

INGREDIENTS FOR THE GOOD LIFE

EatingWell[®]

MARCH 2022

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& Away:**

Let's Explore

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FEATURES

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This South Carolina town is home to an almost embarrassing number of James Beard-nominated restaurants—which also happen to farm the food they serve. Join us for a culinary tour.

By Betsy Andrews

Greg McPhee, chef of The Anchorage in Greenville, S.C.

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The Wonderful World of Chicken Soup

No two pots of chicken soup are alike. These five—shared by cooks with roots in Colombia, the Philippines, Sri Lanka, Iran and Morocco—are a great place to start exploring.

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Trinidad may be 7 miles off the coast of Venezuela, but the country that's had an outside influence on its food is India. Foodways historian **Ramin Ganeshram** explains how that came to be and shares her favorite recipes.

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Miso Love

This fermented bean paste has been a staple in Japan for more than 1,300 years. Here, cookbook author and cooking teacher **Sonoko Sakai** shares her passion for miso along with recipes for everything from miso soup to carrot cake.

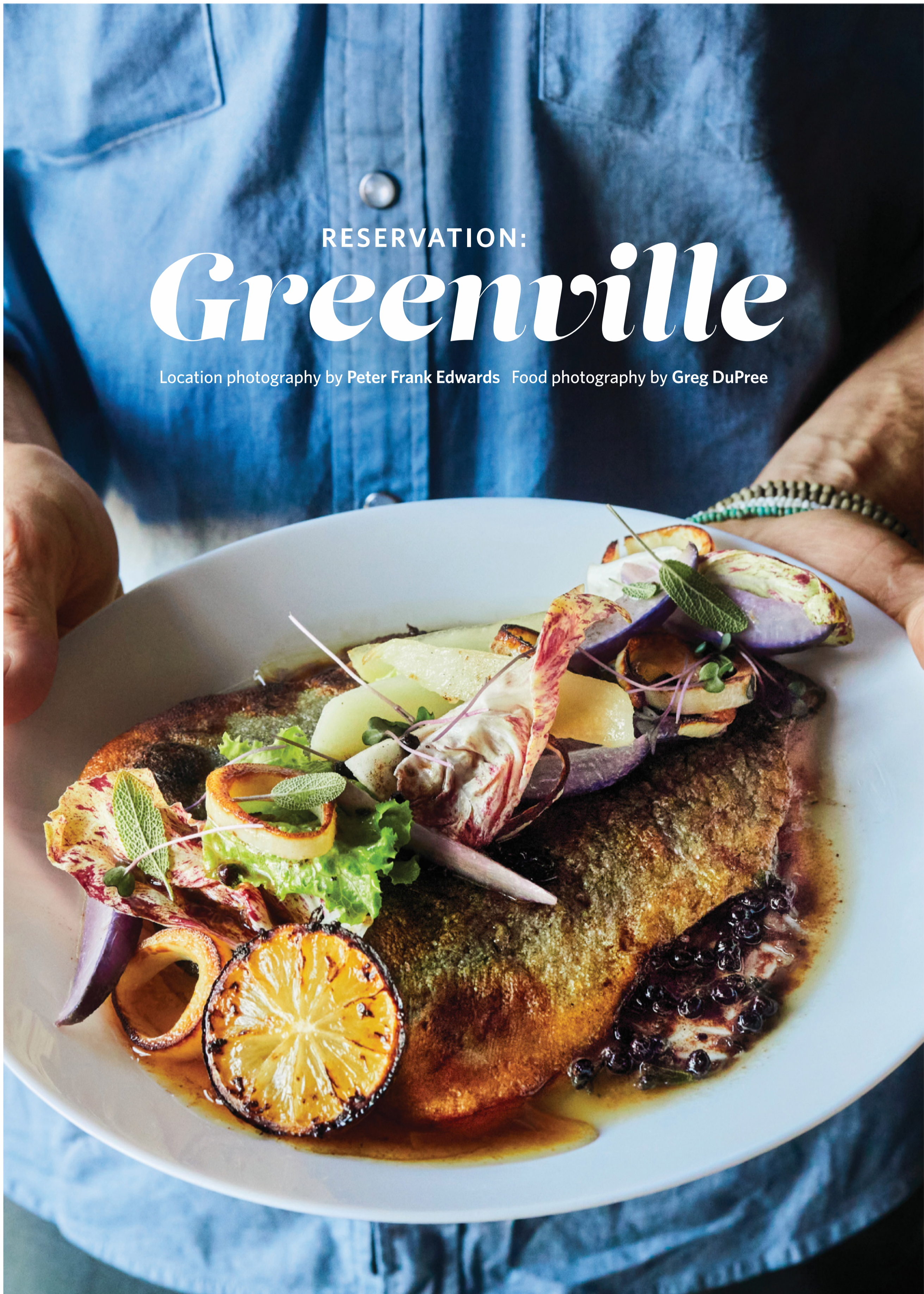
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Who Will Farm Our Future?

