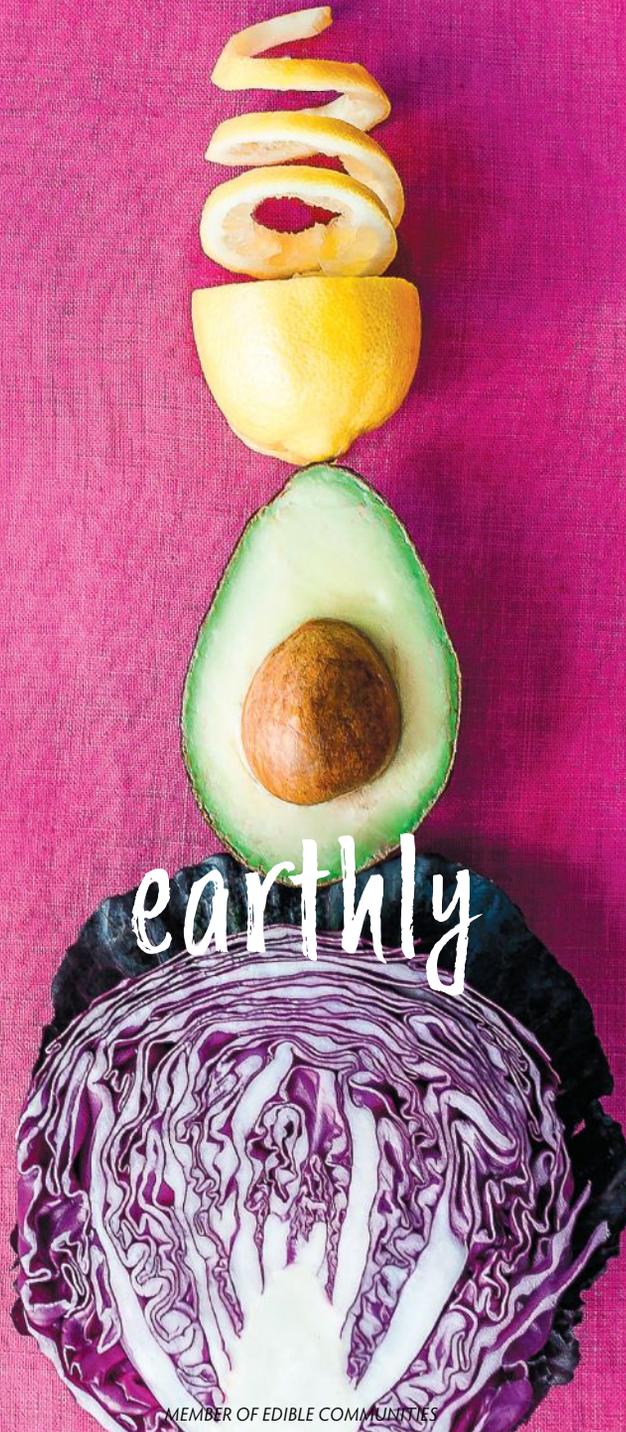


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Explore exclusive online-only recipes at [EdibleIndy.com](http://EdibleIndy.com)



COVER photography: Heather Schrock. See story on page 12.

THIS PAGE photography: Lauren McDuffie. See story on page 14.

## HOOSIER THOUGHTS

Good people. Community. Storytellers. Food advocates. Whether this is your first time or your 32<sup>nd</sup> time diving into a fresh, seasonal issue of *Edible Indy*, it's important for you to know that this publication is part of a fierce and passionate larger family of publishers (80 strong) who embody these characteristics and build bridges within our communities and beyond. Every one of those publishers (including us) had a life-changing moment that inspired us to reflect upon what our true responsibility is on this *earthly* world. What is the legacy we want to leave? What kind of change or impact is important to us?

For us, it is telling the emphatic stories of the unwavering people whose blood, sweat, tears, failures and successes give our local food system a voice. The integrity and grit of these hardworking, innovative and steadfast people are leading us to a pivotal point of change not just locally, regionally and nationally, but globally as well.

As we blossom into 2019's *Edible Indy* spring season, we promise to give our readers stories that will leave a lasting positive impact on you. We want to be intentional about the stories we discover and tell in order to challenge our communities to be a larger voice of change. In order to make change, we need to be the change.

Hoosier Hugs,

Jennifer & Jeff Rubenstein

## FROM THE EDITOR

Permaculture. The word is a combination of *permanent*, *agriculture* and *culture* to highlight what makes agriculture for the future most sustainable. Make it permanent and a culture unto itself. Its main maxim is to work with nature rather than against it. And its design principles allow for creativity with the land to both embrace its potential and respect its power.

With spring upon us and 2019 ahead of us, with the environment facing change and, as a result, communities facing change, we can't think of a better way to start the year than with a reverence for nature and all she provides. Our stories feature local leaders and organizations working hard to make a difference in Indiana for future generations as well as ways you can bring innovation to your home. From how to harness the color in your food waste for creative projects (page 12) to how to build a vertical garden (page 26) to making soup stock with your food scraps (page 14), we offers fun solutions for bringing nature back to life. This year also marks a pivot point for *Edible Indy* as we tackle subjects like sustainable food and technology; the complexity of GMOs; and what we're calling "a useful plant emerging from the shadows"—industrial hemp—and how it functions as food, fiber and so much more. Look for these stories from us throughout the year both in print and online.

I'm also excited to share the cookbook *Provisions: The Roots of Caribbean Cooking* with you (page 6). Michelle and Suzanne Rousseau are sisters and founders of Ciao Bella restaurant in Kingston, Jamaica. Their new cookbook celebrates the cooking traditions of their mother, grandmothers and great-grandmothers, looking at the Motherline for sustenance in these changing times. They put a fresh spin on vegetarian eating while offering a homespun history of Jamaica and island life that makes you feel invited to their table to understand their food traditions. My hope in sharing their story with you: that you'll be inspired to dig into your own food traditions, or make some new ones; that you'll start to make permanent the culture you call home.

Eat Well, Love Well, Live Well,

Colleen



photography: © Rachel Joy Barehi

# edible INDY



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Every effort is made to avoid errors, misspellings and omissions. If, however, an error comes to your attention, then you probably have not had enough wine with your healthy food. Please accept our sincere apologies and, if it's important, please notify us! Thank you.

