

MODERN LUXURY

ASPEN

MAGAZINE

SUMMER 2015

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YEARS OF SAVING LIVES

The
Food & Wine
Best of the Season **Issue**

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WHERE
Cerise Ranch,
Carbondale

Theo Early knew he had only a brief window of time in which to get this shot. This stately apricot tree blooms for just 10 days a year near the end of March. "We had to go several times throughout a week period to ensure we got the blossoms at their largest," says the local photographer and videographer. Early shot to the north at sunset with a Nikon D800 outfitted with a 20 mm lens so he could get close to the low stone wall and still show the broadness of the tree. He used a tripod so he could get a steady 15-second exposure in the diminishing light. Early likes the fact that this image captures a peaceful second in the life of the hundred-plus-year-old towering plant. "I imagine sitting under the tree, under the blossoms and the bees," he says. "It makes for a moment in time."

—Barbara Platts

PHOTOGRAPHER
Theo Early

[STYLE]
BEAUTY

NATURAL BEAUTY

THESE COLORADO-MADE PRODUCTS KEEP
SUMMER SKIN SMOOTH AND SUPPLE.

By Barbara Platts



Ideal for mature complexions, **balancing oil**, made by Boulder-based Pangea Organics, is heavy in antioxidants. The main ingredients work in unison to promote both mental and physical health. Breathe in the geranium scent to help calm your mind while the pomegranate reinvigorates your skin. \$60, 303.413.8493, pangeaorganics.com



A velvety-textured serum made with organ and camellia oils, Carbondale-based Osmia's **Luxe brightening facial serum** is an ideal remedy for dry or dull skin. Papaya, pumpkin and mushroom extracts lend a luminous look. Start use gradually to allow your skin to adjust. \$75, *Hotel Jerome Spa*, 330 E. Main St., 855.331.7213, hoteljerome.aubergeresorts.com



Lessen fine lines around your eyes with **Remarkable Retinal eye cream** from MyChelle Dermaceuticals, in Louisville, Colo. A potent potion of vitamin A, ceramide 3, orange plant stem cells and retinaldehyde plump and hydrate the delicate eye area. \$35, *Whole Foods*, Reed St., Basalt, 970.927.1500, wholefoodsmarket.com



Seventy-five percent of the ingredients used in Lily Farm Fresh Skin Care products are grown on the company's own certified-organic farm in Colorado. The **Organic Rose facial toner** contains pure essential oil that prevents dryness while toning and refreshing skin. \$22.39, 303.455.4194, lilyfarmfreshskincare.com



A nourishing product perfect for our dry environment, **Topical C** by Sanitas, based in Louisville, Colo., includes not only a concentrated dose of wrinkle-minimizing vitamin C but also vitamins A, E and D to help firm, smooth and heal irritated skin. \$48, *Splendor Mountain Spa*, 506 Maple St., Glenwood Springs, 970.945.7454, splendormtndayspa.com



The pure, unscented **melon seed oil** from Aspen brand Leaf People helps heal and enhance skin, thanks to the calming properties of the melon plant. An added boost: Vitamin K strengthens capillaries. \$49, *Aspen Club and Spa*, 1450 Crystal Lake Road, 970.925.8900, aspenclub.com



Limitless beauty cream from Mineral Fusion, which calls Denver home, intensely hydrates from head to toe thanks to its main ingredient, coconut oil. Made for all skin types, the cream can also serve as a face primer, providing a subtle glow under blush and eye shadow. \$20, *Whole Foods*, Reed St., Basalt, 970.927.1500, wholefoodsmarket.com



A roll-on fragrance concentrate that's conveniently portable, **After** from Denver-based Zents comes in 10 distinctive scents. Made from a coconut-oil base that's both alcohol and phthalate free, the perfume is refreshing and not at all overpowering. \$40 each, *Remède Spa at The St. Regis Aspen*, 315 E. Dean St., 970.920.3300, stregisaspen.com

FROM *the* GROUND UP

LOCAL INGREDIENTS, FARM-TO-TABLE MEALS, FORWARD-THINKING CHEFS, AND FRESH COOKING AND ENTERTAINING TIPS—THEY'RE ALL HERE IN OUR ULTIMATE GUIDE TO A BOUNTIFUL SUMMER.

