Explore New England

BOSTON SUNDAY GLOBE AUGUST 19, 2007



STARRING AT MANY A DINNER PARTY: HOME-GROWN BOK CHOY, MIZUNA GREENS, LAMB, EGGS, POULTRY . . .

BY NECEE REGIS • GLOBE CORRESPONDENT

ot summer day. Cloudless sapphire sky. Bumping down a sandy road in an open Jeep, sun beating down, dust rising in our wake, fields of green crops stretching to the horizon. The only sense I had of being on Martha's Vineyard was a salty edge to the breeze and the knowledge I had stepped off the

ferry that morning. Otherwise, I found myself in the heart of a working farm, in another realm entirely from the celebrated beaches, shops, and restaurants on this island seven miles off the mainland.

"You need sunscreen? There's some in the glove compartment,"

Joshua Hollinger, my guide for the day, shouted over the engine's hum. I shook my head, no. I had come prepared.

A square green map had inspired this trip. "From Farm to Table," produced by the Island

Grown Initiative (referred to locally as IGI) catalogs 28 Vineyard farms and encourages the user to "buy local." Certainly familiar buzzwords in the culinary world, buying local is gaining exposure and acceptance in a wider public arena.

IGI was born from a series of 'salons" hosted by Ali Berlow, a food writer and radio essayist, where "grocers, growers, and anyone interested in food" were invited to her home to discuss sustainable agriculture.

Berlow, who says she "doesn't grow anything," explained that the initiative and its map were created to educate the consumer about the agricultural community on the island as well as to support local farmers.

"We're not farmers for farmers, we're eaters for farmers," she said.

I arrived as an eater and was escorted to several farms by Berlow, and also by Hollinger, the executive chef at the Harbor View Hotel and Resort here, and a fervent believer in cooking with local products and supporting

FARMS, Page M8







Nora Kennedy feels

Institute at Katama

her greens at The Farm

Farm, where there are all sorts of little lambs.

Spinach flourishes at

Morning Glory Farm.

DAVID LYON FOR THE BOSTON GLOBE

Pulling strings in his Northeast Kingdom

By Patricia Harris and David Lyon

GLOVER, Vt. — You gotta love the villains. After all, what's a protest without

Over the years, Bread & Puppet Theater has created more than its share of evil adversaries. These props in the company's artful fight for social justice crowd the stalls of the Bread & Puppet Museum, located on two floors of a 19th-century dairy barn.

"This is Uncle Fatso. He was our original bad-guy puppet," says Elka Schumann, pausing by a sculpted figure whose giant head and exaggerated features make him the classic bloated villain. His cheeks bulge above his shirt and tie and one

outsized hand holds a glowing cigar.

"He started out as a Harlem slumlord during the rent protests. Then he was a greedy capitalist during the Vietnam War," Schumann explains. "He's retired — but we still have plenty of bad guys."

Schumann's husband, Peter, founded Bread & Puppet Theater in the early 1960s on New York's Lower East Side. Drawing on a background in modern dance and sculpture, he inflated the concept of puppetry to life-size figures wearing giant papier-mâché masks. The company earned its artistic and political stripes protesting the Vietnam War, and Bread & Puppet's expressionist performance art has taken to the barricades in nearly every social-justice movement since.

Now in his early 70s, Peter Schumann remains the artistic director and driving force. Bread & Puppet moved to Vermont in 1970 and since 1974 has been based in Glover. Its former dairy farm seems to inhabit a time warp, as venerable VW microbuses with fading peace symbols still huff up the hills in this corner of the Northeast Kingdom, and hand-lettered signs direct visitors to outhouses in a hayfield. But the facilities are wheelchairaccessible and the parking lot has its share of biodiesel and gas-electric hybrid cars.

The company tours most of the year, but when it retreats to the farm for the summer, Schumann schedules performances on Friday nights and Sunday after-

THEATER, Page M9

A puppet of human rights advocate Archbishop Óscar Romero presides at the Bread & Puppet Museum in Glover, Vt.

explore new england com

FALL'S NEARLY HERE (BUT NOT IN THE AIR): SEE 25 THINGS TO DO BEFORE SEPTEMBER SHOW OFF YOUR RED SOX PRIDE: SEE FAN PHOTOS AND SHARE YOUR FENWAY MOMENTS

Black GL M7 19:36 **YELLOW RED** BLUE

∞ Maine ∞

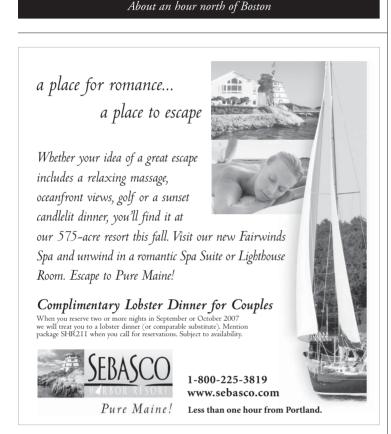




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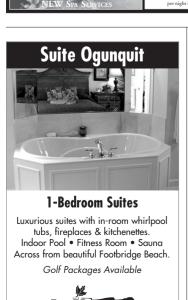




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Bethel Inn,

Resort

Off the beach, a verdant Vineyard

► FARMS Continued from Page M7 local vendors.

