

Fall/Winter
Newsletter 2010

Flavor Concepts

"local, sustainable, refined"

Closing the Gap Farm to Chef

One of the most important things to me as a chef is getting closer and closer to the origin of great ingredients. In recent times it has been of great importance to know where your food comes from. As chefs, or in most cases 'food liaisons,' it is our job to find these ingredients and present them in such ways as to educate our guests on the possibilities of what's all around us. Great food shouldn't come from one store. In addition to the bounty of vegetables available from local farms, I have established new friendships with some great farmers. Now I go into the fields at Tuckaway Farms in Lee and hand pick my produce. I reach into the chicken coops at Applegard Farm to pick eggs. I go to visit Amy Oullette, who raises Crème D'Argent rabbits. I also go to Lasting Legacy Farm and New Roots Farm to visit the cows and pigs that will supply my beef and pork needs. I am able to pick the product to bring back to my kitchen and prepare for our guests. The realm of total local sourcing is at hand my friends. I encourage you to go to the farmer's markets, introduce yourself to the farmers and see how you can work together. Close the gap. The dates for the winter farmer's markets have now been released, please check our website for dates, times, and locations.

Flavor Concepts turns 1 year!!!

On November 1st of this year Flavor Concepts turns one year old. About a year ago Jared and I started this business with the hopes of doing some private dinners, a cooking class here and there and with any luck, a wedding. Well.... We have done so much more! We rounded out the year with a handful of weddings, a lot of private dinners, and more cooking classes than we could count. We also made great strides in our quest for great local ingredients. We have made many new friends around the community and have been able to really utilize many farms and markets. We would like to thank of you that have made this possible! -- Onward!!

Recent Events

We participated in some large events this past year as well. In June, there was the illustrious [Taste of the Nation](#); one of the biggest charitable events of the year. This September, we were involved in an [Heirloom Harvest Barn Dinner](#) at Meadow's Mirth Farm in Stratham. Here a large group of chefs worked with local farms in support of the growing and education of heirloom vegetables. Then a week later, I served a 'Late summer cassoulet' at Strawberry Banke and NHPTV's '[Passport](#).' A large local food and local beer event spread around the historic grounds of Strawberry Banke. Finally, to top it all off, I won the first [Seacoast Chef Challenge Competition](#) at Dover's Apple Harvest Day.

Holidays!! Holidays! Holidays

For those of us that like to plan ahead, the holidays will be here before we know it. Thanksgiving, this year we will be offering several different selections. From fully cooked family meals, ready to eat cooked turkeys (heritage breeds are available still but going fast), to sides and desserts.

Looking forward to Christmas; traditional and non-traditional. We will offer ready to eat meals, finish-yourself meals complete with cooking instruction, and a variety of sides and desserts.

Don't forget our Cooking Classes.

Contact us about our Gift Certificates! They make great holiday gifts and may be applied to any of our culinary services.

Our website offers details or you can email us; evan@flavor-concepts.com or call (603)-781-1386.

www.flavor-concepts.com