

SUMMER 2010

For Food's Sake

www.forfoodssake.org



YOUR SEASONAL UPDATE TO GET FRESH WITH A FARMER - GO UNDERGROUND WITH A CHEF

UPCOMING EVENTS

HEIRLOOM TOMATOS

WEDNESDAY, JUNE 23RD AT 7PM

Join Chef Nick Melvin of Parish Food & Goods and Noring Farms for dinner around heirloom tomatos in a historical home of Atlanta.

BBQ, BREWS & BLUEGRASS

SUNDAY, JULY 25TH AT 5PM

Join Top Chef, Kevin Gillespie, Steve Esau of Niman Ranch and Crawford Moran of 5 Seasons Brewery for a late Sunday afternoon strolling in the gardens outside of Atlanta and educating your palate to the nuances of BBQ and the brewers' art. Kevin and Crawford will offer well-paired savory offerings of Southern cooking while guest enjoy live bluegrass music. Optional shuttle will be offered.



SCREEN DOORS & ICE TEA

SUNDAY, AUGUST 15TH AT 5PM

Join Chef Andrew Featherstone and Farmer Cory Mosser for a late afternoon of southern hospitality and dinner.

AMUSÉ ME

SUNDAY, SEPTEMBER 12, 2010

Society members will be shuttled on a progressive dinner tour to 5 restaurants around Atlanta sampling generous portions of specially prepared selections! Chef's will be serving up only "top picks" from their restaurants -- all in an effort to lure you back!



MUSHROOM FORAGING

TUESDAY, OCTOBER 5, 2010

Farmer/Chef Dinner

CITY OF REFUGE EVENING IN EDEN

THURSDAY, NOVEMBER 4

POT LUCK CHRISTMAS PARTY

MONDAY, DECEMBER 6, 2010



A Fork in the Road

Q&A with *Top Chef's*

Kevin Gillespe

FFS: Why is sourcing local and or organic produce important to you and your restaurant?

KG: *It's important to ensure that we use the freshest products possible at Woodfire Grill. It makes sense to support our local farmers and serve the best tasting food to our customers.*

FFS: If you were a farmer what would you raise or grow?

KG: *I think I would raise livestock and vegetables. I am intrigued by the three-field rotation method. It's old-fashioned.*

FFS: What one seasoning can you not live without?

KG: *Well, salt goes without saying. In addition to that, apple cider vinegar.*

FFS: What should every kitchen not be without? [ie: type of knife, pan, olive oil, etc]

No kitchen should be without a high speed blender.

FFS: What chef or person inspired you to enter the culinary world?

KG: *Thomas Keller. When I was 18 years old I got the French Laundry cookbook and read it cover to cover 3 times. He inspired me to constantly strive for perfection.*

FFS: What celebrity or historical figure would you most want to serve a meal to?

KG: *George Bernard Shaw or Gabriel Garcia Marquez*



...continued on page 2

Kevin Gillespe...

(continued from cover)

FFS: Where and with whom would be your ideal location for your last supper? What would you eat, drink and listen to ?

KG: *I would like to be in the middle of a clearing, in the woods somewhere, in the middle of nowhere, with a river or stream nearby. And I'd like to be with my immediate family and friends. We'd eat BBQ and fried chicken with all the traditional southern fixings. We'd drink sweet tea. And the playlist would be like my favorite indie rock and speed metal bands. The last song would be from Mineral's last album, "The Last Word is Rejoice."*

HAPPY BIRTHDAY to For Food's Sake!



It was just one year ago when For Food's Sake was founded to bring a farmer and chef together in an "alternative" dining venue. The events served not only to raise awareness about our food choices, but allowed the community to become personally involved in the farmer's mission while discovering and supporting the emerging and established chefs. Our events have raised awareness of City of Refuge's 180 Degree Kitchen for students who wouldn't traditionally have the means to enter a culinary career. With the growing support this year, the launch of For Food's Sake Society was created to offer the ultimate in foodie experiences including exclusive Society gatherings, advance access to FFS dinners and discounts to events, travel, food and kitchenware. Members will now receive this seasonal newsletter featuring insight into our farmers and chefs, food lore, recipes and gifted story-telling from some of our members. Additionally, the Secret Ingredient gift store will be launching this summer to everyone. Society members will also receive invitational codes for further discounts!

We hope to continue to bridge the relationship with foodies, farmers and chefs with more unusual experiences in the coming year. And remember, For Food's Sake is as much about our community as it is for food!

Enjoy the highlights of this past season and thanks to all who have attended to celebrate food for food's sake.

Esther Andrew
Founder



For Food's Sake

VOLUME 1, ISSUE 1

For Food's Sake is published four times per year. If you have any questions or comments regarding the newsletter please contact info@forfoodssake.org
Also, please feel free to send praise as well!

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Production facility is 100% carbon neutral through recycling and carbon offsets



9



10



15



11



12



13



14



16



17



18



19

1. Farmer Jeff Collins, Chef Hector Santiago, Farmer Alecia Searcy at Cator Woolford Gardens-Photo by Anna Haber. 2. Jennifer Revels, Beau and Lisa Lacey at penthouse of Bill and Peg Balzer for Chef Ron Eyester and Farmer Celia Barss. 3. 180 Degree Kitchen's Chef, Alex Cook, with his students for Chef Scott Serpas and Taylor Organics at Bradfords on Bishop. 4. Oakland Cemetery with Joe Truex and Moore and Friends Farm-Photo by Amelia Schaffner. 5. Pork "Head Cheese" laughter! Jaime Shockley, Thomas and Lauren O'Brien, Meredith Carr, Erik Maier and Jessica Pardi. 6. Chef Stephen Herman and Matt Swickerath at Urban Oasis Bed and Breakfast for Dillwood Farms. 7. Chef Steven Satterfield's Georgia mountain apple tart and burnt honey ice cream. 8. Farmer Doug Dillard of Dillwood Farms discussing sustainable farming-Photo by Jake Laughlin. 9. Stewart Colby at Whitehouse for Chef Steven Satterfield and Farmer Celia Barss. 10. Dominique Love and Ansley Colby at Whitehouse for Chef Steven Satterfield and Farmer Celia Barss. 11. Chef Scott Serpas and TaylOrganics serving up hot smoked salmon, English peas, baby beets, arugula at Bradfords on Bishop. 12. Aperitif. 13. Farmer Laurie Moore at Oakland Cemetery - Photo by Amelia Schaffner. 14. Classic FFS Menu. 15. Chef Steven Satterfield and Neil McCarthy grilling quail for "harvest dinner" at Whitespace. 16. Shellie Vrzal, Matthew Welden, and Farmer Nicolas Donck enjoy Chef Shaun Doty's turnip soup with Allen Benton bacon bread at Studio Chambers. 17. Chef Dan Barash plating grilled portabella napoleon, herbed feta and port aged balsamic drizzle. 18. Neil and Carolyn McCarthy enjoy grilled quail from Chef Steven Satterfield. 19. Chef Stephen Herman and Matt Swickerath's seared Atlantic halibut, swiss chard, vidalias and candied bacon.

