

The Local Harvest

The Good Life Café Supper Series Part 7

Celebrating Local Foods and Farms
September 21, 2010

Appetizer

Artichoke and Goat Cheese Canapés

Ciabatta bread covered with a spoonful of diced artichokes blended with egg whites, basil and parmesan topped with goat cheese and baked.

Source: Bearded Lady Goat Cheese Co. (Park Rapids)

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## **Soup**

### *Creamy Potato and Leek*

Classic French recipe of pureed gold potatoes and fresh leeks blended with cream and spices.

**Source: Carter's Red Wagon Farm (Park Rapids), Park Rapids Farmers Market (Carol Ashley)**

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Salad

Madeira Spinach and Bacon Salad

Fresh spinach and field greens tossed with bacon and a sweet onion Madeira wine dressing.

Source: Carter's Red Wagon Farm (Park Rapids), Midheaven Farm (Park Rapids), Becker Farms (Park Rapids)

~Lemon Sorbet Palate Cleanser~

Main

Chokecherry Glazed Pheasant with Wild Rice, Rutabagas and Parsnips

Tender, roasted half pheasant finished with a chokecherry glaze and served on a bed of wild rice, roasted rutabagas and parsnips.

Source: Oakwood Game Farm (Princeton), Park Rapids Farmers Market (Carol Ashley), Milo Etter (Menahga), Red Lake Nation

~or~

Eggplant and Shitake Napoleon

Slices of roasted eggplant and shitake mushrooms layered with pesto, roasted garlic and parmesan cheese on a bed of roasted tomato, wild rice, rutabagas and parsnips.

Source: Forest Glen Farm (Frazee), Hafner's Greenhouse (Park Rapids), Midheaven Farm (Park Rapids), Red Lake Nation

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## **Dessert**

### *Strawberry Rhubarb Tart*

Rhubarb and strawberries mixed into a graham cracker shell filled with a layer of cheese cake and topped with a sweet apple aspic.

**Source: Park Rapids Farmers Market (Tanya Miller), Milo Etter (Menahga)**