



THE LATEST BUZZ FROM THE BIRCHWOOD CAFE

good real food

Celebrate Earth April • 2008

3311 East 25th Street • Minneapolis • 612 722 4474 • www.birchwoodcafe.com

mon thru fri-7am to 9pm • sat - 8am to 9pm • sun - 9am to 2pm

Help the Seward Youth Peace Garden Grow

Today's youth are the trustees of our planet's future, the hopeful stewards of many Earth Day Celebrations to come. That is why I, and many others in our community were dismayed to find out that due to confusion about the terms of their grant money, Seward Neighborhood Group finds itself without funding for this summer's Peace Garden program. So much more than just an urban farm, the Seward Youth Peace Garden provides safe & fertile ground to teach young people respect for them themselves, each other and the environment. What could be more important? The program also offers life long learning on all kinds of things; about how to run a business (sheesh I wish there would have been a Youth Peace Garden program in my neighborhood growing up!), organic food production, local and global food security, customer service, as well as social justice issues. Anna Sonmore Costello, the program director uses a multi-disciplinary approach; art, cooking, storytelling, photography and writing as well as practical experience on "Market Day" where the kids sell organic produce and flowers to our customers here at the cafe. The benefits to these kids are HUGE; increased self esteem, knowledge, social, organizational and leadership skills, physical conditioning and community pride. Here are some of the ways you can help keep this program growing strong this summer and many summers to come. **EAT GREEN!** Birchwood will donate \$1 for every Green Salad and greens upgrade. **DRINK GREEN!** Birchwood will donate \$2 for each 1 lb. bag of Organic Shade Grown Birchwood Blend Peace coffee. **SHOP GREEN!** Buy a Blue Sky Guide @ the cafe and Birchwood will donate \$5 **GIVE GREEN!** For every \$5 donated @ the Cafe pick one packet of Botanical Interests vegetable, herb or flower seeds. (seeds provided @ cost by Mother Earth Gardens) Donate \$25 and opt for an Organic Salad Bowl Kit. Includes Organic mixed greens "Salad Bowl Blend" seeds and a bowl full of organic potting soil to grow them in. Donate \$100 and receive a \$20 Birchwood gift card AND the Organic Salad Bowl Kit. Dero Bike Rack Company and an anonymous donor have agreed to match our donations up to \$1000 and I'm confident other businesses will too donate too. We're already half way to where we need to be for a successful summer program! You can donate directly to Peace Garden online @ www.sng.org.

What's Happening/Birchwood Buzz

Sat April 5th 1:00-2:00 Tune into AM950 KTNF for Local Food

Hero, the radio talk show that explores the greener side of Minnesota's culinary world. I (Tracy) will be the featured guest for the "What's in the Pot" segment. No call-in hecklers please!

Tue April 15th The Future of Local Farming/Part 2

Hosted by Linden Hills Co-op, join co-op staff, members, neighbors and special guests Lucia Watson and city councilperson Betsy Hodges for an evening about local food and farms. We'll view a short film, "The Organic Opportunity: Local Food as Economic Development in Woodbury County, Iowa," and hear about other efforts to gain municipal, county and state government support for local farms and foods. Pastureland and Riverbend Farms will be there, and I will too! Come learn what you can do to help ensure our right to choose local foods. Email allie@lindenhills.coop for info and to reserve your spot!

Sat April 19th 14th Annual EARTH DAY Watershed Cleanup

The water quality of our rivers and lakes affects us all and as a community we share in the responsibility of stewardship for these resources. Volunteers should meet at 9:30 @ 24th and West River Parkway to sign in, get gloves and garbage bags and enjoy complimentary PEACE Coffee and Birchwood treats.

Sat April 19th Seward Coop CSA Fair/Bake Sale for Seward Youth Peace Garden 11am-3pm @ Seward Coop.

Meet over 20 CSA farmers and buy Birchwood Cookies & Peace Coffee to raise funds for the Seward Youth Peace Garden kids.

Sun April 20th EARTH DAY Wine & Dine

6 courses of Fabulous food paired with tasty fair trade & organic wines & live music. \$65, Reservations @ 612-722-4474

Thr April 24th Dining Out for Life

Join us for dinner between 5-9pm and we will donate 35% of proceeds to The Aliveness Project, a local nonprofit organization that provides onsite meals, food shelf & other supportive services for HIV-infected individuals and their families. For info and participating sites go to diningoutforlife.com.

Sat April 26th Arbor Day Greenway Tree Planting

9 am kick off, planting @ 9:30-noon. This year's site is the area east of Hiawatha Ave where the Greenway meets the new bridge. Help plant green space for LRT riders to view and shade for trail users. Tools, gloves and expertise provided, as well as Birchwood Cafe treats! Info: theresa@midtowngreenway.org.

Thr May 1st Summer Hours! Now open til 10pm Mon thru Sat Starting Sunday May 4th NOW OPEN SUNDAYS UNTIL 8PM!

At the Birchwood Cafe we serve good real food for breakfast, lunch, dinner and Sunday brunch.

We offer a weekly changing, creative, fresh, healthy and eclectic menu with something for everyone.

At heart, the Birchwood Cafe is about connectedness and relationships. These principles guide our creation of both food and service such that we enhance the vitality and well-being of ourselves, our community and the world around us.



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Meet Birchwood All Star Jimmy Red Layer!