With an average age of 60, many farmers are aging out of the business, and younger generations are proving slow to step in, leaving a troubling gap. *EatingWell* looks at what's being done to safeguard our food system. By Barry Estabrook

RESERVATION:
Greenville

Location photography by Peter Frank Edwards Food photography by Greg DuPree



TUCKED INTO THE NORTHWESTERN PART OF SOUTH CAROLINA, this town is home to an almost embarrassing number of James Beard Award-nominated restaurants—many of which also happen to farm the food they serve. Join us for a culinary trip and get recipes for some of the farmstead dishes you'll find there. **By Betsy Andrews**



THE FARMERS TAP	
BEER ON TAP	CANS
ANDERSON VALLEY BREWING BOONT AMBER ALE \$6.00 5.8% ABV BOONVILLE, CALIFORNIA	EDWARDS BROTHERS CRUSHED PEPPERS \$6.00 5.0% ABV MUSKOGEE, ALABAMA
DARRICK BREWING CO. DEADLY COMBINATION \$7.00 7.4% ABV OCEANBlO, NY	HAUST BIER \$6.00 HARVEST LAGER 6.8% ABV FREEHOUSE BREWERY BATTERY BROWN \$6.00 BROWN ALE 5.9% ABV
BIRDS FLY SOUTH NIGHTS LIKE THESE \$6.00 IRISH DRY SHIP 4% ABV GREENVILLE, SC	CELLAR DOOR \$6.00 PILSENER ALE 6.6% ABV ELECTRIC YUZU \$6.00 HARD BEER 5% ABV
EDWARDS BROTHERS BREATH OF NEBULA \$6.00 IPA 6.3% ABV CHARLESTON, SC	EXTRA DRY SAKE \$6.00 SALMON 4.2% ABV WESTBROOK BREWING CO. GOSE \$5.50 SOUSE 4% ABV
STEELPOINT BREWERY THE CRISP \$6.00 PILSENER 5.4% ABV BROOKLYN, NY	BRIDGE LANE BUBBLES \$11.00 SPECIALTY BEER 13.3% ABV REGULARLY BREWING IN ROSE PEDAL \$10.00 SANGRIA DELICIOUS 7% ABV
FONTA FLORA BREWERY MARZEN \$6.00 AUTUMNAL LAGER 5.6% ABV MORGANTOWN, NC	NON ALCOHOLIC JARRITOS \$2.50 A SWEET FLAVOR UNCLE BUTTS ROOTBEER \$2.00 ALL NATURAL
WINE ON TAP	Speed Milled Wine \$10.00
BRIDGE LANE CHARDONNAY \$9.00 12% ABV NEW YORK	
VINA GALANA TEMPRANILLO \$8.00 15% ABV CASTILLA LA MANCHA, SPAIN	
VINA GALANA ROSÉ \$8.00 12.5% ABV CASTILLA LA MANCHA, SPAIN	Smores Snack \$2.00

At left, a trout dish from Topsoil restaurant with local greens and herbs (recipe, page 61). Above, chef David Porras of Oak Hill Café grabs a pint with co-owner Lori Nelsen at The Farmers Tap, the beer garden in the restaurant's backyard farm.



grew up in Greenville. If I told my mom I was going downtown, I'd have gotten grounded." On a morning last September, farmer Chad Bishop and chef Shawn Kelly were showing me around Greenbrier Farms, just outside of the city. We had visited with pigs rooting in a pasture, met the free-roaming cattle, seen the last of the shishitos and okra growing in the hoop house. Now Bishop was reminiscing about the South Carolina city of his youth, after the once-booming textile mills had moved overseas and Main Street was lined with run-down, empty storefronts. "It wasn't safe to go down there," he explained.

