

O.U.R. ECOVILLAGE ZERO MILE BISTRO  
DINNER MENU  
PART OF THE COWICHAN WINE AND CULINARY FESTIVAL

6PM SATURDAY 18TH SEPTEMBER 2010  
FUNDRAISING DINNER AND GUEST SPEAKER  
\$40

FIRST COURSE:

FRESH PUMPKIN SOUP WITH TRUE GRAIN BAGUETTE AND HOME-MADE BASIL PESTO.

SECOND COURSE:

O.U.R. HOMEGROWN CHICKEN ALLA CACCIATORE SPRINKLED WITH ROASTED FAVA BEANS IN GARLIC BUTTER SAUCE ACCOMPANIED BY STUFFED TOMATOES, BAKED POTATOES WITH FRESH ROSEMARY AND LOCAL HAZELNUTS.

OR

WILD MUSHROOM, LOCAL WHITE WINE RISOTTO WITH PARMESAN CHEESE AND STUFFED TOMATOES.

WITH

O.U.R. FRESH FALL COLOR EXPLOSION SALAD (BEETS, CARROTS, GREENS, EDIBLE FLOWERS) SKIMPILY DRESSED WITH ONE OF O.U.R. NOTORIOUS GARLIC EXTRAVAGANZA OR CLASSIC ITALIAN VINAIGRETTES.

DESSERT:

CHOCOLATE MOUSSE ALLA MARISA (WITH ORGANIC FAIR CHOCOLATE  
OR  
LAVENDER PAVLOVA

DINNER WILL BE ACCOMPANIED BY A SELECTION OF NO HOST LOCAL WINES & HOME-BREWED BEER.

ALL VEGGIES AND POULTRY ARE FROM O.U.R. GARDEN AND FARM.

7PM GUEST SPEAKER, BIO-REGIONAL EXPERT AND AUTHOR,  
CAROLYN HERRIOT – BOOK SIGNING OF "THE ZERO MILE DIET" AND PRESENTATION.

Call O.U.R. Ecovillage for reservations: **250 743 3067** or email

[info@ourecovillage.org](mailto:info@ourecovillage.org)