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EAT



# PROVISIONS

The Roots of Caribbean Cooking

words: Michelle and Suzanne Rousseau | photography: Ellen Silverman

The story of Caribbean food cannot be told without telling the story of Caribbean women. The women of our region—the mothers, grandmothers, sisters and aunts, the caregivers, the homemakers, the housekeepers, and the cooks—are the wheels on which our society turns.

For centuries, our womenfolk have created delicious meals from sometimes meager fare to feed all those who gathered at their table. The food they cooked came from their own toil: from provision grounds and kitchen gardens they planted during slavery; from lands they farmed and produce they sold at market when free; from jobs they worked at all

levels of society that allowed them to buy food to feed hungry children. From slavery through emancipation into the modern day, our feminine ancestors have sustained and nourished their own families and a multitude of others. They cooked everything from simple to more complex dishes over coal pots and open fires, in kitchens modest and grand, across the length and breadth of our islands' homes. Their meals are laced with the aroma of fortitude, the memory of pain, the spicy taste of resilience, and a legacy of love that continues to nurture us to this day. But for too long these women have been forgotten, unacknowledged, and unseen. We have not told their stories. 🌿

## CHOCOLATE-HABANERO MOUSSE with Coconut-Rum Chantilly

Tradition is always important, and nothing speaks to tradition better than chocolate mousse for dessert. It is so classic, so French, so delicate—what's not to love? Well, this version puts a Caribbean spin on the classic, with the addition of spicy habanero, smooth West Indian rum, and coconut. It is rich, dense with chocolate flavor, and rewarding in every way you can imagine.

*Serves 4 to 6*

### CHOCOLATE-HABANERO MOUSSE

2 cups roughly chopped semidark chocolate  
⅔ cup heavy cream  
1 red habanero pepper, seeds and ribs removed, chopped  
2 tablespoons dark rum  
2 egg yolks  
4 egg whites  
2 tablespoons granulated sugar

### COCONUT-RUM CHANTILLY

2 cups heavy cream  
1½ cups confectioners' sugar  
½ cup coconut milk powder  
2 tablespoons dark rum  
Chocolate shavings for serving

Make the mousse. Place 1½ cups of the chopped chocolate in a stainless steel bowl. In a medium, heavy saucepan, combine the heavy cream and the habanero, and bring to a boil. Remove from the heat, cover, and allow the mixture to rest for 15 minutes. After 15 minutes, return the cream to a boil. Stir in the rum.

Strain the habanero-rum cream directly over the chocolate, and stir well until the chocolate is melted. Add the egg yolks, stirring quickly until the mixture is glossy.

In a separate mixing bowl, beat the egg whites until they have doubled in size. Add the granulated sugar, and continue beating until the mixture is firm and fluffy and stiff peaks have formed. In three batches, gently fold the egg whites into the chocolate mixture, being careful not to overmix. Stir in the remaining ½ cup chocolate pieces. Transfer the mousse to a large glass bowl or individual dessert bowls. Chill for a few hours before serving.

Make the coconut-rum chantilly. Combine the heavy cream, confectioners' sugar, coconut milk powder, and rum in a blender, and blend on high until stiff peaks form.

Serve the mousse garnished with coconut-rum chantilly and chocolate shavings.

# CRUNCHY PAK CHOI SALAD

Pak choi, although commonly consumed cooked, makes an awesome salad. This recipe is our version of one made famous by our friend the caterer Anna Kay Zaidie, who sadly is no longer with us. Every time we make this salad we think of her beautiful spirit and all the joy she created with her scrumptious food and desserts. The crunch of the raw greens, combined with a zesty ginger vinaigrette and toasted almonds, is addictive, and it works either on its own as a great meal or as an accompaniment. Feel free to use any kind of almonds—whole, slivered, raw, toasted, spiced, honey-roasted—or mix it up and replace the almonds with cashews or peanuts. You will probably have leftover vinaigrette, which you can store in the refrigerator and use with any kind of salad.

Serves 4 to 6

## SESAME-GINGER VINAIGRETTE

¼ cup sesame oil  
½ cup rice wine vinegar  
2 tablespoons water  
1 tablespoon soy sauce  
1 to 1½ tablespoons grated fresh ginger  
1 clove garlic, peeled and smashed  
⅔ tablespoon agave nectar or honey  
Salt and freshly cracked black pepper to taste

## PAK CHOI SALAD

1 pound pak choi  
1 large carrot  
1 yellow bell pepper  
2 green onions or scallions, chopped  
1 pack ramen noodles  
½ cup almonds  
Salt and freshly cracked black pepper to taste

Preheat an oven or toaster oven to 250°F.

Combine all vinaigrette ingredients in a bowl, whisk, and set aside.

Break up the ramen noodles into small pieces, and toast them on a baking sheet until golden and crisp, about 10 minutes. If desired, toast raw almonds in the oven or on the stovetop until lightly browned; leave them whole, or gently crush them into pieces with a rolling pin or the bottom of a sturdy frying pan.

Separate the pak choi leaves, wash them, and pat dry. Gather the leaves into a bunch, and slice them thinly crosswise (across the veins) from leaf to stem, using both the white and the green parts. Julienne the carrot and bell pepper to a similar size.

Combine the pak choi, carrot, bell pepper, and green onion in a bowl. Add the toasted noodles and half the toasted almonds. Toss the ingredients together with about half the vinaigrette; season with salt and pepper to taste. If the salad needs more dressing, feel free to add more. Sprinkle the reserved almonds over the top, and serve.



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## JAMAICAN AKKRA

Akkra are fritters made of black-eyed peas. Of West African origin, this dish made its way over to the Caribbean and Brazil during the slave trade. In the traditional versions, black-eyed peas are pounded with seasonings in a mortar and pestle and then pan fried in palm oil. Less widely consumed today, akkra was a wildly popular dish in 19<sup>th</sup>-century Jamaica—and it is so delicious, we can see why! Our modern variation includes ginger and scallion. Serve the akkra topped with various homemade condiments, as pictured. A platter of them provides an easy, casual snack for entertaining.

