



THE LATEST BUZZ FROM THE BIRCHWOOD CAFE

good real food

January-February • 2012

3311 East 25th Street • Minneapolis • 612 722 4474 • www.birchwoodcafe.com

What's Happening in January - The Birchwood Buzz

Tuesday January 12th 6-9pm ~ *Where's the Beef?* A class with Chef Marshal Paulsen at Cooks of Crocus Hill - St Paul.

When it comes to choosing better beef, it's important to put your money toward where and how the beef was raised, not just the cut on the cow. Cheaper cuts can taste great, all you need is the proper technique and a little inspiration and our very own Chef Marshall Paulsen will provide you with both! Marshall will show you how to turn inexpensive (and unpopular!) cuts of beef into savory, luscious meals; roast eye of round on baguette with charred tomato, parsley and horseradish aioli, marinated grilled flank steak with tortillas, peppers, onion, cilantro, black beans and crème fraiche and more! He'll also discuss the importance of choosing grass-fed beef. Register at www.cooksofcrocushill.com.

Saturday January 21st ~ Farmer Meet-and-Eat with Star Thrower

Farm Deborah Pikovsky, Shepherd and Cheesemaker at Star Thrower Farm in Glencoe, MN joins us for our January Farmer Meet & Eat. Freshly returned from San Francisco's Fancy Food Show, where she will be making cheese with master cheese maker Soyoung Scanlan from Andante Dairy in Petaluma, CA, Deborah will be sampling Star Thrower's Sheep's Milk Skyr and other tasty cheeses. Often mistaken for yogurt, Skyr is technically a soft cheese, made with a very small amount of rennet to set the curd in addition to probiotic cultures. Star Thrower makes their Skyr with pure, whole milk from their own flock of grass-fed and pastured Icelandic sheep, adding only culture and rennet—no salt, flavoring or preservatives are used. Sheep's milk is a wonderful alternative to cow's milk as it is better suited to human digestion; in fact, many who are intolerant to cow's milk find they can still drink sheep's milk. Sheep's milk is also superior in its vitamin, calcium, and protein content, making it likely the most nutritious milk on earth! Star Thrower Skyr graces our menu in many places. For a dollar more, you can order your Fruit, Yogurt, & Granola with Skyr; mixed with fresh Meyer lemon juice it becomes the garnish for our Wild Acres roast chicken entrée, and in the bakery case it's what makes the fresh grapefruit skyr sweet bread so moist and tasty. You can also take pint home for \$6!

What's Happening in February

Friday February 3rd ~ Jazz 88 Live Morning Show Broadcast

Join us Friday, February 3rd for the first in a new series of "Live In The Neighborhood" broadcasts on KBEM-FM/Jazz 88. We're thrilled to be the inaugural host site! KBEM aims to celebrate our wonderful urban neighborhoods, starting with Seward and our long, rich history of art, music, food and sustainability. Join us with Ed Jones who will host the first *In the Neighborhood Morning Show* live

from The Birchwood Cafe from 7 to 9 a.m. Ed will spin his usual great mix of jazz, traffic updates and news along with neighborhood interviews, including Birchwood Cafe owner Tracy Singleton.

Tuesday February 14th ~ WE ♥ LOCAL FOOD DAY!

This year we're going to OCCUPY Valentine's Day in support of our local food system! Instead of "celebrating" love with corporate mass produced greeting cards and overly processed confections, come celebrate your LOVE for LOCAL FOOD! You supply the dining companion, be it your mom (of course you can always just bring yourself too!), and we'll supply the LOCAL FOOD made with LOVE ♥! Marshall and the kitchen put their hearts together to create a delectable menu of small plates to share while Sandra and the bakers will be baking their hearts out to fill our bakery case with the cutest ever heart shaped cookies and delicious, decadent desserts. And every Tuesday night is 1/2 price wine night, you gotta LOVE that!

Tuesday February 21 ~ *Green Fire* Film Screening and Panel Discussion, 6-8:30pm, REI Bloomington Location

See the first full length documentary film about legendary conservationist Aldo Leopold. Green Fire shares highlights from Leopold's extraordinary career & legacy, how he shaped conservation and the modern environmental movement. Post-film, Tracy Sides from [Soul Revolution](http://SoulRevolution.com) will moderate a panel discussion on how we can apply Aldo Leopold's land ethic to modern-day agriculture, food systems, and everyday living. Panelists include Fred Kirschenmann, organic farmer and longtime national leader in sustainable agriculture, June Mathiowetz from Homegrown Minneapolis, and our own Tracy Singleton! Did we mention that refreshments are being provided by the Birchwood? Details and registration are on REI's website at <http://www.rei.com/event/34379/session/43036>.

Thursday February 23rd ~ Art Show Opening with WACSO, AKA Rob Burnham 6-9pm

We are super excited to partner with Gallery 360 to curate our upcoming art shows. A contemporary neighborhood retail gallery located in South-west Minneapolis with an extensive variety of art, jewelry and clothing, Gallery 360 focuses on local affordable art; as they like to say "art in every degree". Gallery owner Merry Beck truly values the importance of supporting local arts in creating community. Our first curated show by Gallery 360 will be up on our walls starting Monday Feb. 6th featuring local artist WACSO, AKA Rob Burnham. WACSO stands for "walking around checkin' stuff out". Taking a documentary approach to everyday life, Rob says "I think you have to look at the regular things, there's cool stuff everywhere, you just have to see it". Robb's work depicts light-hearted landscapes, people and scenes from Minneapolis. We've been told his show will feature works depicting his favorite local foods cafe!