Not anymore. This once-depressed town in the shadow of the Blue Ridge Mountains has been renewed. I had come to Greenbrier following a stroll through Main Street's buzzing Saturday Market—local produce, flour, cheese and other offerings lining the thoroughfare as Greenville citizens promenaded, stopping for selfies in Falls Park, water splashing over the rocks of the Reedy River behind them. Both the park and market are destinations for urban professionals who've flocked here, attracted by the outdoorsy lifestyle, good jobs at companies like BMW and Michelin, and a burgeoning dining scene that capitalizes on the Carolina Piedmont's year-round agriculture.

One of Greenville County's 1,000 or so farms, Greenbrier is co-run by a guy who was once an urban professional himself, with a career in print marketing. "I was disenchanted with my corporate job," Bishop said. So he took over his aunt and uncle's farm and, with co-owner Roddy Pick, turned it into a profitable endeavor with a focus on earth-friendly, regenerative agriculture. Key to its viability are Kelly and the 4-year-old Greenville restaurant he and the farmers co-own, called Fork and Plough.

Greenbrier Farms' Roddy Pick (above, left) with his free-range Berkshire-Old Spot pigs. The farm includes a copious forest, where Pick and partner Chad Bishop forage mushrooms like maitakes for chef Shawn Kelly (center) at Fork and Plough.



Using the entirety of the animals he gets from Greenbrier, Kelly changes his menu daily. "There are 24 chops on one pig. Those can sell out in one dinner service," he told me. "So we start working through the hams and bellies, which we cure. The shoulders we smoke and pull." All of it is whipped up into delicious, inventive dishes along with produce from the farm.

I got a taste of Kelly's ingenuity during lunch at Fork and Plough, with a bacon-wrapped, smoked pork loin stuffed with housemade Italian sausage, on a bed of creamed corn. "It's great to have Shawn to work with," Bishop had told me, "because he's willing to take a whole animal or a whole crop." In fact, Greenville is home to a growing number of chefs who are into that level of farm-based cooking. As the city has shed its blight, proof of its grand reemergence are the restaurants—including three



The servers have been wonderful about saying to diners, "Hey, the farm's out back. Go check it out."

Haley Disinger, farmer for Oak Hill Café





PAIR IT

Pour fruity Donnafugata Floramundi Cerasuolo di Vittoria 2018, Sicily (\$33), with the **Mushroom & Carolina Gold Rice Stuffed Cabbage Rolls** (p.62).

James Beard nominees—that boast bespoke organic farms where the bulk of their ingredients are grown and raised.

I pedaled a rental bike down the 22-mile Swamp Rabbit Trail, built on an old railbed, to meet 2020 James Beard semifinalist Adam Cooke on the 1/3-acre of farmland that supplies his restaurant, Topsoil. The garden is located in his business partner Wendy Lynam's yard, and was profuse with giant lima beans, lavender and lunchbox peppers. Where dining once amounted to the classic meat-and-three, Cooke explained, "now the population of restaurants that is sourcing this way is putting pressure on anyone who might not. Regulars come back because they know it's night and day going somewhere that's getting everything off the truck and calling it 'farm-to-table' as opposed to actually sitting at the bar next to the farmer that grew what you're eating."

I got what he meant when I dined at Topsoil. After my eggplant agodashi and smoked mackerel dip with vibrant housemade pickles, I scored the last of the night's special. The diner at the next table was crestfallen that she had missed out. There to taste that meaty chicken-fried rabbit, she was the woman who had raised it.

Cooke attributes Greenville's embrace of farmstead cuisine to its locals' nature-loving ways. "There's tons of cycling," he said, although most is far more strenuous than my casual pedal. Just outside of town, Hotel Domestique—which was founded by Lance Armstrong's Tour de France pacer, George Hincapie—is like a ski chalet, but for cyclists. Haydn Shaak, chef at its Restaurant 17, describes his cooking as "health-centric, with minimal fats and bright, citrusy flavors."