Makes 25 to 30

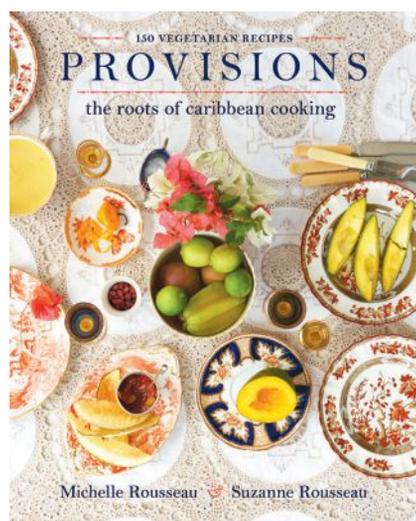
- 1 cup black-eyed peas
- 1 onion, chopped
- 5 tablespoons chopped scallion
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced Scotch bonnet pepper
- 1 teaspoon minced garlic
- 1 tablespoon chopped parsley
- 1 tablespoon thyme leaves
- 2 tablespoons cornmeal
- Salt and freshly cracked black pepper to taste
- ½ to 1 cup coconut oil for deep frying

Place the black-eyed peas in a large bowl and add water to cover. Soak overnight. The next morning, while the beans are still in the soaking water, rub them between your hands to remove their skins. The skins will rise to the surface of the water, where they can be skimmed off. Drain the beans.

Place the beans and the onion, scallion, ginger, Scotch bonnet pepper, garlic, parsley, thyme, and cornmeal in the bowl of a food processor. Process until smooth, adding just enough water (¼ to ½ cup) to form a thick paste. Season with salt and pepper.

Heat about 1 inch of oil in a sauté pan over medium-high heat until it shimmers. Working in batches, drop spoonfuls of the batter into the hot oil and fry, turning, until they brown on all sides, 8 to 10 minutes. Remove to a plate lined with paper towels, and keep warm until all the batter has been used up. Transfer to a warmed platter.

*Editor's Note: The full recipe recommends topping the akkra fritters with Garlic-Lime Sauce, Pickled Cucumber, or Watermelon-Lemongrass Chutney. Find the recipes for all three in the cookbook, Provisions.*



Recipes in this story are excerpted from *Provisions: The Roots of Caribbean Cooking—150 Vegetarian Recipes* by Michelle Rousseau and Suzanne Rousseau. Copyright © 2018. Available from Da Capo Lifelong Books, an imprint of Perseus Books, LLC, a subsidiary of Hachette Book Group, Inc.



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photograph: Heather Schrock

# TRUE COLORS

## Creating natural dyes from food waste

words: Madeline Crozier | photography: Heather Schrock | layout: Caryn Scheving

In food as in nature, color abounds. Natural dyes, made from food scraps that would otherwise go composted or unused, suddenly inspire creative opportunities that reduce food waste. They can replace synthetic chemical colorings in foods like frostings, icings and batters. They can also dye fiber such as yarn or fabric for clothing and pillowcases. And they can add color to DIY projects from paper crafts to home-made paints to Easter eggs.

Creating natural food dyes requires a willingness to experiment with ingredients to see what colors emerge. Here are some common food scraps and the colors they evoke. Visit [EdibleIndy.com](http://EdibleIndy.com) for a "How To" guide when dyeing at home including safety tips and our favorite books on natural dyes.

### ONIONS

Onion skins contain their own tannins, no fixative is required to dye fabric (see web story for details). There's no need to treat the fabric ahead of time. Yellow onion skins produce a yellow-orange color, while red onion skins produce a pale orange with pink undertones.

### LEMONS

Chopped lemon peels produce a soft lemonade-yellow color. When using natural dyes to color frostings or icings, add the dye little by little to achieve the desired shade. A small amount of flavor often remains from the original food, so taste as you go.

### BEETS

Save beet trimmings, peelings and tops to produce a rich, reddish-pink dye. The color produced from beets often fades over time in fabrics but serves well in short-term uses such as coloring Easter eggs, frostings or batters.



## AVOCADOS

Instead of tossing out avocado skins and seeds, store them in the freezer. Five or six avocados will create enough dye for smaller projects, but more scraps will encourage deeper color tones. Boiling the avocado skins and seeds draws out colors from warm peach to light pink.

## SPINACH

Wilted spinach can span a range of shades from deep green to soft celery. Increasing the amount of spinach deepens the color. Natural ingredients from artichokes to herb leaves to grass can create green tones. To develop your own natural green dye, experiment with different combinations.

## RED CABBAGE

When boiled into dye, red cabbage leaves create a deep purple shade. Dye made from red cabbage leaves is generally difficult to fix to fabric, but the fixative will help for short-term projects (see web story for details). This dye is ideal for coloring frostings or batters.

## BLUEBERRIES

If you've picked more blueberries than you can eat, they can make a light blue or purplish dye, depending on the concentration of fruit. Experimentation is key.

**Madeline Crozier** is an editorial intern with *Edible Indy*. An Indianapolis native, she attends DePaul University in Chicago as a graduate student in the Writing, Rhetoric and Discourse program. Madeline cherishes the opportunity to write and share local, impactful stories with the Central Indiana community.

# Vegetable Stock for the Soul

Chefs' secret ingredient is quick, easy and inexpensive to make at home

words, recipe & photography  
by Lauren McDuffie

*M*aximum flavor with minimum effort. Simply stated, that's why I love making my own vegetable stock. In about an hour, you can create something truly extraordinary by simmering some past-their-prime vegetables in a pot of water. Cozy, rich, utterly satisfying and always greater than the sum of its parts, my go-to vegetable stock creates the perfect canvas for countless other recipes that come out of my kitchen.

When making stock, try to select vegetables with savory, neutral flavors and avoid anything too starchy or color-altering, such as potatoes, turnips and beets. I like carrots, celery, mushrooms, bay leaves, onions and other alliums here. I also recommend keeping your seasoning to a minimum, and saving your salt, garlic and other stronger flavorings for the recipes with which you will ultimately use your stocks. This prevents things from becoming overly seasoned in the end.

## Classic Vegetable Stock

Don't peel the vegetables, just wash and roughly chop them.

Put the veggies in a pot large enough to hold them easily, allowing a few extra inches for water to cover.

Cover with water and bring to a simmer over medium-high heat. Once the pot is fully simmering, reduce the heat to medium-low.

