

425

Kirkland's Future?
Mezcal with **EDGAR MARTINEZ**
Dog-Friendly **Hotels**

INSIDE. OUT

COOL

SUMMER

SWEETS

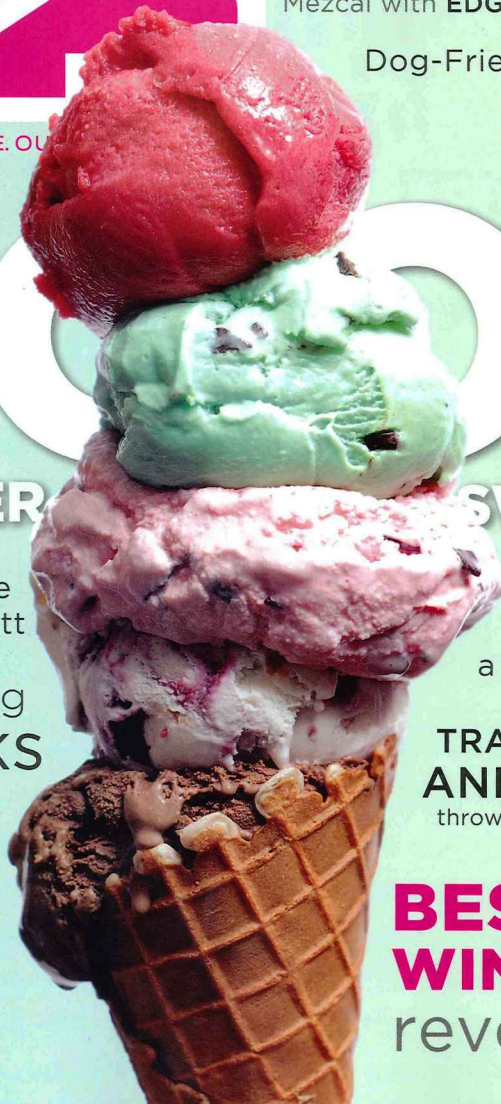
the secret life
of josie bissett

fashion for
a good cause

6 riesling
picks

TRADITIONAL
AND TASTY
throw a perfect picnic

**BEST OF
WINNERS**
revealed!



DISPLAY UNTIL SEPTEMBER

5495 JULY/AUGUST 2010



425MAGAZINE.COM

SIDE. EASTSIDE.

- 84 Invite with Alexandra
- 92 The A List
- 95 Mezcal and Edgar Martinez
- 99 20 Cool Summer Treats

- 104 The Best of 425
- 131 The Silhouettes of Style Fashion Show
- 137 Better U — Protect Your Skin
- 152 Farm Fresh at Trellis
- 160 Kid-Sized Eastside
- 163 Get It!
- 167 SocialLight
- 174 Final Reflection



140 The Future of Kirkland

ON THE COVER: GET YOURSELF A SCOOP (OR FIVE) FROM SNOQUALMIE GOURMET ICE CREAM IN MALTBY. THEIR ICE CREAM IS ONE OF 20 SWEET WAYS TO COOL DOWN THIS SUMMER. FROM THE TOP: RASPBERRY SORBET, CHERRY AMARETTO CHIP, MINT CHOCOLATE CHIP, RASPBERRY CHEESECAKE AND MUKILTEO MUDD. READ ABOUT MORE FROSTY GOODNESS ON PAGE 99. PHOTO BY JEFF HOBSON.



