgh, PA
412-228-5160

WE ADD UP **44**
Cleveland Heights, OH
440-946-7083

WEATHERBURY FARM **41**
Avella, PA
724-587-3763

**WESTON A. PRICE
FOUNDATION** **65**
Washington, DC
202-363-4394

**WHIRL PUBLISHING/EDIBLE
ALLEGHENY** **42**
Pittsburgh, PA
412-431-7888

**WOMEN FOR A HEALTHY
ENVIRONMENT** **45**
Pittsburgh, PA
412-420-2290

YELP **12**
Pittsburgh, PA
412-315-8088

ZERO FOSSIL
Pittsburgh, PA
412-600-5678



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pennsylvania WILDS™

Quiet Creek
Herb Farm

RECIPES

Chicken & Mushroom Rye Panzanella by Chef Crystal A. Baldwin, Giant Eagle

INGREDIENTS

1/2 lb Bell and Evans chicken breast, cubed
6 cups Mediterra rye bread, cubed
1/2 lb assorted mushrooms, sliced
3 medium tomatoes, cored and halved
1/3 cup rhinos Dutch rye caraway cheese, cubed
1 cup baby greens
1/4 cup red onions, julienned
2 tbsp garlic, minced
2 tsp thyme
3/4 cup olive oil
2 tbsp sherry vinegar
Salt and pepper to taste

DIRECTIONS

Place the tomatoes on a sheet tray. Season with salt, pepper, 1 tsp of the thyme and 1/2 tsp of the garlic. Drizzle with 2 tbsp olive oil. Roast in the oven until wilted and very tender (approximately 1 hour.) Remove from the oven and let cool.

Turn the oven temperature to 400°.

Toss the bread with 2 tbsp olive oil and season with salt and pepper. Spread the bread on a sheet tray and cook until crisp and lightly golden brown. Remove from the oven and let cool.

Meanwhile, in a skillet over medium high heat add 2 tbsp olive oil. Add the chicken and season with 1 tbsp garlic, salt and pepper. Salute until cooked through. Remove to large bowl. In the same skillet add the mushrooms, remaining garlic and thyme. Season with salt and pepper. Sauté until tender and browned.

Add the mushrooms to the chicken in the bowl. Add the tomatoes, bread, onion, vinegar, and remaining olive oil; toss well. Add the cheese and baby greens toss lightly. Adjust the seasoning and serve. pasta of choice or use as a garnish over chicken or fish.

RECIPES

Chopped Mediterranean Salad by Fabled Table

INGREDIENTS

4 cups red & yellow cherry or grape tomatoes, cut in half
2 cups chopped artichoke hearts
Approximately 2 roasted red peppers, chopped
1/2 cup feta cheese
2-3 cups chopped spinach
1 cup chopped black olives
1 cup chopped green olives
1 tsp ground rosemary
1 tblsp all purpose salt-free seasoning
1/2 tsp garlic granules

DIRECTIONS

Combine all chopped ingredients and seasonings; mix well. Add to pasta of choice or use as a garnish over chicken or fish.



Jenny Lee
Cinnamon Swirl Breads

Our breads can be found at every King's Family Restaurant and most Shop'N Save stores, Foodland, Giant Eagles and other fine markets. If you can't find it in the bake shop of your favorite store, ask the bakery manager to carry it today!

5 GENERATION BAKERS
www.5generationbakers.com



- Working with regional farmers to supply our community with local produce
- Supporting local farms and artisan food enterprises with our *Local Eats, Local Treats* Buying Program
- Servicing Food Deserts with our 'pop-up' markets
- Learn more at: www.republicfoodenterprisecenter.org

Republic Food Enterprise Center
40 Legion Street
Republic, PA 15475
Phone: (724)246-1536
www.republicfoodenterprisecenter.org

RECIPES

Kim Chi

by Quiet Creek Herb Farm

INGREDIENTS

15 lbs. chopped Napa cabbage
7 ½ tblsp salt (or ½ tblsp salt per pound)
3 ½ lbs (or more) chopped carrots, daikon radishes, onions, leeks, etc.
3 cups pepper sauce

PEPPER SAUCE

3 cups dried hot peppers, such as Anaheim, chile, cayenne, etc.
1 cups powdered brown rice
3 cups water
2 cups fish sauce
5 cloves garlic, pureed in ¼ cup water
¼ cup dried ginger, or fresh to taste

DIRECTIONS

Mix all ingredients together and pack into jars, leaving space at the top for the Kim Chi to expand as it ferments. Lid the jars, leaving enough looseness for the carbon dioxide to escape as it ferments. Set in a bowl or deep pan and let ferment for 3-7 days, to taste. Tighten lid and refrigerate.

RECIPES

Salmon Tagine with Tomatoes, Olives & Lemons

by Hello Hummus

INGREDIENTS

2 tsp cumin
3 cloves garlic
1 tsp coarse salt
1 tblsp sweet paprika
1 1/2 tsp crushed hot red pepper
2 tblsp coarsely chopped fresh parsley
2 tblsp chopped fresh cilantro
4 wedges lemons, rinsed, pulp and peel separated
1 lemon thinly sliced
3 tblsp extra virgin olive oil

1 lb salmon (or monkfish fillet, thick slabs of halibut, if preferred)
2-4 potatoes, sliced ¼" thick
1 large carrot cut into matchstick pieces
1 lb red ripe tomatoes (save 1 for slicing)
2 small peppers – green, red, or yellow, slice into very thin rounds
2 dozen Moroccan red or picholine olives, rinsed and pitted
2 dried bay leaves

DIRECTIONS

Step 1: Make Charmoula by combining cumin, garlic, salt, paprika, parsley, cilantro, pulp of lemon, 2 fresh tomatoes, and olive oil. Puree by blending.