By Linda Hayes, Cindy Hirschfeld, Laurel Miller, Barbara Platts and Brook Sutton



To Market, to Market

When Chef David Viviano shops for the freshest produce, you're his guest.

The St. Regis Aspen Resort Executive Chef David Viviano grew up in a traditional Italian-American household, making pasta with his Sicilian grandmother and indulging in seasonal foodstuffs. His desire to share his love of food—produce, in particular—led to the creation of the hotel's Shop Like an Italian market/cooking series last summer. The monthly experience provides diners with an intensely personal chef's-eye shopping trip to the Aspen Saturday Market, followed by an alfresco lunch at The St. Regis Aspen Resort's signature restaurant, Trecento Quindici Decano, and, new this year, a hands-on class to preserve some of the ingredients sourced that morning. The series is offered June 27, July 25 and Aug. 29, and reservations are required. \$85 (not including alcohol or gratuity). 315 E. Dean St., 970.429.9644, stregisaspen.com —LM

Coming Home to Roost

These grassroots organizations are leading the way in the local food movement.

Though simple in theory, the practice of developing a sustainable local food supply is a complex endeavor. The Roaring Fork Valley is lucky to have leaders in this sector who are effecting positive change not only for us but also for the entire sustainable agriculture movement. What's more, the organizations they represent are run as nonprofit assets for the greater community. Here's the lowdown.

ROARING FORK FOOD POLICY COUNCIL

Collaboration is key to developing a sustainable, regional food marketplace. Officially dubbed a food hub, the RFFPC aims to be a one-stop online resource for all realms of the local food scene and serve as a clearinghouse for producers, farmers markets, job-seekers, chefs and more. Consumers will be able to search for growers, and farmers will be able to find service providers for things like food storage and transportation. Above all, according to director Gwen Garcelon, the RFFPC will provide valuable tools and support for advocates to work together toward a vibrant and resilient local food economy. After conducting an extensive needs assessment this spring, the RFFPC plans to debut a new website in late 2015. 970.963.9182, roaringforkfood.org



HEADS UP Roy, left, and Kong are two resident alpacas at Aspen T.R.E.E.

GROWING FOOD FORWARD

In an area recognized for its affluence, hungry families can sometimes fall through societal cracks. In working with more than 60 organizations and municipalities from

Aspen to Rifle, GFF aims not only to put nutritious food on tables now, but also to develop the infrastructure needed to establish food security for these families in the future.

To achieve its goals, the organization has introduced a host of initiatives, which include developing a climate-appropriate seed bank, managing a regional seed- and crop-share program and overseeing 80 community gardens. GFF also tends its own organic gardens, maintained by volunteers and kids in after-school programs, with harvests going to those in need. According to founder Kim Doyle Wille, GFF is also focused on expanding its how-to program for building waterwise, high-altitude backyard and porch gardens. And the organization is advising on the sustainable development of a large, newly donated community garden space in New Castle. 970.704.9535, growingfoodforward.org

CENTRAL ROCKY MOUNTAIN PERMACULTURE INSTITUTE

A greenhouse may be the new status symbol, but not



HERE'S LOOKING AT MOO Aspen T.R.E.E. offers education for young farmhands.

just any greenhouse. If you're thinking of building one, turn to Jerome Osentowski and Michael Thompson of EcoSystems Design in Basalt. Osentowski has earned his sterling design reputation from more than 30 years of permaculture experimentation and expertise. His CRMPI has operated since 1987, making it one of the oldest such facilities in the United States.

The institute's grounds are a living experiment in self-sufficiency and the interconnection of landscape and climate. Passive solar greenhouses are filled with mangos, avocados, figs and other tropical delights—a far cry from most high-country gardens. Outside, the landscape is a mix of hardy fruit trees, grapes and herbs, with a vegetable garden and chicken coop strategically placed to capitalize on the sun. While CRMPI no longer sells its produce, it offers clinics on how to work with our mountain environment, not against it, to grow fresh, healthy food. 970.927.4158, crmpi.org

ASPEN T.R.E.E. Located just outside of Aspen at Cozy Point Ranch, Aspen T.R.E.E. is a farm and livestock cooperative that couples food with ecological responsibility and education (the acronym stands for Together Regenerating the Environment through Education). While it offers a community-supported agriculture program, a chicken cooperative for fresh eggs and a private high-altitude-garden design service, the nonprofit's primary goal is to foster a sustainable, integrated model for producing and supplying food locally. And that can be accomplished, in large part, by educating the next generation.