Sunday, Southern Sunday

BY MATTHEW WELDEN

MY LEFT HAND FIDDLES WITH THE BUTTON THAT ROLLS DOWN THE WINDOW. The sweet, warm air laden with honeysuckle dances in my hair as the 1980 Sedan DeVille sombers down Georgia Highway 16. I am getting that sticky feeling on the back of my legs as the sun glares down on the oxblood leather seats. This pecan pie is down right warm, and I can see a bit of the crust peeking out of the carefully folded tin foil package in my lap. Do you think she'd notice if I 'snuck' a taste?

Right then, I am jolted back into reality as I hear that sorghum syrup voice from the front seat. I look up to meet her gaze in the rear view mirror noticing that not a piece of her hair is moving despite my window being half way down. I guess Ms. Judith McKnight really does do the best wash and set in Senoia. Bigger is better around here.

"Matthew, now you be careful back there swee-dart. If your foot goes into one of those pies, there's 'liable to be an uprisin'. Everybody in this town knows I make the best pecan and French coconut pies around, and I don't plan on stoppin' today. Cousin Virginia uses my mama's coconut cake recipe and says it's hers, but we all know it came from the Tinsleys and not the Whites. Somebody's gotta stand up around here. We have a reputation you know!"

I shift the pie in my lap, pressing the tin foil back over the exposed edge.

"Yes ma'am."

"Now remember...this is very important. When we walk through that line after church, you stand right up next to me, and I'll tell you what's good to eat. I don't want any fussin' or complaining. I can't have your mama and daddy getting mad at me because you ate somethin' bad and are sick as tarnation for the rest of the day."

"Yes ma'am."

Church is over. Everyone begins filing out of the sanctuary and into the church yard. The chatter begins. Everyone must say hello to the preacher and give their two cents on this morning's sermon. It's somewhat akin to the lining up of the floats in the Rose Bowl Parade. Countless floral shift dresses stretched tightly over rumps and bosoms hoisted by no less than steel girders to rest just below pearls, fuchsia or melon lipstick, and straw hats that would come closer to feeding a horse than being seen at the Derby.

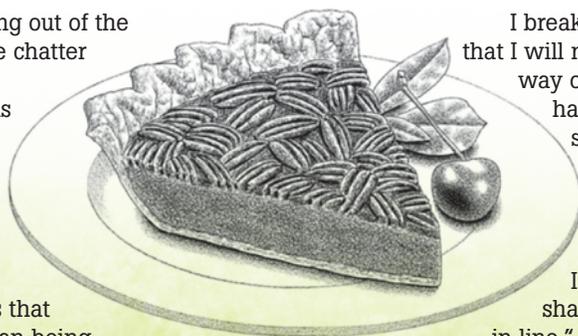
Grandmother relaxes the fingers in her right hand subtly indicating that she wants me to hold her hand.

"Now, Reverend Jones, you remember my grandson, Matthew? He takes after his mother's side, but he sure is acting like his daddy more every day."

I look up to meet eyes with the portly figure in the black robe who reminds me of a garbage sack hanging over a pair of shoes.

"Nice to see you, Reverend Jones..."

"Good to see you too, son. You know your grandfather was a mighty man, and you have big shoes to fill. You ever think about being a preacher?"



I break a sweat, smile politely, say a prayer that I will never become preacher and make my way out the door. I see that the picnic table has already been set up even if it is just sheets of plywood over saw horses and covered in red-checked table cloths. It looks like it could go on for miles.

"Now, Matthew...go run get those pies out of Grandmama's car. Remember I parked across the street under that shade tree to keep it cool. I'll wait for you in line."

"Yes, ma'am."

I run over to one of the five white Cadillacs parked on the street knowing that hers was the one with the small scratch on the side mirror from the time my daddy was filling it up with gas and got too close to the pump. I carry the pies one by one and place them at the end of the gingham smorgasbord. My grandmother nods approvingly, extends the fingers on her left hand while lifting it slightly from her side. I run back and assume my position, resting my small hand in hers. She continues her conversation with Flo Smith about the ailments of cousin Mary Frances without missing a beat. As we get closer to the table, my excitement builds. I wonder if they have those cool plates with

the separate spots for each thing so my Jello won't have to touch my green beans.

"Now remember Matthew, never pick up a piece of fried chicken that looks soggy on the bottom. That means that is was either made last night and put in Tupperware or it came from the Chick and Dawg and has been in a cardboard box all morning. If you won't get up early on Sunday to fry chicken for the Lord, who will you do it for? Here...just take this one; cousin Virginia made it- I'd know that Cape Cod platter anywhere."

I take my drumstick, put it on my compartmentalized plate and reach up toward a pink depression glass plate with a scalloped edge.

"Matthew!..." she growls in a hushed tone. "Don't even think about eating that deviled egg! Do you see how red that thing is? That Martha Johnson is so cheap! She served those same eggs on Thursday when she hosted Garden Club, and they weren't any good then! Now, she just put more paprika on them to make 'em look fresh. I bet she even uses dark meat in her chicken salad... some people! hmpph! Eat this one. Joyce made it just this morning... I know... I could still smell the mustard on her hands as she passed the offering plate."

The line slowly moves ahead. I can see we are getting closer to the fun stuff! Jello and congealed salads! Barely able to see over the edge of the table, I spy this large bowl filled with fluffy pink wonderment. My mouth begins to water. Grandmother, knowing me well, cuts me off!

"Here sweetie! You don't want that. Shirley Bates never was right after her son died in the War. You know she took to taking in stray cats after that saying that they carried messages from the poor boy? She's got like 20 or so of them now. It just isn't fittin! Bless her soul! Have this tomato aspic that Kitty Owen made. It's the same recipe as the Greenbriar."

