

LOCAL HERO AWARDS

By Mary Blair Petiet

edible SOUTH SHORE

is excited to announce our First Annual Local Hero Awards!

We celebrate those individuals and businesses that make significant contributions to our local food community. Readers of eSS voted online and told us loud and clear who their heroes are. Our polls closed December 15, and votes were tabulated. We are pleased to announce our winners!

Chef/Restaurant: Martha's Stone Soup

517 Old Sandwich Road
Plymouth, MA 02360
(508) 224-8900

www.marthasstonesoup.com

Martha's Stone Soup is located in a beautiful 1792 house on Old Sandwich Road, the old route connecting Cape Cod to Plymouth. Originally known as the Cornish Tavern, the location has served travelers for centuries. The restaurant is run in its current incarnation by Martha Stone, who opened Stone Soup's doors a year ago this November and lives above the restaurant. The Stone Soup experience is unique, especially because of its seating arrangement. Martha's whole family is involved in running the restaurant, and they run it with other families in mind. Thus Martha has fused fine dining with a family seating arrangement. The main focal point of the dining room is the 14-person table, built by Martha, where diners can gather in true tavern style, to share meals together and forge new friendships.

Martha has been on the forefront of the local and organic food movement for years and considers food sourcing a continual process. Her food is 90% Certified Organic and she contracts local farms with USDA Organic certification, such as Golden Rule Farm and Plato's Harvest, both in Middleboro, to stock her larder. She considers Organic certification important, but she would choose local non-Organic produce from a farm she knows and trusts before she would buy Certified Organic items shipped from across country. She is adamant that buying local Organic goods increases the demand for them and ultimately helps lower the price as that demand grows.

Continuing the local theme, Martha is also working to establish her own kitchen garden to supplement her supplies. She has a 60x60 foot plot in her backyard that she waters from her rain barrels and composts with kitchen scraps. Additionally, she is a welcome and familiar presence at the Plymouth Farmers' Markets, where she often cooks, provides and sells prepared foods made with goods from the market.



Martha's Stone Soup in Plymouth, MA

Farm/Farmer: Summer Dreams Farm

Lorrie Gampp
93 Summer Street
Marshfield, MA 02050
(781) 834-4524

lorrieneal@verizon.net

Lorrie Gampp is a great proponent of organic and sustainable farming. She has always kept a garden, but when she was laid off from her job of 21 years in the aerospace industry she took the opportunity to expand her hobby into a growing business. It is important to Lorrie that her produce is good for the farmer, the environment and the consumer. She grows herbs, lettuce, tomato, eggplant, broccoli, snap peas and mulberries using Certified Organic practices in a garden of just under an acre.

Instead of sitting in an office, Lorrie can now be found each week at the farmers' market in Marshfield selling produce. As an added service she sends weekly, personalized orders to Duxbury for pick-up by her customers.

Summer Dreams Farm also teams up with its neighbor, Little's Creek Farm. Lorrie brings her neighbor's produce to the market with her and sells it on a separate table as it is not Certified Organic, though it is pesticide-free. In return, on non-market days, Lorrie's veggies can be found at her neighbor's farm stand on the corner of Cedar Acres Road and Summer Street in Marshfield.

Food Artisan: Artisan Kitchen

265 Walnut Plain Road

Rochester, MA 02770

(508) 763-4905

www.theartisankitchen.com

Meredith Ciaburri has been baking for at least 15 years, five of them at the Artisan Kitchen, where she specializes in wonderful custom-made cakes and cupcakes, artisanal breads, sandwich breads, pies, tarts, quiche and pastries. Her biggest sellers are the cracked-flax loaf and, more whimsically, cupcake.

Artisan Kitchen works with local farmers whenever possible. Meredith gets seasonal herbs and produce from Lucky Field Organics in Rochester. Cervelli Farm, also in Rochester, provides strawberries and cherries. They keep things as wholesome as possible. The piecrust is all butter and they consistently try new things to keep current. According to Meredith, “the point is to make really great tasting food that people like to eat on a regular basis.”

For more information about Artisan Kitchen, please see our January 2009 winter issue, where we profiled Meredith in our Boutique Bakery article.

Beverage Artisan: Rockin’ K Café

132 Broad Street

Bridgewater, MA

(508) 697-8278

Diane Kunkel opened the Rockin’ K Café 5 years ago on Halloween and has been going strong ever since. Civically minded, she sells Certified Organic fair trade coffee, tea and cocoa from the Equal Exchange in West Bridgewater. For every cup of coffee she sells she donates 10 cents to the budget-strapped Bridgewater public library and she hopes other local businesses will follow her example.

Her cafe has wide appeal and she received votes under both the beverage and restaurant categories. She features wraps and soups and emphasizes healthy eating. Kunkel makes many vegetarian and vegan specialties and is organic and all-natural to the greatest extent possible. Kunkel’s menu does include some meat options and she is adding gluten-free items.

Currently, Rockin’ K Café has a 12-person capacity and caters mostly to college students. Kunkel hopes to expand her digs to a space nearby, which may also include an indoor farmers’ market.



Non-Profit: Marshfield Agricultural and Horticultural Society

P.O. Box 5

Marshfield Fairgrounds

Marshfield, MA 02050

(781) 834-6629

www.marshfieldfair.org

In 1866, in an effort to educate and promote farming and related activities, local farmers established the Marshfield Agricultural and Horticultural Society. One hundred and forty-three years later it still has the same mission, as evidenced by the various activities pursued by the society.

Each year for the last 142 years the Society has operated the Marshfield Fair. Last year over 180,000 attendees streamed through the gates. The fair features many agricultural and horticultural displays, exhibits and demonstrations as well as 4-H animal entries. This year’s fair will run from August 21st to August 30th.

The Society also runs the weekly Marshfield Farmers’ Market. In its 4th year, the market’s opening day is June 5th and it runs to October 16th. It is held every Friday from 2 pm to 6 pm at the Marshfield Fair Grounds at Route 3A and South River Street in Marshfield. This year it has partnered with SEMAP to promote the Buy Fresh Buy Local campaign.

Karen Biagini of the Society estimates that approximately 100 people attend the market each week and believes that the current food scares are contributing to the market’s popularity. There are 34 vendors featuring local vegetables, baked goods, crafts and music. Biagini sees the market as a community meeting place that works to connect people to their food.