



Welcome to ala Carte "Casual"

WS=From our own Windswept Farm pastures, fields, or greenhouses

V=Vegetarian Vegan=Vegan GF=Gluten Free DF=Dairy Free

*The Pumpkin Patch, November 1 - 9

small plate /dinner portion with sides

WS Kale Salad, with *pepitas, daikon, and sour cream dressing (V, GF) \$12

***Three Sisters Soup**, (Vegan/GF) \$8

Slate of Local Farm Cheese, accompaniments (V/GF) \$10

Warm Cerignola & Castelvetrano Olives, citrus oil (V/DF) \$10

Garlicky WS Chicken Wing, with beer cheese sauce (GF) \$12

Fried WS Green Tomatoes, with sauerkraut and remoulade (V) \$10

Zinfandel and Rosemary Braised WS Lamb, *squash puree (DF) \$17/**\$36**

Seared Fresno Chili Peppers WS Chicken, tequila pan sauce (GF) \$16/**\$34**

Local Pork Schnitzel with Monica's *Pumpkin Spaetzle, garlic cream \$16/**\$34**

Applewood Smoked Hudson Valley Steelhead Trout with applejack cream and *squash puree (GF) \$17/**\$36**

House-made Black Garlic Pasta with spicy tofu and local blue cheese cream (V) \$15/**\$28**

***Butternut Squash Pie** with pumpkin seed brittle and cardamom whipped cream \$10

Composer's Ice Cream and Sorbet Flavors \$6

*Even though most people identify squash with vegetables, from a botanical standpoint, they're considered fruits because they contain the seeds of the plant. They are classed in the family *Cucurbitaceae*, along with cucumbers, melons, and over 900 other squashes (edible) and gourds (not edible). The entire squash plant is edible- leaves, tendrils, shoots, stems, flowers, seeds, and fruit. For practicality, squashes are categorized into 2 groups- summer (thin rinds that can't be stored for long periods, i.e., zucchini, straight neck, and pattypan), and winter (thick rinds that can be stored for several months, i.e., acorn, spaghetti, and butternut). **Pumpkins are a type of winter squash.**

For 7000 years, Mesoamericans Natives have referred to the "three sisters"- squash, beans, and corn, recognizing the symbiotic agricultural relationship (permaculture). The beans provide nitrogen for the corn to grow, then the grown corn serves as a lattice for the beans to ascend, while squash leaves shade both keeping the soil hydrated and protecting against weeds.

Our chickens absolutely LOVE pumpkin, and our lambs dine on our neighborhood donated jack-o-lanterns soon after Halloween!