"But I don't like asp...ugh! ...Yes, ma'am"

Her hand clenches mine. There is no blood circulation at all. The aspic is on my plate. She smiles, nods and we move on.

"I think you're safe from here on down", she says. "Just remember, don't try casseroles with too many crushed crackers on top. Who knows what's hiding in there? Most importantly, don't eat macaroni or potato salad that is sitting in the sun. You'd be plumb dead by time I got you home to your parents. Only the help eats red velvet cake, and you better have a piece of my pie or folks might think you're afflicted... hurry on now. Half of Senoia is waiting behind you!"

"Yes ma'am."

My left hand fiddles with my fork. I sip my sweet tea. Her arm moves across the white linen cloth of our table for two. Her fingers extend. I know the sign. I clasp her feeble hand. She tastes the pie I made for her, smiles, and puts down her fork.

"So, I guess you were listening all those years."

My grip tightens slightly.

"Yes ma'am."

ABOUT THE AUTHOR: A true southern boy, Matthew Welden walks the fine line between finger bowls and pot likker. His life revolves around family and friends, especially his wife and two children. He enjoys the cool side of the pillow, the sound of crickets in the kudzu, and a well-maintained boxwood hedge. A biting wit and love of laughter make him fairly easy to find in a crowd. Matthew lives to eat but runs to stay alive and can often be found having somersault races with the kids on the front lawn of his Buckhead home; Founders Society Member

UPCOMING EVENT!

BBQ, BREWS & BLUEGRASS

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Reservations are open at www.forfoodssake.org
Click on "Next Event"

food lore

Notable Quotable

"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."

— ALFRED E. NEWMAN



"In our opinion food should be sniffed lustily at table, both as a matter of precaution and as a matter of enjoyment, the sniffing of it to be regarded in the same light as the tasting of it."

— E.B. WHITE (1899-1985)
AMERICAN ESSAYIST

"The average American family hasn't time for television."

— NEW YORK TIMES, 1939

"The dinner table is the center for the teaching and practicing not just of table manners but of conversation, consideration, tolerance, family feeling, and just about all the other accomplishments of polite society except the minuet."

— JUDITH MARTIN



"A world without tomatoes is like a string quartet without violins."
— Laurie Colwin

RAGS TO RICHES

The tomato is a rags to riches story; a twisting trans-Atlantic journey in quest of a culinary identity. Tomatoes are indigenous to South America specifically the region of Peru. They have been grown for food since prehistoric times. Europeans brought them back to the Old World in the 1500's. However, being a member of the nightshade family (which does contain some toxic plants) they were considered poisonous and used only for decorations.



Eventually the Italians (and probably the Spanish as well) got past their irrational fears and began to embrace the tomato. Thus began the tomato's ascension to the culinary hall of fame. Soon all of Europe had adopted the tomato. This one time "poisonous" fruit was now considered an aphrodisiac by the French who called them pommes d'amour or "love apples." Ironically, even though the tomato originated in the Americas, it was the Europeans bringing it back to America which triggered its popularity in the US. But it still took until the 1900s for the "fruit" of their efforts to be fully realized.

www.foodreference.com

CURIOSLY CULINARY

1. Superstition about this herb holds that its leaves are a symbol of love in Italy and evil in ancient Greece. Even smelling it might bring a scorpion into the brain! In Europe it was placed in the hands of the dead to ensure a safe journey. In India, they place it in the mouth of the dying to ensure they reach God. What is this curious herb?
2. Where is the highest concentration of vitamin C found in a tomato?
A. the skin
B. the seeds
C. the jelly-like substance around the seeds
3. What was the ONLY bean known in Europe before the discovery of the New World?
A. the fava or broad bean
B. the French or string bean
C. the white or Great Northern bean

ANSWERS: 1. Basil 2. Jelly-like substance around the seeds 3. Fava Bean

Food
Gardens
Made
EASY



Need help turning your living space into an edible garden? David and Mike are dedicated to the idea of turning your balcony, deck or stoop into a food producing spot with raised planter boxes on wheels. Because they are made of sustainable western red cedar, garden maintenance is easier with improved drainage. Also, its height makes it difficult for those pesty rodents to reach! They even custom build vegetable trellises! A 4x6 with organic rich soil is \$600.

Organic "Pro-Grow" is healthy soil that is good for plants, rather than just being an over-the-counter mix to grow them in. The ingredients are clean and simple: top soil, sand, and composted hardwood forest products. It is a perfect mix for growing a wide range of plants and vegetables. As organic is the preferred choice of today, the soil is a perfect choice!

If you would like more information or to place an order, contact: David Kirk, 404-831-2299, kirk.dave@gmail.com Micheal O'Malley, 404-831-2346, momalley101@gmail.com

Shades of Tea

BY DANA NAHAI

5,000 years of history has offered this world quite a bit of tea. It is considered as essential as salt for many, and we often forget its importance in this land of gastronomic abundance. People have been harvesting, trading, and fighting over these leaves since the birth of written history, and the simmering kettle evolved long ago as a universal sign of comfort and hospitality.

I grew up drinking my tea cold and sweet. With a backyard of palm trees it was hardly ever cold enough to warrant boiling a pot of anything, and hot tea was reserved for those rare days the thermostat dipped below fifty. Our house tea was brewed in a large glass jug in the sun, seasoned with an unreasonable amount of lemon and sugar, and presented over an army of ice cubes. No guest was without one in hand.

I married into a family of real tea drinkers. For these hospitable sort the kettle is always on, and they make their tea by concentrate ensuring a steaming cup for all at their fingertips. The first time I drank (choked down) tea from concentrate I had the unfortunate experience of not knowing about the essential step of blending and served my cup straight from the top of the samovar thinking I had encountered the Persian version of Turkish coffee. Tea concentrate is meant to be blended with boiling water contributing to differing shades of color. This allows for variations in flavor and caffeine intensity based on personal preference. After a decade with my husband's tribe, I have barely come to understand the shades and customs of their tea, but have happily adopted the habit of getting the kettle going when a friendly face walks through the door.

The Mariage brothers of Paris began importing Asian tea in the early 19th century, thereby propelling a tea aesthetic in the West that continues to this day. Their contemporary tea houses offer not only thousands of varieties of crisply fragranced cups, but also several courses of foods cooked with tea. After my own delightful experience with their preparations I was left thinking of all the leftover tea from my own kettle that normally gets washed down the drain.

