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Greenwich Academy

## GREENER CHALLENGE

- Find three “farm-to-table” restaurants in your home state.
- For each, record the name of the restaurant, location, name of the Executive or Head Chef, a link to the website, a menu, and a list of the farms they source from.
- Share three things that you learned from the farm-to-table movement:

I have learned that there are hundreds of restaurants that are an active participant in this movement to have their produce organically grown straight from a farm. I did not know that this could even mean the food would be prepared and ready to serve before its even arrived at the restaurant! I learned most importantly that this movement helps to form a strong bond between the earth’s health our community by emphasizing and displaying the direct relationship between the farm and the participating restaurants. So inspiring!

<http://localfoods.about.com/od/localfoodsglossary/g/Definition-Of-Farm-To-Table.htm>

## Harvest

372 Greenwich Avenue, Greenwich, CT, 06830

Executive Chef: Gustave Christman III

<http://harvestwinebar.com/>

Menu:



The image shows a dinner menu with two columns of items. The title 'Dinner Menu' is at the top center in a large, green, serif font. The menu items are listed in a smaller, black, sans-serif font. Each item is preceded by a price in a small, green, sans-serif font. The items are organized into sections: Snacks and Shares, Starters, and then various salads and other dishes. The prices range from \$11 to \$18.

Dinner Menu	
<b>Snacks and Shares</b>	<b>Starters</b>
<b>Grilled Calamari</b> crispy fried tentacles, jalapenos, cilantro, whipped avocado	<b>Beet &amp; Goat Cheese Salad</b> \$12 goat cheese cream, baby arugula, almond vinaigrette
<b>Butcher Board</b> wild boar sopressata, chicken liver mousse pepper coated cervelate, venison pate, duck prosciutto pickles, violet mustard, fruit preserves	<b>Seared Tuna Cobb Salad</b> \$15 wedge gem lettuce, marinated tomatoes, egg, avocado puree
<b>Selection of Cheese</b> \$1 for 5, 3 for \$2, 5 for \$8 local honey, nuts, plum paste Aged Gouda, cows, milk Green, NY boschetto tartufo, truffle pecorino, Italy cabot clothbound cheddar, jasper hill farms, Greensboro VT Humble fog, goats milk VT Moody blue, smoked blue cheese WI	<b>Pear &amp; Endive Salad</b> \$12 baby arugula spiced pecans, manchego cheese, raspberry vinaigrette
<b>Short Rib Mac &amp; Cheese</b> cavetelli, cabot white cheddar, toasted bread crumbs	<b>Spinach and Frisee Salad</b> \$12 marinated tomatoes, radishes, cucumbers, olives, balsamic honey vinaigrette
<b>Lobster Mac &amp; Cheese</b> cavetelli, cabot white cheddar, toasted bread crumbs	<b>Spicy Salmon Tartare</b> \$13 jalapeno, lemon zest, baby arugula, house made chips
<b>Harvest Sliders</b> grass fed, all-natural beef, tomato aioli, pickles, onions	<b>Ricotta Salad</b> \$13 baby kale, arugula, frisee, strawberries, ricotta salata cheese spicy cashews ,pomegranate dressing
<b>Steamed Mussels</b> chorizo sausage, spinach, garlic, baby potatoes	<b>Crispy Artichoke Salad</b> \$13 lemon aioli, jalapenos, cilantro, red onions, ricotta salata
	<b>Shaved Brussels Sprout Salad</b> \$11 parmesan risotto cake, truffle vinaigrette

Local Farms:

Greenwich Farmer's Market/CT  
 Hickory Hill Orchards/Cheshire CT  
 Gilbertie's Herb Gardens Inc./Easton CT  
 Baggott Family Farms/South Windsor CT  
 Satur Farms/Cutchogue NY  
 TwoGuys From Woodbridge/Woodbridge CT  
 Longford's Own Made/Port Chester NY  
 M&M Maple Farm/Carlisle NY

**Boxcar Cantina** \*certified green restaurant since 2008  
 44 Old Field Point Road, Greenwich, CT, 06830  
 Chef and Owner: Nancy Roper  
<http://www.boxcarcantina.com/>

