



BIONEERS BY THE BAY

The Marion Institute presents the fourth annual Bioneers by the Bay: Connecting for Change conference October 23-26 in historic downtown New Bedford, Massachusetts. Bioneers by the Bay is an internationally acclaimed annual gathering of environment, industry and social justice innovators who have demonstrated visionary and practical models for restoring the Earth and its inhabitants. Over 2,500 students, teachers, green business innovators, scientists, grassroots leaders and everyday folks from all over the Northeast will gather to learn, teach, celebrate and connect for change.

Bioneers by the Bay promises to be an unforgettable weekend of live keynote presentations, afternoon workshops, a downlink from Bioneers San Rafael (bioneers.org), an extensive Youth Initiative program, an exhibition hall featuring sustainable businesses and organizations, films, music, an open mic night and art installations.

As seagulls glide overhead in the crisp fall air, participants can shop at the vibrant Farmers Market, which will offer fresh vegetables and fruit, apple cider, baked goods, jams, jellies, chutney, relishes, honey, eggs, flowers, plants and much more. Bioneers by the Bay is an advocate of sustainable agriculture and has partnered with SEMAP (Southeastern Massachusetts Agricultural Partnership) and Fine Catering by Russell Morin to present the rich bounty of our south-coast farms for all the Continental breakfasts, lunches and snacks. “Local, fresh and seasonal” is the catchphrase this year for Bioneers by the Bay: Connecting for Change.

For more information please see :

connectingforchange.org or call 508-748-0816



“HANNAHBELLS” FROM SHY BROTHERS FARM

by Marjorie R. Williams

How do four shy brothers make a living on an old dairy farm? Arthur, Norman, Kevin and Karl Santos — two sets of fraternal twins — hit upon a winning recipe for making tiny artisanal cheeses. Their third-generation dairy farm occupies the highest land on a peninsula between two branches of the Westport River, but the inspiration for their tasty thimble-sized cheeses came from France’s Burgundy region. The French call them “*boutons de culottes*,” (trouser buttons). The ones from Shy Brothers Farm are named “Hannahbells” after the brothers’ mom. These single-crème cheeses taste smooth and rich as triple-crème, and they pack big flavor into their tiny shape. They come in Classic French, Shallot, Rosemary, Lavender and, the newest addition, Carrot and Crystallized Ginger. Flavors vary slightly by season (Chipotle and Mint-Basil will return next summer). No surprise that they are quickly gaining popularity among chefs and caterers. Hannahbells make a delicious and easy pop-in-the-mouth appetizer. While complex in flavor, the cheeses also combine well with other foods. Classic French is favored by chefs who roll them in panko crumbs or crushed nuts for salad croutons. All varieties of Hannahbells melt beautifully and can be stuffed in mushroom caps, added to pizza or thrown into steamed vegetables, pasta and risotto. The possibilities are endless. But the supply isn’t. They sell out fast. You can find them at Lees Market in Westport, Alderbrook Farm in Dartmouth, How On Earth in Mattapoisett, Milk & Honey Bazaar in Tiverton, Tihonet Village Market in Wareham, the Silverbrook Farm stand at local farmers markets, Foodies in Duxbury, Whole Foods Market in Hingham and online at www.shybrothersfarm.com.

Shy Brothers Farm
Tel. 508-965-6560

AVANT GARDENS

by Marjorie R. Williams

Customers often exclaim, “This is the best secret in southeastern Massachusetts!” when they discover this nursery on High Hill Road in Dartmouth, just minutes from Rt. 195 near the border with East Freetown. Run by wife-and-husband team Kathy and Chris Tracey out of the picturesque farmhouse property that serves both as their home and business, Avant Gardens has been surprising and delighting customers for over 20 years. The Traceys specialize in hard-to-find plants — ones that mass retailers and other nurseries don’t typically carry. And that makes all the difference if you are interested in creating a distinctive garden filled with dramatic foliage. While the nursery is well known among horticulturists, the attitude of the owners is anything but exclusive. The Traceys’ passion for uncommon but easy-to-grow and low-maintenance plants is available for all to enjoy and learn more about, whether strolling through their gardens, sitting under their pergola during peak season or surfing their online catalog at www.avantgardensne.com any time of the year. 508-998-8819.



BRADFORD'S
MEAT SHOP & MORE

A UNIQUE MEAT SHOP SPECIALIZING IN PREMIUM
QUALITY BEEF, POULTRY, PORK, LAMB AND VEAL.



“I have brought the traditional ‘Butcher Shop’
back and added a touch of gourmet.”

644 Washington St. (Rte 53 - Across from Starland) • Hanover, MA
Mon - Fri - 10am - 7pm • Sat - 10am - 5pm • Sun - 11am - 4pm
781-826-3100

All Major Credit Cards Accepted
www.bradfordsmeatshop.com



A Health Food Store For Pets
Offering Customer Support
and Guidance

Natural Diets • Grain-free Foods • Raw Diets
• Cat & Dog Foods • Vitamin & Herbal
Supplements • Collars & Leashes • Shampoos
• Earth Friendly Toys • Pet Beds • Treats
• Flower Essences • Canine Massage

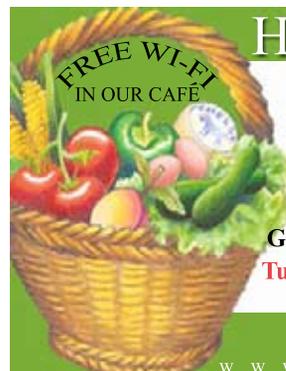
Also Available: Flower Essence Consultations by Diane Dewberry

(781) 826-9760

www.thehealthyanimal.com

Hours:

Monday – Friday 10 AM to 6 PM / Saturday – 9 AM to 4 PM / Closed Sunday
Town Line Plaza • Route 53 • 808 Washington Street, Pembroke, MA 02359



HOW ON EARTH

Local, organic produce.
Breads & cheeses.
Health & beauty products & gifts.
Free range chicken
& Grass fed beef.
Organic coffee, tea and pastries.
Lunch served from 11-2.
Grilled pizza & prepared meals to go.