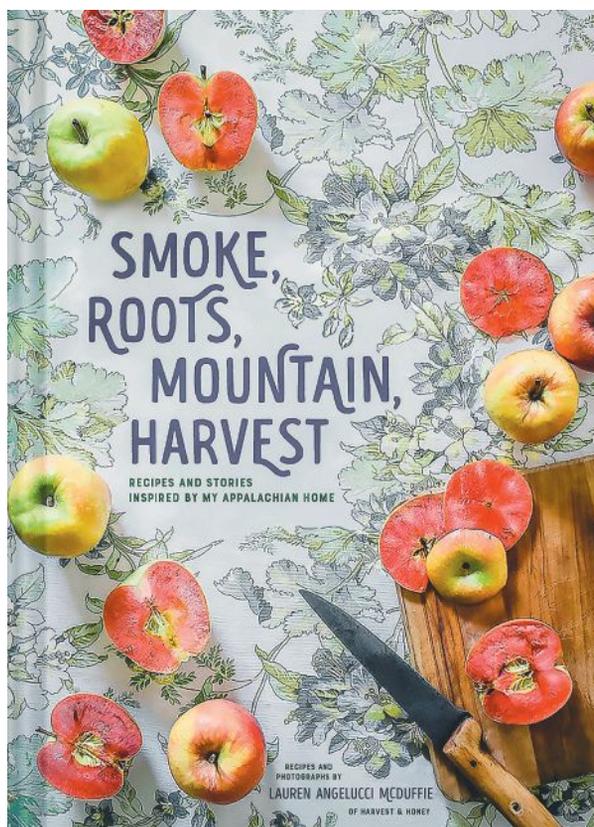
Gently simmer for about 1 hour, give or take, stirring occasionally.

Strain through a fine sieve lined with cheesecloth, cool completely and store in airtight containers in the refrigerator for up to 1 week. You can also store in the freezer for up to 3 months.

Visit [EdibleIndy.com](http://EdibleIndy.com) for our how-to video produced by Erik Coser, the exclusive online recipe and "Mountain Gremolata" featured in Lauren's forthcoming cookbook, *Smoke, Roots, Mountain, Harvest*. Preorder her cookbook via [Amazon.com](http://Amazon.com).

---

**Lauren McDuffie** is a writer, food stylist and photographer based in Indianapolis. She created the award-winning blog *Harvest and Honey* ([HarvestAndHoney.com](http://HarvestAndHoney.com)) where she shares her favorite foods, small stories and the hope that some of this will inspire others to do a little kitchen adventuring as well.



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## Celebrate Spring!



With warmer breezes, tips of green emerging from the soil, budding flowers, birds tweeting their new little lives and delicacies like snow peas and asparagus, come two holidays that pay tribute to new life — Easter and Passover. Here at Market District, we believe food is the best way to share spring's magical reawakenings.

### Sweet Easter Spianata

Typically a savory — even spicy — bread, this spianata is a sweet take on an Italian classic.

Makes	Prep Time	Rising Time	Bake Time	Cool Time
<b>3 loaves</b>	<b>35 min.</b>	<b>12 hrs.</b> or overnight	<b>55 min.</b>	<b>40 min.</b>

#### For Spianata

- 2 oz. fresh yeast cake
- $\frac{3}{4}$  cup warm water (95-105°F)
- 1 stick butter, softened
- 1 cup vegetable shortening, melted
- $1\frac{3}{4}$  cups granulated sugar
- $1\frac{1}{2}$  tsp. salt, optional

- 1 Tbsp. lemon extract
- 1 glass of red wine such as Cabernet Sauvignon (about  $\frac{1}{2}$  cup)
- 9 Nature's Basket eggs
- 1 Tbsp. anise seeds
- 11 cups all-purpose flour
- Vegetable oil spray

#### For Icing

- 1 lb. confectioner's sugar
- 1 tsp. vanilla extract
- $\frac{1}{2}$  cup whole milk
- $\frac{1}{4}$  cup colored candy sprinkles

1. Combine yeast cake and warm water in a large bowl; mix until dissolved. Using a wooden spoon or a stand/handheld mixer, beat in butter, shortening and sugar. Add lemon extract and wine; mix well. Add eggs one at a time, mixing after each addition. Mix in anise seeds until well incorporated. Mix flour in slowly (if mixing by hand, form a well in the center of the dough, add flour and knead), until dough is soft and gummy, about 5 minutes.
2. Grease a large bowl with oil spray and transfer dough to bowl (bowl should be large enough to allow dough to double in size). Lightly grease top of dough to prevent sticking and cover with plastic wrap. Place in refrigerator to rise overnight.
3. In the morning, punch dough down and divide into 3 equal parts. Grease 3 regular loaf pans and place dough in each. Cover and allow to rest for 2-3 hours at room temperature, until doubled in size.
4. Preheat oven to 300°F. Bake loaves in middle rack for 45-55 minutes until lightly browned. Cool loaves on metal rack before removing from pans. While breads are cooling, make icing. Place sugar, vanilla and milk in a medium bowl and whisk until smooth. Drizzle icing evenly over top of each loaf and decorate with colored candy sprinkles. Slice and serve.

Note: Bread slices may be toasted in a toaster oven before serving, use caution as icing will be hot. Store leftover bread in the refrigerator.

Nutritional Information (Per 2 oz. serving): Calories 200, Fat 6g, Sat Fat 2g, Trans Fat 0g, Cholesterol 35mg, Sodium 10mg, Total Carbohydrate 32g, Fiber 1g, Sugars 13g, Protein 3g, Vitamin A 2%, Vitamin C 0%, Calcium 0%, Iron 6%

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

# Celebrate Passover



The Passover Seder is a ritual feast held on the first night of Passover, a holiday that commemorates the liberation of the Israelites from Egyptian slavery. Families gather around the table to read the Haggadah, the story of the Exodus. Customs include eating matzo (the quickly baked, unleavened bread that the Israelites ate following their hasty departure) and unique dishes like these, brought to us by Chef Janice.

## Popovers with Herbs de Provence

Recipe by Chef Janice Kirich

Serves	Prep Time	Cook Time
<b>12</b>	<b>10 min.</b>	<b>60 min.</b>

- ½ cup vegetable oil
- 1 cup water
- ½ tsp. salt
- 1 cup matzo meal
- 1 Tbsp. Herbs de Provence seasoning
- 1 Tbsp. sugar
- 4 large eggs

1. Preheat the oven to 375°F.
2. Grease a cookie sheet.
3. Bring the oil, water and salt to a boil.
4. Add matzo meal and Herbs de Provence; stir with a spoon. When the mixture becomes sticky, let it cool completely. Approximately 10 minutes.
5. Add sugar to the mixture; add eggs one at a time beating well.
6. Wet your hands with water; form each popover into the size of a tennis ball and place on cookie sheet.
7. Bake in the oven 15 to 20 minutes, until the popovers are puffy. Then, turn down the oven to 325°F and bake another 30 to 40 minutes until golden brown.

