

Take a field trip

Chefs and farmers are hosting alfresco meals to showcase local fare. We bring their recipes home to you.

Be inspired!

JOIN A TREND GROWING IN FIELDS ACROSS AMERICA.

The subtle but profound grassroots movement to encourage people to buy locally produced food is blossoming in new ways. For example, instead of waiting for spring produce to arrive at the farmers' market, Outstanding in the Field founder Jim Denevan goes directly to the source. And he takes about 130 lucky diners with him for five-course meals prepared by top chefs amid the rolling fields of some of the finest farms in North America and Europe.

Celebrating its tenth year, Outstanding in the Field strives to connect people to the origins of their food and the people who produce it. The dinners—which start at \$180 per person—are the culmination of an afternoon adventure during which guests are led on a tour of the farm as the farmer answers their questions and points out its unique features.

“You know how you’re not supposed to go to the supermarket when you’re hungry? By the time we sit down to eat, our diners

have been literally surrounded by their dinner all day, and they’re ready for it,” Denevan says.

Outstanding in the Field is one of several organizations nationwide to offer meals like this throughout the growing season. The events embody the larger farm-to-table movement, which has spurred interest in eating and purchasing food locally. Whether they’re held in city restaurants with visiting farmers or amid blooming orchards with visiting chefs, these dinners offer folks great local produce and a deeper appreciation for where their food comes from.

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Bring the farm dinner home

1 Host a U-pick potluck. Find local growers and suppliers at www.pickyourown.org and www.localharvest.org, then invite friends to choose a nearby farm where they can find the raw ingredients and inspiration for a dish. For ideas on using the bounty, visit CookingLight.com.

2 Source local ingredients. Farmers sell boxes of produce by subscription directly to buyers through Community Supported Agriculture programs (CSAs), supplying home cooks with all the makings for their own farm-to-table meals (learn more at www.localharvest.org/csa). You can also buy produce directly from producers at farmers' markets, and get cooking suggestions from the farmers who know those ingredients best.

3 Grow your guest list. Invite your favorite farmer, sausage maker, or cheese maker from your farmers' market as a guest speaker. Extend the invitation to neighbors, fellow cooks, and local food groups while lifting your hosting load with the tips at www.sustainabletable.org/getinvolved/buildcommunity/host.html.



◀ Panzanella

Jim Denevan of *Outstanding in the Field* prepares this salad to showcase specialty varieties of vegetables. In spring, halved cherry tomatoes are your best bet. In summer, heirloom variety beefsteak tomatoes work well.

- 8 ounces ciabatta, cut into 1-inch cubes
- 2 orange bell peppers (about 1 pound)
- 2 cups sliced radicchio (about 4 ounces)
- 2 tablespoons capers
- 1 pound cherry tomatoes, halved
- 1 medium cucumber, halved lengthwise, seeded, and sliced
- 3 tablespoons red wine vinegar
- 1½ teaspoons finely chopped canned anchovy fillets
- ½ teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup extra-virgin olive oil
- ¼ cup torn fresh basil leaves

- 1 Preheat oven to 350°.
- 2 Place bread on a jelly-roll pan. Bake at 350° for 10 minutes or until crisp, stirring occasionally.
- 3 Preheat broiler.
- 4 Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Place in a heavy-duty zip-top plastic bag; seal. Let stand 10 minutes. Peel; cut into 1-inch pieces.
- 5 Combine bread, bell peppers, and next 4 ingredients (through cucumber) in a large bowl. Combine vinegar and next 4 ingredients (through black pepper) in a small bowl. Gradually add oil, stirring with a whisk. Pour over bread mixture; toss.
- 6 Let stand 20 minutes or just until bread begins to soften. Sprinkle with basil. Yield: 10 servings (serving size: about 1 cup).

CALORIES 136; FAT 6.8g (sat 1g, mono 4.8g, poly 0.8g); PROTEIN 3.5g; CARB 16.6g; FIBER 1.7g; CHOL 2mg; IRON 1.2mg; SODIUM 349mg; CALC 17mg



Farmers know their stuff when it comes to good food and good cooking.

—Jim Denevan of *Outstanding in the Field*



After they've sampled the raw ingredients, guests are primed for the meal.



Arugula and Celery Salad with Lemon-Anchovy Dressing

Plate & Pitchfork in Portland, Oregon, organizes farm dinners at which this delightfully simple salad is often featured. It's great with grilled tuna. You can serve the leftover dressing over pasta, steamed new potatoes, or grilled chicken.

- 6 cups baby arugula leaves
- 1/2 cup diagonally cut celery
- 1/4 cup almonds, toasted and chopped
- 1/4 cup fresh flat-leaf parsley leaves
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup Lemon-Anchovy Dressing
- 1/4 cup (1 ounce) shaved Parmigiano-Reggiano cheese

1 Combine first 6 ingredients in a large bowl. Add 1/3 cup Lemon-Anchovy Dressing; toss gently to coat. Sprinkle with cheese. Serve immediately. Yield: 4 servings (serving size: 1 cup).