Inspiration to cook can come from anywhere. The recipe below began with last Sunday's afternoon cup of tea. As always, feel free to alter the ingredients to your taste and create your own shade of tea.

FISH ROASTED WITH TEA BROTH

You can make a concentrate of tea by steeping a pouch of black tea in a half cup (4 oz) of water for five minutes. For the recipe below you will need half of this amount. Make sure your concentrate is freshly brewed or your broth will tend toward the acidic or bitter side. Allow that the oven dish is large and shallow enough so that you end up with roasted fish instead of poached. A thicker fish fillet will allow for more basting time and better flavoring. (I used cod- again.) This recipe served three at my table.

- black tea concentrate, 1/4 cup
- rice wine vinegar, 3 tbsp
- sesame oil, 2 tbsp
- honey, 2 tbsp
- fresh garlic, 2 cloves minced
- red pepper, 1/4 tsp ground
- salt, 1 tsp
- mild flavored fish (like cod or sole), 1 and 1/2 lbs
- carrots, 6 large, julienned or sliced
- spring garlic or green onions, 1 bunch, julienned or sliced
- cooking oil
- salt and pepper



1. Preheat your oven to 400F.
 2. Whisk the first group of ingredients together in a bowl.
 3. Place fish in a roasting pan, cover with broth.
 4. Meanwhile warm a saute pan over medium heat, add cooking oil and saute the vegetables with seasoning to your taste. Take care to not overcook. Set aside.
 5. Place fish in oven and reduce heat to 375F.
 6. Baste fish every few minutes with broth; total roasting time will be anywhere from 10-15 minutes depending on your size of fillet to start.
 7. Remove from oven and top with warm vegetables.
 8. Serve your dish hot with a side of steamed basmati rice.
- Breathe in the scent of your new version of tea.

ABOUT THE AUTHOR: *Writer, blogger, and eater of all things good, Dana Nahai is a dietitian committed to encouraging people to elevate their kitchen instincts. Her blog, www.onehauteplate.com, works to inspire one nourishing meal at a time through real foods, basic culinary techniques, and story-telling. Dana's mantra is "room in the heart, room at the table", and for her there is no better than a house full of people alongside tables heaving with food. You can find her, belly to the stove, in her Midtown kitchen where she pumps out the daily special for her multicultural family tree. For Food's Sake Member.*

WHO'S YOUR FARMER?

Interview with STEVE ESAU of Niman Ranch



WHAT'S YOUR DEFINITION OF SUSTAINABLE FOOD?

Definition of Sustainable: Ask 10 different people and you will get 11 different answers as the first person will want to change their answer by the time they hear the 10th person's definition. But to tell you the truth, that's okay because as we learn more and become more informed, sustainability and the level of commitment continues to change on a personal level. I feel when you take the definition of sustainable

to food and food production, one needs to realize actions reach beyond the fence line of a given farm or property owner. For the purpose of this interview, to me sustainable food is defined as a food that is grown or raised in a respectful system where the earth is minimally impacted preserving it for future generations.

WHAT'S THE BIGGEST CHALLENGE FACING SUSTAINABLE FOOD RIGHT NOW?

I think there are many challenges that face sustainable food production right now. But one of the biggest is the resistance of the status quo (factory farming and large commodity producers) to evaluate the true cost of cheap agricultural production.

WHAT DOES NIMAN RANCH DO TO TACKLE THE PROBLEM?

The system or systems need to be sustainable. Not only do the actual production methods need to be sustainable, but so does the ability to get product to market. Niman Ranch addresses many of these problems by bringing together the network of 650+ individual family farmers and ranchers under one brand who otherwise might struggle with issues such as harvesting, processing, inspection, third party audits, marketing, sales, logistics, distribution, and balance of the carcass. The farm as a business entity also needs to be sustainable to operate from year to year. Niman Ranch through the brand is able to pay the farmer or rancher a premium for their livestock to cover the additional costs of production under the Niman Ranch protocols or guidelines. The premiums are increased as the quality of the product increases. This is important, because the ultimate decision on repeat purchases and brand survival is consumer satisfaction. Everything can be right on paper, but if the product or the brand doesn't perform, the whole system will collapse.

HOW DO WE MOVE SUSTAINABLE FOOD INTO THE MAINSTREAM?

Over the last three years there have been huge strides in moving sustainable food programs into the mainstream. Obviously there are different levels or measurements of sustainable, but the key is that we keep from "green washing" the standards. Chefs such as Kevin Gillespie who have influence are critical in not only getting the consumer to think and ask questions but also his colleagues. It is also critical that the consumer continues to vote with their dollar and actions.

CAN YOU DISCUSS YOUR ANIMAL HUSBANDRY STANDARDS?

Probably the easiest way to describe Niman Ranch's husbandry standards in a nutshell is to say that we implement a low stress system in the raising and harvesting of the animals in the Niman Ranch program. We work closely with Dr. Temple Grandin and other leading minds in the animal welfare arena to continually evaluate our system and protocols to make sure they are of the highest standards.

HOW MUCH MORE EXPENSIVE IS IT TO FOLLOW THESE STANDARDS?

I am not sure I can put an accurate pencil to measuring the exact cost to follow the Niman Ranch standards or protocols as there are many, many factors to take into consideration. The actual production methods followed by Niman Ranch farmers and ranchers are more costly due to a decrease in efficiencies not only in the cost of gain but the number of pounds of product going to market per acre due to the low density farming practices. But there are also expenses that are hard to measure that occur outside the actual cost of producing a pound of beef, pork, or lamb in a "commodity" system. Take for instance; Iowa has the most polluted ground water of any state. That statistic can be directly tied to the number of CAFO or Concentrated Animal Feeding Operations / Factory Farms. This is just one example of an unmeasured cost that isn't put back against the price of "commodity" raised pork. It goes back to the question "What is the true cost of cheap meat?"

HOW DID NIMAN RANCH BECOME THE LARGEST U.S. NETWORK OF FAMILY FARMERS AND RANCHERS?