Tues-Fri 8-7 Sat. 8-5 62 Marion Rd
508 758 1341 Mattapoisett, MA

THE STORE

www.howonearth.net

DOING GOOD FOR OTHERS: CRANBERRY HOSPICE'S ANNUAL KITCHEN TOUR

by Michelle Conway

The kitchen is the heart of the home. Family and friends gather around the table to share the stories of the day over a meal or a soothing cup of tea. Children are welcomed home from school with snacks, relatives are greeted with festive dishes and the sick and bereaved are given warm, nourishing meals, all created with love in kitchens large and small all around the world.

How appropriate that the volunteers and staff of Cranberry Hospice of Plymouth would offer a Kitchen Tour to benefit the many programs and services provided for those in need of compassionate end-of-life care.

Founded seven years ago by Hospice volunteers as a way to connect the community to the cause, the Kitchen Tour is a unique opportunity to experience some of Duxbury's finest kitchens. This

year's tour will take place on Sunday, October 19th from 1:00 p.m. to 5:00 p.m. For a \$25 ticket, kitchen lovers and dreamers alike can take a self-guided tour through six kitchens where Cranberry Hospice volunteers are available to answer questions about hospice, the décor and the design of the kitchens and to offer unique recipe cards.

Tickets are limited and are available at the following Duxbury businesses: Casey's Fine Wine and Spirits, The Studio and Westwinds Book Shop, all located in the Duxbury Marketplace, Depot Street, Duxbury. On the day of the tour tickets can be purchased at Casey's Fine Wine and Spirits or at Timeless Designs showroom, 459 Washington Street.

For more information, call Cranberry Hospice at 508.746.0215.

Greek Pasta with Tomatoes and White Beans

Recipe provided by Bonnie Casey,
Kitchen Tour Chairperson

Serves 4

2 (14.5-ounce) cans diced tomatoes with basil, garlic and oregano

1 (19-ounce) can cannellini beans or chickpeas, rinsed and drained

1 (10-ounce) bag fresh spinach, chopped (about 8 cups)

4 cups hot cooked penne (about 1/2-pound uncooked tubular-shaped pasta)

1/2 cup (2 ounces) finely crumbled feta cheese

Combine tomatoes and beans in a large nonstick skillet over medium-high heat.

Bring to a boil. Reduce heat and simmer 10 minutes.

Add spinach and cook 2 minutes or until spinach wilts, stirring occasionally.

Place 1 cup pasta on each of four plates. Top each serving with 1 1/4 cups sauce and 2 tablespoons cheese.



Martha's Stone Soup at the Tavern From Homestyle to Haute Cuisine

A large selection of daily specials and soups complement a menu of favorites such as Scallops in Ginger Sauce, Country Roast Chicken, & Pasta with Gorgonzola



Hours:
Luncheon & tea:
Tuesday - Saturday 11-4
Dinner:
Thursday & Friday 5-10

Serving local, organic, & biodynamic products.
Community Supported Agriculture member.
Vegan and vegetarian dishes always available.



517 Old Sandwich Road in Plymouth
(508)224-8900 - www.marthasstonesoup.com



A LOCAL HIDDEN GEM

Wood's Seafood Market and Restaurant, perfectly situated on Plymouth's Town Pier, is the ideal clam shack. It's what you are looking for and hoping to find when you venture out for that plate of New England fried ocean goodness. The site has sported a fish market since the 1920s, and Wood's has been serving up fish to hungry patrons there since 1957. It's been under the ownership of Jay Kimball, the current proprietor, for 19 years.

The establishment is divided into two connected sections. To the left is the extensive fish counter, stocked with abundant seafood. Many of the species there are from local waters. For example, the striped bass, flounder, tuna and bluefish are all from Cape Cod Bay. The clams are local, too. Kimball states that at Wood's you can see what you are going to eat just before it is cooked. The right side of the building houses the casual restaurant, which overlooks Plymouth Harbor. There are large windows framing views of the harbor. Pleasure boats, the masts of the Mayflower and the dock all fall into the panorama which provides diners with instant entertainment at this local hidden gem.

Wood's is located on Plymouth's Town Pier and is open year-round, seven days a week. Fish market open 9 am – 7 pm. Restaurant open 11 am – 8 pm. 508.746.0261

Onions

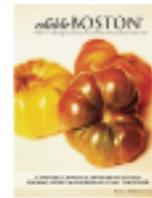
Egyptians believed that the onion's spherical shape and concentric rings symbolized eternal life.



I contain fiber and vitamin C

www.producepedia.com
Fruits | Veggies | Nuts

DISCOVER ALL THAT IS LOCAL IN EASTERN MASSACHUSETTS



Subscribe to *edible* South Shore, *edible* Boston and *edible* Cape Cod today and save!

Usually each one-year subscription (4 issues) costs \$32.00. If you purchase a subscription for all three, you pay only \$75. A savings of \$21.00.

To subscribe, go to www.ediblesouthshore.com, www.edibleboston.net or www.ediblecapecod.com or complete the form below and mail it with a check payable to *edible* South Shore in the amount of \$75.00 to:
15 Evergreen Street, Kingston, MA 02354

Name: _____
Address: _____
City: _____ State _____ Zip _____