CALORIES 125; FAT 10.2g (sat 1.9g, mono 6.2g, poly 1.8g); PROTEIN 5.1g; CARB 5g; FIBER 2.2g; CHOL 4mg; IRON 1.2mg; SODIUM 325mg; CALC 155mg

LEMON-ANCHOVY DRESSING:

- 2 tablespoons fresh flat-leaf parsley leaves
- 3 tablespoons water
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 3 garlic cloves
- 1 canned anchovy fillet, rinsed
- 3 tablespoons extra-virgin olive oil

1 Combine first 7 ingredients in a blender; process until smooth. With blender on, slowly add oil. Process until blended. Yield: 2/3 cup (serving size: 4 teaspoons).

NOTE: Store in an airtight container in the refrigerator up to one week.

CALORIES 50; FAT 5.3g (sat 0.7g, mono 3.8g, poly 0.8g); PROTEIN 0.3g; CARB 1g; FIBER 0.1g; CHOL 0mg; IRON 0.1mg; SODIUM 189mg; CALC 5mg

WINE NOTE Arugula, celery, and lemons all contain green flavors. A wine that works well with this trio—and won't be undone by the anchovies—is the outrageously fresh Sauvignon Republic 2007 from the Russian River Valley of California (\$18). —Karen MacNeil



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Lamb Shoulder Braised with Spring Vegetables, Green Herbs, and White Wine ▶

This recipe from *Dinners at the Farm* in Connecticut combines spring produce with lamb, a meat typically associated with the season. You may need to call ahead to order lamb shoulder from your regular butcher. Look for a producer of grass-fed lamb in your area.

- 1½ tablespoons butter
- 4 cups chopped onion (about 1 pound)
- 6 garlic cloves, crushed
- 2 pounds lamb shoulder, trimmed and cut into 1½-inch pieces
- 3 cups fruity white wine (such as riesling)
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh rosemary
- ½ pound small red potatoes, halved
- ½ pound turnips, peeled and cut into 1-inch cubes
- ½ pound carrots, peeled and cut into 1-inch pieces
- ½ pound asparagus, trimmed and cut into 2-inch pieces

1 Melt butter in a Dutch oven over medium-high heat. Add onion to pan; sauté 4 minutes. Add garlic; sauté 1 minute. Spoon onion mixture into a large bowl. Add half of lamb to pan; sauté 4



minutes or until browned. Remove from pan; add to onion mixture. Repeat procedure with remaining lamb.

2 Add wine to pan, scraping pan to loosen browned bits. Return lamb mixture to pan; add salt and pepper. Combine oregano, parsley, and rosemary. Add half of herb mixture to pan; bring to a boil. Cover, reduce heat, and simmer 1½ hours or until lamb is tender. Add potatoes, turnips, and carrots to pan. Cover and cook 40 minutes or until tender. Add asparagus; cook 5 minutes or until asparagus is tender. Stir in re-

maining herb mixture. Yield: 8 servings (serving size: 1¼ cups).

CALORIES 325; FAT 12.6g (sat 5.3g, mono 4.7g, poly 1.1g); PROTEIN 34.3g; CARB 17.2g; FIBER 3.6g; CHOL 110mg; IRON 4.2mg; SODIUM 448mg; CALC 75mg

WINE NOTE This succulent lamb shoulder surrounded by roasted root vegetables is fantastic with an earthy pinot noir. Try one that's rich and full bodied to mirror the richness of the lamb. Talley Pinot Noir 2006 from California's Arroyo Grande Valley (\$36) is sensational.

—Karen MacNeil



Halibut with Citrus-Fennel Relish

Farm-inspired menus are a specialty of City Catering Company in Seattle. This dish takes advantage of fresh produce, as well as halibut, which is in season this time of year. You can use all orange or a combination of orange and grapefruit. Blood oranges would also make a lovely choice.

- 4 (6-ounce) halibut fillets
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{3}{4}$ teaspoon freshly ground black pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- $1\frac{1}{4}$ cups shaved fennel bulb (about $\frac{1}{2}$ bulb)
- $1\frac{1}{4}$ cups coarsely chopped orange sections (about 2 oranges)
- 1 tablespoon chopped fennel fronds

1 Sprinkle fish with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add fish to pan; cook 4 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.

2 Combine fennel, orange, fennel frond, remaining 1 tablespoon oil, remaining $\frac{1}{4}$ teaspoon salt, and remaining $\frac{1}{4}$ teaspoon pepper; toss gently. Serve with fish. Yield: 4 servings (serving size: about 1 fillet and about $\frac{1}{2}$ cup fennel mixture).