**Menu:**

**APPETIZERS**

**HAND-CUT CHIPS & SALSA \$4.00**  
**CHEESE QUESADILLA \$10.00**  
 Served with pico de gallo.  
**NAVAJO CHICKEN BASKET \$10.00**  
 Organic chicken served with hand-cut fries.  
**GUACAMOLE & HAND-CUT CHIPS \$9.50**  
**MEXICAN PIZZA \$10.00**  
 Jack cheddar, plum tomatoes, jalapeno olives, scallions, sour cream and pickled jalapenos on a Biscuit Flour tortilla. Add organic chicken Tinga or pasture-raised ground beef, \$5.00.  
**THE PEE NACHOS \$9.00 (serves 2)**  
 Jack cheddar, pinto beans, plum tomatoes, jalapeno olives, sour cream, scallions, and green chiles. Add organic chicken Tinga or pasture-raised ground beef, \$5.00.  
**BISCUIT COOKIES \$10.00**  
 The cool cookies with fresh herbs, Dijon mustard, lemon zest, and house-made tartar sauce.  
**RED CHILE ONION RINGS \$7.00**  
 Thickly sliced and lightly dusted with mild red chile. Served with house-made chipotle ketchup.  
**CHEEKEN AND PINTO BEAN FLAUTAS \$10.00**  
 Three chip corn tortilla "flautas" filled with organic grilled chicken, green chiles, Jack cheddar, and refried pinto beans. Served with chipotle crema and red chile sauce.  
**CHORIZO CON QUESO \$10.00**  
 A blend of cheeses with spicy ch chorizo sausage, plum tomatoes, peaches and scallions. Served with pico de gallo and Biscuit Flour tortillas.  
**INDIAN POSOLE SOUP cup \$5.00 / bowl \$10.00**  
 A rich organic chicken and vegetable soup made with posole (corn), topped with sliced avocado and shredded Jack cheddar. Served with Biscuit Flour tortillas.  
**TORTILLA SOUP cup \$5.00 / bowl \$10.00**  
 Tomato and chile base, with organic grilled chicken and corn, topped with sliced avocado and chipotle tortilla strips. Served with Biscuit Flour tortillas.

**ENCHILADAS**

Choice of New Mexican mild red or hot green chile sauce.  
**JACK CHEDDAR ENCHILADAS \$15.00**  
 Traditional Santa Fe style "honey" four corn tortillas with plum tomatoes and New Mexican green chile. Served with organic Spanish brown rice and black beans.  
**ORGANIC ONIONED-CHICKEN ENCHILADAS \$18.00**  
 Two plump corn tortilla enchiladas filled with organic chicken, Jack cheddar, scallions, and onions. Served with organic Spanish brown rice and black beans.

**TACOS**

**QUATRO TACOS \$16.00**  
 Four chips corn tacos, two with organic chicken Tinga and two with Niman Ranch pork, all topped with Jack cheddar. Served with organic Spanish brown rice and pinto beans. Add \$1.00 per taco to substitute pasture-raised ground beef or \$1.25 for wild caught arctic char.  
**MINI SOFT TACO PLATE \$17.00**  
 Three mini soft Biscuit Flour tortillas. One with Niman Ranch pork, one with organic chicken Tinga, one with pasture-raised ground beef, all topped with Jack cheddar. Served with organic Spanish brown rice and black beans. Add \$1.00 per taco to substitute pasture-raised ground beef or \$1.25 for wild caught arctic char.

**BURRITOS**

Choice of New Mexican mild red or hot green chile sauce.  
**PINTO AND BLACK BEAN BURRITO \$11.00**  
 In a Biscuit Flour tortilla with Jack cheddar and pico de gallo. Served with organic Spanish brown rice and pinto beans.  
**CHEEKEN TERESA BURRITO \$19.00**  
 In a Biscuit Flour tortilla with Jack cheddar. Served with organic Spanish brown rice and black beans.  
**CANNE ADOVADA BURRITO \$18.00**  
 Niman Ranch pork in a Biscuit Flour tortilla with Jack cheddar. Served with organic Spanish brown rice and pinto beans.  
**BEEF BURRITO \$18.00**  
 Pasture-raised ground beef in a Biscuit Flour tortilla with Jack cheddar. Served with organic Spanish brown rice and pinto beans.  
**MINI BURRITOS \$18.00**  
 One organic chicken Tinga, one Niman Ranch pork, and one pasture-raised ground beef, in Biscuit Flour tortillas with Jack cheddar. Served with organic Spanish brown rice and pinto beans. Add \$1.00 per tortilla to substitute pasture-raised ground beef.

*Local Sources:* Riverbank Farm (Roxbury, CT) Two Guys from Woodbridge (Hamden, CT) GourmAvian Farms (Bolton, CT) Ox Hollow Farm (Roxbury, CT) Andrew's Honey (Norwalk, CT) Beltane Farm (Lebanon, CT) Fort Hill Farm (New Milford, CT) Tortilleria Nixtamal (Queens, NY) Zumbach's Gourmet Coee (New Canaan, CT) Niman Ranch (Supporting local farmers across the US) Cabot Creamery (Cooperative of farms in New England and NY) The Farmer's Cow Creamery (Lebanon, CT)

**Renapoli Pizzeria and Chicago Italian Beef**  
 216 Sound Beach Ave., Old Greenwich, CT 06870  
 Chef and part-owner: Bruno DiFabio  
<http://www.renapoli.com/>

**Menu:**



Get ingredients from wholesale markets: Bklyn Larder (Prospect Heights), Teitel Brothers (Bronx, NY), and Murray's Cheese (Greenwich Village, NY)