

TASTE

TODAY'S QUOTE

"Eating with the fullest pleasure — pleasure, that is, that does not depend on ignorance — is perhaps the profoundest enactment of our connection with the world."

— Alice Waters, chef and food activist

NEXT WEEK

Two new restaurants that are worthy of a long drive.



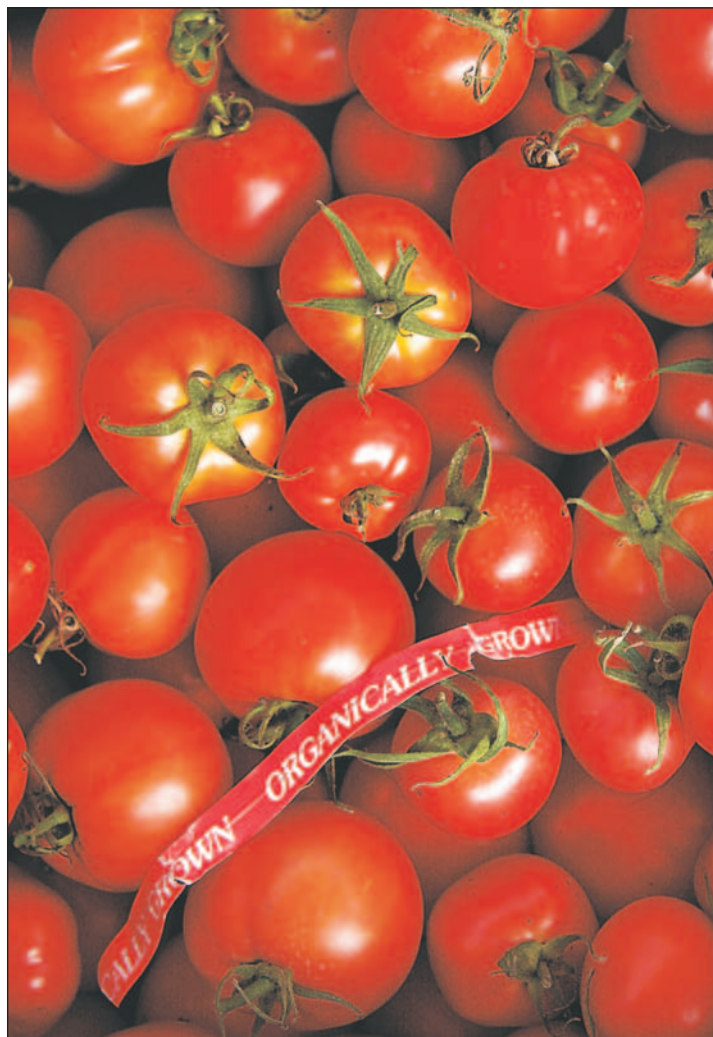
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THURSDAY
August 11, 2005

Mass-market retailers, farmers markets and, of course, co-ops have embraced organic and natural foods, giving customers plenty of options. Not sure where to start? Here's a guide to shopping organic.

a fresh start

Story by RICK NELSON | Photos by TOM WALLACE, Star Tribune Staff



Featherstone and Rockspring farms are among the certified organic growers selling locally produced carrots, tomatoes, onions and corn at the Rochester Downtown Farmers Market. Due to the health-care business in the city, community members are particularly interested in chemical-free, locally grown food.

ROCHESTER DOWNTOWN FARMERS MARKET

Twin Cities organic shoppers will thank themselves for making the 90-minute drive to Rochester for a visit to its exceptional farmers market. While only three growers are certified organic, about a quarter of the market's 65 vendors follow organic and/or sustainable farming practices.

The selection is fantastic. On a recent Saturday, the market — located on the banks of the Zumbro River, opposite the sleek new Rochester Art Center — was flooded with a mouth-watering cornucopia: eggplants, turnips, zucchini, collard greens, Swiss chard, kale, spinach, cabbage, beets, garlic, carrots, rutabagas, radishes, onions, cauliflower, leeks, broccoli, nearly 10 kinds of lettuce, a handful of heirloom tomato choices, six different potatoes, more than a dozen varieties of herbs, even corn meal. There also was an impressive range of meats and poultry, all raised following organic, grass-fed, pasture-raised, free-range and/or hormone- and antibiotic-free practices. **NATURAL continues on T4**

SO WHAT'S ORGANIC? Check the definitions and some Minnesota products that are tops in their class, **T4**



Photographs by Jack Deutsch
Citrus Cooler from "Punch," by Colleen Mullaney.

Summer reading for cooks

By Natalie Haughton
Los Angeles Daily News

Here are 10 books that will dish up plenty of good summer eating and pleasure using the best of the season.

► **"Punch,"** by Colleen Mullaney (Chronicle Books; \$14.95). "Anyone who can stir with a spoon can concoct a batch of punch. The art lies in the choosing of those ingredients to make a harmonious hooch," writes Mullaney. The 30-plus recipes include twists on classics such as sangrias, lemonade, Margaritas and Champagne punch. There are also variations on more trendy drinks: fruit smoothies, mango tango, rose hip and hibiscus tea punch, and coffee on the cubes.

► **"The Garden-Fresh Vegetable Cookbook,"** by Andrea Chesman (Storey Publishing; \$24.95). With 275 recipes for 25 vegetables, this is a dynamic addition to any cook's library. In addition to easy recipes for summer favorites, such as tomatoes and corn, there's plenty of useful information. Did you know that 1 pound of salad greens equals about 6 cups, loosely packed? Or that a pound of fresh tomatoes equals about 3 cups sliced or 1 1/4 cups diced? The chapters are organized by vegetable and progress seasonally with harvest times.

► **"The Beach House Cookbook"** by Barbara Scott-Goodman (Chronicle; \$24.95). For carefree feasts on the shore, or while at a beach house (or cabin), Scott-Goodman offers 75 recipes that use the freshest fruits, vegetables, seafood and meat of the season. Recipes include Lobster Rolls, Red Snapper With Creamy Tomato-Basil Sauce, Thai Barbecued Chicken, BLT Salad with Buttermilk-Blue Cheese Dressing, and Peach and Blueberry Cobbler.

BOOKS continues on T6:
— *Preserves, picnics and recipes from the heart.*



Ginger Tea Punch.

RESTAURANTS

An eclectic style emerges at Emma's Restaurant & Lounge **T8**