Fresh Food Bliss at **KIRKLAND'S TRELLIS**

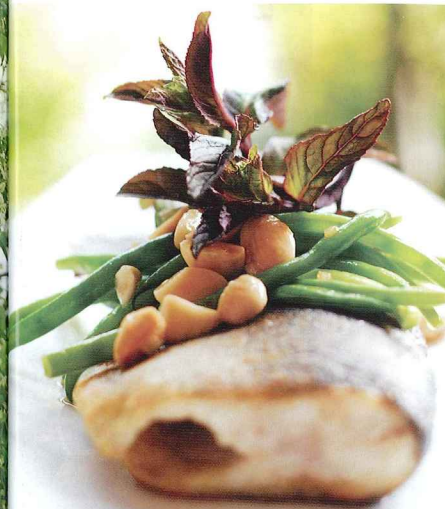
Brian Scheehser, executive chef of Trellis at the Heathman Hotel in Kirkland, moves purposefully around his space at South 47 Farm in Woodinville. He lovingly refers to it as his garden, but with more than 10,000 plants going into the field, almost all of which will pass through the kitchen at Trellis, vintage (and new) tractors scattered about and four neatly kept large greenhouses, it's definitely a farm. Like many chefs, Scheehser can be straight-faced and slightly serious in the kitchen, but as he moves about the farm on a chilly morning he gives a smile for which only he knows the meaning. "There it is," he says as he chuckles and looks around. "It's my morning smile." >>

BY ETHAN CHUNG | PHOTOS BY JEFF HOBSON

The dishes are prepared simply, allowing clean flavors of Scheehser's bounty to shine.

Food And Wine 29

Enjoy a seasonal three-course menu for \$29 and 29 wines by the bottle at half off! Sundays, 4 to 9 p.m. and Mondays, 5 to 9 p.m.



« Scheehser has plenty to smile about these days. He's recently taken over the orchards at South 47 farms — 5 acres of land adjacent to his current tenant farming space for the sole purpose of growing fruit. In addition to his bounty of vegetables and herbs, ranging from lettuces to asparagus, onions, beets and more, Scheehser now cares for 300 apple trees, about 20 pear trees and a nice berry crop. The addition of his fruit crop will bolster Trellis' fresh menu. Scheehser hopes to use the fruit for sauces, desserts, salads, and he's even thought about seeing if he can get a few batches of cider going.

“The fruit was a missing component from Trellis. You go to the farmers market, and they have all these beautiful raspberries and blackberries, but there's a case for 40 bucks. As a chef, you want to have those things on your menus in abundance, but at 40 bucks a case, you think twice before you buy them,” says Scheehser.

Summer is an exciting time for Scheehser and Trellis. Peak growing times coincide with the opening of outdoor dining.



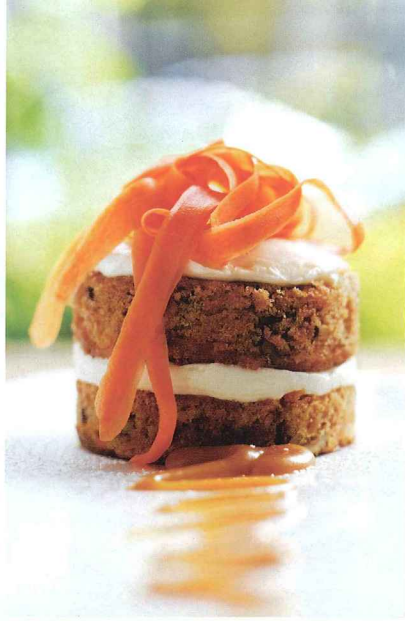
Kirkland and the shores of Lake Washington are buzzing, and like most hotels in the area, The Heathman Hotel sees an increase in guests. A fresh, locally sourced meal and a nice glass of wine or cold beer pair perfectly with the long-awaited sunshine. Scheehser switches up his menu regularly to showcase the best of what's in bloom, ripe and ready to pick at his farm. The dishes are prepared simply, allowing clean flavors of Scheehser's bounty to shine.

Start with a refreshing beet and citrus salad topped with arugula and citrus vinaigrette. The deep-red color of the fresh beets looks like thinly sliced ahi sashimi or beef carpaccio. It's a flavorful salad — the citrus cuts the earthy sweetness of the beets nicely, and the arugula adds a hint of pepper and texture. If you like fish, halibut with zucchini, yellow squash, carrots and leeks topped with fresh oregano or the pan-seared brook trout with green beans, almonds and chocolate mint might strike your fancy. Finish your meal with a decadent caramel carrot cake with cream cheese ice cream. Yes, it's topped with fresh ribbons of carrot.

Scheehser is dedicated to making good use of everything he pulls out of his farm. He does his research and preps well for when the growing gets tough in the winter.