Step 2: Rinse fish and pat dry. Cut into 4-6 oz pieces. Rub half of the charmoula all over fish; let stand for 1 hour at room temperature or up to 24 hours refrigerated. Add ½ cup water to remaining charmoula, cover and keep refrigerated.

Step 3: Preheat oven to 375. Spread 2 T reserved charmoula over the bottom of a tagine (or large baking dish); add one layer of potatoes and half of the carrots, tomato slices and peppers. Add salmon, drizzle with a little charmoula, and arrange remaining carrots, peppers and tomato slices on top of the salmon. Spread remaining charmoula on top and arrange slices of lemon, olives and bay leaves to top. Cover tagine and bake for 45 minutes to 1 hour.

Add the mushrooms to the chicken in the bowl. Add the tomatoes, bread, onion, vinegar, and remaining olive oil; toss well. Add the cheese and baby greens toss lightly. Adjust the seasoning and serve. pasta of choice or use as a garnish over chicken or fish.

30. **TABLE**
where we come to share life

01 30 ISSUES!
Celebrating eight years of lovin' on Pittsburgh

02 NEW LOOK
Have you seen our clean new redesign?

03 NEW SITE
TABLEmagazine.com just got a facelift...

04 MORE EVENTS
We're hitting 150 per year! Check us out in a giftbag near you.

05 SO SOCIAL :)
Facebook, Twitter, Instagram: @tablemagazine

RECIPES, TIPS & MORE

RECIPES

Lemon Pound Cake by Olive & Marlowe

INGREDIENTS

3 ½ cups cake flour, sifted
½ tsp baking soda
¼ tsp salt
1 cup Olive & Marlowe Meyer Lemon
Extra Virgin Olive Oil
1 ¾ cups sugar
6 eggs, room temperature
1 cup milk
Zest from ½ of a lemon
1 tsp vanilla extract

DRESSING

½ cup sugar
½ cup lemon juice
other ½ of lemon zest

DIRECTIONS

Preheat oven to 300. Grease and flour a bundt pan (or two small loaf pans, lined with parchment). Sift flour, baking powder, and salt together. In separate bowl, Mix olive oil and sugar together on a low speed with electric mixer (paddle attachment) until it resembles sand. In a third bowl, whisk together eggs and milk until just combined; do not overbeat the eggs.

Continuing on the low speed, add half of dry ingredients. Alternate between adding the wet ingredients and remaining dry ingredients until fully combined. Increase speed of mixer to medium for 30-60 seconds. Stir in zest and vanilla and pour batter into the pan.

Bake the bundt 60-90 minutes until a toothpick inserted comes out clean (check loaves after 45 minutes). Allow to cool in pan on wire rack for 15 minutes. Remove from pan onto a wire rack and glaze. Make glaze while cake is cooling in pan. Combine all glaze ingredients in small saucepan and simmer for 5 minutes until sugar has fully dissolved and mixture has become thick and syrupy. Use a pastry brush to coat cake with glaze while still warm. Allow to fully cool before cutting. Serve with fresh raspberries and dust with powdered sugar.

Food Sources are the essence of eating farm-to-table. It's knowing where your food truly comes from: the fields where the vegetables are grown; the hands that picked them; the barns & fields where meat animals are born & raised.

- Emily Stevenson,
Pleasant Valley Farm

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RECIPES

Olive Oil Cake by Olive & Marlowe

INGREDIENTS

4 eggs
¾ cup sugar
⅔ cup Olive & Marlowe Ascolano, Sevillano, or Manzanillo Extra Virgin Olive Oil
⅓ cups unsalted butter, melted
Finely grated zest and juice of 1 tangerine or orange
1 ½ cups all-purpose white flour
1 tbslp baking powder
¾ tsp salt

GLAZE

⅔ cups Olive & Marlowe Chocolate Balsamic Vinegar
2 tbslp sugar or mild honey

MARMALADE

4 large tangerines
1 cup sugar

DIRECTIONS

Preheat oven to 325. Grease and flour a 9-inch springform pan.

For the Cake: Beat eggs and sugar together with an electric mixer on high for 2-3 minutes. Add olive oil and melted butter and continue to beat on high until combined. Fold in citrus zest and juice. Combine dry ingredients and gradually add them to the wet. Mix until well combined. Pour batter into pan and bake for 40-45 minutes or until a toothpick inserted comes out clean. Rotate cake halfway through baking to ensure even cooking. Cool on wire rack for 10 minutes, remove the pan, and add chocolate glaze while cake is warm.

For the Glaze: As cake cools, combine sugar and vinegar in saucepan over medium heat and reduce by 1/3. Brush glaze onto warm cake and drizzle down the sides.

For the Marmalade: Make the marmalade while the cake is baking. Wash tangerines and trim off tops and bottoms. Slice two of them as thinly as possible, discarding seeds. Put tangerines in a heavy bottom pot. Juice the remaining two tangerines and pour juice over sliced tangerines in pot. Allow to sit for 20 minutes, then cook over medium heat until liquid comes to a boil. Turn down heat and allow tangerines to simmer for 20 minutes. DO NOT STIR. Stirring will destroy the pretty shape of the round citrus. Add sugar and continue cooking until it dissolves and mixture becomes thick and syrupy (about 20 more minutes). Remove from the heat and cool fully before handling. Arrange candied tangerines over top of the cake and drizzle remaining syrup.

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