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Farm to Future

An evolution from a wooded New Hampshire farm to a comfortable New England table

By **Kristin Meekhof**

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Several years ago, Kristin Canty, a Boston College alum trained in speech pathology, was on a mission to help her youngest child live a life free from allergies and asthma. After months of research, she discovered the healing properties of raw milk. And after integrating raw milk into her son's diet, along with a clean, healthy diet, she found him to be asthma-free.

The mother of four, armed with knowledge about the benefits of eating local and organic food, became an advocate for both small- and large-scale farms. Canty spent much of her time talking with farmers about their

challenges. And in 2011, she produced the documentary film, *Farmageddon—The Unseen War on American Family Farms*.

Post-film launch, Canty decided to open an organic and sustainable restaurant with a menu that was thoughtfully sourced from a local farm. In 2013, she purchased a 265-acre farm in New Hampshire. With the help of farm manager Amber Reed, Canty and her team now raise grass-fed cows, pigs, chickens and lambs, and grow organic vegetables, including a variety of mushrooms. After a full growing season at the farm was ▶

complete, Canty opened Woods Hill Table restaurant, in Concord, MA, featuring dishes inspired by the current growing season and sourced by Canty's farm, along with other local farmers.

At Woods Hill Table, Executive Chef Charlie Foster serves beautiful and delicious dishes such as Wood Grilled Calamari, Black Bass Crudo, Sunflower Barigoule, Line Caught Hake, and Duo of Pastured Chicken with ingredients such as squid ink canestri, roasted summer squash and blossom, crucolo cheese, serrano chili, hakurei turnips, purple potatoes, pommes dauphine and oyster mushrooms, and parsley oil.

The New England cheeses are raw, and restaurant wines are organic or biodynamic. Pastry Chef Douglas Phillips brings a unique blend of depth and sweetness to each of the six dessert items, including one that is dairy-free.

Canty is at the farm at least once a month and at the restaurant every evening doing everything from seating guests to answering questions about how her animals are raised. She says she wants every guest to remember "the meal was delicious, the service was phenomenal and the atmosphere was warm and inviting." woodshilltable.com



Black Bass Ceviche with Green Garlic Leche de Tigre

Chef Charlie Foster at Woods Hill Table



Ingredients

For the ceviche

- 3 pounds black bass filet, fresh and wild
- 1 teaspoon green garlic bulb (the white bottom), chopped
- 1 teaspoon green garlic tops (the green part), thinly sliced
- ¼ inch section of jalapeño
- 4 limes, juiced
- 3 ice cubes
- 1 cup water
- 1 teaspoon salt

For the puffed rice

- 2 cups kosher salt
- ¼ cup organic wild rice

Instructions

For the ceviche and leche de tigre

1. After making sure no pin bones are left in the black bass filet, slice the belly and tail off of the filet and reserve for the leche de tigre.
2. Slice the fish into ¼-inch thick strips and set aside.
3. Place the belly and tail of the fish in a blender, along with the green garlic tops and bottoms, lime juice, ice, jalapeño, water, and salt to create leche de tigre.

4. Blend, on high, until leche de tigre mixture becomes smooth and is the consistency of milk. If too thick, add more ice, if too thin, add a little more fish.
5. Adjust seasoning with more lime juice, jalapeño or salt if needed.

For the puffed rice

1. Heat the salt on high in a six-inch cast iron pan for five minutes, until the salt and the pan are both extremely hot.
2. Add rice, rapidly shaking the pan, and when rice puffs up to the top, dump the contents into a colander or large-hole strainer and shake vigorously to separate the salt from the rice.
3. You should be left with browned but not burnt rice that resembles Rice Krispies.

To assemble

1. About an hour before serving, take the slices of fish and toss in the leche de tigre. Refrigerate.
2. Assemble a tray of spoons that are elevated by napkins to ensure that they sit flat.
3. Roll a slice of cured bass in each spoon, pour over a little leche de tigre and garnish with puffed rice, some thinly sliced green garlic tops and a very thin slice of jalapeño.