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I've loved farms ever since the first time I visited an organic farm in my town when I was about 9, for a potluck dinner. I remember the twinkle lights strung in the passion fruit vines and the man who caught a wild rabbit with his hands. That idyllic image of a farm captured my heart.

Yet somehow the farm-to-table movement left me with what I can only describe as an emotional disconnect. I've always known how important local foods are in a sort of abstract, peripheral way. I knew it was good to minimize carbon emissions. I knew that supporting small farmers was good, and that local and seasonal produce is better than the alternative. I didn't think there was much more I could learn.

But learning about the farm-to-table movement in the Project Green Challenge connected me fully to the cause of local food. I soon found out that I was wrong in thinking I knew it all—there was a lot that I don't know. Here are a few other things I learned:

1. Local foods are not just “good;” they are becoming more and more essential for the health of the planet. Supporting local, organic farmers creates a more resilient ecosystem by increasing biodiversity and supporting healthy soils and waterways.
2. Farm-to-table movements increase resiliency of communities by increasing the “economies of community.”
3. It is much easier to shop locally than I originally thought. Even though I knew about how readily available a lot of local produce is, I never knew that I could purchase local staples. However, when I was shopping for food today, I spotted local olive oil and dates. I'm pretty sure I'm becoming a locavore!

**Terra American Bistro**

**Location:** 7091 El Cajon Blvd.  
San Diego, California 92115

**Head Chef:**

Jeff Rossman

**Sourced from:** Mayer Ranch

**Website:** <http://www.opentable.com/terra-american-bistro-san-diego>

- **Dinner**

gluten free bread + crackers available for 2.00

### **CHEESE + MEAT**

- **\$9.25**

#### **cheese plate**

two selected artisan cheeses | tomato jam | spiced walnuts | bread

- **\$9.25**

#### **meat plate**

two selected artisan salami | house pickled vegetables | beer-thyme mustard | bread

- **\$15.95**

#### **cheese + meat plate**

two cheeses & two meats | house pickled vegetables | beer-thyme mustard | tomato jam | spiced walnuts | bread

### **STUFF TO SHARE**

- **\$7.00**

#### **deviled eggs**

avocado + chipotle  
gluten-free

- **\$10.50**

#### **fried brussels sprouts**

garlic | shallots | lemon | asiago

- **\$10.75**

#### **salty peppery calamari**

fried garlic | green onion | chile flake

- **\$9.50**

#### **potato, brie + red onion quesadilla**

chipotle honey | salsa fresca  
vegetarian

- **\$12.50**

#### **skillet mac 'n cheese**

asiago, jack & brie cheeses | truffle oil | bread crumbs | house made bacon lardons | baked in a cast iron skillet

- **\$12.50**

#### **steamed carlsbad mussels**

garlic | onion | red + poblano peppers | cream | white wine | thyme + rosemary  
egg-free, fish-free, gluten-free

- **\$9.50**

#### **pumpkin raviolis**

roasted corn cream | toasted hazelnuts  
shellfish-free

- **\$6.25**

#### **rotating hummus jar**

grilled french bread  
vegan

- **\$5.75**

#### **hand cut garlic fries**

house ketchup  
vegetarian

- **\$7.75**

#### **hand cut truffle fries**

asiago cheese | chives | house ketchup  
vegetarian

### **SOUPS + SALADS**

can add grilled chicken 5, local fish 7,  
sliced sirloin steak 8

#### **soup of the day**

- cup
- **\$5.45**
- bowl
- **\$7.45**
- **\$8.95**

#### **fall harvest**

kale + arugula | sliced apple | maple balsamic vinaigrette  
vegetarian, gluten-free

- **\$8.50**

#### **house salad**

arugula | gorgonzola | candied pecans | seasonal fruit | honey walnut dressing  
vegetarian, gluten-free, fish-free, soy-free

- **\$9.75**

#### **roasted beets + goat cheese**

mixed baby greens | toasted hazelnuts | honey-miso dressing  
vegetarian

- **\$8.50**

#### **chopped**

house lettuce blend | gorgonzola | smoked  
bacon | tomato marmalade creamy  
buttermilk dressing  
gluten-free

