

# HEALTHY EATING - MADE EASY -

Farm to Table Pittsburgh, the unique healthy eating component of the Pathways to SmartCare Wellness Program, helps participants eat healthy, learn where to buy fresh local foods and how to prepare and preserve nutritious meals.

## FARM TO TABLE PROGRAMS:

- Lunch & Learn: Eating Locally in Western PA
- Corporate Fruit Bowl Program
- Farmers Market on Wheels Program
- Farm to Table Pittsburgh Catering

GET MORE INFORMATION  
CALL 412-563-8800  
[www.FARMTOTABLEPA.COM](http://www.FARMTOTABLEPA.COM)



# FARM TO TABLE

1910 COCHRAN ROAD  
MANOR OAK ONE, SUITE 405  
PITTSBURGH, PA 15220

# LOCAL FOOD TASTING



FRIDAY  
MARCH 22, 2013  
DAVID L. LAWRENCE  
CONVENTION CENTER  
Pittsburgh, PA



# -MENU-

**5 GENERATION BAKERS**  
Gourmet French Toast

**ARBONNE**  
Vegan Protein Bars & Energy Drinks

**ART INSTITUTE; THE CULINARY PROGRAM**  
Skirt Steak with Potatoes, Spinach, Oyster Mushrooms &  
Finished with Kim Chi

**BREADSPREADS BY SUSAN**  
Jams, Jellies, Pickles & Quick Bread

**BUILDING NEW HOPE - BEAN CATERING**  
Espresso & Specialty Coffee Drinks

**CHRISTIAN W. KLAY WINERY**  
Variety of Wines

**CHUCK'S SALSA**  
Salsa Samples

**CLARION RIVER ORGANICS**  
Bloody Mary mix - Hot Peppers - Honey Puff Spelt

**E2**  
Crostini with Cheese & Seasonal Salad

**EMBODY NATURAL HEALTH**  
Fresh Organic Juice

**ENGINEHOUSE25**  
Firehouse Blend - Zinfandel & Malbec

**FRANK B. FUHRER WHOLESALE COMPANY**  
Variety Of Beer

**FRANKTUARY**  
Local Frankfurters, Sausage & Mustard

**FRESH FROM THE FARM JUICES**  
Restless Red Juice & Limey Green Juice

**FULL PINT BREWERY**  
Variety of Beer

**GRANDMA Z'S MAPLE HAUS**  
Pancakes & Maple Syrup

**GREAT LAKES BREWING COMPANY**  
Variety of Beer

**J & D CELLARS**  
Selection of Wine

**JAMISON FARM**  
Barley Soup

**KALEIDO KONE CREAMERY**  
Homemade Gelato, Ice Cream & Sorbet

**LAUREL VISTA FARM**  
Preserved, Pickled & Jammed Farm Products

**LEAN CHEF EN ROUTE/ ZEST WISHES**  
Braised Beef - Vegan Nat burger

**MARTY'S MARKET**  
Seasonal Bites

**MEDITERRA BAKEHOUSE**  
Fresh Breads & Pastries

**PASTURE PERFECT BEEF**  
Beef Brisket

**PEDDLIN' PIEROGIES**  
Variety of Pierogies & Haluski

**PITTSBURGH POST-GAZETTE**  
Taste of Pittsburgh

**PLUM RUN WINERY INC**  
20 Variety Wine Sampling

**PRETZEL CRAZY**  
Chocolate Covered Pretzels & Marshmallows

**QUIET CREEK HERB FARM & SCHOOL OF COUNTRY LIVING**  
Kim Chi

**RED STAR KOMBUCHA**  
21+ Authentic Pittsburgh-made Kombucha

**RESTAURANT ECHO**  
Seasonal Samples

**SCHNEIDER'S DAIRY**  
Milk - Iced Tea - Sour Cream Dips

**SITO'S**  
Greek Salad With Mediterranean Salad Dressing

**SPODEE**  
Spodee Wine Cocktails with Tait Farm Foods Shrub Mixers

**SUGAR SOCIAL**  
Gourmet Cupcakes

**SUMMER SMILES HONEY APIARY**  
Fresh Local Raw Honey

**TADA'S**  
10/10 Gluten Free Protein Muffins

**TAIT FARM FOODS**  
Sample of Shrub Mixers

**THANK GOD IT'S FUDGY**  
Decadent Variety of Fudge

**THE ENCHANTED OLIVE**  
Italian Extra Virgin Olive Oils & Balsamic vinegars

**TRULY WIZE GLUTEN & CASEIN FREE BAKERY**  
Variety of Gluten & Casein Free Cakes

**URBANIST**  
Printed Guide

**VENCENIE DISTRIBUTOR COMPANY**  
Variety of Adult Beverages

**WIGLE WHISKEY**  
Whiskey Samples

**WILD PURVEYORS**  
Pennsylvania creamery cheeses

**ZERO FOSSIL**  
Green Energy Demo



# -OUR SPONSOR-