

# Farmhouse Flavor



Fresh spring greens star in Serenbe's Arugula, Pear, Pecan and Blue Cheese Salad with a tangy vinaigrette.

PHOTOS BY POVY KENDAL ATCHISON

AT THE SERENBE  
COMMUNITY JUST OUTSIDE  
ATLANTA, FARM-TO-TABLE  
CUISINE GIVES  
TRADITIONAL SOUTHERN  
FAVORITES NEW LIFE.

For Marie Nygren, owner of The Farmhouse restaurant in the Serenbe community near Atlanta, there's just no comparison between a hothouse tomato and one grown in her backyard. A founder of Serenbe, a new urbanist community that includes a 5-acre organic farm, Nygren's been feeding her own homegrown produce to her patrons for years. "People can taste the difference in the quality of food that's from a well-grown and well-loved garden," she says.

Just down the road, Hilary White, executive chef at The Hil restaurant, relishes the opportunity to "order" homegrown fruits and vegetables from her neighbors. She says her relationship with Serenbe's farmers has "gone from just choosing from what the farm has to offer to, 'Can you grow this for me, please?'" She even asked the farmers to grow cornichons—tiny, tart French pickles that require three-times-daily harvesting to ensure proper size and flavor—for her crab fritters and antipasti plates.

ARUGULA, PEAR, PECAN AND BLUE  
CHEESE SALAD WITH APPLE CIDER  
VINAIGRETTE

Serves 6

- 6 cups arugula
- 2 ripe pears (or substitute  
Granny Smith apples)
- ½ cup crumbled blue cheese
- ½ cup toasted pecan pieces

APPLE CIDER VINAIGRETTE

- ¼ cup honey
- ½ teaspoon dry mustard
- ½ cup apple cider vinegar
- 1 teaspoon kosher salt
- 1 cup extra virgin olive oil
- ¼ teaspoon cayenne pepper

TO PREPARE SALAD

1. Wash and dry arugula. Place greens in large salad bowl.
2. Slice pears and add to greens.

TO PREPARE VINAIGRETTE

1. Combine all ingredients and stir.

TO SERVE

1. Toss salad with vinaigrette.
2. Top with pecans and blue cheese.

## FOOD FOR ALL

Serenbe Farms supplies fresh, organic produce to the entire community through its community-supported agriculture (CSA) partnership. Subscribers pay a fee at the beginning of the season to help fund the farm's daily operations and, in return, receive enough vegetables to feed a family of four every week from spring through Thanksgiving. Serenbe Farms also provides produce for a weekly farmer's market that runs from April through October. Held in the heart of the town, the market features live music, local artisans, special events and, of course, fresh produce.

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Circle #15; see card pg 65

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Chef Marie Nygren, owner of The Farmhouse restaurant in the Serenbe community, serves up her Southern Shepherd's Pie to an eager crowd.



## SOUTHERN SHEPHERD'S PIE

Serves 6 to 8

### FILLING

- 2 leeks
- 2 tablespoons butter
- 1 cup collard greens
- 2 tablespoons mild olive oil
- 2 pounds ground white turkey meat
- 1 teaspoon salt
- 1 teaspoon Tabasco
- 1 tablespoon flour
- 1 tablespoon tomato paste
- ¼ cup half-and-half
- ½ cup beer
- 1½ cups chicken stock

- 1 tablespoon soy sauce
- 5 pieces of fresh thyme
- 1 cup butterpeas, cooked

### TOPPING

- 2 pounds sweet potatoes, peeled and chopped
- 1 teaspoon salt
- 2 large, sweet onions
- Olive oil
- 2 tablespoons unsalted butter
- ⅓ cup half-and-half

### TO MAKE FILLING

- 1.** Wash and slice leeks, using all of the white part plus 2 inches of the green part. Heat about 2 tablespoons butter in sauté pan and cook over low heat until white parts are tender and green parts turn bright.
- 2.** Blanch or lightly steam collards.
- 3.** Heat oil in large pan. Add turkey and brown, stirring often to break into pieces. Add salt and Tabasco. Add flour and tomato paste and cook about 1 minute.
- 4.** Add half-and-half, and cook another minute. Add beer, stock, soy sauce and thyme and simmer over medium heat, stirring often until mixture has thickened, 10 to 15 minutes.
- 5.** Remove from heat. Stir in prepared butterpeas, leeks and collards. Taste for seasoning and add more Tabasco and salt if desired. Spoon mixture into 2-quart casserole dish.

### TO MAKE TOPPING

- 1.** In a pot of water, add potatoes and salt, and bring to a boil. Reduce heat and cook 20 minutes, or until tender. Drain potatoes and return to pot.
- 2.** Slice onions into ¼-inch rings. Heat oil (enough to coat bottom of pan plus an inch more) over high heat until hot but not smoking. Reduce heat to medium-low and add onions. Cook, stirring occasionally, until onions are very soft and deep brown, 15 to 20 minutes.
- 3.** Mash potatoes and add butter, half-and-half and caramelized onions. Season with salt if necessary.

### TO BAKE

- 1.** Spread potatoes over filling. Bake in 375-degree oven for 25 to 35 minutes or until topping bubbles.



## BLUEBERRY COBBLER

Serves 8

- ½ cup butter
- 1 cup sugar
- 1 cup flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 2 cups blueberries

1. Preheat oven to 350 degrees.
2. Slice butter, sprinkle around baking dish and place in oven until melted.
3. Mix together dry ingredients then stir in milk. Pour batter into melted butter and scatter fruit over top.
4. Bake uncovered for 30 to 45 minutes.



This flaky, sweet blueberry cobbler is an instant classic.

## RECOMMENDED WINES

### ARUGULA BLUE CHEESE SALAD



#### DUNDEE HILLS CUVÉE PINOT GRIS

This wine shows complexity and crispness—mineral, stony, earthy and spicy aromas, with flavors of apricot, peach and fig pair elegantly with the sweet pear, creamy cheese, and earthy pecans in this salad. \$18



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### SOUTHERN SHEPHERD'S PIE



#### MEDITRINA RED WINE BLEND

A blend of Pinot Noir, Syrah, and Zinfandel, this easy drinking wine has rich, lush berry notes, spice and structure. Its earthiness and elegance make it a great match for this dish's turkey, herbs and sweet potatoes. \$15



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### BLUEBERRY COBBLER



#### 2007 WHITE RIESLING DESSERT WINE

Crafted in the ice wine style of Germany, this ultra-rich and concentrated wine combines hazelnut, floral and vanilla aromas and flavors.

Its crisp acidity will balance deliciously with the tart blueberries in this dish. \$40



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Natural Home editorial intern  
KIRSTEN HUDSON would love to  
receive a weekly batch of organic fruits  
and veggies.

All recipes courtesy Marie Nygren, The  
Farmhouse at Serenbe ([www.serenbefarmhouse.com](http://www.serenbefarmhouse.com)).