Nutritional Information (Per serving): Calories 150, Fat 11g, Sat. Fat 1g, Trans Fat 0g, Cholesterol 60mg, Sodium 120mg, Total Carbohydrate 9g, Fiber 0g, Sugars 1g, Protein 3g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

## Pastrami Salmon Risslette

Recipe by Chef Janice Kirich

Makes	Prep Time	Cook Time
<b>2 cups</b>	<b>10 min.</b>	<b>35 min.</b>

- 2 Tbsp. Market District extra virgin olive oil
- 1 cup sweet onion, small diced
- 8 oz. pastrami-flavored smoked salmon or hot smoked salmon
- ¼ cup mayonnaise
- 2 Tbsp. lemon juice
- ½ tsp. lemon zest
- ¼ cup fresh dill, minced, plus extra sprigs for garnish
- 1 tsp. Dijon mustard

1. Heat olive oil in a medium heated sauce pan. Add onions and sauté until golden. Approximately 10 minutes; let cool.
2. Place cooled onions in a food processor, then add the salmon, mayonnaise, lemon juice, lemon zest, dill and mustard. Pulse until just combined; do not over mix.
3. Transfer to a dish and garnish with fresh dill sprigs.
4. Serve with matzo. Can be made up to 3 days in advance.

Nutritional Information (Per 2 Tbsp): Calories 70, Fat 6g, Sat. Fat 1g, Trans Fat 0g, Cholesterol 10mg, Sodium 180mg, Total Carbohydrate 2g, Fiber 0g, Sugars 1g, Protein 3g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

# Thomas Farms Organic Grass-Fed Meats As Nature Intended

The sole aim of Thomas Farms is to provide the finest meats the world has to offer. Hand-picked from the very best ranchers who deliver sustainable, quality cuts, these meats are fresh, full of flavor and expertly packaged for a superior eating experience. Then, consider exacting standards of food safety that underpin everything they do, and you can see why our Butchers are excited for you to give Thomas Farms a try! Oh, and note that grass-fed meats cook approximately 30% faster than conventional cuts!

- **Organic Grass Fed Beef** — USDA Certified Organic, this beef is non-GMO and raised on natural pasturelands without the use of antibiotics and hormone growth promotants. Naturally lean, it still delivers tender, full-of-flavor cuts from burgers to steaks.
- **Aussie Lamb** — Thomas Farms Free Range Lamb is pasture raised, roaming freely on grass pastures, never being administered growth hormones and are never confined to a feedlot. All natural, minimally processed and free of artificial additives, this high-quality lamb product is mild in flavor — the ideal spring meal!
- **Milk-Fed Veal** — Thomas Farms Veal is the result of an authentic milk-fed veal program that consistently produces delicate, tender cuts. The calves are humanely raised without the use of growth hormones by farmers within a fully integrated, traceable supply chain — from paddock to plate.

## Thomas Farms Lamb Loin Chops with Cilantro-Mint Chutney

Compliments of Chef Janice Kirich

Serves	Prep Time	Cool Time
<b>8</b>	<b>10 min.</b>	<b>20 min.</b>

- 8 Thomas Farms lamb loin chops
- 1 Tbsp. turmeric
- 1 Tbsp. garam masala
- Sea salt and ground pepper, to taste
- Market District extra virgin olive oil

### Cilantro-Mint Chutney:

- ¼ cup cilantro leaves, chopped
- ¼ cup mint leaves, chopped
- 1 serrano pepper, seeded and fine diced
- 1 shallot peeled and fine diced
- ½ tsp. cumin, ground
- ½ tsp. coriander, ground
- Pinch Indian chili powder
- 1 lime, juice only

1. Remove the lamb loin chops from packaging, season with turmeric, garam masala, sea salt and ground pepper. Brush lightly with olive oil. Allow to marinate for 15 minutes.
2. Heat grill to medium.
3. Place lamb on the grill allowing a good sear on each side, lower grill to medium, finish cooking for 16-20 minutes (8-10 minutes each side), until internal temperature reaches 145°F.
4. While lamb is grilling, place all chutney ingredients in a bowl and toss thoroughly.
5. Remove from the grill, rest for 5 minutes before serving.
6. Evenly top each lamb loin chop with chutney before serving.

Nutritional Information (Per serving): Calories 170, Fat 13g, Sat. Fat 5g, Trans Fat 0g, Cholesterol 45mg, Sodium 60mg, Total Carbohydrate 2g, Fiber 1g, Sugars 1g, Protein 11g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.



# We LOVE Local Salsa!

## Pennsylvania, PA

### Two Ugly Mugs Gourmet Salsa & Hot Sauce, Pittsburgh

The Perella family has been gardening and canning fresh, homegrown specialties for generations. Their salsas originated from an end of the year garden harvest combined to make a batch of salsa — an instant hit. Habanero based, their salsas are a perfectly blended explosion of flavor that will leave you coming back for more. Si, we told you so! Available in Muggin' Hot and Sweet Heat.

## Cleveland, OH

### Pope's Kitchen Black Bean & Corn Salsa

Made with fresh, local Ohio tomatoes, sweet corn, earthy black beans, a bite of jalapeño and a touch of cumin, this salsa speaks to Clark Pope's legacy of using locally grown produce to make extraordinary sauces, cocktail mixes and indeed, salsa. Handmade in small batches at the Cleveland Culinary Launch & Kitchen, Pope's salsa is a party starter every time — arriba!

## Columbus, OH

### Frog Ranch Foods Salsa

The result of a humble gardening effort, Frog Ranch Foods was officially formed in 1994 by ranch owner Craig Cornett and his fellow homesteader, Kristi Hewitt. More than 10 years of hard, but rewarding, work later, Frog Ranch now offers a line of wholesome, high quality, great tasting all-natural salsas that sell at a rate of one jar per minute — ¡Hurra! Available in Mild, Medium, Hot & Chipotle.

## Indianapolis, IN

### Crazy Charlie's Salsa

Crazy Charlie's makes award-winning, gourmet salsas that are all natural, low in sodium, with low carbs, and no sugar, sweeteners or preservatives, only high-quality Indiana tomatoes and fresh cilantro, garlic and lime juice. Use these salsas in tacos, burritos, quesadillas, nachos or wraps. They are also splendid for chili! Available in Medium, Hot, Black Bean & Fire-Roasted Corn, Island Mango & Con Queso.