### **FLATBREADS**

gluten free flatbread available upon  
request \$2.75

- **\$13.95**

### **cheesy garlic**

jalapeno ranch | garlic | gorgonzola | jack  
| asiago | fresh mozzarella  
vegetarian

- **\$15.95**

### **bacon + shroom**

house amde bacon lardons | mushrooms |  
caramelized onions | asiago cheese |  
rosemary + thyme

- **\$14.50**

### **bistro**

house made chicken fennel sausage |  
onions | peppers | cilantro | jack +  
cheddar cheeses  
vegetarian

### **LARGE PLATES**

- **\$17.95**

### **herb roasted half free range chicken breast**

julian apple cider sauce | roasted garlic  
potato mash | brussels sprouts  
gluten-free

- **\$21.00**

### **local bigeye tuna**

dried cherry chutney | suzie's farm  
delicata squash puree | sauteed greens |  
fried sage  
gluten-free

- **\$16.50**

### **pulled short rib tacos**

slaw | jalapeno crema | pico de gallo |  
chipotle black beans

- **\$21.95**

### **stuffed duroc pork porterhouse**

fresh mozzarella | spinach | housemade  
chicken sausage | balsamic syrup | garlic  
potato mash | vegetables  
gluten-free

- **\$21.95**

### **honey miso glazed local fish**

vegetable stir fry | organic basmati rice |  
sesame seeds | wasabi aioli

- **\$24.50**

### **natural aspen ridge flat iron**

port wine reduction | gorgonzola-  
mustard cream sauce | local vegetables |  
three cheese potato mash

- **\$23.00**

### **karl strauss amber lager braised pot roast**

yukon potato mash | local vegetables |  
truffle oil

- **\$16.00**

### **grilled el cajon soy dair tofu**

balsamic syrup | quinoa pilaf | sauteed  
vegetables  
vegan, gluten-free

### **penne pasta**

roasted garlic oil | garlic | basil |  
tomatoes | asiago  
vegetarian

- add vegetables

- **\$4.00**

- add local fish

- **\$7.00**

- add sliced sirloin

- **\$8.00**

- add chicken

- **\$5.00**

### **bistro burger**

gorgonzola | truffle aioli | caramelized  
onions | bistro fries

- 

- **\$15.95**

- add truffle fries or house made  
baconb

- **\$2.00**

- add avocado, garlic fries or farm egg
- **\$1.25**
- gluten free bun available upon request

- **\$2.00**
- **\$24.00**

**lobster mac 'n cheese**

maine lobster | penne pasta | asiago, brie  
+ jack cheeses | local vegetables

**Tender Greens**

**Location:** 4545 La Jolla Village Drive  
San Diego, CA 92122

**Head Chef:** Peter Balistreri

**Sourced from:** Scarborough Farm and Suzy's Farm

**Website:** <http://www.tendergreens.com>

Big Plates \$11.50

What Sounds Good?

**SALT AND PEPPER CHICKEN**

white and dark meat, garlic, oregano, thyme

**CHIPOTLE BARBECUE CHICKEN**

white and dark meat brushed with chipotle  
barbeque sauce

**FRIED CHICKEN**

white and dark meat, buttermilk, rosemary,  
thyme

**BACKYARD MARINATED STEAK**

grilled medium rare

**HERB BRUSHED ALBACORE**

grilled rare, sea salt, lemon, olive oil

**FALAFEL**

cumin and coriander spiced chickpea fritter

How Would You Like It?

