

'Locally grown' means fresh-food alternatives

■ Selecting food grown in and around Eugene allows buyers to support local farmers and ensure fresh ingredients

By Diane Huber
for the Emerald

Marché, an upscale restaurant tucked into a corner of the Fifth Street Public Market, serves its dishes according to the season.

"Marché is the French word for market, meaning we cook whatever ingredients are abundant, in season, and as local as possible," owner Stephanie Pearl-Kimmel said.

Right now, Marché is in the process of transitioning from winter to spring foods, Pearl-Kimmel's assistant Sulwyn Sparks said. They've moved from braising to grilling and searing, and they've begun serving spring vegetables such as asparagus, she said.

Pearl-Kimmel is a firm believer that locally grown produce is not only tastier and better for the environment, but spiritually nourishing

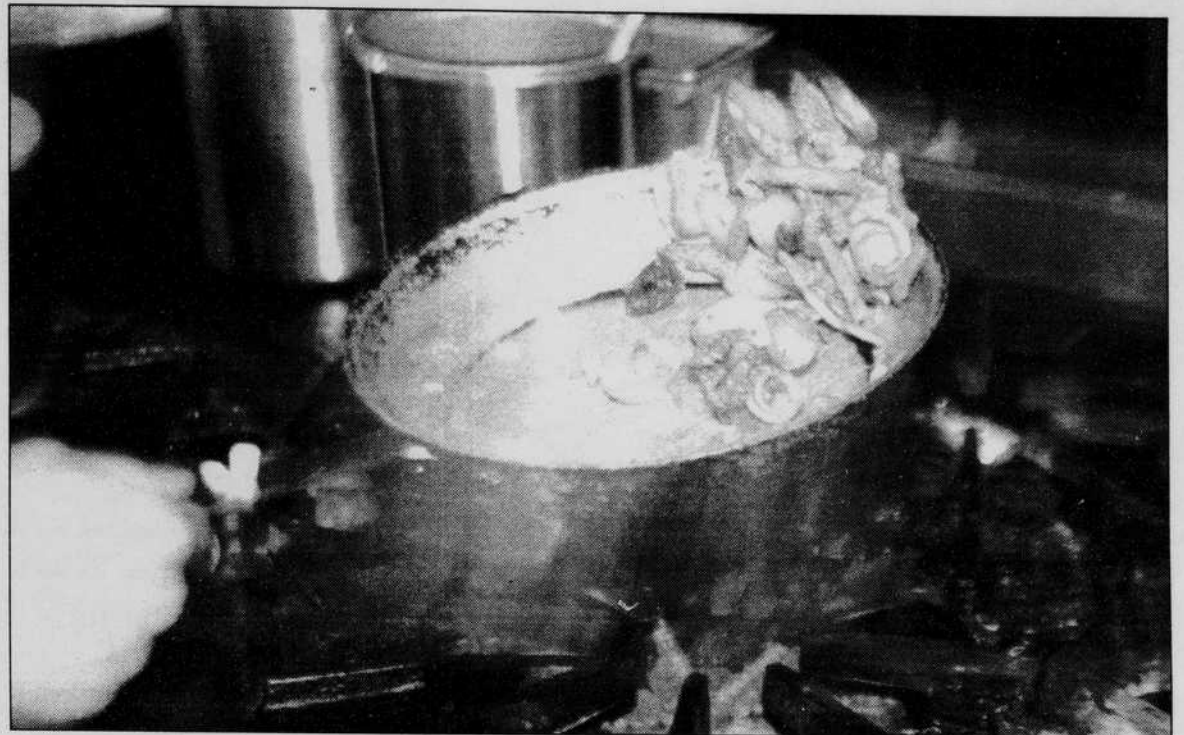
as well, and said she tries to uphold that philosophy in her restaurant.

Pearl-Kimmel, various nutritionists and dedicated seasonal eaters argue any environmental purpose for eating organically — a farming process that uses only natural pesticides — is completely defeated when produce travels by truck from as far away as Southern California, Mexico and Chile. These members of the community strive to eat produce grown right in Eugene's backyard, and say that with spring's first harvest just around the corner, now is a better time than ever to start thinking about eating locally.

Eating locally supports the local economy and means "you're not paying for fossil fuels," Sundance Natural Foods produce manager Lauren Bilbao said, which is why she said she tries to buy Sundance's produce as locally as possible.

Nutritionist Skye Weintraub said that because so little is known about the origins of food from other countries, it's better to stick with foods grown closer to home.

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Thomas Patterson Emerald

Sous chef Jeff Sirianni sautés a ragout of asparagus, morel mushrooms, fiddlehead ferns, ruby crescent potatoes and spring onions. The ragout is served with chinook salmon and costs \$23.50 at Marché, a restaurant in Fifth Street Public Market.