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# FOOD BRIDGES GAPS BETWEEN CULTURES

## Welcoming Passover with Cantor Aviva Marer

words: Charity Singleton Craig | photography: Lauren McDuffie

Glance at the Passover food prepared by Aviva Marer, cantor of Indianapolis Hebrew Congregation, and the bright red chicken curry or the chunky charoset made with dates, dried apricots and cardamom might give you a clue as to her religious background. Cantor Marer's family hails from a small Jewish Indian sect in New Delhi, known as Bene Israel. But it's the rice—plain, white and piled next to the curry—that actually tells the story better.

Unlike the Ashkenazi Jews, who come primarily from Europe and do not consider *kitniyot*—or legumes, grains and seeds—kosher for Passover, the Bene Israel proudly eat rice during the holiday, featuring it prominently in their festival meals.

“Every Passover my father would bring a big plate of rice to the table and just kind of put it down as a marker,” Cantor Marer says, the color of her silk blouse a near-match for her family's turquoise and gold Seder plate she shows us in a photo. “It was his way of affirming that we eat rice at Passover, and there's nothing wrong with it. It was kind of who he was.”

It's kind of who Cantor Marer is, too, as she carries the mantle of her family's religious traditions into her own vocation as a *hazzan*, or keeper of traditional music, in her Reform Jewish congregation that values “choice through knowledge with deep respect for tradition and community.”

“I very intentionally share my Indian Judaism,” Cantor Marer says. “I'm always honored when people want to know about it.”

## THE JEWS OF INDIA

There are actually three sects of Indian Jews, Cantor Marer explains: The Cochin Jews, which is the oldest sect of Indian Jews emerging from the Cochin region of India. The Baghdadi Jews, who migrated to India from Iraq, Syria, Iran and Afghanistan. And then the Bene Israel Jews, or Sons of Israel, who were kind of a lost tribe for a time.

According to tradition, nearly 2,000 years ago a ship sailing from Palestine wrecked along the rugged Konkan coast of western India. As Cantor Marer tells it, there were 14 survivors, seven men and seven women, who settled in India and continued to practice Jewish customs. Over time, however, they lost sight of the source of those customs. In the 1600s, a Jewish trader from Aleppo discovered the Bene Israel and set about to re-textualize these Indian Jews with the traditional Jewish teachings and festivals.

For centuries, Jews have lived peacefully in India, a religiously diverse culture of Muslims, Hindus, Jains and others. In fact, “India is the only place in the history of the world where there was never any persecution against the Jews,” Cantor Marer says. One reason, she suggests, might be that Indian and Jewish cultures have some similarities. For instance, many Indians don't eat shellfish or pork, two important omissions of a Jewish kosher or kosher-style diet. The similarities go beyond food, too.

“The cultures blend together pretty seamlessly, too, with the general practice of inner peace, tolerance and treating others the way you want to be treated,” Cantor Marer says.

Opposite: Cantor Aviva Marer reading the Torah at Indianapolis Hebrew Congregation.



## THE FOOD OF PASSOVER

The Passover Seder, or ceremonial meal, serves as a culinary remembrance of the Jews' exodus from Egypt after generations of slavery.

One important ritual of the meal, and of Passover in general, is the removal of any leavening or rising agent not only from the food but also from Jewish homes. This practice commemorates the haste with which Jews were called by God to leave Egypt. According to scriptures, the people didn't have time even to let their bread rise before they left. Just prior to Passover, Jews make a ceremonial cleaning of the house to be sure all leavening and any foods containing it are removed and either discarded or given away.

During the ceremony, participants eat from a Seder plate, which holds six symbolic foods representing various aspects of the Jews' slavery and God's deliverance:

*Zeroa*, a shank bone of a lamb or roasted chicken leg bone

*Charoset*, a sweet paste made of fruits and nuts

*Maror*, or "bitter herbs," typically red or white horseradish

*Karpas*, parsley or any other vegetable

*Beitzah*, a roasted hard-boiled egg

*Chazeret*, a second bitter herb in the form of a bitter green, often romaine lettuce.

The Seder table also includes a covered plate that holds three pieces of *matzah*, or crisp unleavened bread; a bowl of salt water; a wine glass for each person and an extra wine glass for Elijah the Prophet.

In Reform Judaism, additional foods have been added to the Seder plate to include social justice themes into the Passover holiday. For example, according to ReformJudaism.org, a whole orange is placed in the middle of the Seder plate to acknowledge the role of marginalized people in the Jewish community, or fair trade chocolate is included as a reminder that forced labor still occurs in the world today.

In the middle of the ceremony, or sometimes after the ceremony is over, the host serves a Passover meal, where the foods are kosher for Passover, but don't individually have the same symbolic significance.



A traditional Passover dish: Matzo Ball Soup.

Despite the lack of persecution, the Jews of India, still small in number, worry about another fate that could cost them just as dearly: that the world will never even know they existed. According to Joan G. Roland in her book *Jewish Communities of India: Identity in a Colonial Era*, near the turn of the 20<sup>th</sup> century, some Jews confronted this concern by recommitting to building thriving communities in India. But Cantor Marer's grandfather, Ezra Kolet, who helped build the first synagogue in New Delhi, encouraged his children to leave India and to carry on the Indian Jewish traditions either in Israel or in North America. According to Cantor Marer, four of Kolet's children immigrated to Israel and the fifth, Cantor Marer's father, left India with his wife headed for Canada. They first settled in Toronto, Ontario, eventually making their way to Vancouver, British Columbia.

## A NORTH AMERICAN LIFE

While Cantor Marer's parents wanted their children to have a truly North American life (for instance, they didn't teach their children Hindi), they also were committed to passing on their Indian Jewish heritage, a balance that felt natural in a country where, according to Cantor Marer, multiculturalism is just a way of life.

"[My upbringing] was so clearly Canadian," Cantor Marer says. "When you're in Canada, there's no push for assimilation. In fact, in Canada diversity is really celebrated. We belonged to an Ashkenazi community, and my mom spent every Friday morning making homemade challah. Then, we would go to synagogue on Friday evenings, and afterwards we ate chicken curry and rice for dinner. We also attended after-school religious school, and we had bar and bat mitzvahs ... in Canada. All just part of being Jewish."

Cantor Marer, who earned an undergraduate degree in classical vocal performance and a master's degree in choral and orchestral conducting while still in Canada, first came to the United States to attend cantorial school at Hebrew Union College—Jewish Institute of Religion in New York City. After serving as cantor for five years at Temple Emanu-El in Edison, New Jersey, Marer, along with her husband, Jim, a Jew from Argentina, and their son, Benjamin, moved to Indianapolis in June 2018. Here, her Indian Jewish heritage, and also her brown skin, now factor differently in her life.