"We want to empower youth toward a sense of stewardship, responsibility and belonging to our planet and community," says Eden Vardy, Aspen T.R.E.E.'s founder and executive director. Classes and camps, offered at the affectionately nicknamed community farm at Cozy Point, have been a hit with kids. Subjects range from organic gardening and animal husbandry to nature discovery days, permaculture and more. If you're old enough to have been eating your veggies for a long time, don't worry—adult workshops are offered too. 970.379.2323, aspen-tree.org —BS



FIELD OF GREENS
Nathan King likes to visit the farms
from which he sources food.

Locavore Chef: Nathan King

There comes a time in every successful chef/owner's life when he or she must step away from the stove. Such is the case with Chris Lanter, the force behind Aspen's mega-successful Cache Cache restaurant, now in its 27th year. Though Lanter is still completely hands-on, doing administration and collaborating on philanthropic pursuits like Aspen High's ProStart culinary program, his longtime chef de cuisine, Nathan King, now runs the back of the house and continues to make Cache Cache a dining destination.

King, 38, moved to Aspen for an externship at the Caribou Club while a student at the Culinary Institute of America. After graduation, he was hired by The Little Nell and later worked in another of Aspen's most lauded kitchens—the late Conundrum—where he became sous-chef under James Beard Award winner George Mahaffey. King landed the gig as Cache Cache's sous-chef in 2002 and has made a name for himself for his mastery of classic French and Italian techniques (he even makes products like prosciutto—from acorn-fed hogs—in-house). He has also enhanced the menu with the addition of wild foods he forages himself; look for seasonal treasures like watercress, rose hips, lovage, nettles, rhubarb, berries and mushrooms in the form of exquisite handmade pastas and sauces, thoughtfully composed salads and desserts. King also emphasizes seasonal produce and meat sourced from local farms and ranches like Eagle Springs Organic, Avalanche Cheese Company, Rain Crow Farm and Sustainable Settings. He routinely visits family farms to learn more about their growing and livestock management methods and to “touch the dirt,” he says (as a kid, King used to pretend to cook up twigs and leaves on a Frisbee “plate”). “I like having a connection to the food and developing relationships with farmers.” 205 S. Mill St., 970.925.3835, cacheccache.com —LM

SETTLE INN

Get up close and personal with farm life through an agritourism stay.

The European tradition of staying on a working farm has been on the rise in this country for the past decade. Locally, some of our favorite farmers and chefs have embraced the trend. Get your hands dirty (or not—it's up to you) at these nearby spots.

AVALANCHE CHEESE COMPANY FARM & DAIRY CABIN

The creamery is in Basalt, but cheesemaker Wendy Mitchell and family's 130-acre goat dairy lies in the shadow of Mount Lamborn in Paonia (you'll get driving directions when you book). A stay at the farm's historic rustic-chic cabin, which sleeps up to four, is truly soporific. But don't get so relaxed that you miss out on the opportunity to cuddle kids (the goat kind), feed the chickens and get a milking lesson. Bonus: the welcome basket stocked with Avalanche's own cheese, salumi and crackers; eggs and local fruit are also included when available. *From \$200.* 970.433.6890, avalanchecheese.com

FRESH & WYLD FARMHOUSE INN

Chef Dava Parr is the Western Slope's early adopter with regard to localized food and farmstays. After a successful career cooking in Aspen, she restored a 1908 farmhouse on 4 acres in Paonia and opened a seven-room inn/restaurant in 2008. A magnet for food-lovers nationwide, Parr works with local growers and artisans to create memorable breakfasts, brunches and dinners for the public (by reservation). Also popular: workshops that range from soap-making and weaving to gardening and farm-to-table cooking classes. *Rooms from \$125.* 1978 Harding Road, Paonia, 970.527.4374, freshandwyld.com