*"You load sixteen tons, what do you get?
Another day older and deeper in debt.
Saint Peter don't you call me, 'cause I can't go;
I owe my soul to the company store."*

When I think of the large corporate "factory" farms, that song comes to mind. For the most part, Niman Ranch didn't do anything revolutionary. We aren't out there waving flags and converting factory farms to our way of farming, ranching and raising livestock. What Niman Ranch has offered is a means for the family farmer who is committed to what Niman Ranch

SOCIETY SECRETS

MEMORABLE MEALS FROM OUR MEMBERS

We all have memorable experiences around food. Whether it's the first time you tasted a certain food, a cherished family gathering, or perhaps a dining experience that was unforgettable. Our community members shared some of their most memorable meals. Read their stories and feel free to go online and submit your own story at the *Society Secrets* column of www.forfoodssake.org

stands for – a market and a sustainable price for their product. In the truest sense Niman Ranch is a marketing co-op that manages and connects over 650 individual U.S. family farmers and ranchers with the customer. Niman Ranch from the consumer side has been able to build the trust of the consumer in our products with stringent protocols governing both animal welfare and production methods through a third party independent audit system that is in place to guarantee claims are met.

WHAT ARE THE BENEFITS OF CHOOSING YOUR PRODUCTS?

There are many issues that drive a consumer to purchase. Niman Ranch reaches across the lines and addresses many of those issues. Niman Ranch offers the consumer products that are “never ever” or “clean” – never given any antibiotics or added hormones. Niman Ranch offers the consumer sustainable products that are raised with respect – respect to the earth, respect to the U.S. farmers and ranchers who labor to bring products to market, and respect to the animal through all phases of its life.

IS THERE ANYTHING ELSE YOU WANT TO ADD?

Knowledge and commitment are the keys to the success of sustainability in our food system. The level for each can be different from person to person and altered by our means. Make a difference in what you do and do it with passion.

ANSLEY COLBY

A TRUE SOUTHERN BELLE

There is nothing like growing up with a grandmother who cooks fresh southern food, picked straight from her home garden. Sunday supper with Gam-mom gave me an historical and cultural perspective of what it meant to grow up in the deep south – the stories of survival and harvesting crops during the deep depression to supply much-needed nutrition for family and neighbors. She cooked what she liked to call, “honest meals”, heaps of lumpy mashed



potatoes with bacon gravy, pearly ears of golden corn, pillowy butter beans swimming in butter, crisp cucumber smothered in pepper and vinegar, and nuggets of cornmeal-dusted fried okra. To this day, my southern belly still craves her fresh dusky green collards, red ripe tomatoes, yellow squash casserole and syrupy peach cobbler with a doughy bottom crust. In her kitchen, she created true magic. Though her garden is long gone and my grandmother passed many Sunday dinners ago, her lessons in life, gardening and creating tasting treats are never forgotten. *Founder Society*

MATT ANDREW

WAS THERE EVER SUCH A BIRD

It was 1976 when the Andrew-Casper families enjoyed the annual Thanksgiving feast. Mrs. Casper was thrilled to be cooking the turkey in her brand new microwave oven. While the table was set with all the fixins', Mr. Casper quickly discovered the turkey pale and frozen on the inside. 8 hours and 2 turkeys later our feast was underway. Some things never change....a good old fashion oven never tasted so good! *Founder Society*



VIRGINIA MAGUIRE

UNUSUAL LOCATIONS

As the limo pulled away from our wedding reception, Matt and I (still in full wedding regalia) tore into the carefully packed containers of fine food from the reception.

As we were sharing our first meal as a married couple – sans silverware – we saw some guy in the side mirror screaming and flailing about in a convertible. At first, we thought he was just another well-wisher, albeit more expressive than most. It was only when I pushed my veil away that I could read his lips: “THANKS FOR THE INVITATION!” It was an old boyfriend who somehow felt he had been wrongly left off the invitation list!



NANCY DAVIS

STRAWBERRY PICKIN'

Every spring, Mom would haul all three of her little kids out to a friend's farm first thing in the morning to pick strawberries – organic before it was cool. We each had a basket with the job of collecting berries for Mom. My brothers and I would start off with the best intentions but as you can imagine, most of the fruit made its way into our bellies right there on the spot.

Mom would bring out a packed lunch and we'd enjoy a picnic before heading home. Later that day, my grandmother would arrive, and together they would make strawberry preserves and jelly with our 'help'. We mostly ate strawberry preserve sandwiches with a little sugar sprinkled on top. I can still vividly recall the taste of the warm preserves. Delightful! *Founder Society*



Got a SECRET?

DO YOU HAVE A SECRET TO SHARE ABOUT A FAVORITE FARMERS MARKET FOR OUR FALL ISSUE? SPREAD THE LOVE AND SEND US AN EMAIL AT INFO@FORFOODSSAKE.ORG

family pickin'

Connect with the Earth and visit
PICK-YOUR-OWN Farms in Georgia



Summer Fruits of Their Labor:

Apples
Arugula
Asparagus
Basil
Beans
Beets
Blueberries
Bok Choy
Broccoli
Cantaloupes
Collards
Corn-Sweet
Cucumbers
Cut Flowers
Eggplant
Figs
Garlic-Cured
Grapes-Muscadine
Lettuce
Mushrooms
Okra
Peaches
Peas-Field
Peppers
Plums
Potatoes-Irish
Radish
Seedlings
Soybean-Edamame
Squash-Summer
Strawberries
Tomatoes
Vidalia Onions
Watermelon

To find a local farmers market near you go to the Organic Directory of georgiaorganics.org

Enota Mountain Retreat

1000 Highway 180
Hiawassee, GA 30546
Dr. Suan Freed, 706.896.9966
enota@enota.com
www.enota.com, www.enota.org
Enota is a 60-acre sustainable organic farm, campground, and retreat center on ancient Cherokee land in the beautiful Georgia Mountains, surrounded by the Chattahoochee National Forest. Our property contains waterfalls, crystal-clear streams, and a country store, restaurant, and lodge.

Wolfcreek Wilderness Farm

2162 W. Wolf Creek Road,
Blairsville, GA 30512
Robert Steele, 706.835.8456
wolfcreek@windstream.net
www.wolfcreekwildernessfarm.com
Fresh blueberries. Located in Northeast Georgia near Vogel State Park. We are open for U-pick and sales Monday through Saturday 9am to 6pm, Sundays 1- 6pm. Open July 1 through August 15.

Serenbe Farms

8457 Atlanta Newnan Road
Chattahoochee Hill Country,
GA 30268
Paige Witherington, 770.463.9319
info@serenbefarms.com
www.serenbefarms.com
Located 35 miles south of Atlanta in the sustainable Serenbe community, we offer an extensive variety of organically produced vegetables, herbs, fruits, flowers, and eggs. We also have a CSA program and sell at our Serenbe Farmers Market.