My first stop was The Farm Institute, a nonprofit organization located on the 162-acre Katama Farm, not far from South Beach. In the 1970s, this property became conservation land to protect it from development. Now, in addition to being a working farm with crops and livestock, the institute offers year-round educational programs, an income-sharing project for teens, summer camp, and a "farmer-for-a-day" program.

Visit some of the working

farms on Martha's Vineyard at explorenewengland.com. "Over 800 kids come to our

programs in the summer to learn what a farm is. We have an educational mission to show how food is grown and where it is grown," said Rob Goldfarb, summer programs event and marketing director. Indeed, every aspect of this

working farm presents an opportunity for teaching. In one barn, while sheep and angora goats hid from the sun, Goldfarb explained that after the sheep are shorn their wool is cleaned, spun, dyed, and used by islanders to make blankets and sweaters. In another barn, chickens were being harvested. Near the main farmhouse, students prepared the farm stand that's open to the public every afternoon. Products for sale that day included chicken, ground beef, lamb, pork chops, strawberries, pea pods, herbs, eggs, T-shirts, yarn, and sheepskins.

"The farm engages kids at all levels. It's all about the dignity of labor, so kids feel a sense of accomplishment," said Goldfarb.

As if on cue, a group of giggling girls emerged from the farm's kitchen, proudly showing the fruits of their labor: small straw-

'We picked berries this morning in the garden. And we ate them," said an enthusiastic Isabella O'Connell.

Hollinger walked through the fields, pointing out rows of mustard greens, arugula, kale, and mizuna greens that he'll use in his hotel kitchen. Because the Harbor View is the island's second-largest employer (after the hospital) and biggest buyer of local goods year round, the farm grows extra produce specifically for him.

Our next stop was Morning Glory Farm on the Edgartown-West Tisbury Road. The farm runs a small old-fashioned grocery store where it's easy for the public to buy seasonal fruits and vegetables, corn, eggs, plants, and baked goods. One Boston visitor said she makes a point of stocking up here on strawberry jam, and bread and butter pickles.

"Morning Glory's corn is consistently good," said Hollinger.

Outside, a rooster strolled past an empty wheelbarrow parked near a greenhouse that was bursting with newly sprouted plants and vegetables.

Over in Chilmark, Allen Farm occupies about 100 acres of rolling hills with a water view. The original homestead has been in Clarissa Allen's family since 1762. She and her husband, Mitchell Posin, raise sheep and, in a small shop on the property, sell wool products such as sweaters, vests, hats, and yarn, as well as grass-fed lamb, lamb sausages, and eggs. (Federal law requires that all animals be sent to facilities off the island to be butchered. They are sent back fro-

Hollinger stopped at a windy beach to point to Jack Blake's oyster farm in Katama Bay. Drawing no distinction between agriculture and aquaculture, Hollinger prefers locally caught seafood and shellfish, and local poultry and meats and vegetables to anything brought onto the island.



Travis Thurber gets his green thumbs dirty at Breezy Pines Farm in West Tisbury.

Where to stay

harbor-view.com

Where to eat

The Coach House

508-627-7000

Entrees \$21-\$38.

508-627-8810

detentemv.com

Information

Grown_map.pdf.

of the summer.

greens.

Nevin Square, Edgartown

house.asp

Détente

Harbor View Hotel and Resort

131 North Water St., Edgartown

508-627-7000, 800-225-6005

Overlooking the Edgartown harbor

in 1891 has been updated with

modern luxuries. Doubles \$350-

\$650 summer, \$245-\$450 fall.

Harbor View Hotel and Resort

131 North Water St., Edgartown

harbor-view.com/dining_coach_

Chef Joshua Hollinger uses seasonal

ingredients from neighboring farms

in his contemporary cuisine. Award-

winning wine list and harbor views.

Chef Kevin Crowell features local

produce and meats in his intimate,

30-seat restaurant. Entrees \$30-

For a printable map of Farms of

almanac.vcsmv.org/photos/Island_

Square, this intimate 30-seat din-

ing room is in its third season.