I met Shaak at the hotel's Stage 22

Farms, a name that references the spread's 22 acres but also nods to the daily "stages" of the Tour de France bike race. Staring down at a spiky crop, I asked, "What are you going to do with the cardoons, Chef?"

"I have no idea. We'll just play around," he said. Shaak has that liberty because Stage 22's farmer, Craig Weiner, grows whatever Shaak wants: the heirloom squash served with my grouper piccata, the berries garnishing my olive oil cake. He even forages invasive Asian kudzu for Restaurant 17's signature gimlet.

Ten miles north of Greenville at Horseshoe Farm, Chris Miller practices regenerative agriculture, growing ingredients for chef Greg McPhee's James Beard-nominated restaurant, The Anchorage. Here, a 1/2-acre of crops co-exists in exuberance next to weeds and grasses, which help improve soil health. Miller battles bacteria, deer and aphids



Farming is year-round in Greenville, but at Horseshoe Farm, an open greenhouse protects tomatoes and other veggies that farmer Chris Miller (above) grows for The Anchorage restaurant.

eclectic produce—plums, elderberries, artichokes, Ethiopian kale “that tastes like it’s already sautéed in garlic”—are integral to his farm’s overall biodiversity, as well as to the way McPhee cooks.

“If Chris has 20 pounds of turnips, we’ll go through them. When those are up, we’ll move into something else,” he explained. “It helps the cooks. They see a lot of different ingredients and are thinking more about how they put things together.” Take The Anchorage’s fluke crudo with scuppernong grapes and pickled enoki, or the cornmeal-Parmesan gnocchi with fermented Juicy Fruit habaneros. “If you want to put togarashi on it this week and a beurre blanc the next, you can. There’s no rule, so long as it fits into our vegetable-forward template,” said McPhee.

My next visit was to Oak Hill Café, the first restaurant in town to launch

by heavily composting, working the soil with nothing but a hand-held broad fork, and welcoming in lizards and beneficial insects. His

own farm right in its backyard. Here, chef David Porras uses the 1/3-acre as a laboratory for the gastromolecular-style cooking that made the restaurant a James Beard semifinalist in 2020. “We do a lot of research,” he said. “There’s always that creativity and space.” In the restaurant’s attic, which he calls his “space lab,” there were old-school jars of vinegars and dehydrated fruits and vegetables along with newfangled equipment, like a Thermomix and circulating-water vacuum pump. Outside were crops that are otherwise hard to find in Greenville: lemongrass and salsify, as well as white mango turmeric. “The whole thing is edible, and it tastes like green mango,” said Porras, who is from Costa Rica, where the plant is common.

On his tasting menu, burrata in an emerald-green pool of pureed kale shares a plate with grilled green tomatoes, pepitas and poblanos draped in red sorrel leaves. Marigold petals dot spaghetti squash with a swipe of ancho chile sauce. These aren’t combinations that Greenville is used to, but it’s all a fruitful experiment for chef Porras, his growers and their restaurant clientele. Farmer Haley Disinger was a student in sustainability

science at nearby Furman University before coming to Oak Hill. Here, she avoids the hazards faced by other young farmers: landlessness and loneliness. “The servers have been wonderful about saying to diners, ‘Hey, the farm’s out back. Go check it out.’ Some people walk all the way through and ask a lot of questions,” said Disinger. “That’s one of the best parts of working here—getting to engage with them.” She talks to diners about the lemony wood sorrel and the peppery nasturtium flowers she’s growing. She shows them where she’s planted the Kyoto Red carrots, the ones with the ruby-hued skin.

“People come to this restaurant because they love to eat well,” Porras explained, adding that it’s an entry point to a larger agenda, which is connecting the work of the farmer to the chef. “How hard can we push farm-to-table?” he asked. The question was rhetorical. “We have a mission,” Porras said. “We have a belief. We want to feel great about what we do. We want to get up and be inspired by those carrots because they’re amazing.”

Contributing editor **BETSY ANDREWS** is a food and travel writer and poet.