SUSTAINABLE SETTINGS

This much-loved Carbondale working ranch and whole systems learning center founded by Brook and Rose LeVan hosts a weekend campout every summer for the whole family; this year's Ranch Camp is July 18 to 19. Spend Saturday touring the property, milking cows and feeding the other animals, and harvesting your lunch ingredients. After an alfresco dinner, unfurl your sleeping bag for a snooze under the stars (bring your own camping gear). Sunday includes breakfast and lunch. Kids 16 and under must be accompanied by an adult. *\$200 per person.* 6107 Highway 133, Carbondale, 970.963.6107, sustainablesettings.org —LM



ROOM WITH A VIEW
The Avalanche Cheese Company's
refurbished historic cabin

NATHAN KING PHOTO BY JENNIFER KESS

LET'S EAT OUT

Farm-to-table meals are broadening their reach, with bike-to events and brunches livening up the menu.

CARBONDALE BEERWORKS

Chef Mark Hardin works closely with local farms and ranches to create his upscale pub fare, but he's also big on partnering for farm and beer pairing dinners that feature Beerworks' own seasonal brews (made by Jeff Dahl) as well as acclaimed Colorado craft beers like those from Avery Brewing Company. This summer, Hardin is working with Carbondale's Wild Mountain Seeds on a farmstand dinner series on the second and fourth Thursdays of each month, starting in June. *Reservations required, \$30, 647 Main St., Carbondale, 970.704.1216, carbondalebeerworks.com*

THE LITTLE NELL

Riding the popular Rio Grande Trail is a favorite summer activity in its own right; pedaling with The Little Nell's food and beverage team to a glorious alfresco repast at a historic ranch ups the ante considerably. Now in its second season, the Nell's Ride and Dine Series features dinners at Emma Farms Cattle Company's historic ranch and at Home Run Ranch (June 25, July 16, Aug. 13) and a Rock Bottom Ranch Barbecue Bash (Aug. 27). After making a personal wine selection from the Nell's award-winning cellar, you'll depart from the hotel led by Wine Director Carlton McCoy, master sommelier (and a competitive cyclist), and Assistant Food and Beverage Director Csaba Oveges. Price includes Champagne welcome, hors d'oeuvres and return transportation. *Ride and Dine Series Dinners \$150 (wine not included); Barbecue Bash check website for price, 675 E. Durant Ave., 970.920.6300, thelittlenell.com*



SUSTAINABLE AND SOCIAL
Farm-to-table meals at Rock Bottom Ranch are a popular summer outing.



ALL SET
A table at Emma Farms' ranch awaits diners biking to the farm dinner.

MAWA'S KITCHEN

For this new series of farm-to-fork dinners, vivacious chef and caterer Mawa McQueen partners with Jack Reed (aka Farmer Jack), who sources fresh produce from some 50 farms in the North Fork Valley for his CSA program. The four-course meals, accompanied by wine, are served family style in the catering kitchen's eclectic and welcoming dining area. *Twice-monthly through October, beginning June 13, \$120, 305 F AABC, 970.544.4862, mawaskitchen.com*

ROCK BOTTOM RANCH

The Aspen Center for Environmental Studies hosts a series of farm-to-table meals at its serene Rock Bottom Ranch in Basalt. Kick back in the open-air pole barn for a brunch or dinner prepared by chef/RBR director Jason Smith, accompanied by wine and spirits from local producers who often attend. All meals include a farm tour. Ride your bike; the ranch is located right off the Rio Grande Trail. *Dinner, June 27, July 24 and 25, and Aug. 14, \$99; brunch, Aug. 16, \$49, 2001 Hooks Spur Road, 970.927.6760, aspennature.org*

SUSTAINABLE SETTINGS

With a pastoral location right off the Highway 133 bike path and an in-your-face view of Mount Sopris, this family-owned and operated working ranch offers bike-to events that have gone gangbusters. Meals are prepared with ingredients harvested on-site by participating local chefs. *Space is limited, July 11 and Aug. 15, \$55, 6107 Highway 133, Carbondale, 970.963.6107, sustainablesettings.org*

WANDERLUST FARM-TO-TABLE EVENTS

This traveling celebration of mindful living comes to Snowmass July 2 to 5 and includes two special events food lovers won't want to miss: a mountain-top farm-to-table dinner (\$108, price increases after June 5) and the July 4 Charcoal and Hop barbecue picnic bash (from \$30), featuring locally sourced meat, a beer tasting and live music on Fanny Hill. *wanderlust.com -LM*

