

Spring Newsletter

Volume 1, Issue 1

Flavor Concepts

“local, sustainable, refined”

March's Culinary Travel Adventures

• [Clio, Boston](#)

• [Cava, Portsmouth](#)

• [Per Se, New York City](#)

March was a very busy month for me. First it was off to Boston to cook at Clio, with Chef de Cuisine Thomas Rice & Executive Chef Ken Oringer. Woven throughout the menus at Clio is the simplicity of Japanese flavors with French and Modern techniques. If you ever have the chance to dine here I highly recommend it.

I then spent the next two consecutive weekends as the guest chef at Cava, Tapas & Wine Bar in Portsmouth. What a fun time! They have a wonderful staff, and great Spanish food. A great new approach to classic tapas.

And.... Finally, I traveled to New York City. I was given the opportunity to work at Per Se. This is a true dream come true for me. This restaurant is owned by world-renowned chef Thomas Keller. It was the most intense kitchen I've ever been in- and I loved every minute. I learned so much in the 7 days I was there. I made friends, was offered a job (which I had to turn down), and was given the chance to come back!

Things are happening in Spring!!

So the last Winter Farmer's Market has come and gone. There were still lots of great vegetables and things to enjoy. Eggs (chicken, duck, & turkey), baby beets, young leeks, heirloom potatoes, and salad greens.

May 1st marks the beginning of the Portsmouth farmer's markets and the surrounding areas will fall in just shortly after. I'm excited to visit the new Dover market at the new Chamber of Commerce building on the corner of 6th St. and Central Ave. more farms are involved this year.... And it's walking distance from my house. [Click here](#) to find the markets near you and when they begin.

Farm Tour at New Roots Organic Farm

I was speaking with Jeff Cantara (owner and farmer) and we're going to be setting up a farm tour somewhere close to the end of June/beginning of July. This will be a great guided tour of a beautiful Certified Organic Farm. Jeff himself will of course be there. We will keep the group small, around 8 I think, so please let me know about your interest as it will book up quickly. No charge, just a good time.

Mother's Day! Mother's Day!! Mother's Day!!!

Yes, it will be here before we know it. Flavor Concepts is offering two menus for this day; our Traditional menu, which is a family style set-up meant for passing around the table, and our Spring Menu; a four course seasonal menu meant for you to finish the cooking and serve individually plated.

Please check [our website](#) for more details. We hope that we can help satisfy your culinary needs this season.

Don't forget our
cooking classes.

They're taking off and are becoming a real client favorite!! Our website offers details or you can email us; evan@flavor-concepts.com or call (603)-781-1386.

www.flavor-concepts.com