We want to feel great about what we do. We want to get up and be inspired by those carrots because they're amazing.

David Porras, chef



Glazed Carrots
with Green Harissa
& Benne Seed
Crunch (p.62)

Get to Know Greenville

This up-and-coming destination is a charming place to spend a long weekend.

STAY

Hotel Domestique This bicyclist and golfer's paradise in the Blue Ridge foothills boasts chateau-style accommodations and farm-fresh fare from Restaurant 17 and its partner, Stage 22 Farms.

SpringHill Suites by Marriott Big, comfortable rooms with city views are right in the heart of downtown, and breakfast is included.

EAT

The Anchorage A 2018 James Beard semifinalist for Best New Restaurant, this healthy-meets-haute spot turns out dishes like a kabocha squash curry, with produce from Horseshoe Farm.

Oak Hill Café Book a table to sample 2020 James Beard nominee David Porras' gastro-molecular, straight-from-the-garden cooking, including legume empanadas with green chutney.

Topsoil Adam Cooke, a 2020 Beard semifinalist for Best Chef, cooks farmstead crowd-pleasers like braised red cabbage with cider-walnut dressing at this spot along the Swamp Rabbit trail, a scenic walking and cycling path.

Fork and Plough Chef Shawn Kelly uses produce and proteins from Greenbrier Farms for dishes like blistered shishitos with mole and beef carpaccio with paprika aioli.

DO

Saturday Market Seemingly all of Greenville comes out to shop, mingle and groove to live music at this farmers' market (held, of course, on Saturdays). It lines Main Street and boasts more than 75 local vendors.

Falls Park Tucked off Main Street, this park has lavish gardens, public art, riverside dining and a spectacular pedestrian bridge spanning the falls of the Reedy River.

Swamp Rabbit Trail Rent a bicycle from downtown's Reedy Rides and take a 22-mile pedal out-and-back on a wooded pathway to the small city of Traveler's Rest, with a stop for snacks at Swamp Rabbit Cafe and Grocery along the way.

Vicario For a unique farmstead visit, head to Greer on Greenville's outskirts for a tasting and tour at this farm and micro-distillery, which produces superlative Italian liqueurs.

Greenbrier Farms Pizza Night Every Thursday evening, the farmers here fire up brick ovens inside their big, modern barn and bake pizzas for the public for indoor-outdoor fun, with local beers on tap.

Carolina Bauernhaus Stop in for a pint at the beer garden of this truly local brewery to taste an ale made with local malt and grain, plus hops farmed by the brewers themselves.



A view of Restaurant 17 from the grounds of the Hotel Domestique.

Trout in Sage Brown Butter with Hearts of Palm Salad

ACTIVE: 50 min TOTAL: 50 min

At Topsoil restaurant, Adam Cooke takes advantage of the crops his business partner Wendy Lynam tends on her nearby front-yard farm to gussy up the dish with wilted greens and herbs. Ask your fishmonger to butterfly your trout, which removes the bones without separating the fillets.

- 4 ounces small potatoes
- 1 small lemon, halved, divided
- 3 tablespoons unsalted butter, diced, divided
- 2 tablespoons fresh sage, coarsely chopped
- 2 whole trout (about 6 ounces each), butterflied
- $\frac{1}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon ground pepper, divided
- $1\frac{1}{2}$ teaspoons grapeseed oil
- $\frac{1}{2}$ cup hearts of palm, rinsed and sliced
- 1 small shallot, thinly sliced
- $1\frac{1}{2}$ teaspoons capers, rinsed
- $\frac{1}{2}$ cup arugula or mizuna