Locavore Chef: Mark Hardin

You may recall Carbondale Beerworks, in an unassuming stucco-and-brick building, used to be a funky fish-out-of-water. The hot dog-heavy menu did nothing to dispute that characterization. But along came Mark Hardin in the fall of 2013, and, just like that, Beerworks became a dining destination, drawing Aspenites eager for a taste of his “90 percent” local menu of gussied-up pub fare (think Mason jars of crunchy housemade pickled vegetables flavored with local hop flowers, \$5; Potter Farms lamb meatballs with feta, quinoa, romesco and grilled lemon, \$11; and Brewery BLTs with McDonald Family Farm pork belly, jalapeno-rhubarb marmalade, arugula and tomato on Louis’ Swiss ciabatta, \$12).

Paired with brewer Jeff Dahl’s nano-batched seasonal brews, Hardin’s food is soulful, satisfying and unequivocally delicious. The 31-year-old chef, a veteran of esteemed local institutions like the late Six89 and The Pullman (he counts Mark Fischer and Julia Domingos of So Café/Epicure Catering as his two mentors), was raised in Miamiville, Ohio (pop. 242), on the outskirts of Cincinnati. “We didn’t have a lot of money, and my entire extended family all lived on the same block—my parents were kind of urban hippies,” he explains. “My great-grandmother had a 2-acre kitchen garden that was established as a way to feed the

family. I grew up snapping green beans with my grandmother and preserving a lot of food.”

Hardin tried studying architecture and engineering in college, working in kitchens as a way to pay for his education. “I wasn’t loving school,” he says, “but cooking was it.” He graduated from Cincinnati’s Midwest Culinary Institute and made his way to Colorado at the urging of a ski patroller friend (asked what the attraction was, Hardin deadpans, “It wasn’t flat”).

After bumming around as a raft guide and dabbling in catering, Hardin went into catering full-time (he still does events through his company, aspencraftcatering.com), making connections with local growers in the process. Today, he buys direct whenever possible and works closely with a number of farms and ranches, including Potter Farms, Bair Ranch, Spradley Farms and Wild Mountain Seeds. Beerworks has collaborated with the latter on a summer farmstand (located in the parking lot) and farm/beer-pairing dinners. Hardin’s also big on whole-animal butchery and “jumps at any chance” to throw a pig roast. Plus, he delights in putting together beer pairings for diners, but that, he says, isn’t really a stretch. “When you cook seasonally and drink locally, it tends to work out right.”

647 Main St., Carbondale, 970.704.1216, carbondalebeerworks.com —LM



PERFECT PAIR
Mark Hardin has made Carbondale Beerworks a go-to spot for local eats as well as local brews.

CLASS ACT: Learn to Grow and Cook the Healthy Way

Ready to join the burgeoning local food culture but unsure where to start? From learning how to grow your veggies at 7,800 feet to finessing the finer art of *scorpiacuta* eating and cooking seasonally—the Roaring Fork Valley has experts to lead the way.



IN YOUR HOME Caterer and private chef Katie Baum of Eat brings a permaculture background, an artist’s imagination and an unmitigated love of food to her work. Her private cooking classes (two to three hours) focus more on creativity and application, less on stringent techniques. They are ideal if you want to incorporate local, seasonal ingredients into your everyday cooking. \$75-150 per person, 720.810.0889, icookyoureathome.com **INVITE FRIENDS** Mawa’s Kitchen offers Farmers’ Baskets cooking classes in its professional kitchen. Your private group selects the preferred type of cuisine, and the chefs at Mawa’s will design a menu and lesson that highlights it using regionally sourced food. \$160-\$500 per person (up to 25 people), 970.544.4862, mawaskitchen.com **LET THE KIDS COOK** Among several food-oriented summer camps for kids as young as five offered by the Aspen Center for Environmental Studies are three sessions of the weeklong Farm to Table 101 (for ages 11 to 14) at Rock Bottom Ranch. Kids will learn gardening skills, animal husbandry and basic cooking techniques. They’ll wrap up the week by cooking a meal with food sourced from the ranch—parents welcome! June 15-19, July 13-17, Aug. 10-14, \$275 ACES members, \$325 nonmembers, 970.927.6760, aspennature.org **FULL IMMERSION** Sustainable Settings, in Carbondale, is a working ranch on the leading edge of sustainable agriculture research and biodynamic land management. The ranch offers workshops for all ages, with topics ranging from beekeeping to butchery to whole systems agriculture. Or just swing by for a tour of the ranch and lunch (\$50). \$25-140 per workshop, depending on length, 970.963.6107, sustainablesettings.org —BS

OUTSTANDING IN THE FIELD

The best-tasting dishes start with the freshest ingredients.