"Being Jewish is so much of who I am, as a cantor and as a mother, but it also factors into understanding what it is to be different," Cantor Marer confesses. "I've never been more conscious of it until I moved to America. In Canada I feel like everybody comes from a different background. But in America, when you're not white, it inevitably factors into how you think and how you tell your story."

## TELLING HER STORY

But Cantor Marer does still tell her story. In fact, she's very passionate about it.

"I guess part of me sees it as honoring my grandfather's memory in a way," she says. "When I see all the work he did for his community, I think of it as our obligation to take these stories and bring them forward. Especially in a time when the value of immigrants and immigration patterns are being questioned."

You might even say that Cantor Marer's story of arriving here from Canada and her parents' story of emigrating from India are just an extension of the history of the Jews, who often have been displaced and on the move. In fact, it's also the story of Passover, a commemoration of the Jews' flight from Egyptian slavery, told poignantly through a ceremony of food and wine.

While the Seder is a Jewish ritual, non-Jews are welcome to participate. A key element of most Jewish festivals is the call to practice hospitality and to invite others to the table, both literally and figuratively.

"Food bridges the gap between all cultures and traditions," Cantor Marer says. "The beauty of the Seder is that it explains everything right in the Haggadah, or order of service. Passover is a very accessible holiday. It's an easy ritual to involve others in."

At the same time, inviting others into the story isn't always easy, Cantor Marer admits, acknowledging that though Jews in India led mostly peaceful lives, persecution has been part of the overall narrative of Judaism.

"Making the choice to be Jewish in a world that is not has to be intentional. It's a risk," Cantor Marer says. "But I don't want to become obsessed with victimization. There's so much beauty in the world and in our faith, too. It would be unfortunate if it were clouded by fear." 🌿

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**Charity Singleton Craig** is a writer and author, bringing words to life through essays, stories, blog posts and books. She is the coauthor of *On Being a Writer* (T.S. Poetry Press, 2014), and she has contributed essays to three books, including *The Wonder Years: 40 Women over 40 On Aging, Faith, Beauty and Strength*. She is regularly published at various venues, including *The Curator*, *Edible Indy*, *In Touch Magazine*, *The Write Life*, *Grubstreet Daily*, *Today's Christian Woman* and *Tweetspeak Poetry*. She lives with her husband and three stepsons in Central Indiana. You can find her online at [CharitySingletonCraig.com](http://CharitySingletonCraig.com).



Matzo Ball Soup

Kiddish cup of wine

Charoset

Chicken Curry

Passover seder plate

# Chicken Curry

This was a favorite Shabbat and Passover meal for us growing up as Indian Jews in Canada.

Yield: Serves 6

1 large chicken  
¾ cup plain yogurt (or coconut milk, if preferred)  
1 heaped teaspoon garam masala  
1 tablespoon coriander powder  
1½ teaspoons chili powder  
1½ teaspoons grated ginger  
1 teaspoon crushed garlic  
Salt to taste  
2 tablespoons white vinegar  
¼ cup unsalted butter  
1 large onion, finely chopped  
3 teaspoons whole cardamoms, bruised  
2½ centimeters cinnamon stick  
2 teaspoons sweet paprika  
½ cup chicken stock  
3 tablespoons tomato paste  
1 cup tomato purée  
½ cup cream (or coconut milk, if preferred)  
1 tablespoon coriander leaves

Cut chicken into 8–10 pieces. Wash; remove skin and fat. Set aside.

In a large nonmetallic bowl, whisk yogurt lightly and combine powdered spices (except paprika), ginger, garlic, salt and vinegar. Add chicken pieces to mixture, coat well, cover and marinate overnight in refrigerator.

Heat butter. Add onion, cardamom and cinnamon. Fry until onion is brown before adding marinated chicken. Stir well. Add paprika, chicken stock, tomato purée and tomato paste. Simmer for 10–15 minutes, stirring occasionally to avoid mixture burning.

Add cream. Simmer until chicken is tender and gravy thick. Garnish with chopped coriander.

# Charoset

This recipe is used during the Passover Seder. The thick, sweet paste represents the mortar the Jews used during slavery to the Egyptians.

Yield: Serves 4

8 dates  
8–10 dried apricots  
¾ cup walnuts  
½ cup almonds  
⅓ cup raisins  
¼ cup grape juice, to taste  
½ teaspoon cinnamon, to taste  
⅛ teaspoon cardamom, to taste

Rough-chop fruit and nuts. Add grape juice, cinnamon and cardamom. Mix together well and serve with matzo.

# Jewish Comfort Food:

## How to Make a Simple Matzo Ball Soup

Cantor Aviva Marer describes Matzo Ball Soup as the ultimate Jewish comfort food. At the same time, she's found a quick and simple way to make the soup with fluffy matzo balls and savory broth.

To start, Cantor Marer does make her own broth by boiling a rotisserie chicken carcass. "It always has the best flavor," she adds. She then adds a little dill and a few chunks of the chicken back into it.

Next, she uses packets of Streit's matzo ball mix to make her matzo balls. She simply follows the instructions on the packet to add eggs and oil, and then shapes the mixture into balls and lets them rest for 15 minutes. Next, Cantor Marer boils her matzo balls in chicken broth for 25 minutes, and then she removes them so they stay fluffy.

When it's time to serve the soup, she places the matzo balls into bowls and ladles broth over them.

*Want to try to make matzo balls from scratch? Head over to [EdibleIndy.com](http://EdibleIndy.com) for a matzo ball recipe from our friends at Edible Philly.*

# Vertical Gardening 101

This space-saving trend is great for the environment and home

words: Leah R. Singer | illustrations: Cheryl Angelina Koehler

A vertical garden is exactly what it sounds like: a garden that stands upright, typically against a wall. Vertical gardening has become increasingly popular in cities across the country because it takes up little space and helps reduce the carbon footprint. Structures or trellises are used to create the garden, which can be housed indoors or outdoors. It's a perfect solution for individuals who want a garden but live in small spaces, are urban dwellers or do not have a large outdoor yard to support in-ground planting. Since vertical gardens do not rely on ground soil, this planting method is also an excellent solution for areas where the soil is in poor condition and will not support growing plants.