**ON A SANDWICH**

with ciabatta, roasted red peppers, aioli and  
choice of simple salad

\*falafel served on lavash with tzatziki, harissa,  
pickled vegetables

**AS A HOT PLATE**

with yukon gold mashed potatoes

**ON A SIMPLE SALAD**

with a full sized simple salad and garlic herb  
crostini

Pick a Simple Salad

just a simple salad \$6

**TENDER GREENS**

sherry vinaigrette

**BABY ARUGULA**

tomato, balsamic vinaigrette

**BABY SPINACH**

goat cheese, hazelnuts, cabernet vinaigrette

**BUTTER LETTUCE**

red and green butter lettuce, tarragon dressing

**KALE**

parmesan, roasted garlic vinaigrette

**ROMAINE HEARTS**

caesar dressing, parmesan, garlic croutons

\*soup can be substituted for mashed potatoes or salad for \$2

\*our chicken is served with skin, it can be removed upon request

Big Salads \$11.50

**SALAMI & KALE**

P. Balistreri salami, kale, roasted fennel, golden raisins, fingerling potatoes, crispy garbanzo beans, parmesan, roasted garlic vinaigrette

**CHIPOTLE BARBECUE CHICKEN**

romaine hearts, avocado, queso fresco, crispy tortilla strips, green onion, cilantro lime dressing

**CHINESE CHICKEN**

tatsoi, mizuna, golden pea sprouts, carrot, wontons, roasted peanuts, cilantro, green onion, sesame dressing

**GRILLED CHICKEN COBB**

romaine hearts, Point Reyes blue cheese, house made bacon, pastured egg, avocado, tomato, tarragon dressing

**SOUTHERN FRIED CHICKEN**

freckled romaine, butter lettuce, cucumber, radish, dill dressing

**TUNA NICOISE**

tender greens, tomato, potato, capers, green beans, quail egg, olives, sherry vinaigrette

**MARKET FISH**

butter lettuce, arugula, picked herbs, local vegetables, citrus vinaigrette

**BACKYARD STEAK**

red and green butter lettuce, radishes, red and gold beets, horseradish vinaigrette

**HARVEST**

local fruit and nuts, artisan cheese, Scarborough Farms lettuces, golden balsamic vinaigrette

**HAPPY VEGAN**

wheat with cranberry and hazelnuts, quinoa with cucumber and beets, green hummus, tabbouleh, tender greens

**FALAFEL**

little gem lettuce, tomato, cucumber, parsley, red onion, tzatziki, cabernet vinaigrette

Comfort Soups \$4

**ROASTED ROMA TOMATO SOUP**

with basil oil and ciabatta croutons

**RUSTIC CHICKEN SOUP**

with potato, carrot, celery, leeks, thyme

**TODAY'S SOUP**

Plant Based Sides \$5.5

**ROASTED CORN AND HEIRLOOM BEAN SALAD****SUMMER SQUASH AND BLISTERED TOMATO****PASTA SALAD WITH KALE AND FENNEL PESTO****SIMPLY ROASTED VEGETABLE**

### **KITCHEN'S PICK**

something creative using the season's best  
vegetables

### **FAVORITE FARMER \$11.5**

choice of three plant based sides, tender greens,  
sherry vinaigrette

## **The Smoking Goat**

**Location:** 3408 30<sup>th</sup> Street, San Diego, CA 92104

**Head Chef:** Fred Piehl

**Sourced From:** Suzie's Farm, Brandt beef, Broken Arrow  
Ranch, Hamilton Meats, Specialty Produce

**Website:** <http://www.thesmokinggoatrestaurant.com/#!/caht>

### **Menu**

#### **INTRODUCTIONS**

FRIED GREEN TOMATO – panko crust+  
egg batter+ chipotle remoulade 9

MOZZARELLA DI BUFALA – prosciutto  
di parma + EVOO + aged balsamic 15 gf

HEIRLOOM TOMATO – fresh milk  
mozzarella + farm basil + EVOO 9 gf, vf  
P.E.I. MUSSELS – roasted cherry tomato  
+ capers + mediterranean olives + garlic 9

gf  
GRILLED OCTOPUS “BUTTER  
POACHED” – mango relish + fingerling  
potatoes + arugula + lime vinagrete 15 gf  
HOUSEMADE MEATBALLS – spicy  
tomato sauce + farm herbs 9