'Famous' locals share their picks for top dining establishments

■ Local 'celebrities' say there are some great places to eat in the area surrounding the University, even on a budget

By Marcus Hathcock
for the Emerald

College students face many challenges while in school, but none so challenging and repetitive as figuring out where to eat. Six local "celebrities" recently tried to take the guesswork out of dining, and imparted some of their local knowledge on the subject. From the spendy cuisine joint to the quick cheap meal, the locals shared their culinary favorites:

ASUO Vice President-elect Ben Buzbee says he "eats out" one or two times a week. On the weekends, when the catering service at the Delta Sigma Phi house is not operating, Buzbee says he and his fraternity brothers frequent many of the restaurants the Eugene-area has to offer.

Kuraya's Thai Cuisine at 1410 Mohawk Blvd. in Springfield tops Buzbee's list of favorite diners.

"It's a really small place, but it's really good," Buzbee said.

When he goes to Kuraya's, Buzbee orders phad thai, a noodle platter that is one of his favorite dishes. Buzbee says Kuraya's phad thai is "the best."

"I also like the more traditional places such as Red Robin," Buzbee said. While at the restaurant or bar, he orders the "clucks and fries" platter, a chicken fingers dish.

Even frogs need grub. David "Frog" Miller, a fixture on East 13th Avenue, can often be seen selling his custom joke books and asking the trademark question, "Have you seen the world's funniest joke book?" But when Frog leaves his spot near the University Bookstore for lunch, he said he likes his meals to be fairly inexpensive. So where does one go to eat lunch on a tight budget?

"The absolute best food around is the falafel guy right around the corner (of 13th Avenue and Kincaid Street)," Frog said. For a little more than \$4, one can buy a falafel with hummus and get a free lemonade.

For Frog, a vegetarian, sometimes that price is paid in joke books.

"That place will fill you up," Frog said. "You won't be hungry for a long time after eating that stuff."

Frog also recommends the Philly Grill and Big Town Hero, both on 13th Avenue, as places offering inex-

pensive meals that offer a lot of food.

Oregon Commentator writer and former ASUO Executive candidate Tim Dreier admits that he eats out "all the damned time," but mostly consumes fast food. When he is able to sit down at a restaurant, Dreier often frequents the area's late-night diners with his friends.

"I particularly like the Gateway Denny's and the Franklin (Boulevard) International House of Pancakes," Dreier said.

Duck quarterback Kellen Clemens said he also eats at the Franklin IHOP. Clemens and Dreier choose to eat there because of the value (it offers student discounts) and the fact that the restaurant is open 24 hours.

But when given the choice, Clemens and Dreier agree that they would choose to eat a steak at either Outback Steakhouse at 3463 Hutton St., or the Roadhouse Grill at 3000 Gateway St.

"I can get a nice piece of steak (at those restaurants) instruction-cooked almost rare enough," Dreier said. "The Yanks up here cook everything too long. If you want a

medium-rare steak, order it rare."

Clemens said he isn't able to eat out more than two to three times a month. He lives in the University's residence halls, where he typically eats off of the meal plan. He said that while the food at his residence hall is "not bad," having a variety of dining options makes the experience more palatable.

"I've found that if you mix it up between different places (that accept meal points), then it's really not too bad to eat using the meal plans. It definitely saves money that way," Clemens said.

The quarterback enjoys switching between the H.P. Barnhart Dining Center, Hammy's in the Hamilton Complex and Common Grounds, also in Hamilton. But he doesn't recommend the University food pavilions for a date night.

"Sometimes you do what you gotta do, but I'd use it as a last resort," Clemens said.

In order to impress a special someone, Clemens recommended the Oregon Electric Station at 27 E. Fifth Ave.

"People are impressed by the

high class of the food, and the pre-meal entrees," Clemens said. He added that the Oregon Electric Station is where the football team brings possible recruits. However, Clemens warns, the menu is pricey.

KEZI television anchor Rick Dancer said that if one can afford the steep menu prices, Adam's Place at 30 E. Broadway is the restaurant for very special dates.

Adam's Place "is a really nice restaurant," Dancer said. "It's like you're not even in town." Dancer added that the "pretty" interior of the restaurant and the romantic atmosphere make patrons feel as if they're somewhere else.

Senior Hayley McGee, the leader of the University's female a cappella group Divisi said that for a more budget-friendly date, Ring of Fire at 1099 Chambers St. is tops.

"They have a very romantic atmosphere with candle-lit tables, nice soft conversation music and yummy, reasonably priced food," McGee said.

At this Asian food restaurant, McGee orders the sweet and sour chicken, the spicy fried rice and

"the black bean noodle dish," all of which McGee calls "fantastic." She added that Ring of Fire's huge portions add to a date because the platters can be shared.

Both Buzbee and Dancer concur that the Italian cuisine joint Ambrosia at 174 E. Broadway is an ideal spot to take a date.

"On a college person's budget, Ambrosia is a really nice place," Buzbee said. "The food can range from \$10 to \$15 a person, so it's not super-expensive."

Dancer said that while he and his wife try to venture out in search of new favorite restaurants, they always end up going back to Ambrosia.

"The atmosphere is nice but not pretentious," Dancer said. "You just go in and eat." He likes to order Ambrosia's individual pizzas, and the salads — which have "the best blue cheese dressing."

However, Dancer warned that if one eats at Ambrosia, he or she must be prepared to smell like garlic the next day. Perhaps that will make couples on a date think twice.

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