



# Kitchen Notes

## 5th Annual Feast!!



Can you believe it? Five years! We're halfway to the 10th annual Feast of the Falls!

Saturday, June 25th is the date, 5pm to 9pm is the time. The place is, as always, beautiful Hemlock Gorge in idyllic Newton Upper Falls. If you're an Upper Falls resident or alumni go to: [www.feastofthefalls.org](http://www.feastofthefalls.org) to secure a ticket or two while they last... or you can make a donation to the Echo Bridge Railings Project and secure a ticket at [www.echobridgerailings.com](http://www.echobridgerailings.com)

### First Course:

*Flat Breads from Stone L'Oven Pizza Co.*

### Second Course:

*Garden Fresh Asparagus Salad with a Lemon and Locally Grown Herb dressing & Fresh Bread with Olive Oil for dipping*

### Main Course:

*Grilled Chicken Cacciatore with Bowls of Steamed Rice*

### Dessert:

*Rhubarb and Strawberry Crumbles*

### We Don't Just Eat Our Greens:

We love the Earth. It's the source of all of our great ingredients. In an effort to show that love, we make every effort to use sustainable methods and materials.

- We go as local as possible in season, even growing our own herbs and greens
- All menu items are served in baskets, ceramic, metal and/or bamboo platters
- When clients must have disposable place settings we use starch, corn and sugar-based biodegradable, compostable goods.
- All paper products used are derived from sustainable forestry, recycled and renewable resources.
- We recycle all things possible and compost kitchen food waste.



### Summer Means BARBEQUE!!

So, maybe you can't make the Feast of the Falls, but luckily for you, Better Life Food has Summer Outings, our unique take on the Summer barbeque!

Featuring food that's fresh, delicious and served more beautifully than you'd imagine, we're ready to fire up your grill (or bring our own if you don't have one) and serve up something truly special.

Be a guest in your own backyard and leave the grilling to us!



Speaking of grilling, y'know what tastes great on anything and everything savory on the grill? You're right! Depot Spice! Order at: [www.depotspice.com](http://www.depotspice.com)

### Spring/Summer 2017 Menu Ideas

Here's some of the cool and sizzling food options we're making this season.

**Rosemary Chicken Cigars**  
with brown rice, parmesan & roasted tomato

**Asparagus and Brie Crostini**  
with crispy prosciutto

**Braised Short Rib**  
On a mini biscuit

**Mushroom Ragout**  
on a polenta crisp

**Oven Fried Chicken Brochette**  
with BBQ sauce

**Brie and Lemon-Berry Jam**  
On a mini biscuit

Go to:  
[www.betterlifefood.com](http://www.betterlifefood.com)  
for select recipies