

VUE

LOCAL TASTES

THURSDAYS

FARM ~ SEA ~ TABLE

FEBRUARY 20

CT BABY BEETS

Urban Valley Acres Smoked Baby Beets, Petite Field Greens,
Candied Pecans, Cider Thyme Dressing

CT MONK FISH

Pan-Roasted Thyme-Scented Local Monk Fish, Cranberry Bean,
Pancetta, Onion Ragout, Lemon Espelette Pepper Butter

RI PORK

Slow-Cooked Wild Harmony Farms Pasture-Raised Pork Bolognese,
House-Made Pappardelle Pasta, Shaved Parmesan

PEQUOT MAPLE CRÈME BRÛLÉE

Crème Fraîche Chantilly, Candied Pecans

\$60⁺⁺

Items Also Available À La Carte

Supplemental Wine Pairing Available

THIS WEEK'S FEATURED LOCAL AND REGIONAL PURVEYORS AND FARMS:

URBAN VALLEY ACRES

Plantsville, CT

BRIAN ELDRIDGE

Urban Valley Acres is a small "micro" farm located in Plantsville, Connecticut. What makes us a "micro" farm you may ask? To start, we farm on less than ¼ of an acre of land. Unlike a traditional farm, you won't find any large open fields, pesticides or even a tractor here. What you will find are shovels, rakes, forks, wheel barrows and most importantly, lots of hard work.

So by now you're probably asking yourself, how is this all possible? Well, with the help of "SPIN" farming techniques, Urban Valley Acres can produce yields comparable to a farm nearly 5 times its size! What is "SPIN" farming and why isn't every farmer using this technique then? Let's start with the basics. "SPIN" farming (also known as Small Plot Intensive farming) is the practice of very densely planting, usually, quick-growing crops. This allows for as many as four different crops to be planted in the same area over a typical growing season. In turn, this provides a very high yield, per square foot of growing area.

That is why we, at Urban Valley Acres, are throwing away all the traditional farming techniques in favor of a more sustainable, organic and environmentally-friendly approach to small scale agriculture production. We hope you will join us in sampling some of the highest-quality produce Urban Valley Acres can offer.

WILD HARMONY FARMS

Exeter, RI

RACHAEL SLATTERY & BEN COERPER

Rachael works to manage Wild Harmony Farm with her husband Ben. She focuses a large amount of time on the vegetable garden, honey bees and marketing. She can also be found driving the tractor, setting up a fence, moving the pigs or doing chores.

Ben was diagnosed with an array of conditions and illnesses and prescribed a host of harsh medications. Discontent with these answers, Ben visited a naturopath and was shortly diagnosed with food allergies. Rather than continue with his current diet and be forced to take medication, Ben changed his lifestyle, which wasn't easy. Once he began scouring ingredient labels, he realized how highly processed most grocery store food is. In order to eat REAL food, Ben decided to learn how to grow his own. While working on farms all over the world, Ben continued to learn and began to educate others about the harsh and often disturbing realities of our mainstream food system.