For high-altitude regions, the Roaring Fork Valley and the nearby North Fork Valley have amazing agricultural diversity. More importantly, many of our growers and ranchers are nationally recognized for their sustainability practices. From honey to poultry, we've got some of Colorado's finest ingredients. Dig in. —LM

DUCK EGGS

Their significantly greater yolk-to-white ratio and richness make these eggs prime for baking and omelet-making. Get them at the Aspen Saturday Market (aspenpitkin.com) from either Rock Bottom Ranch (\$8 per dozen) or Highwire Ranch (\$10 per dozen).

GRASS-FED BEEF

The valley is home to some of the nation's best grass-fed beef, raised on family ranches dedicated to humane livestock management. Beef that is fed and finished on grass is high in conjugated linoleic acid, omega-3 fatty acids and beta carotene, all of which have been shown to lower cholesterol and help prevent heart disease, cancer, hypertension and diabetes. Sink your teeth into meat from Milagro Ranch (from \$7 per pound, 5000 County Road 100, Carbondale, 970.963.3446, milagroranchbeef.com), from Sustainable Settings (from \$9 per pound, 6107 Highway 133, Carbondale, 970.963.6107, sustainablesettings.org), from Crystal River Meats (from \$9 per pound, at Whole Foods, 340 Reed St., Basalt, 970.927.1500, crystalrivergrassfedmeats.com) and from the just-launched Mountain Primal Meat Company (prices vary, 2542 Emma Road, Basalt, 970.927.2580, mountainprimal.com), which raises the valley's only American Highland cattle.

HONEY

Local honey reflects the flavors of wildflowers, fruit trees and indigenous plants like salvia. Try the liquid gold from Missouri Heights' Spradley Farms (spradleyfarms.com), which keeps its

hives, and sells the honey, at Basalt's Rock Bottom Ranch. \$10 per pint, 2001 Hooks Spur Road, Basalt, 970.927.6760, aspennature.org

LARD

Rock Bottom Ranch's Large Black and Tamworth hogs produce not only excellent meat but also snowy-white, creamy fat. Leaf lard, which surrounds the kidneys, is prized by bakers for its neutral flavor and the exceptionally flaky pastry it yields. \$4 per pound, \$10 in jars, Meat and Cheese Restaurant and Farm Shop, 319 E. Hopkins Ave., 970.710.7120, meatandcheeseaspen.com

TURKEY

It's not too early to start planning for the holidays, as Sustainable Settings' stunning heritage breeds—Narragansetts and Royal Palms—sell out well before Thanksgiving. Vivid plumage and juicy, flavorful meat aside, these birds live the ultimate poultry existence, ranging free and supplementing their sustainably grown grain diet with seeds, plants and bugs. \$12.50 per pound, 6107 Highway 133, Carbondale, 970.963.6107, sustainablesettings.org



GOBBLE, GOBBLE
Source the ultimate bird from Sustainable Settings.

TAKE A STAND

Find fresh goods from Rock Bottom Ranch at farmers markets in Aspen and Basalt.



Fresh Direct

With farmers markets across the valley, you can procure just-picked produce every day of the week.

