

# Feast of Fields Fosters Farm Fresh Philosophy

Annually anticipated and abundantly attended, the 10th Annual Feast of Fields was held under bluest sky on September 12, 2004 at the Westham Island Herb Farm in Ladner, BC. Organized by Farm Folk/City Folk and followed a week later with another field of feasting on September 19, 2004 at Sooke Harbour House on Vancouver Island, both events drew throngs of the flavour finders to celebrate BC's local bounty of product and talent alike. As some of the province's top chefs from the likes of La Belle Auberge, Provence, The Cannery, C Restaurant and Bishop's prepared edible BC art, wineries from across the map kept tasting glasses busy. With each restaurant highlighting local suppliers and a wealth of farmers on hand, Feast of Fields once again succeeded in raising funds and cementing a



Hazelmere Farm's Gary King and John Bishop merged their particular passions along with dozens of local suppliers and restaurants for a day of regionally-rooted cuisine at Westham Island Herb Farm.

conscious connection between the plate and the field gate.

While the success was shared by all parties, none of it would have been possible without the sponsorship of Westham Island Herb Farms, Capers Community Markets, The Organic Grocer, Ethical Bean, CKNW Radio, Delta Optimist Newspaper, Alternative Uniform Designs, Vancouver Courier Newspaper, Canadian Springs Water Company, Happy Planet Foods, Surrender Gourmet Foods, Tequi-Lim, Small Potatoes Urban Delivery (SPUD), Organics Delivery BC, Ladybug Organics, Green Earth Organics, Blue Moon Organics, Hazelmere Organic Farms, Savoury City Foods Ltd, Bremner Foods, Ramble

Jamble, Love Berries, Purple Gold Apiaries, Maureen's Food World Inc. and Surrender Gourmet Foods. For a glimpse of this year's Feast of Fields at Westham Island Herb Farm, visit: <http://homepage.mac.com/jasonmcr/iMovieTheater15.html>.

## Now THAT's an Italian Restaurant

Viva Italia! Italian cuisine has become a staple of the North American diet, so pervasive in its plated presence that the Italian Chamber of Commerce of BC teamed with Italy's Regione Abruzzo to introduce a new Italian-born seal of quality assurance to better identify the real meal deal. Stemming from the Italian Ministry of Agriculture to help protect the Italian brand, the special "Italian Restaurant" designation, is available to all restaurants serving "genuine" Italian food.

So what is Italian and what is not? Spaghetti and meatballs, pizza and caesar salad do not fit the bill. The focus here is on a return to and celebration of roots. An extensive use of Italian products is the key here and a healthy percentage of those key ingredients need bear the "Made in Italy" label. Furthermore, the dishes must observe tradition, both in their naming and order of service and the staff must be able to recommend suitable wine pairings, albeit not necessarily Italian.

Similar to the initiative currently being embarked upon by the BC Culinary Tourism Society, the goal is to promote the characteristic quality of true Italian cuisine while encouraging the public to explore some exemplary cuisine. For more information contact Marian Zadra of the Italian Chamber of Commerce of BC at 604-682-1410.

## Farro: Grain for the Brain

Not be confused with spelt, quinoa or any other ancient grain, farro is quite possibly the most ancient pure strain of grain on the planet. It is also increasingly sought after by gourmets and health-conscious consumers alike for both its nutty flavour and natural abundance of nutrition. Referred to as emmer in the U.K., shaer in Arab countries and trigo blanco in Spain, the hearty and flavourful farro is being made available in BC through Lilikoi Specialty Foods in Vancouver. Recently featured at the Eternal Egypt exhibit at the Royal BC Museum, its lengthy history promises to continue as greater numbers discover its role as a complete protein source when combined with a few basic beans. Those in search of high-energy alternatives to primary proteins should contact Robert Giardino at 604-841-3216, website [www.farro.ca](http://www.farro.ca).



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