Garmon Family Farm

337 Old Four Notch Road
Whitesburg, GA 30185
Larry and Corinna Garmon,
770.214.8531
garmonfamilyfarm@earthlink.net
www.localharvest.org/farms/M7513
Best known for our blueberries, we are a small family farm located approximately one hour west of Atlanta. We have blueberries, muscadines, scuppernongs, pears, apples, seasonal garden produce, herbs, freerange eggs, and flowers. We grow mostly heirloom and specialty vegetables.

White Rock Farm

407 Compton Road
Rockmart, GA 30153
Mike and Lisa Mason,
678.363.5653
mimason20@bellsouth.net
www.freshfarming.com
The mission of White Rock Farm is to provide farmfresh eggs from pastured hens and high quality, locally grown produce without using herbicides or pesticides.

Simis Garden Patch

301 College Street, Historic
Mountville Community
LaGrange, GA 30241
Sim Blitch and Caroline Nelson,
678.575.1063
simblitch@charter.net
We grow tomatoes, sweet corn, lettuce, cabbage, mixed greens, cucumbers, eggplant, rattlesnake beans, carrots, garlic, broccoli, okra, blueberries, and melons. We sell at the Garden Patch at our onfarm market on Tuesdays and Thursdays, and deliver into LaGrange.

Whippoorwill Hollow Organic Farm

3905 Highway 138
Covington, GA 30014
Andy and Hilda Byrd,
678.625.3272
whippoorwillhof@bellsouth.net
www.whippoorwillhollowfarm.com
We are a Certified Organic farm that produces fruits, berries, vegetables, and free-range eggs for sale on farm and at the Morningside and Decatur Farmers Markets. Countryside organic livestock feed, soil, and amendments, and Nature Safe fertilizer available. Check our website for agritourism opportunities and events.

Clark & Sons Organics

526 Clark Farm Road
Twin City, GA 30471
Al, John, and A.R. Clark,
912.531.3746
adclark@bulloch.net
Our sustainable family farm grows strawberries, watermelons, sweet corn, peas, butterbeans, squash, okra, and pumpkins. We provide hayrides for groups by appointment.

Heritage Organic Farm

485 Scuffletown Road
Guyton, GA 31312
Shirley Daughtry, 912.728.3708
heritageorganicfarms@comcast.net
www.heritageorganicfarm.com
The first farm in Georgia to be Certified Organic, Heritage has been and continues to be a leader in the field. To provide a market for other organic growers and to provide the freshest organic produce for its customers, Heritage works with a network of local and regional growers.

Horners Farm, Inc.

124 Horner Drive
Homerville, GA 31634
Ray and Connie Horner,
912.487.3049
horners@dishmail.net
Eight acres of Certified Organic blueberries. Blackberries and other produce will be available in winter. U-pick blueberries start in June through the end of the season; closed Sundays.

Crystal Ponds Aquaculture

5476 Old Aycock Road
Garfield, GA 30425
Sandy Miller, 478.982.0939
crystalponds@gmail.com
Pond-raised catfish fed a corn/soybean-based feed; no chemicals, no drugs. Customers can call to place orders, or come to the farm and fish by appointment. We do the cleaning!

Koinonia Farm

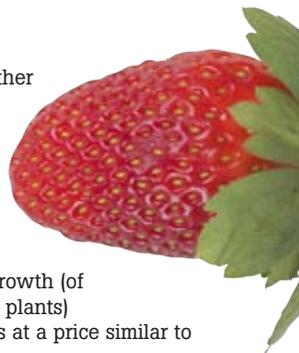
1324 Highway 49 South
Americus, GA 31719
Jerry Nelson and Sarah Pendergrast, 877.738.1741
jandrewnelson@yahoo.com
www.koinoniapartners.org
Koinonia Farm grows typical South Georgia produce. Commercial bakery items are sold in our Welcome Center, catalog, and online. Strong presence in area farmers' markets and restaurants. Visitors/guests welcome with advance notice. Internships available.

Product of the month- STAWBERRIES

The great-great-great-great grandparents of today's strawberry came from two different continents - North America and South America. And they accidentally met and started producing a new type of strawberry on a third continent - Europe. This happened about 250 years ago, probably in a botanical garden in France. In the 1500s, explorers brought one of the grandparents back to France from Virginia. This Virginia genotype got their attention because it had larger fruit and a deeper red color than the European strawberries of that time. And it produced more berries. But it had to wait nearly 200 years for the other grandparent to arrive from South America. In the early 1700s, a French spy spotted this strawberry genotype in Chile while he was making maps of Spanish forts. Plants of this genotype produced really big berries - larger than the spy had ever seen - so he brought a bunch of them back to France. Trouble is, they didn't reproduce in France until scientists planted them next to the Virginia genotype. BINGO, they started producing baby plants. You see, all the plants from Chile were female and needed pollen from other strawberry plants to produce fertile seeds. It wasn't long before a new strawberry was born. The horticulturists named it *Fragaria x ananassa*. The baby berry was such a success that its great-great-great-great grandchildren are grown around the world today, mostly in the northern hemisphere. The United States is the leading producer and supplies about 20 percent of the world's strawberries. Next are Spain, Japan, Poland, Italy, the Korean Republic and China. Every U.S. state grows strawberries that have been specially bred for that region of the country. California grows about three-fourths of U.S. strawberries. Florida is the next largest producer. All the different varieties grown in all the different countries can trace their ancestry back to the marriage of the Virginia and Chile strawberry in Europe 250 years ago. From www.foodreference.com

Is good for you because

1. Boast fiber, more vitamin C than any other berry except raspberries
2. Contain 40 micrograms of folate, the powerful B vitamin that creates normal red blood cells and crucial for prenatal development
3. Anthocyanidins found in these berries also help protect against heart disease
4. Contains high levels of zinc that aids growth (of everything from hair to nails, babies to plants)
5. Take advantage of organic strawberries at a price similar to conventional strawberries



"Last night's event was spectacular. I cannot believe that you put these events together by yourself! I'm so glad to be a part of For Food's Sake and will happily pay the membership fees, when called upon."