Aspen Saturday Market: June 13-Oct. 10, 8:30AM-3PM, three blocks starting at the corner of Galena and Hopkins streets, aspenpitkin.com

Don't Miss: Heirloom tomatoes, sweet onions and Chioggia beets from Hotchkiss' Abundant Life Farm

Basalt Sunday Market: June 15-Sept. 27, 10AM-2PM, Midland Spur Road, basaltsundaymarket.com

Don't Miss: Fresh-roasted beans from Rock Canyon Coffee (from \$14), accompanied by a hot or iced cup of joe made by the pourover method

Carbondale Farmers Market: Wednesdays, June 10-Sept. 30, 10AM-3PM, 4th Street Plaza, carbondalefarmersmarket.com

Don't Miss: Juicy peaches and other stone fruit from Palisade's Rancho Durazno

Sustainable Settings Ranch Market: Saturdays, June 13-Oct. 3, 10AM-2PM, 6107 Highway 133, Carbondale, 970.963.6107, sustainablesettings.org

Don't Miss: Specialty greens like purple orach, purslane and lambquarter, and roots like horseradish and burdock

Glenwood Springs Downtown Market: Tuesdays, June 9-Sept. 15, 4-8PM, Centennial Park (Ninth Street between Grand and Cooper avenues), glenwoodmarket.com

Don't Miss: Gluten Free Momma's triple-chocolate brownie mix (\$10) and huge pieces of prepared carrot cake (\$3)—the latter is always a sellout.

Glenwood Springs Saturday Farmers Market: mid-June-early Nov., 8AM-3PM, 1400 block of Grand Avenue

Don't Miss: Lettuces and other greens, plus onions—all grown biodynamically—from Silt's Peach Valley CSA Farm —CH



WILD THINGS
Colorful wildflowers are appropriate centerpieces for a farm-to-table dinner.

Setting the Mood

Don't discount the table component of farm-to-table meals; create your own authentic experience with advice from local event specialists. —BP

1. For decor that fits with the theme, Gold Leaf Design and Production co-founder Chelsea Dillon (goldleafevent.com) recommends wildflower bouquets. "There are so many types of wildflowers in Colorado that you can pick out a specific color scheme," she says. Several local businesses, like Laura's Sunfresh Flowers (970.948.7340), grow an eclectic selection. Dillon also suggests adding elements like carrots, apples and beets to centerpieces. Serve the meal on a wood table, available from Premier Party Rental (\$75, premierpartyrental.com). Gold or copper flatware, rented from Denver-based Yonder (\$5 per set, houseofyonder.com), adds a trendy accent.

2. When selecting courses, be flexible so that you can showcase food that's in season, recommends Aspen Event Works principal Debra Doyle (aspeneventworks.com). "Build your menu based off of what local farms have at the time or what is in your own garden," she says. Doyle tries to source regionally whenever possible, even down to olive oils from Denver-based Evoo Marketplace (from \$14.95, evoomarketplace.com) and salad dressings like Alpine Avocado (\$9.83, Peaches Corner Cafe, 121 S. Galena St.).

3. Once you have the food, you'll want to figure out how to serve it. Jen Hartley, the catering events and marketing director at the Caribou Club (caribouclub.com), favors family style. "It feels more organic and communal, like the food is being presented," she says. If there is a large meat dish that shouldn't sit for long, Hartley recommends serving it plated but then circulating the other dishes around the table so guests can help themselves.

4. At the end of a lovely evening, send off your guests with a remembrance of the experience. Dillon suggests giving a canvas gift bag filled with local fruits and vegetables. "People can take them home and make their own farm-to-table meal," she says. It can also be helpful to include a list of the farms and any local companies from which you sourced ingredients for the meal.

5. Continue the environmentally friendly theme after the meal. "Use everything possible in the kitchen and minimize waste post-event," advises Doyle. The Scraps program from the Pitkin County Solid Waste Center and the City of Aspen's Department of Environmental Health and Sustainability (aspenpitkin.com) provides free composting services for companies and residents.



RAISING STANDARDS
Mark Fischer helped pioneer the local emphasis on farm-to-fork meals.

Locavore Chef: Mark Fischer

We're not alone in calling Mark Fischer the father of the Roaring Fork Valley's local food movement. Since moving to Carbondale in 1990, the 56-year-old Pittsburgh native and James Beard Award nominated chef has helped put the town on the map as a bona fide Colorado culinary destination. (Protests Fischer with typical modesty, "I don't think people come here for the food. ... It's the skiing, hiking and biking.") True, the region has outdoor charms to spare—Fischer himself is an active participant—but without his groundbreaking restaurant Six89, it may have taken much longer for other local chefs to get their feet in the metaphorical doors of local farms and ranches. Fischer opted to close Six89 in 2013, "while it remained relevant and was able to maintain its good reputation," he says. "It was just time to do something different." That something was Town, arguably Carbondale's most beloved restaurant/bakery, contested only by Fischer's Southeast Asian-inspired Phat Thai, which opened in 2003.