1. Place potatoes in a small saucepan and cover with cold water. Bring to a simmer over high heat, then reduce heat to maintain a simmer. Cook until tender, 10 to 15 minutes. Drain and let cool. Cut into $\frac{1}{2}$ -inch pieces. Set aside.
2. Meanwhile, place 1 lemon half, cut-side down, in a small saucepan. Add half the butter and cook over medium-high heat, whisking occasionally, until it browns slightly and begins to smell nutty, about 3 minutes. Add the rest of the butter and continue cooking, whisking often, until all the butter is caramel in color, about 2 minutes more. Add sage and remove from heat. Cover to keep warm and set aside.
3. Preheat oven to 250°F. Place a wire rack on a baking sheet and place in the oven.
4. Pat trout dry and sprinkle both sides with $\frac{1}{8}$ teaspoon each salt and pepper. Heat oil in a large skillet on high heat. Add 1 trout, skin-side down. Lower heat to medium-low and spoon 1 tablespoon of the brown butter over the fish. Cook, basting the fish with the butter, until the skin is crispy, about 3 minutes. Flip and cook for 1 minute more. Transfer the fish to the oven to keep warm. Repeat with the remaining trout and 1 tablespoon butter.
5. Add the remaining 1 tablespoon butter, the reserved potatoes and hearts of palm to the pan. Cook over medium heat, stirring gently, until heated through, about 3 minutes. Transfer to a bowl and add shallot, capers and greens. Toss to slightly wilt the greens. Serve the salad with the trout and the remaining lemon half cut into wedges.

SERVES 2: 1 trout & 1 cup salad each

Cal 454 **Fat** 29g (sat 13g) **Chol** 136mg **Carbs** 15g
Total sugars 2g (added 0g) **Protein** 32g **Fiber** 2g
Sodium 656mg **Potassium** 1,031mg.



PAIR IT

Cinquante-Cinq Sauvignon Blanc (\$16) is packed with ripe, tropical fruit and citrus notes. Its buttery finish dovetails nicely with this creamy **Greens & Groats Risotto** (p.62).

Mushroom & Carolina Gold Rice Stuffed Cabbage Rolls

ACTIVE: 1 hr TOTAL: 2½ hrs

TO MAKE AHEAD: Prepare through Step 5 and refrigerate for up to 2 days.

At Fork and Plough, chef Shawn Kelly creates dishes packed with herbs and veggies from his partner, Greenbrier Farms. The restaurant also sources from local makers, like Dark Spore Mushrooms in nearby Piedmont and the Dutch transplants at Forx Farm who make buttery Gouda for these cabbage rolls. (Photo: page 57.)

MARINARA

- 3 tablespoons extra-virgin olive oil
- 2 cups diced yellow onion
- 2 cloves garlic, sliced
- 2 tablespoons red wine
- 1 15-ounce can no-salt-added diced tomatoes
- ½ cup tomato paste
- ½ teaspoon dried oregano
- ½ teaspoon crushed red pepper
- ⅛ teaspoon salt
- ½ cup chopped fresh basil

CABBAGE ROLLS

- 12 leaves green cabbage
- 3 tablespoons extra-virgin olive oil, divided
- 1 cup diced onion
- 3 cups diced mixed mushrooms (cremini, oyster, button and/or shiitake)
- ½ cup diced red bell pepper
- ½ cup diced zucchini
- 3 cloves garlic, chopped
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 1 large egg, lightly beaten
- 1 cup cooked Carolina Gold (see Tip, page 101) or brown rice
- 1 cup chopped fresh herbs, such as basil, parsley, oregano, mint and/or cilantro
- 1 cup shredded Gouda cheese, divided
- ½ cup grated Parmesan cheese
- 1½ teaspoons grated lemon zest
- 1 tablespoon lemon juice
- Dash of hot sauce

1. To prepare marinara: Heat 3 tablespoons oil, 2 cups onion and sliced garlic in a medium saucepan over medium-low heat. Cook, stirring occasionally, until soft and golden brown, about 15 minutes. Add wine; cook 1 minute. Add tomatoes, tomato paste, oregano, crushed red pepper and ⅛ teaspoon salt. Adjust heat to maintain a simmer, cover and cook, stirring occasionally, for 1 hour. Remove from heat and stir in basil.

2. Meanwhile, prepare cabbage rolls: Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

3. Bring a large pot of water to a boil. Add

cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.

4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until lightly browned, about 3 minutes. Add the remaining 2 tablespoons oil and mushrooms; cook, stirring occasionally, until the mushrooms are brown, about 5 minutes. Add bell pepper, zucchini, garlic, pepper and salt and cook, stirring often, until tender, 3 to 5 minutes. Transfer to a large bowl and let cool for 10 minutes.