PORK BELLY TACOS – salsa fresca +  
avocado + tomatillo salsa 10

HEARTS OF ARTICHOKE – pan seared  
+ parsley + beurre blanc 10

LAMB CARPACCIO – blood orange +  
capers + scallions + radish 12

HOUSEMADE TRUFFLE FRIES –  
cilantro bbq + caper romulade + chipotle  
aioli 6

ARTISAN BREAD PLATE – fresh herbs  
+ EVOO 2.5

#### **SOUP & SALADS**

DAILY SOUP – seasonal Market  
WATERMELON – feta + wild arugula +  
spicy caramelized pecans + lemon  
vinaigrette 8 gf, vf  
PANZANELLA – wild arugula + bell

pepper + red onion + capers + croutons +  
tomato + grana padana 9 vf

CHOPPED ROMAINE -shaved grana  
padana + house-made Caesar dressing + in  
crispy flour tortilla bowl 9

ROASTED BEETS – shaved fennel +  
herbed goat cheese + poppy seed dressing  
10 gf, vf

BABY KALE – butternut squash +  
smoked bacon + spicy caramelized pecans  
+ manchego + citrus vinaigrette 10 gf

BURNT CARROTS – avocado + red  
onion + cilantro + feta + citrus thyme  
vinaigrette 9 gf, vf

### **CHEESE & MEAT BOARDS**

daily selections of imported & local  
cheese & cured meats served with toasted  
artisan bread

*ask your server for details*

### **JARS**

*pick two for 8*

eggplant caponata veg, gf

fresno chili hummus veg, gf

tunisian olives tapanade veg, gf

heirloom tomato chutney + burrata gf, vf

### **BRUSCHETTAS**

*all bruschettas served on artisan bread*

PEAR + RICOTTA+HONEY+CHIVES 8  
vf

RED & YELLOW ORGANIC GRAPE  
TOMATO – farm basil + shaved grana  
padana + EVOO 8 vf

BLEU CHEESE parma prosciutto + dried  
figs + aged balsamic 9

### **MAIN COURSE**

WILD BOAR SAUSAGE RISOTTO –  
roasted cherry tomatoes + wild

mushrooms + crispy Brussels sprouts 22

PORTOBELLO NAPOLEON – tomato +  
artichoke + eggplant + bell pepper + au jus  
18 gf, veg

STUFFED QUAIL – herb & honey rub +  
manchego + andouille sausage + raisins +  
herb soft polenta 26

GNOCCHI – duck ragout 22

OXTAIL RAVIOLI – cherry tomatoes +  
caramelized onion + herbed goat cheese  
22

BUFFALO FILET – herb rub + garlic  
mashed potatoes + broccoli rapini + dark  
chocolate petite sirah reduction 34

FREE RANGE CHICKEN – fingerling  
potatoes + Brussels sprouts 22

FENNEL SAUSAGE CAVATELLI –  
tomato chutney + garlic + herbed goat  
cheese + wild arugula 18

FLAT IRON PORK – herb rub +  
caramelized apples + butternut squash  
mash + steamed kale + au jus 22 gf

SHORT RIB – red wine + herbs + herb  
soft polenta + tobacco onions 24

“BLACK & WHITE” TAGLIOLINI –  
clams + mussels + cherry tomatoes 22

RACK OF LAMB – couscous + olive  
tapanade + red wine reduction + greek  
yogurt 32

LASAGNA RATATOUILLE – herbs +  
white wine sauce 17 veg

BURGER – 100% angus beef + sun dried  
tomato chutney + grilled portobello  
mushroom + truffle cheese + 16  
tobacco onions + gourmet bun + fries Sub  
truffle fries. Add 2

### **FLATBREADS**

FENNEL SAUSAGE – roasted cherry  
tomatoes + fresh milk mozzarella + farm  
basil + EVOO 13

BUFALA MOZZARELLA – parma  
prosciutto + wild arugula + EVOO 16

HEIRLOOM TOMATO – fresh milk  
mozzarella + house-made basil pesto 14 vf

WHITE SHRIMP – bacon + mozzarella +  
anaheim chilis + scallions + pulled  
cilantro + truffle cream 15