

Member of Edible Communities

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Celebrating Local Foods, Season By Season

Summer 2011

HEIRLOOM TOMATOES FROM NORTHRIDGE ORGANICS
KATHY RHOADS OF RHOADS FARM · FRANKLINTON'S COMMUNITY
GARDENS · LESLIE SCHALLER ON LOCAL FOOD · LUNA BURGER

The Mighty Mushroom

John Beshuk, Worthington health insurance agent and mushroom expert, names a trinity of influences who inspired his passion for mushroom hunting: his Polish grandmother, who pointed out edible mushrooms while they rambled his New Jersey neighborhood; Euell Gibbons, whose classic *Stalking the Wild Asparagus* he first read at age 10; and “the best morel hunter in the world,” Salt Creek Retreats owner Ron Thurston of Laurelville, Ohio, who taught John the secret of finding morels.

It’s a secret that John intends to keep (morel lovers are famously close-mouthed about their hunting grounds), at least until he publishes his book in progress, *How to Really Find Wild Mushrooms*. He will, however, drop a hint: “You need to know the mushroom’s host.” For example, the peppery tasting yellow chanterelle, a summer mushroom adored by the French, grows in Ohio near beech and oak trees.

“Morels are wonderful, but I can identify 40 different edible mushroom varieties in Ohio,” John says. “They are available from April to November, and finding them is a remarkable way to note the passing of the seasons.”

John sells his varied surplus to local chefs, who agree that the taste and texture of the wild mushroom is far superior to that of the button type commonly sold in grocery stores. Find John’s mushrooms in season at these restaurants: L’Antibes, Z Cucina, DeepWood, G. Michael’s and Local Roots; and at The Hills Market, where customer demands means that mushrooms appear and disappear on the shelves as quickly as they do in the woods.

By Nancy McKibben

For more information visit obiomushroom.org



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Food as Art

The 2011 Columbus Arts Festival presented by Time Warner Cable, June 3–5, will celebrate “all things art!” The new Savor the Arts with Dine Originals will showcase cuisine as art. Some of Columbus’ finest restaurants including Barcelona and Rigsby’s will feature special menus, as well as wine and microbrew beers. Visit columbusartsfestival.org for a complete list of restaurants, participating artists, entertainment schedules and more.



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A Healing Herbs CSA

Dawn Combs of Mockingbird Meadows is prolific. With a beautiful biodynamic honey and herb farm just outside Marysville, she is committed to raising an awareness of the potential of healing herbs in Central Ohio. It comes as no surprise, then, that she has devised a great idea: an herbal CSA. Think of your traditional CSA but with healing herbs instead of fruits and vegetables. And by “herbs” we mean fresh and dried cut healing herbs like red clover and peppermint; handmade herbal health aides; seasonal tonic teas; bee pollen and raw honey; artisanal rose petal, sage and lavender infused honey; and custom-made tinctures. The monthly CSA includes a private consultation to ensure you are receiving the right herbs for your health and well-being. You also get a newsletter with each share, recommended uses and references for the herbs and 10% off product purchases.

“I don’t want people to buy a pill and have no experience of where their herbs come from,” Dawn emphasizes as we walk around the farm. “I want people to be just as connected to these things that can make you healthy as they are to the foods that make them healthy.” With classes and farm visits a part of her business model, Mockingbird Meadows is helping people make those connections to healing herbs through personal experience. People can pick herbs and learn how to grow medicinal herbs to help heal their loved ones with herbs from their very own garden. Whether you’re a novice or already at home with herbal living, the Healing Herbs CSA is tailored to fit your needs while supporting a local biodynamic farm (with some of the finest artisanal infused honey we’ve ever had!). We think it’s one of the best ways to go herbal this season.

By Colleen Leonardi

For more information visit mockingbirdmeadows.com. The Healing Herbs CSA is \$300 for the year from the first week of June to February with pickups scheduled for once a month at various farmers markets.