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# Table for 2, away from the chicken coop, please

6 places to get the farmiest, freshest meals

## 1. Stone Soup Inn

Lake Cowichan, B.C.

### WHY IT'S FRESH

Chef Brock Windsor toils on the farm day and night with the help of his wife. "I wake up at 6 a.m.; feed scraps to my turkeys, ducks, chickens, and pigs; feed my sheep hay; feed my B&B guests." (Just-laid eggs with wild mushrooms and house-smoked and cured bacon, anyone?) He laughs. "But I got what I wanted: I'm the chef-owner of my own farm-restaurant."

### WHAT TO EAT

All five courses highlight the menu's freshness—like asparagus with farm eggs and green apple

vinaigrette; or potato salad with a twist: grainy mustard and rhubarb dressing (go to [sunset.com](http://sunset.com) for recipes). \$\$\$\$ U.S.; dinner Thu-Sat; 6755 Cowichan Lake Rd.; 250/749-3848.

### WHERE TO STAY

Right there on the 1.5-acre spread, where two spare rooms (conveniently close to the dining room) come with skylights, a shared deck, and a small library lined with books on cooking and farming. The farm-fresh breakfast is part of the deal, of course; the chores, fortunately, are not. From \$130 U.S.; [stone-soupinn.ca](http://stone-soupinn.ca) —R.L.



## 2. Trellis Restaurant

Kirkland, WA

### WHY IT'S FRESH

You'll often find chef Brian Scheehser beekeeping or tending to new plantings on the 10 acres that feed his restaurant, about 6 miles away. That is, if he's not working on the tractor.

### WHAT TO EAT

The heirloom purple passion asparagus with Champagne-honey vinaigrette, made with the farm's honey, or what the chef calls his

"two-hour salad": tossed with literally just-picked greens. \$\$\$; 220 Kirkland Ave.; 425/284-5900.

### WHERE TO STAY

Trellis is on the bottom floor of Kirkland's luxe Heathman Hotel. From \$149; [heathmankirkland.com](http://heathmankirkland.com) —JESS THOMSON



## 3. Manresa

Los Gatos, CA

### WHY IT'S FRESH

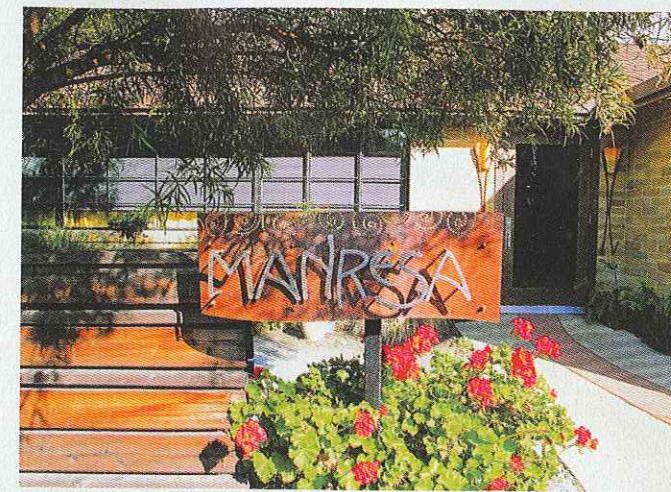
Chef David Kinch typically spends at least two to three days a week in Scotts Valley, checking in on produce at the new 22-acre biodynamic Love Apple Farm, which feeds his (and only his) restaurant.

### WHAT TO EAT

Two Michelin-starred Manresa is the kind of restaurant foodies cross the country for. Monterey spot prawns are a highlight, set atop, say, stewed onion, sorrel, and coriander. You'll also find standouts like cabbage with a caviar sauce; lamb roasted with leeks and anchovy. \$\$\$\$; closed Mon-Tue; 320 Village Lane; 408/354-4330.

### WHERE TO STAY

At Hotel Los Gatos, like the world's best chefs (including René Redzepi and Alain Passard) when they came to cook at Manresa. From \$199; [jdvhoteles.com](http://jdvhoteles.com) —R.L.



Near left: Manresa, in the village of Los Gatos, CA. Below left: Fremont Diner's house-canned produce. Below: Elizabeth Miller and Chris Jenkins at the local farmers' market.

## 4. MIG Eats

Salem, OR

### WHY IT'S FRESH

Elizabeth Miller and Chris Jenkins run a certified organic farm, CSA, and farm-stand—and get this, a destination food cart. From dawn to almost bedtime, the couple mows, rototills, rips, and pulls—and makes meals.

### WHAT TO EAT

A Niçoise like no other: crisp butter lettuce tossed with sweet cherry

tomatoes, capers, dilly beans, and hard-cooked fresh-laid eggs. Plus, seasonal popsicles like zingy serrano lime. \$; cart Tue-Sat Jun-Oct; 3394 Brown Island Rd.; [minto-growers.com](http://minto-growers.com)

### WHERE TO STAY

This is B&B land, and the best of the bunch is Hopewell, 13 miles northwest of Salem. From \$159; [hopewellbb.com](http://hopewellbb.com) —R.L.



## 5. The Fremont Diner

Sonoma

### WHY IT'S FRESH

Three of the restaurant's 5 acres are sprouting everything from fava to zucchini, collards to corn—and supporting 3 pigs and 200-plus hens. Chef-owner Chad Harris often puts in an hour a day; he's hired hard-working Riley Nowicki as restaurant farmer.

### WHAT TO EAT

Breakfast (chicken with waffles) and lunch (cherrywood-smoked pork) at this

casual hot spot along State 12/121 have had a cult following since the place opened in 2009, and in late spring, it'll do dinner too. With a new beer and wine license to boot. \$; 2698 Fremont Dr.; 707/938-7370.

### WHERE TO STAY

MacArthur Place is 5 miles away, with gorgeous gardens. Fruit from the grounds is turned into pies. From \$249; [macarthur-place.com](http://macarthur-place.com) —R.L.



CLOCKWISE FROM FAR LEFT: THOMAS J. STORY (2), ALI ALTINSOY, LYNDSY MEDORA MILLER, DAVID FENTON

## 6. Black Cat Farm-Table-Bistro

Boulder, CO

### WHY IT'S FRESH

Chef Eric Skokan swaps his toque for a straw hat to tend to his all-organic Black Cat Farm, just 8 miles from the restaurant. Eric and his farmhands grow more than 250 varieties of heirloom and heritage breeds of produce and meats, some of which he's brought back from near extinction, like rare Mulefoot pigs.

### WHAT TO EAT

A slow-roasted young lamb with even younger veggies (pinkie-size carrots, sweet pea pods no bigger than a nickel). \$\$\$; 1964 13th St.; 303/444-5500.

### WHERE TO STAY

Three blocks away is Hotel Boulderado, a 102-year-old classic. From \$209; [boulderado.com](http://boulderado.com) —JOHANNA SILVER