— Dee-Dee Atta, Founders Society

Storytelling by the Numbers

Acres in US farmed conventionally: 918 million
 Acres in US farmed organically: 4.1 million
 Years farmer must farm under a certified organic plan before its yield can be sold as organic: 3
 Percent of organic producers' sales taking place less than 100 miles from the farm: 44

ERS, USDA 2009

Acres in Georgia farmed conventionally: 10 million
 Acres in Georgia farmed organically: 3000

The Dirt, Ga Organics 2009

Estimated total market value of certified organic products in 2002: \$20 billion

Estimated total market value of certified organic products in 2007: \$46 billion

Willer/Kilcher 2009

Percentage of all U.S. food sales that are organic: 3.7

Percentage of fruit and vegetable food sales that is organic in U.S.: 11.4

AgMRC, May 2010

Amount Georgians spend on food per year: \$20 billion

Amount of food in Georgia from out of state producers: \$16 billion

The Dirt, Ga Organics 2009

Percent of herbicides regularly used in conventional farming that contain carcinogens: 60

Percent of fungicides regularly used in conventional farming that contain carcinogens: 90

The Dirt, Ga Organics 2009

Percent of additional antioxidants, iron and zinc organic milk has over conventional: 90

Percent of additional antioxidants, iron and zinc organic produce has over conventional: 60

The Dirt, Ga Organics 2009

Chances a U.S. public school accepts advertising from corporations that sell junk food: 2 in 3

Man-hours to build the February Godiva chocolate stage for the "The Oprah Show": 1,400

Minutes it took the "Oprah" audience to break it apart and take it home with them: 30

Harpers Index 2010

Beer & Food

BY CRAWFORD MORAN

I mean how can you disagree with Ben Franklin? He was a Founding Father of the United States, a leading intellectual in the American Enlightenment, discovered electricity and invented bifocals! His face is even on the \$100 bill. He was one of the smartest men to ever grace the planet. And the one thing he knew for sure was that Beer is good!

Beer has been central to the development of civilization. (The first agricultural fields were planted with barley and wheat for the brewing of beer – not the baking of bread.) Every civilization, every culture has made beer in some form or fashion. Humans have been brewing beer for almost 10,000 years. And the most amazing thing is that today people are still discovering beer – different beer styles, different flavors in beer and, quite recently, the beauty of pairing beer with food.

For centuries people have been pairing wine with food and discovering the affinities between certain wines and certain foods. Food pairing has always been the sole domain of wine and the wine critic. But the world is changing! Thanks to the American Craft Brewing movement of the past 20



years, people are discovering the truly unbelievable variety of beer and beer styles. Beer does not just need to be yellow, bland and fizzy! With that many varieties, Chefs now have a much greater appreciation for beer, and are learning how to pair beer with their creations. Many of the finer restaurants now include a nice selection of beers on their menus. They are educating their staff about the beers they carry and how they work with the food on their menus.

Interestingly, typically a quality wine has 200–400 different flavor compounds, while a quality beer has 2000–4000 different flavor compounds. That's 10x the amount! In addition, wine is basically made from one ingredient: The grape. The winemaker's yeast provides little flavor. On the other hand, beer can be made from a much broader array of ingredients – barley, wheat, rye, oats (all with different degrees of roast) hundreds of different types of hops all with different flavors and aromas, hundreds of different yeasts that provide their own flavor signatures, spices, fruits, vegetables, coffee, chocolate, etc – the list goes on ad infinitum! Beer has all of the 4 flavors covered – sweet, sour, salty, bitter. The whole tongue gets a workout when it's beer!

Because of this, beer actually has more to offer when pairing with food than wine. Beer can find more footholds in a dish to hang onto than can wine. Beer can work with a wider variety of foods than wine. Beer can amplify more flavors in a particular dish than can wine.

Although pairing foods with beer (or wine) cannot easily be reduced to a few simple rules; there are a few rules that can get you started. The first one is: don't be intimidated! Trust your palate and try new things. The bigger the food, the bigger the beer should be. Think of flavors in terms of bright and dark flavors. Bright flavors are things like citrus, spicy chiles; whereas, dark flavors are earthy mushrooms, grilled meats. Pair bright flavors with bright flavors, dark with dark. Maybe a Belgian White Ale with fish dish topped with mango salsa; or a brown ale with a steak off the grill. To be honest there are no "mistakes". You can't go wrong. Beer is more forgiving than wine in that respect. The key is to try new things! Try new beers, try new flavors, explore different combinations. (I refer to it as "Quality Assurance" or "research and development.") And remember it's just proof that God loves us!

ABOUT THE AUTHOR: Crawford Moran is the BrewMaster at 5 Seasons North and 5 Seasons Westside. He drinks beer for a living. I mean, he does "Quality Assurance and Research and Development".

"Beer is proof that God loves us and wants us to be happy."

– Ben Franklin

"Thank you, For Food Sake, for pioneering this terrific organization and inspiring me and hundreds of teens in Georgia to join the revolution to eat locally grown and highly nutritious meals!"

**– Ansley Colby,
Founders Society**

"I wanted to take a minute to let you know how much I enjoyed the event last night. Wow, it was great! My husband was asleep when I got home, I woke him up to jabber on and on about it. I do not normally do that so he knew how much I liked it. I feel fortunate to have been able to find out about the group and am looking forward to future events."

**– Denise Poole,
Founders Society**

sticky fingers!

FUN AND NUTRITIOUS SWEET ENDINGS

BY AMELIA PANE SCHAFFNER

My kids are good eaters...but I am lucky. Most kids tend to be picky eaters. That said, one thing I find that all kids have in common (my kids included) is a craving for something sweet after the main meal. So, why not "bribe" them to finish dinner with the expectation of something sweet at the end? And why not make that something sweet, fun, and nutritious? Anything home-made will generally be better than heavily preserved, food coloring laden, store-bought desserts. "Who has time to "make" dessert?"

I have a solution for your little "sticky fingers" AND you don't have to spend all afternoon baking.

Children love anything presented on sticks in "kid-size" and my kids prepare these desserts while I prepare dinner. Dinner is a breeze because they'll talk about preparing dessert and how delicious it will be to eat. These desserts are healthy and nutritious and can be made with any type of seasonal fruit. I used pineapple, strawberries and grapes. It is fun to play with color and texture. Of course, we all know of the benefits of fruit (fruit is low in sodium, high in vitamins, minerals and fiber, and it can help prevent many diseases including cancer).

Tips: Before you start remind the kids to wash their hands. To make them feel like real chefs, provide them with an apron. Pull long hair back.