Fischer, a former pre-med student who's cooked his way from New York and San Francisco to Sydney, grew up "a product of the Bird's Eye generation." His interest in sustainability is the result of his culinary training, from working with chefs who were, he says, "forward-thinking, with a hands-on approach to cooking, from buying whole animals to preserving seasonal foods. I'd never seen a Sysco [food distribution] truck before moving to the Roaring Fork Valley." That glaring gap in the region's food supply motivated him to open his own restaurant in 1998 and connect with local growers (before farmers markets were de rigueur in mountain towns). The chef is quick to point out that he was in the right place at the right time: "All of these young people, like Don Lareau and Daphne Yannakakis of Zephyros Farm and Jack D'orio of Hillside Acres, were establishing themselves, and it wasn't so much that I started anything, but rather that I helped foster the movement." Today, Fischer owns four restaurants (which include Glenwood Springs' The Pullman and Harman's Eat & Drink in Denver), but at an age when most chefs would be dreaming of retirement, he's contemplating a supper club. "I miss cooking every day," he muses. "It's why I got into this business." Stay tuned. 348 Main St., Carbondale, 970.963.6328, towncarbondale.com —LM

FARM TO CAMPFIRE

Go beyond the backyard barbecue with these crafty cooking tips.

Farm-fresh food tastes even better when cooked, and eaten, in the great outdoors. Hit up your favorite farmstand or market for ingredients; then pack up your grill and go. —LH

1

FRUITS AND VEGGIES

Season bite-size pieces of squash, peppers, onions and other veggies with some salt and pepper, and a bit of olive oil, then slip onto skewers for the grill. Wrap sliced apples or fresh Palisade peaches in tin foil with a touch of local honey (spradleyfarms.com) and butter, and warm over the fire.

2

PROTEIN

Experiment with spice rubs, basting sauces and marinades (one to try: fresh-basil marinade from Steve Raichlen's *The Barbecue Bible*, \$23, Workman). Store seasoned chicken, meat or fish in airtight containers in your cooler until you're ready to cook.

3

EGGS

Wrap in kitchen towels and store in a camp pot. Easier yet, crack a dozen into a container at home and store in your cooler until breakfast-time. Scramble with leftover veggies from the night before. Try the extra-large duck eggs from Rock Bottom Ranch (\$8 per dozen).

4

SAVORY SNACKS

Cheese, sausages and cured meats are perfect for nibbling until your fire's ready to go. Try local picks from Avalanche Cheese Company (avalanchecheese.com) like soft Lamborn Bloomers (\$19 per pound) or a truffled honey and lemon chevre spread (\$10).

5

GRILL TALK

Mesquite, hickory, apple or other seasoned wood chips add a great smoky flavor to foods. (Ace Hardware, 300 Puppy Smith St., 970.925.3031, carries 3-pound bags of cedar and hickory chips, \$7.50.) Soak, then toss a handful onto the fire before you start to cook.



ULTIMATE ALFRESCO
Enjoy farm-fresh meals at your campsite too.

ASPEN SOCIAL



STRIKE A POSE

The cast members of Aspen Cares strut their stuff during the show's first song.

Model Citizens

The theatrical fashion show that had everyone in town talking, **Aspen Cares** (formerly the Aspen AIDS Benefit) sold out the Belly Up for the fourth year in a row March 21. More than 30 models, almost all of them locals, hit the runway for an hourlong show that incorporated dance, movement and story against a high-energy soundtrack. Retailers, including Dennis Basso, Jitrois, Gorsuch and Élu, donated all of the clothing and

accessories, which were then sold at a trunk show at Casa Tua the following day. A departure from the typical charity gala, the concept for Aspen Cares stems from the Telluride AIDS Benefit, founded more than 20 years ago. Proceeds from the event and trunk show benefited organizations that support sexual and mental health such as the Aspen Hope Center, Community Health Services and the Western Colorado AIDS Project. aspencares.org —Barbara Platts