CALORIES 295; FAT 11g (sat 1.5g, mono 6.7g, poly 1.9g); PROTEIN 36.3g; CARB 12.9g; FIBER 4.5g; CHOL 54mg; IRON 1.9mg; SODIUM 543mg; CALC 126mg

Spring Asparagus Risotto ▶

Clif Holt, chef-owner of Little Savannah in Birmingham, Alabama, prepares this classic risotto for harvest dinners at Jones Valley Urban Farm. For a vegetarian entrée, use vegetable broth.

- 4 cups (1-inch) slices asparagus (about 1½ pounds), divided
- 3 cups fat-free, less-sodium chicken broth, divided
- 1½ cups water
- 1 tablespoon butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice or other medium-grain rice
- ½ cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese, divided
- ¼ cup heavy whipping cream
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

1 Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1½ cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.

2 Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add ½ cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, ½ cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes.

3 Stir in ¾ cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining ¼ cup cheese. Yield: 8 servings (serving size: 1¼ cups risotto and 1½ teaspoons cheese).

CALORIES 283; FAT 7.7g (sat 4.4g, mono 2g, poly 0.3g); PROTEIN 10.5g; CARB 44g; FIBER 4.1g; CHOL 23mg; IRON 2.2mg; SODIUM 634mg; CALC 144mg



Soy-Sesame Kale

City Catering Company in Seattle likes to use dinosaur kale—also called lacinato kale, *cavolo nero*, and black kale—in this speedy side dish.

- 3 tablespoons low-sodium soy sauce
- 3 tablespoons mirin (sweet rice wine)
- 1 tablespoon rice vinegar
- 1 tablespoon dark sesame oil
- 2 teaspoons minced peeled fresh ginger
- 3 garlic cloves, minced
- 1½ pounds dinosaur kale, trimmed and cut into 2-inch pieces
- Cooking spray

1 Combine first 6 ingredients in a large bowl, stirring with a whisk. Add kale; toss to coat. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add half of kale mixture to pan; sauté 4 minutes or until wilted and tender. Transfer to a bowl. Repeat procedure with remaining kale mixture. Yield: 8 servings (serving size: ¾ cup).

CALORIES 59; FAT 2.1g (sat 0.3g, mono 0.8g, poly 0.9g); PROTEIN 2.2g; CARB 8g; FIBER 1.1g; CHOL 0mg; IRON 1.1mg; SODIUM 248mg; CALC 74mg



The biggest star on the menu isn't a chef. It's the fresh local fare.

Roasted Asparagus Salad with Pecorino, Lemon, and Olive Oil

Classic spring flavors of asparagus, egg, and lemon combine in this salad from Dinners at the Farm. You can use Parmesan cheese in place of pecorino, if you prefer.

- 2 pounds asparagus, trimmed
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon fine sea salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 6 cups torn Boston lettuce (about 2 small heads)
- 2 large hard-cooked eggs, each cut into 6 slices
- 2 tablespoons fresh lemon juice
- ¼ cup (1 ounce) shaved fresh pecorino Romano cheese

1 Preheat oven to 450°.

2 Place asparagus on a large jelly-roll pan. Drizzle with 1 tablespoon oil, and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper; toss well. Arrange asparagus in a single layer on pan. Bake at 450°

for 8 minutes or until crisp-tender, tossing once. Cool slightly.

3 Arrange lettuce on a large platter. Top with asparagus and egg slices. Combine remaining 2 tablespoons oil, juice, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper, stirring with a whisk. Drizzle over asparagus and lettuce. Top with cheese. Serve immediately. Yield: 6 servings (serving size: 1 cup lettuce, about 8 asparagus spears, 2 egg slices, 2 teaspoons dressing, and 2 teaspoons cheese).

CALORIES 150; FAT 10.3g (sat 2.4g, mono 5.7g, poly 1.4g); PROTEIN 7.6g; CARB 8.2g; FIBER 3.9g; CHOL 74mg; IRON 4.1mg; SODIUM 296mg; CALC 107mg

Linguine with Arugula Pesto

The chefs at Connecticut's Dinners at the Farm prefer to use Sylvetta arugula, a variety that is quite peppery; standard arugula will work fine in this recipe, too.

- 12 ounces uncooked linguine
- 1 tablespoon pine nuts, toasted
- 1 garlic clove, crushed
- 2 cups loosely packed arugula
- 2 cups loosely packed basil leaves
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 6 tablespoons grated fresh pecorino Romano cheese

1 Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving ½ cup cooking liquid. Place pasta in a bowl.

2 Place 1 tablespoon pine nuts and garlic in a food processor; process until minced. Add arugula and the next 5 ingredients (through black pepper), and process until well combined.

3 Add arugula mixture and reserved cooking liquid to serving bowl; toss well to coat. Serve with cheese. Yield: 6 servings (serving size: 1⅓ cups pasta and 1 tablespoon cheese).

CALORIES 291; FAT 8.3g (sat 2g, mono 4.2g, poly 1.7g); PROTEIN 10.2g; CARB 44g; FIBER 2.6g; CHOL 7mg; IRON 1.4mg; SODIUM 376mg; CALC 113mg

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