



COMPOSER'S FOUR COURSE PRIX FIXE

*Pumpkin Patch
November 1 to 9

RE Farm Café at Windswept is committed to building a more permanent, healthy, available, and accessible food system. Windswept's fields, greenhouses, and pastures supply much of our year-round needs. To augment menu offerings, we look to regional small farm sources first, all the while never compromising on your safety or the inherent food flavors that add "wonderfulness" to our dishes. Our composers work tirelessly to grow relationships for a widening network of trusted growers. We buy the best directly from the best, cutting out the middleman and helping small growers keep more of the profit so their work can be, well, sustainable!

This menu is our "plan" for your dining experience, however, since it is based on local availability, last minute substitutions may become necessary. Accompanying side dishes and food garnishes will vary from one day to the next.

**WS=From our own Windswept Farm pastures, fields, or greenhouses V=Vegetarian Vegan=Vegan
GF=Gluten Free DF=Dairy Free**

~SALAD WITH A SOUP SHOOTER~

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

***Three Sisters Soup**, (Vegan/GF)

~SMALL PLATE CHOICE~

Garlicky WS Chicken Wing, with a beer cheese sauce (GF)

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

~MAIN PLATE CHOICE~

Zinfandel and Rosemary Braised WS Lamb, *squash puree (DF)

Seared Fresno Chili Peppers WS Chicken, tequila pan sauce (GF)

Local Pork Schnitzel with Monica's *Pumpkin Spaetzle, garlic cream

Applewood Smoked Hudson Valley Steelhead Trout with applejack cream and *squash puree (GF)

House-made Black Garlic Pasta with spicy tofu and local blue cheese cream (V)

~FINISH CHOICE~

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

Slate of Local Farm Cheese, accompaniments

Composer's Ice Cream and Sorbet Flavors

*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!