Chef-owner Kevin Crowell, and

his wife, Suzanna, who runs the

front of the house, use up to 50

percent local produce at the height

was a great connect-the-dots be-

tween farmers and chefs," said

Kevin Crowell. "For example, in-

stead of just zucchini, potatoes,

and corn, the farmers are now

growing pea tendrils and micro-

chicken from Katama Farm, and

local baby bok choy, salad greens,

A recent dinner menu included

The next morning was foggy

"The Island Grown Initiative

Martha's Vineyard, go to:

lighthouse, this landmark hotel built



SOURCE: Farms of Martha's Vinevard: ESRI, TeleAtlas

If you go . . .

How to get there

1 Railroad Ave., Woods Hole

Shuttle bus service is provided from

the authority parking lots to the

ferry terminal. The ferry goes to

either Oak Bluffs or Vineyard Haven.

West Tisbury Farmers' Market

Wednesday and Saturday 9 a.m.-

noon. Seasonal fruits and vegeta-

bles, salad greens, flowers, plants,

breads, baked goods, and more

The produce stand sells seasonal

vegetables, eggs, and grass-fed

beef and lamb, from 3-3:30 p.m.

Native Earth Teaching Farm

Self-serve farmstand and farm

tours. Tours and cooking classes

Aug. 29, Sept. 8, and Sept. 20.

farm tours, cooking class, and

Farm tours 9 a.m.-noon; class and

dinner 4-9:30 p.m; \$165 includes

A recent lunch menu at the

Harbor View's restaurant, The

Coach House, featured ovsters

harvested from Blake's Sweetneck

Farm, Cape Pogue littleneck

clams, quiche Lorraine with fresh

eggs, fish and chips with local cod,

and a farmer's salad with local

greens. The most popular dinner

item is the roast chicken from Ka-

tama Farm served with dumplings

committed to including local

products on its menu is Détente.

Tucked off the street in Nevin

Another Edgartown restaurant

and mashed potatoes.

94 North Road, Chilmark

Steamship Authority

steamshipauthority.com

Adults \$14 round-trip.

Grange Hall, State Road

West Tisbury Center

The Farm Institute

14 Aero Ave., Edgartown

Katama Farm

508-627-7007

farminstitute.org

508-645-3304

What to do

505-477-8600

GLOBE STAFF

and drizzly but that didn't deter Berlow from continuing my tour.

"This could be the smallest farm on the island," said Berlow, as we turned in the driveway of Breezy Pines Farm in West Tisbu-

A multigenerational farm run by Heather and Travis Thurber, Breezy Pines doesn't grow enough for the twice-a-week farmer's market. Instead, the couple turned an old goat-milking shed into a selfserve farm stand that's open to the public July through October.

"We grow what we eat. What we don't eat we sell," said Heather.

In Chilmark, the Native Earth Teaching Farm provides an opportunity for kids to interact with farm animals while offering a selfserve farm stand. Run by Rebecca Gilbert and Randy Ben David, the 30-acre spread has a self-guided trail with pigs, goats, turkeys, geese, and rare breeds of ducks.

"We try and split our time between farming and education," said Gilbert, whose grandfather, a painter, bought the farm in the late 1920s.

If you don't have a car or a guide to get to the farms on the map (though some can be reached on public buses), the best way to buy locally is at the West Tisbury Farmers' Market in the parking lot at Grange Hall. Open Wednesday and Saturday mornings, rain or shine, the market brings farmers and purveyors from all corners of the island together in one festive environment.

"It's an event. It's quite a scene with the playground next door. People get coffee and pastries, there are kids, dogs, flowers . . ., said Berlow, her voice trailing off as she paused to buy some baby arugula from North Tabor Farm.

Even on a drizzly weekday morning the market was active and choices were many and varied, including granola, blueberry tarts, onion jam, egg rolls, herbal skin care products, organic strawberries, all manner of vegetables, pastel frosted cupcakes, herbed vinegars, and fresh-pressed wheatgrass juice. There was more than enough available to assemble a tasty meal.

Elizabeth Germain agreed. We bumped into the Vineyard chef and writer as she shopped. Germain, vice president of Slow Foods Martha's Vineyard, a nonprofit organization devoted to supporting local food traditions, explained that she hopes to inspire people to cook with local food by offering trips to farms as part of her summer and fall cooking classes.

"When you have great materials and are filled with joy, it's easy to cook great meals," Germain

With the Farm to Table map it's easy to find the materials. The joy is up to you.

Necee Regis, a freelance writer in Boston and Miami Beach, can be reached at neceeregis@yahoo.com.

Rhode Island



New York

and lemon verbena.

