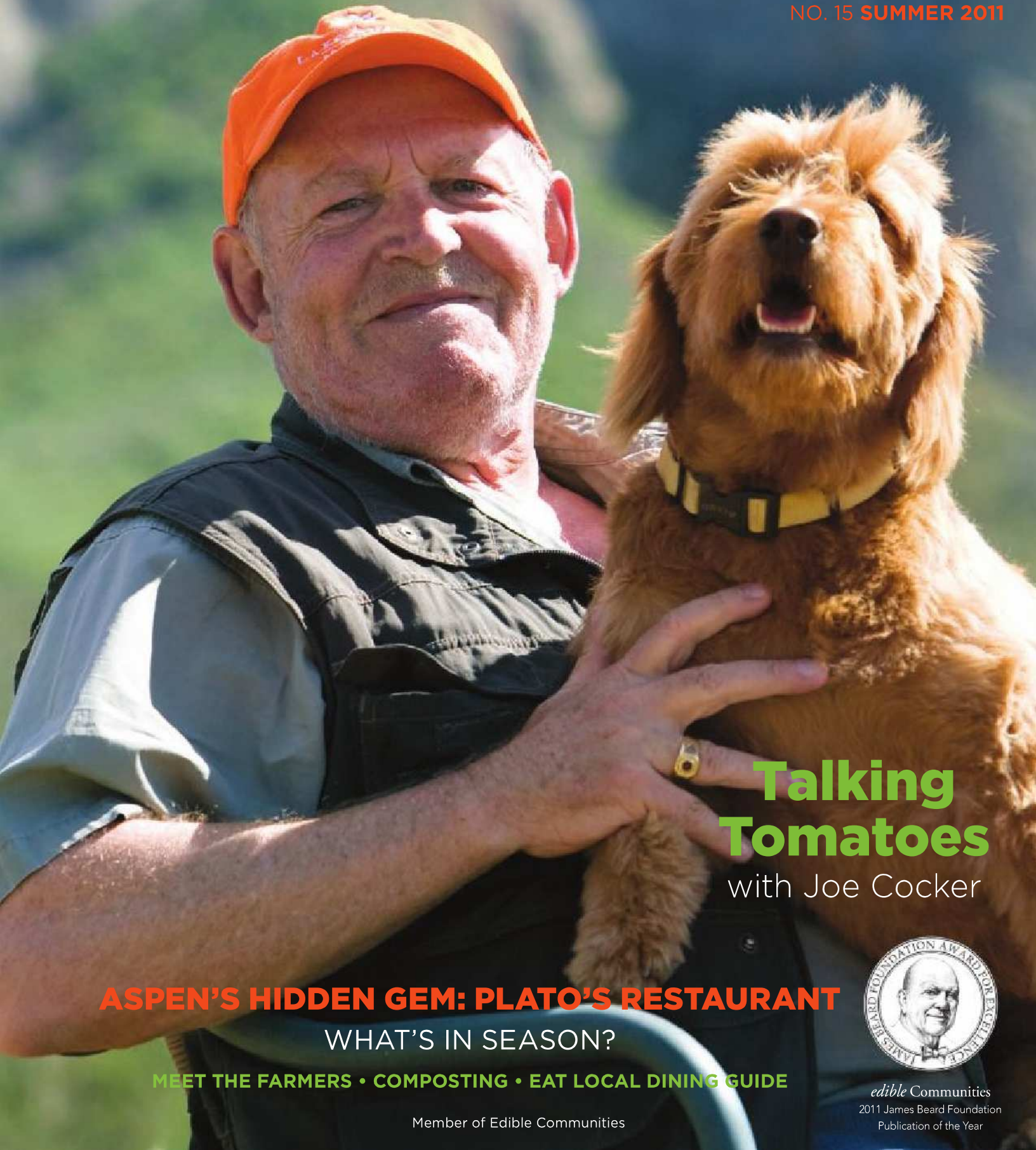


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CELEBRATING THE ABUNDANCE OF LOCAL FOODS IN THE ROARING FORK VALLEY AND NEIGHBORING COMMUNITIES

NO. 15 SUMMER 2011



**Talking
Tomatoes**
with Joe Cocker

ASPEN'S HIDDEN GEM: PLATO'S RESTAURANT

WHAT'S IN SEASON?

MEET THE FARMERS • COMPOSTING • EAT LOCAL DINING GUIDE



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2011 James Beard Foundation
Publication of the Year

Amiee's
Summer HOT List

By Amiee White Beazley

- 1.** The Pullman in Glenwood Springs: Mark Fischer's new joint in Glenwood has great food, a fabulous bar, incredible desserts and a staff that is so enthusiastic it makes you want to stand up and cheer. Some standouts from my meal: oysters with Champagne mignonette; shrimp and grits; cedar plank char with white beans; bacon bloody mary with Chef Shane's bacon consommé (and a brown sugar and bacon-coated rim!); and the devil's food cake with cream cheese frosting and crème fraiche.
- 2.** Another trend catching my eye this summer is the influx of international flavors, from the gyros and homemade Ethiopian food sold at the Glenwood Farmers' Market (on Saturdays) to the addition of Middle Eastern flavors to menus throughout the valley, and the opening of Gandhi in Carbondale (of festival food fame), we are enjoying more and more flavors from around the globe and I am one happy customer.
- 3.** Love of lemons at Gisella. Their limoncello is the best I've had outside of the Motherland, and in keeping with the Ligurian Coast/lemon theme, if you see the lemon sponge cake on the menu, please order. You will not be disappointed by its light and fresh sweetness.
- 4.** Scrumptious starters: seared octopus starter at Ellina, mushroom starter at Pyramid Bistro and beet, goat cheese and watermelon salad at Jimmy's.
- 5.** I took a trip to Vail recently and to the Sebastian Hotel's Block 16 restaurant. Fine dining with a Napa Valley influence. The food was spectacular, and the atmosphere very chic. Also loved the hotel's bar/club called Frost. Hip and energetic.
- 6.** My new website obsession is Foodzie.com. When I want to say thanks or congratulations to someone from afar, I shop the best local food from every region at Foodzie.com and have local food delivered right to their door. This helps introduce people to the great local food in their area; the site is simple to use and the food options are plentiful.
- 7.** *This Life Is in Your Hands: One Dream, Sixty Acres and a Family Undone* by Melissa Coleman. A great read about the inside life of a pioneering organic farming family.
- 8.** *Power Foods*, by the editors of *Whole Living Magazine*. This cookbook was created for locavores. It has fresh, simple recipes based on whole foods available in our region (See "Warm Stone-Fruit Salad" dessert recipe from this standout cookbook on page 17 of this issue of *edibleASPEN*.)
- 9.** And for the shocker of the season: Want one of the most affordable but delicious and healthy lunch options in the valley? Try the café at Valley View Hospital. I know, it's in a hospital, but it's worth navigating the hospital halls to enjoy the truly inspired, organic and incredibly affordable café experience. Valley View is changing the paradigm of hospital food in the United States.
- 10.** One of the best locations in Carbondale is getting a facelift and a new menu. Owners of the Village Smithy, Charlie Chacos and Jared Ettelson, have purchased the space that formerly housed the Lift and are opening a new coffee shop named Bonfire Coffee—an eatery with a hip, clean and bright new space for coffee, pани, salads, bagels, smoothies and more. ☺