5. Add egg, rice, herbs, ½ cup Gouda, Parmesan, lemon zest, lemon juice and hot sauce to the vegetables and mix well.

6. Spoon about ⅓ cup filling into each cabbage leaf and roll up, tucking in the sides. Arrange the cabbage rolls seam-side down in the prepared baking dish and spread the marinara over the top. Sprinkle with the remaining ½ cup Gouda.

7. Bake until bubbling around the edges and the cheese has melted, about 25 minutes.

SERVES 6: 2 rolls each

Cal 386 **Fat** 22g (sat 7g) **Chol** 58mg **Carbs** 33g
Total sugars 14g (added 0g) **Protein** 13g **Fiber** 7g
Sodium 497mg **Potassium** 970mg.

Glazed Carrots with Green Harissa & Benne Seed Crunch

ACTIVE: 30 min TOTAL: 50 min

The Anchorage's chef, Greg McPhee, has a waste-free ethos, and uses the entire carrot, including the greens, for this spicy, nutty side dish made with benne seeds, a local variety of sesame. To make sure they cook evenly, halve larger carrots lengthwise so they are all about the same size and no wider than 1 inch. (Photo: page 59.)

CARROTS

- 2 pounds slender carrots with greens
- 1 tablespoon extra-virgin olive oil
- ⅛ teaspoon kosher salt plus a pinch, divided
- 2 cups carrot juice
- 3 tablespoons unsalted butter
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh herbs, such as chives, tarragon and/or parsley
- ½ cup crumbled blue cheese

TOPPING

- 1 tablespoon benne (see Tip, page 101) or sesame seeds
- 1 tablespoon pepitas
- 1½ teaspoons cumin seeds
- 1½ teaspoons coriander seeds

HARISSA

- Zest and juice of 2 lemons
- 2 tablespoons extra-virgin olive oil
- 2 ice cubes

- 2 cups fresh parsley
- 1 cup fresh greens reserved from carrots
- 1 cup fresh cilantro
- 2 cloves garlic
- ¼ jalapeño pepper
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- ¼ teaspoon kosher salt

1. Preheat oven to 350°F.

2. To prepare carrots: Cut green tops from carrots and set aside for harissa. Place the carrots on a large rimmed baking sheet and drizzle with 1 tablespoon oil and sprinkle with ⅛ teaspoon salt. Bake until just starting to soften but still firm, 10 to 15 minutes. Set aside.

3. Meanwhile, prepare topping: Combine benne (or sesame) seeds, pepitas, cumin and coriander seeds in a large skillet. Cook over medium heat, stirring occasionally, until toasted, about 5 minutes. Transfer to a spice grinder or mini food processor. Pulse until the pepitas are about half their original size.

4. To prepare harissa: Combine lemon zest, lemon juice, oil, ice cubes, parsley, reserved carrot greens, cilantro, garlic, jalapeño, coriander, cumin and salt in a blender. Blend on high until smooth, about 1 minute.

5. To finish preparing carrots: Transfer the carrots to a large pot and add carrot juice and the remaining pinch of salt. Bring to a simmer over high heat. Reduce heat to maintain a lively simmer and cook, gently stirring occasionally, until the carrot juice is almost completely reduced, about 20 minutes. Remove from heat and stir in butter, 2 tablespoons lemon juice and chopped herbs.

6. Serve the carrots with the carrot juice reduction, harissa, seed topping and blue cheese.

SERVES 8: ½ cup carrots & 2 Tbsp. harissa sauce
Cal 214 **Fat** 10g (sat 5g) **Chol** 18mg **Carbs** 20g
Total sugars 10g (added 0g) **Protein** 5g **Fiber** 5g
Sodium 335mg **Potassium** 730mg.

Greens & Groats Risotto

ACTIVE: 50 min TOTAL: 1 hr

TO MAKE AHEAD: Refrigerate cooked groats and farro (Step 1) for up to 2 days.

Guests who choose to wander around Oak Hill Café know that chef David Porras has his own farm out back. This dish is a tasty way he uses up stems from leafy greens, flowers from bolted herbs, and other odds and ends from his copious beds. (Photo: page 61.)