FRUIT KEBABS

1. 3 or 4 different kinds of fruit (berries, bananas, pineapple, melon, apples, pear, kiwi, grapes, oranges, papaya, mango, you name it!!!)
2. Lemon juice from 1 or 2 lemons
3. A dash of sugar or the natural sweetener agave nectar (your choice as to how much!)
4. Medium size bamboo wood skewers (about 6")
5. Optional: for the dip, mix Greek yogurt with local organic honey (maybe even add a teaspoon of vanilla, if desired)
6. Before you start, soak the skewers in water so they don't splinter when threading with fruit.
7. Prepare the fruit: wash, peel and cut into medium chunks (not too small or they will break when threaded, not too big or they will be hard for little ones to eat). Have the kids help with washing and prepping (e.g. peeling bananas, pulling grapes off of the vine, removing the stems off the strawberries, and so on). Once the fruit is cut into medium chunks and set in a bowl, squeeze fresh lemon juice and a dash of sugar. This will keep it from turning brown, provide a nice tart flavor, and make a nice "juice" Once it sits and marinates, the kids will love drinking the juice after eating the skewers. Have the kids help you thread the fruit through the skewers (alternating kind for variety and color). Stack on a plate and pour the remaining juice over them. Set in the fridge. When ready to serve, bring to table with small dipping bowls of honey-sweetened Greek yogurt, to dip.

Note: One fun substitution to the bamboo skewers is using pretzel sticks.

About the author: 100 percent Italian, Amelia Pane Schaffner has lived in Atlanta for the past 12 years. She has a food blog (www.ztastylife.com), loves to take photos (www.ameliaps.com), writes a lot (poetry and freelance articles), spends her leisure time with husband and two "sticky finger" kids either outdoors or in the kitchen, and definitely has a sweet tooth!! For Food's Sake Member

Giving Back



Quinnetta Buggs. Credit: Jim Lyle

When Quinnetta Buggs graduated from Stone Mountain High School, she mapped out the road to her future. She enrolled at Savannah State College with a major in criminal justice and minor in psychology and took an internship with the Chatham County Jail. She planned to work in the criminal justice field. In her third year of college, her hopes took a major detour. When a friend handed her a credit card and asked her to purchase gas and groceries, Quinnetta obliged without thinking it through. It turned out to be a stolen card. Horrified, Quinnetta was put on trial, where the judge ignored requests from both the plaintiff and defense attorney that she receive a first-time offender sentence. She soon found herself locked in the Chatham County Jail – the very place she had interned. She spent seven-and-a-half months in jail, as college faded to a distant memory.

"Life was different on that side of the bars," Quinnetta remembers. When she emerged, her student loans were in default, and worst of all, she had a felony record. She would never be allowed to work in criminal justice. She felt bitter, ashamed, and lost.

Though Quinnetta briefly found work as a cook in a bar, her anger boiled over and she couldn't cope with everyday frustrations. When that job ended, she spent a year unemployed before finding a Craig's List ad for 180° Kitchen, a culinary arts training program for students who need a second chance. She enrolled.

Three weeks into the program, Quinnetta's temper flared after an instructor had a flat tire and arrived late to class. She tried to walk off the job, taking the other students with her. That's when 180° Kitchen Director Jeff Gray showed up.

"He told us if we had any other job in the world and tried to walk out like that, we would have lost the job," Quinnetta says. "Learn to control your anger and be patient with superiors and clients, he said, and you'll become stellar employees. I've thanked him many times for that advice."

Quinnetta now works full time in the kitchen preparing meals for Eden Village I and II. Her work has been rewarded with a promotion and she loves getting to know the women and children she serves. She practices daily how to be humble, patient, and giving.

Even more importantly, she has also learned how to forgive. She repaired her relationship with her estranged father who resided in prison for 10 years when she was growing up.

"Bruce Deel and the staff at City of Refuge trusted in me," says Quinnetta, "and restored my faith in myself."

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"The 180 Degree Kitchen has seen four groups of trainees graduate. The completion rate has increased with each class, and the last group of students graduated at a rate of 57%."

- Bruce Deel, COR Executive Director



SECRET INGREDIENT Store



For Food's Sake *Secret Ingredient* store provides members access to unique offerings for your home. SOCIETY members will receive a monthly promotional code for deeper discounts. Here is a sample of what will be in store this Summer.

Visit the store online mid-summer:
www.secretingredientshop.com





**WATCH FOR
ONLINE
GIFT STORE
LAUNCH THIS
SUMMER!**

**www.secretingredients.com
coming this summer!
...deep discounts
for society members!**



3303 Habersham Road
Atlanta, Georgia 30305



"What a great event last night! Chef Hector did a fabulous job with the lamb. Normally, lamb is not my favorite, but every dish was incredible. I love the *Meatrix* video. That describes what we are doing and why we are doing it perfectly. Thank you for inviting us to be a part of the For Food's Sake dinners. This is a great way to get our name out there and gives everyone the opportunity to sample the meat."
— Alecia Searcy, Farmer of Gum Creek Farms

"I am still 'jazzed' this morning about our evening last night. What a great time. Food being a great draw, the message is so much more than that. Can't wait to do more with you in the future. Looking forward to next month!"

— Andrea Pratt, Founders Society

JOIN FOR FOOD'S SAKE

Food is the bridge that connects us all to history, culture, identity and sustainability. Relentlessly, we seek the most unique venues—an event unlike any other—to see and enjoy a not to be repeated dinner with a chef and a farmer. In a private home, art gallery, farm, rooftop and even a graveyard, members explore the connection between the earth and the food on the plate. Each event offers a glimpse into the life of a farmer while educating members on making conscious food choices. The address for each event is *underground* and is sent out a few days before the event. Join the community of foodies at www.forfoodssake.org.

BASIC MEMBERSHIP FREE

- Invitation to FFS Underground Events
- *For Food's Sake* Quarterly Newsletter

FRIENDS SOCIETY \$100/person, \$180/couple

- All benefits listed in Basic Membership *PLUS*
- Invitation to Members Only Society gatherings
- Discounts up to 50% on leading culinary, entertainment products and vintage collectibles

FOUNDERS SOCIETY \$160/person, \$300/couple

- Limited number available
- All benefits listed in Friends Society *PLUS*
- Five day advance ticket access to For Food's Sake events
- \$10 off For Food Sake Dinners
- Recognition as supporting founders

MEMBERSHIP FEE IS FOR 12 MONTHS