“The amount of things we have in our kitchen from the growing season is incredible. We'll freeze berries ... make and jar

>>



Get VinTimate

Trellis hosts a monthly series that brings premium wines, culinary tastes, local art and music in a laid-back reception setting. Enjoy this social event where you get to sip, taste and chat with local winemakers and Chef Scheehser while taking in beautiful local art. Upcoming VinTimate Events: July 22, Efeste winery with Brennon Leighton; Aug. 12, Chef Scheehser's 5-acre farm. Advance reservations are recommended. Call 425.284.5913.

<< sauce out of heirloom tomatoes, we'll do pickling with tomatoes, make gherkins, zucchini relish, marmalades, dry peppers. We try to incorporate as much as possible from the garden into everything we do," says Scheehser.

Despite farming for 10 years, and cooking for more than 30, Scheehser is still learning in the kitchen and in the field. The two subjects go hand in hand, his farm dictating his work in the kitchen, and vice versa.

"I've got four greenhouses out at the farm, one is just a starts-house, the others are sort of experimental. I've got potatoes and beans and corn and peas going early, and I'm trying to push the season a little bit earlier so that I'm not waiting until June to get things from the garden. As a result I'm harvesting things now

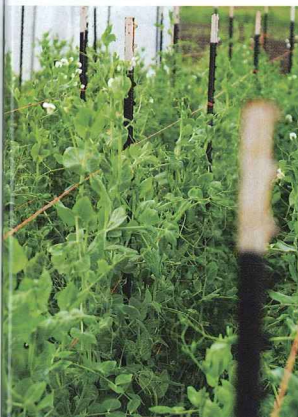


that are ready a month earlier than last year," he says.

Other unique parts of Scheehser's farm include a crop of hops for beer (he's keen on trying to cook the tendrils in his kitchen) and his bee colony. He has seven working hives total, and they are part of the healthy cycle of his farm.

"They do whatever they want to do. The bees will go up to a mile and a quarter from the property to forage. They'll send out a scout bee to find what's in bloom. If you stand away from the hive and look up, you can see it's just like flight patterns, they're all going in and out in the same paths. It's beautiful," Scheehser says. It's a nice addition for Scheehser. When he started farming, he bartered his beekeeping skills in exchange for the use of tools and farm equipment.

"The biggest surprise to me has been that the garden has changed the way I cook, changed the way I look at food. It's really changed my palate. Also, there's a term in wine, terroir, the flavor of the earth. And I truly believe that happens with the garden and the vegetables." >>



Sammamish Center

Henri P. Gaboriau, M.D., FACS
 Director of Sammamish Center
 for Facial Plastic &
 Reconstructive Surgery



Board-Certified: Otolaryngology/
 Facial Plastic Surgery
 National Education Faculty for Radiesse®
 and BOTOX® Cosmetic
 Founder: Face, Heart & Mind Foundation
 (formerly Heart 2 Heart — pro bono surgical
 repair for victims of child abuse)

Healthy Body. Beautiful Body.

Introducing **Sciton's ProLipo™ Laser Body Contouring**

New and improved, ProLipo™ is a minimally invasive procedure that tightens skin and removes unwanted fat in areas such as abdomen, love handles, saddle bags, thighs, back, knees and under the chin.

With state-of-the-art technology, ProLipo™ will shape the body contour, resulting in a firmer and more attractive body while providing:

- Fast treatment time
- Minimal bruising and discomfort
- Little downtime
- Quick and visible results

Introductory discount!
 Save 15% on all ProLipo Laser
 procedures through August 31, 2010

Call the Center to see if you are a good candidate! After careful assessment of your health and wellness, and your desired level of improvement, I will personalize a treatment plan for you.

-Henri P. Gaboriau, MD

Also home of Dr. Gaboriau's Medical-Spa

- Glycolic Peels
- Photorejuvenation
- Microdermabrasion
- Facials
- Laser Hair Removal
- HydraFacial™

New Pricing on BOTOX® and Cosmetic Fillers

(425) 898-1228

For more information
 and Frequently Asked Questions, visit our website at

www.sammamishfacial.com

22840 NE 8th St., Suite 103 Sammamish, 98074