At the Birchwood Cafe we serve good real food for breakfast, lunch, dinner and Sunday brunch.

We offer an ever changing, creative, fresh, healthy and eclectic menu with something for everyone.

At heart, the Birchwood Cafe is about connectedness and relationships. These principles guide our creation of both food and service such that we enhance the vitality and well-being of ourselves, our community and the world around us.



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A Farewell from Jimmy Goodbye, Birchwood! It's been quite a ride! A little over 4 years ago I took a position at the Birchwood as the Front of House Manager. I came to the Birchwood looking to learn more about running and managing a small restaurant. I was looking for more management experience and BOY did I get it! Wow, I feel as though I now have my small business PHD! I am extremely lucky to have found the Birchwood. Why? First of all, the people! No place I have ever worked has attracted the caliber of quality people that we have here, starting with Tracy and including the entire staff. It is inspiring to hear the reasons why people chose to work here and why potential job candidates want to join the Birchwood team. People are attracted to our values, which means our values come through in what we do. And the customers (you!) too are incredible. There is definitely a sense of community and caring from the customers here that is uncommon in the restaurant industry. All of us at the Birchwood are fortunate and grateful to have you. The ongoing support you have given me personally, and the rest of the staff is immeasurable. Second, but second to none, our food! I mean, are you kidding me? The food here is so amazing; from sourcing to execution it is truly a joy to eat such great, well prepared, healthy food every day. I will miss it! Leaving the Birchwood was not an easy decision for me; I will forever be connected to the space here and to Good Real Food. I have learned so much and have grown in so many ways, it's really incredible. I am really proud to have been a part of Birchwood for these past four years. Thank you to all who I have encountered here, I appreciate each and every one of you.. And don't worry, you'll see me around as I plan on becoming one of you, the regular customers that make the Birchwood so great! *Jimmy Red Layer.

A Farewell to Jimmy Words alone cannot convey my gratitude for all the wonderful things Jimmy has contributed to the Birchwood Cafe these past four years. His trusted leadership, big heart, infectious smile and laughter, generous nature, curiosity about life and people, and genuine desire for those around him to be happy have all played an enormous role in Birchwood Cafe's growth and evolution as a wonderful place to be, for our customers and coworkers alike. Not to mention that we have Jimmy to thank for our tap beer! Not many before him have left us with such an incredible legacy, a legacy of team building, living ones' values, and genuine care for customers and staff. Jimmy's legacy has been indelibly inked on our culture and will carry us far into the future. We'll all miss Jimmy and, we're all excited for him as he embarks on his new path and we know he'll meet his new challenges head (and heart!) on with great success. I won't say "goodbye", instead I'll say "See you on the other side...of the counter!" *Tracy & the Birchwood crew.

Eating Local During the Winter is Easy!

I've been asked plenty of times how we're able to change our menu so frequently during the cold months of January, February & March while keeping our commitment to use as much local and sustainably grown products as possible. It's true that the summer months (especially August & September) bring an abundance of freshly picked fruits & vegetables AND there is still much local food to

choose from during the Winter: year-round aquaponic Future Farm fish, lettuces & herbs, Wild Acres turkey & chicken, Minnesota & Wisconsin cheeses, Castle Rock and Organic Valley dairy, Whole Grain Milling flours, beans & grains, Fischer Farm & Hidden Stream pork, Shepherd's Way lamb, Hope butter, Izzy's Ice Cream, Peterson's and Thousand Hills beef, Star Thrower Skyr, Garden Farme Honey available, there are also the storage crops that DragSmith, Featherstone & Earthen Path store for us during the growing season so we'll have something tasty to eat in the winter: apples, squash, pears & kale but also root vegetables like radishes, beets, celery root, carrots... all of which actually get sweeter in the colder months. The colder weather converts their starches into sugars to help the vegetables get through the colder months; their survival technique is our flavor gain! We freeze fresh local rhubarb and berries during the summer which you'll enjoy this Winter in our house-made jellies and jams. And don't forget the locally made Deane's kombucha, locally roasted Peace Coffee and local craft beer! Rest assured, if you're committed to eating local in the winter months, Birchwood Cafe will have your fix. And If you're jonesing for some Farmer CSA in the Winter, you should know that the Birchwood is a drop site for Shepherd's Way Cheese CSA and Featherstone Farm Winter CSA. *Chef Marshall

Riverbed Farm CSA coming to Birchwood Cafe Wednesdays & Birchwood Cafe Crop Mobs return for Summer 2012!

Home to our monthly crop mobs, we're thrilled to add Riverbend Farm to our CSA line up, thereby deepening the farm to fork connection for you, our customers. What could be better than a monthly supply of fresh, healthy, local organic produce from the farm that you know and trust? New this year, Farmer Greg is partnering with FruitShare to add a fruit option to the CSA too! CSA is a powerful way to Occupy the Food System as it keeps money in our community and out of big corporate food interests. Don't delay, Riverbend CSA shares sell out fast! Sign up at www.rbfcsa.com. And put the last Saturday of the month from April through September on your calendar and plan to join our Crop Mobs to Riverbend!

Where is the Birchwood Cafe? ... and where does their food come from?

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Hours: Mon thru Fri • 7am - 9pm
Sat • 8am - 9pm, Sun • 8am - 8pm
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