In almost every way the Birchwood's past 5 years have been blessed with growth. Sales & staff; budgets & costs; menus & specials, fancy dinners, catering & wholesale granola; the list goes on... The only thing that hasn't grown is our space! Bursting at the seams is how I call it, and I feel lucky to be part of it. Recently, I've happily taken on a new, mostly administrative role as operations manager. Although I miss being up front with all the staff and customers, it feels great to move forward on new systems (to keep up with our growth) and fun new plans & strategies. (Yay! organics composting is coming soon!). This month I'd like to acknowledge one of the finest results of this growth: our new front house manager Jimmy Red Layer. Jimmy has breathed new life into that vital leadership role, creating new systems, revitalizing old ones, ensuring quality service and hiring excellent staff. I thank Jimmy for bringing lots of laughter, motivation and energy to the Birchwood. I am immensely proud of all our service team, and I want to recognize them for their support, creative intelligence and excellence during and beyond this transition. *Eli

What is your favorite thing about working at the Birchwood?

The people. I just like being at a place where people are really enjoying themselves. It's such a nice relaxed place, folks are in a great mood all the time. I come from a bartending background which I enjoyed but it is great to be in a place with a majority of folks getting the most out of life, without those few just getting away from it.

What is your dream job? To host my own radio show...music, talk or sports, on MPR. What are you into when you're not at work? I have season tickets to Vikings & Twins. I love hanging out with my dog (another labradoodle like Tracy's infamous Vigo.) I like playing cards. Going out to eat, I'm a foodie, always interested in trying new foods. I like getting out to those new restaurants. Locally you'll find me at the Longfellow grill, The Craftsman & Al vento. I'm a fan of La Cucaracha in St. Paul. But it was @ Meritage, Russel Klein's new bistro in downtown St. Paul where I had my most recent "knock it out of the park" meal.

Take a moment and recognize another Birchwood employee.

[Birchwood Chef] Marshall for his creativity, skills with food and overall knowledge and inquisitiveness is impressive. I wish I could cook so well!

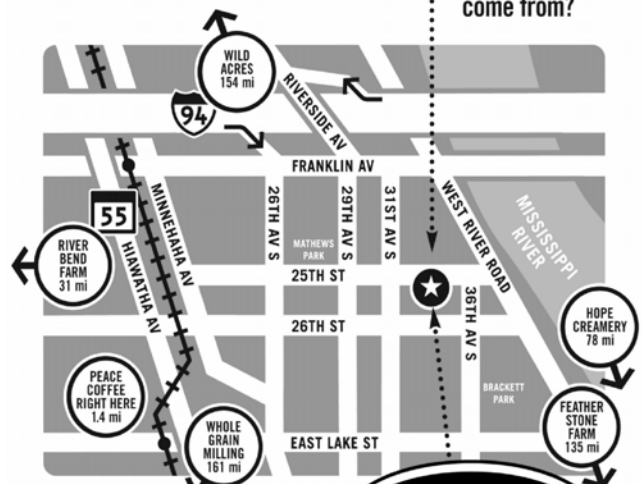
What is your favorite Birchwood Dessert? Black bottom coconut cream pie, it's the second greatest dessert on earth probably. My mom makes a caramel pecan quad layer cake for my birthday every year. I talked her into making it for x-mas dinner too. I could eat the whole thing, but [girlfriend] Sarah, only lets me take one piece!

Jimmy says "Thanks for the warm welcome and making the Birchwood such a fantastic place to be. Please introduce yourself next time you see me (I'm the big smiley guy), I'm always up for a good conversation and want to hear how your experience at the Birchwood can be improved."

Marshall's Magniloquence I'm really looking forward to our upcoming Earth Day Wine & Dine, Sunday April 20th! Each of the 6 courses will feature ingredients & cooking techniques unique to Central & South America paired with Organic Fair Trade Argentine & Chilean wines. In recent years and just last month, I had the good fortune to travel south of the U.S. Checking out local restaurants & farmer's markets in such countries are much higher on my list of "must sees" than the usual tourist attractions; it's wonderful to experience another country's version of Local Food. This year's Earth Day Wine & Dine will be a fun way for me to recreate & showcase some of the flavorful ingredients & cooking techniques not commonly experienced this far north; grilled tropical fruit starter, hook & line caught Belizean Cobia ceviche, Wild MSC Certified Chilean Sea Bass, Coconut & Papaya Sorbet, spicy grilled Fischer Farm Pork Tenderloin and a Uruguayan-inspired Dessert from our Pastry Chef, Sandra Sherva. (False Alarm for all you folks at our Valentine's Dinner, her plans have changed and she's NOT moving to California!) Looking ahead we have our sights set on a vegetarian menu for our June 2008 Summer Solstice Wine Dinner as well. Aside from Salt, every single ingredient used will be sourced from our beloved local farmers & their long-awaited spring harvest.

Birchwood Servers NOW ON STAGE! Check out our very own Tim Cameron in **The Piano Tuner**, a morph of music, dance & theatre about a family "out of tune" @ the Southern Theatre April 10-13th. Info at southerntheatre.org. And don't miss Kat Wodtke in her leading role in **You're No Fun**, a fresh musical comedy at the Bedlam Shows April 18th-27th, details at bedlamtheater.org. Break a leg!

Where is the Birchwood Cafe? ... and where does their food come from?



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