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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 30th 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