



“One reason to eat responsibly is to live free.”
- Wendell Berry

menu

May 4th 2024

Oat Fritters

chanterelle, aged cheddar

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Linguine

crab, garlic

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Cornish Game Hen

grilled polenta, drippings,
ox-eye daisy, bread sauce

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Spring Lettuces

early lettuces, wild greens, honey vinaigrette

Maple Pudding

custard

\$45/person

Whole oat groats from Valley Kitchen in Middleton are toasted raw in our wood-burning-oven, then slowly cooked in white wine and chicken stock along with a powder of dehydrated wild chanterelle mushrooms, foraged last summer. Allowed to cool the oats are then rolled around Knoydart Farm's aged cheddar cheese, made from the milk of cows that feed exclusively on grass and are lovingly cared for by Frazer, Angela and Adam. Breaded then fried until golden. A simple pasta made from the eggs of our hens, hand-rolled and cut, served with jonah crab, a sauce made from the shells roasted in the wood-fired-oven and plenty of garlic from Way To Grow! Gardens. Cornish game hens, de-boned and marinated overnight with garlic and last summer's dehydrated cherry tomatoes, grilled over hot coals and brushed with cultured butter. Served with polenta made from Speerville Mill cornmeal cooked gently in milk, allowed to set overnight, then grilled, along with stock from the bones mixed with the drippings from the hens and a classic british bread sauce, made from our sourdough. Garnished with ox-eye daisy leaves from the river bank of my country property. A selection of the first lettuces of the season grown with an uncompromising respect for the soil that feeds us by Jason & Tarsila at Way To Grow! Gardens in Ardness just a few kilometers from us. Mixed with the young leaves of the wild plants that are popping up all over the farm, the small kale that survived the winter, and a vinaigrette with the honey from our bees. Served after the main course in the Italian fashion as a light palate cleanser. Finishing with a classic Québécois dessert Pouding Chômeur or “pudding of the unemployed”. A simple pudding created by factory workers during the great depression, made of maple syrup from the Nobles at Creekside Maple Farm, just across the road from our sister property in Blue Mountain and served with a cold cream custard.

Way To Grow! Gardens Knoydart Dairy Farm waytogrowgardens.ca
knoydartfarm.org

Creekside Farm Maple



“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”

- Henry David Thoreau

menu

May 18th 2024

Hen Of The Woods

oats, dehydrated black trumpet,
dill, chives, sour cream

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Fiddleheads

sea chickweed, sea purslane, maple blossoms, radish,
rhubarb vinaigrette, mint

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Tonnarelli

lobster, garlic, basil, breadcrumbs

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Chicken

asparagus, mustard jus

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Rhubarb

rhubarb tart, frozen maple torrone

\$45/person

Hen of the woods mushrooms from Abbey & Andrew at Porter River Farm and Forage slowly grilled over birch coals. Served with whole oat groats cooked in chicken & smoky bacon stock with the last of my stash of dehydrated black trumpet mushrooms and a sauce made of soured cream, cucumber and dill. 'Tis the season, local fiddleheads are sprouting up every where. Here they're grilled over hot coals and served room temperature with some young shoots of beach greens found along the shores of Big Island, lightly fried maple blossoms from a big norway maple at our shore line, mint, radish, and a vinaigrette of reduced rhubarb juice. Followed by a square shaped spaghetti made from flour and our hen's eggs, served very simply with fresh local lobster from Cheryl & Marshall at Trapped, garlic from Jason and Tarsila at Way To Grow! Gardens, olive oil, wood-oven-toasted sourdough breadcrumbs and basil. Local Mennonite chickens from Peter at Whistleberry Market are de-boned, pounded flat and marinated overnight in sea salt, garlic and herbs then grilled over hot coals. Served with nothing more than the first of the season's fresh local asparagus, also grilled over the same fire, and a sauce made of drippings from the chickens, stock from their bones, and local mustard. Finishing with a tart of rhubarb from our garden and a frozen maple torrone, eating much like an airy ice cream, it's made with maple syrup from the Nobles at Creekside Farm Maple across the road from our sister property in Blue Mountain, cream from Frazer, Angela and Adam at Knoydart Dairy Farm (the only grass-fed dairy farm in the Maritimes) and eggs from our hens.

Trapped Way To Grow! Gardens (902) 759-8240 waytogrowgardens.ca

Porter River Farm & Forage Knoydart Dairy Farm
porterriverbalsam.ca knoydartfarm.org

Whistleberry Market Creekside Farm Maple Salt Springs, NS Blue Mountain, NS



menu

May 25th 2024

Pork Rilette & Radish Salad baguette

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Asparagus & Fiddleheads spring greens & herbs,
pickled pine cone, searocket, anchovy vinaigrette

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Tagliatelle

mussels, lonza, garlic

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Beef Short Rib

potato

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Dandelion Cake

spruce tips, hazelnut

\$45/person

“Study nature, love nature, stay close to nature. It will never fail you.”

- Frank Lloyd Wright

The belly of an older mangalitsa pig, raised lovingly by Lucas at Mavelus Heritage Farms just a few kilometers from here, is lightly salted, left overnight, then very gently cooked in its own fat and left buried beneath it for a couple of months to mature in flavour. The meat is then pulled and mixed until it is spreadable and placed in small jars topped with its own fat in order to preserve it. Accompanied by a light, Ukrainian inspired, salad of grated radish from Jason and Tarsila at Way To Grow! Gardens, just down the road from us. Served with grilled baguette. A simple salad of shaved local asparagus, fiddleheads that are popping up everywhere right now, the young leaves of our spring greens & herbs from our container garden, searocket foraged along the beach of Big Island, and tiny pickled baby spruce pine cones all dressed in an anchovy vinaigrette. Freshly rolled tagliatelle made from the eggs of our hens is served with mussels from Newfoundland, the cured loin of another of Lucas' mangalitsa pigs allowed to air-dry for several months, riesling from Benjamin Bridge Winery and plenty of garlic from Way To Grow! Gardens. Beef short ribs from West River Farms in Durham, just south of Lyons Brook, are marinated overnight in garlic & red wine then slowly grilled over our grapevine trimmings and basted with the marinade until tender. Served very simply with a purée of potatoes. Finishing with a sponge cake, brushed with a syrup made from the dandelion flowers that blanket the farm and an icing infused with spruce tips from the spruce trees at the shore of our property.

Mavelus Heritage Farms Way To Grow! Gardens mavelus.ca
waytogrowgardens.ca

West River Farms
facebook.com/derekgladney