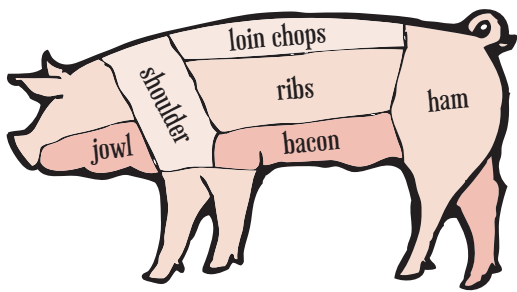


Notable Edibles

By Dave Cameron

▼ Lessons in Local Meat

Finding delicious locally raised meats is all the rage around here, but learning how a pig is turned into pork chops, bacon and ribs takes extra education. That's why Tim Haws of Autumn's Harvest Farm in Romulus began holding butchery workshops at his farm, offering customers an opportunity to know what's behind cuts like the Boston butt and picnic shoulder.



Each class shows how to break down an animal into standard cuts of meat after slaughter at a certified USDA facility. Recently half of a pig was cut piece by piece by

Ralph Smith, a trained butcher who works with Haws. Parts were identified and options for variations were discussed, along with important tips on technique and safety.

Many students for the classes are chefs, including some who have been customers of Haws. "Chefs know the cuts, but don't always know where it comes from," said Smith. "It's like a puzzle, and you've got to know where the pieces are."

Haws is planning more classes this year covering lamb, beef and sausage making. Each class costs \$50 per person, and is limited to 10 slots.

To learn more or reserve a spot, call Autumn's Harvest Farm at 607.869.3879.



Hitch a Ride with Flora ▲

Farmers' markets and CSAs provide home cooks the chance to buy direct from farms, but it's not so easy for restaurants, caterers or small market owners to get the quantities they need, exactly when they need them. A new program called FLORA, a partnership between Finger Lakes Organics farm collective and Regional Access distributors, is making the best foods from around the region available to chefs and specialty stores.

"Every item on our price list comes from a specific FLORA farm," says Jay Reville, who helps manage the program for Regional Access. "We have a direct relationship with each farm and we buy at above-market prices so they [the farmers] are compensated fairly."

FLORA worked with twenty-two farms last season and expects a few more this year, most from the north Finger Lakes region.

"It is definitely the hard way, but it is worth it in the end," says Reville. "It is very gratifying to visit our customers and see the names of our farms in the produce section or on the menu."

With over 300 distinct seasonal items in the FLORA catalog, savvy chefs now have much to celebrate as they create seasonally driven menus with ease.

regionalaccess.net/FLORA.html

◀ Beyond the Bulb

If you can't find any garlic scapes at your farmers' market this year, it might be because Bob Emens got them first. Every June, Emens sources nearly 1,400 pounds of the tender green spirals from farms across New York, including his own Mill Creek Farm in Clifton, and turns them into Luke's Pickled Garlic Scapes and Garlic Scape Pesto. With three pickled varieties to choose from, including Dill and Habanero Pepper, they are an addictive seasonal treat.

"I discovered garlic scapes at a farmers' market years ago, but it took a gift of pickled scapes from a close friend to wake me up to their possibilities," says Emens, who named the brand after his farm's original owner. "They were unique and locally grown, and were clearly a flavorful and healthy snack."

Processed and pickled at their peak of freshness, the scapes' garlic flavor is much milder than the bulb's and the texture is similar to a young green bean. They add zing to salads or pasta, even cocktails, but eating them straight out of the jar is fine too.

lukemillcreekfarm.com