- 1 cup oat groats, rinsed
- Pinch of salt plus ½ teaspoon, divided
- 1 cup pearled or semi-pearled farro
- 1 bunch greens, such as kale or chard

Chef Haydn Shaak (left) picks beans at Stage 22 Farms, where farmer Craig Weiner (right) nurtures vegetables on land once despoiled by trucked-in sand and invasive kudzu.



Roasted Squash Salad

- 3 tablespoons extra-virgin olive oil**
- ¼ cup minced shallots**
- 2 cups shiitake mushrooms, stemmed, sliced**
- 2 cups low-sodium vegetable broth**
- 1 tablespoon light miso**
- ½ cup shredded aged Gouda cheese**
- 2 tablespoons unsalted butter**
- ⅛ teaspoon ground white pepper**
- Sliced hakurei turnips & edible flowers for garnish**

- 1.** Bring a large pot of water to a boil. Add groats and a pinch of salt; cook for 10 minutes. Add farro; cook until both grains are tender and soft, 20 to 25 minutes more. Drain; set aside.
- 2.** Meanwhile, separate stems from greens. Dice the stems and chop the greens.
- 3.** Heat oil in a large skillet over medium heat. Add shallots and cook, stirring occasionally, until starting to brown, about 4 minutes. Add shiitakes and the greens stems; cook, stirring occasionally, 3 to 5 minutes. Add the chopped greens in batches and cook, stirring, until softened, 3 to 5 minutes. Transfer half the mixture to a small bowl and cover to keep warm.
- 4.** Stir the cooked groats and farro, broth and miso into the pan. Adjust heat to maintain a simmer and cook until the liquid is reduced and the risotto thickens, about 10 minutes.

- 5.** Add cheese, butter, the remaining ½ teaspoon salt and white pepper and cook, stirring, until the cheese is melted, about 1 minute more. Serve the risotto topped with the mushroom mixture. Garnish with turnips and edible flowers, if desired.

SERVES 6: 1 cup risotto & ½ cup vegetables each
Cal 383 Fat 17g (sat 5g) Chol 21mg Carbs 48g
Total sugars 3g (added 0g) Protein 14g Fiber 8g
Sodium 474mg Potassium 308mg.

Roasted Squash Salad

ACTIVE: 20 min **TOTAL:** 1½ hrs

Butternut squash is an abundant shoulder-season crop at Stage 22, the farm operated by Craig Weiner, who grows for the Greenville area's Hotel Domestique. At its Restaurant 17, chef Haydn Shaak garnishes the dish with pepitas from the farm's pumpkins and whatever fresh herbs Weiner has in abundance.

- 1 medium butternut squash (about 2½ pounds), halved lengthwise and seeded**
- 3 tablespoons extra-virgin olive oil plus 1 teaspoon, divided**
- ½ teaspoon salt plus a pinch, divided**
- ¼ teaspoon ground pepper**
- ⅓ cup pepitas**
- ¼ teaspoon garlic powder**

- ¼ teaspoon paprika**
- 3 tablespoons honey, preferably wildflower**
- 2 tablespoons chopped Calabrian chile peppers**
- ½ cup dried sour cherries**
- 2 tablespoons chopped fresh herbs, such as mint, basil, parsley and/or chives**

- 1.** Preheat oven to 375°F.
- 2.** Arrange squash halves, cut-side up, on a baking sheet. Brush with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Roast until tender, 45 minutes to 1 hour. Set aside to cool completely, about 30 minutes. Peel the squash and cut into bite-size pieces.
- 3.** Meanwhile, toss pepitas with 1 teaspoon oil, garlic powder, paprika and pinch of salt. Spread evenly on a rimmed baking sheet. Roast for 5 minutes. Transfer to a small bowl to cool.
- 4.** Whisk honey, chile peppers and the remaining 2 tablespoons oil in a large bowl until well combined. Add the squash and the remaining ¼ teaspoon salt and toss to combine. Serve the squash topped with the pepitas, dried cherries and herbs.

SERVES 6: ⅔ cup each
Cal 267 Fat 12g (sat 2g) Chol 0mg Carbs 37g
Total sugars 18g (added 11g) Protein 5g Fiber 4g
Sodium 273mg Potassium 639mg. 🍏