

GRIST FOR THE MILL

We are privileged to have so many vital institutions in our community inspired by committed individuals who are passionate about supporting a variety of initiatives. These worthwhile accomplishments range from promoting music, theater, arts and language to improving our knowledge, health and well-being. From public radio to public trails, whatever the mission, without hesitation, our community rallies with seemingly endless amounts of energy, effort and enthusiasm.

It is time to rally again for one endeavor that many of us have taken for granted, yet it affects us all on a daily basis—growing and producing foods locally. One look at edibleASPEN's Source Guide on page 28 will give you an inkling of who is growing and producing right here in our area. With a growing global food shortage and rising food prices, these farms and businesses recognize the importance of protecting the health, security and longevity of our local food sources.

The following pages present a number of approaches to sustaining and enjoying what is readily available to us. Some of the highlights include the significance and value of planting backyard gardens, patronizing farmers' markets, canning and preserving, adopting heritage fruit trees and cooking with recipes that utilize the fresh, flavorful foods available in our area.

I am proud to be a member of a community that is dedicated to its values. Please take the opportunity this summer to show your support and ensure that these essential resources will continue and flourish. 'Tis' the season to shake the hand that feeds you!

Cheers,

Lisa Houston
Publisher



edibleASPEN is printed on 20% recycled (10% post-consumer waste) paper using only soy-based inks. Our printer meets or exceeds all Federal Resource Recovery Act (RCRA) Standards and is a certified member of the Forest Stewardship Council.

*edible*ASPEN

PUBLISHER
Lisa Houston
lisa@edibleaspen.com

EDITOR
Amiee White Beazley
editor@edibleaspen.com

PRODUCTION AND DESIGN
Cheryl Koehler
Mary Ogle
Jean Roth

CONTRIBUTORS
Amiee White Beazley, David Bedford,
Richard Betts, Noah Buhayar,
Karen Connington, Allison Johnson,
Cat Leonaitis, Brook Le Van,
Jeanne McGovern, Laurel Miller,
Stewart Oksenhorn, Calla Ostrander,
Dava Parr,
Annette Gallagher Weisman

PHOTOGRAPHY
Michael Brands, Jordan Curet,
Carole Topalian

PROOFREADERS
Jeanne McGovern, Ed Jamison

ADVERTISING/EVENTS
Carmen Barnhart
carmen@edibleaspen.com

ADVISORY BOARD
Michael Bowman, Craig Cordts-
Pearce, Joyce Falcone, Brook Le Van,
Tom Passavant, Jimmy Trotter

CONTACT US
P.O. Box 11510
Aspen, CO 81612
Telephone: 970-925-6000
www.edibleaspen.com

*edible*ASPEN is published quarterly – spring, summer, fall and winter by Local Promise, LLC. All rights reserved. Distribution is throughout the Roaring Fork Valley and nationally by subscription. Subscription rate is \$28 annually. Call the number above to inquire about advertising rates, deadlines or subscription information. No part of this publication may be used without written permission of the publisher. © 2008. Every effort is made to avoid errors, misspellings and omissions. If, however, an error comes to your attention, please accept our sincere apologies and notify us. Thank you.