## What to Grow

Vertical gardens can house a variety of edibles and other plants. Ferns, bromeliads, begonias, hostas, succulents and vines are ideal plants to grow. Several fruits and vegetables can be grown in a vertical setting, including fruiting vines like kiwi, blackberries and strawberries. Vegetables such as peas, squash, tomatoes and pole beans also respond well. Herbs, including basil, rosemary, thyme, lavender and mint, are also popular choices for vertical planting.

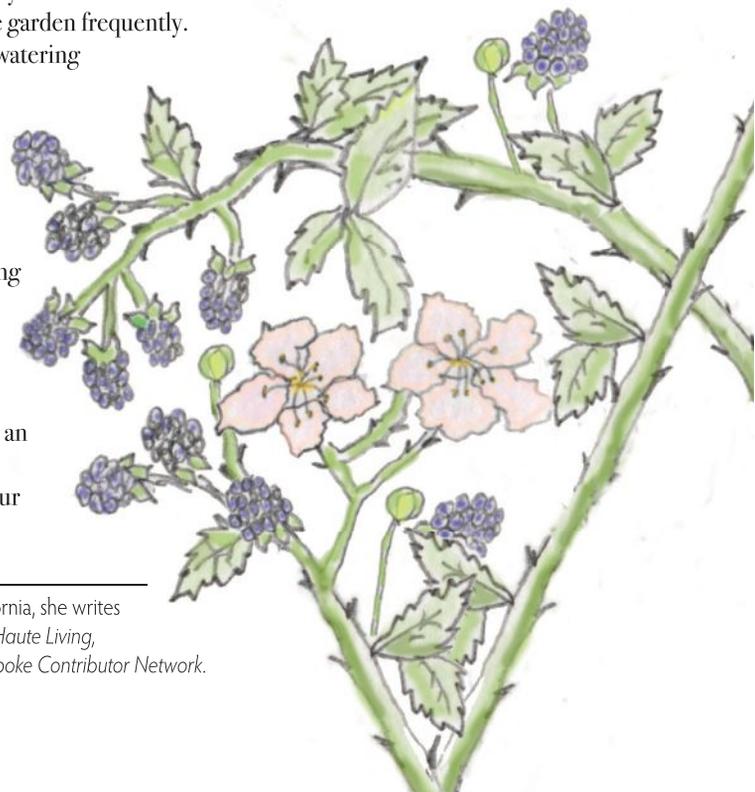
## Building It Up

When creating a vertical garden, consider using a trellis, vertical containers, pockets, wall planters, pallet planters or hanging baskets. You need to first decide where the growing space will be. Then you will need to choose the plants you want to grow. The space and plants will determine which type of structure is best. Next you need to find good soil for growing, and then plant the items. Finally, make sure to water the garden frequently. Since vertical garden plants have shallow roots, they end up using less soil, so watering frequently is important.

## Greener Living

Vertical gardens have many benefits other than creating a green space for your home. They help reduce the carbon footprint by filtering pollutants and carbon dioxide out of the air, and assist in cleaning inside air spaces by removing volatile organic chemicals and other harmful toxins from rooms. They can also act as a soundproofing barrier, and are great at hiding unattractive indoor spaces. This method can also be less expensive than traditional gardening.

Vertical planting is an economical and sustainable way to make a positive impact on the environment while growing a garden that will breathe new life in an outdoor or indoor living space. Local nurseries will have the supplies needed and can recommend the appropriate plants, fruits and vegetables to grow in your vertical garden. 🌿



**Leah R. Singer** is a freelance writer in Terre Haute. A Midwest transplant from Southern California, she writes stories about life in Indiana. Her work has appeared in *USA Today*, *the Indianapolis Star*, *Terre Haute Living*, *Huffington Post* and other publications. She is the former managing editor of the *Red Tricycle Spoke Contributor Network*.

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Photograph courtesy of Carole Topalian

TECHNOLOGY

# BEYOND PERFECT PRODUCE

How the agbioscience industry is helping feed an imperfect world

words: Shauna L. Nosler | graphics: Caryn Scheving

“The agriculture industry is being revolutionized by our leading Hoosier entrepreneurs, institutions of higher learning and companies ...”

—Indiana Governor Eric Holcomb

**F**ood. We all need it. And there’s more than enough, in fact, to go around. According to the USDA Economic Research Service, in 2010 (the most recent year for which data is available) the U.S. food supply provided 4,000 calories per person per day, yet the average American consumed far less at just 2,476 calories per day. Still, even with the excess production, which is estimated to be even greater today, more than 40 million Americans face hunger. So while some Americans are eating more and wasting more, in other words, many barely have enough to eat.

But all is not lost, thanks in part to individuals, educators, politicians, researchers, agbioscience companies and many others who are diligently working to transform our current food system. Right here in the Hoosier State, AgriNovus Indiana—a statewide initiative working to promote and accelerate the growth of the agbioscience industry—is pushing the envelope to foster a world where innovation and research come together with globally traded companies, family-owned businesses and entrepreneurs alike to create solutions and, hopefully, foster a healthier, more sustainable future for all of us.

But first... before we can feed the hungry... before we can make sure that the food we produce makes it to our plates and not a landfill... we have to take a long look in the

mirror and recondition our minds to what constitutes edible food, and what doesn’t. We have to rethink the spots on our apples.

## Camera Cuisine

Yes, yes. We’ve all done it—used a filter to make our food photos closer to what we perceive as perfect: our salmon the perfect shade of red; our egg yolks the perfect hue of yellow; our greens, as green as they can be without making it obvious that we used a filter. *Did she? Or didn’t she?* But, I mean, why not? If magazines can airbrush humans, why can’t foodies do the same for their Instagram feeds?

But the demand for blemish-free produce goes well beyond our social media requisites. Consumers rummage for that perfect piece of fruit before they’ll place it in their carts, grocers sort and discard before stacking it on their shelves, distributors do the same before packing it in their delivery trucks as do farmers before bringing it to market.

Why? Because here in America we’re programmed to not only want the best, but also to expect it and that mindset has led to an unprecedented level of food waste. This is where the innovators and industry leaders working in the agbiosciences don their superhero capes and swoop in to help us rethink the entire concept of perfect produce.



Photograph courtesy of AgriNovus

Indiana Governor Eric Holcomb and AgriNovus Indiana President and CEO Beth Bechdol at the 2018 National FFA Blue Room presented by AgriNovus Indiana and powered by Microsoft.

## What is Agbioscience?

“Agbiosciences is the sector where food, agriculture, science and technology all converge,” says Beth Bechdol, president and CEO of AgriNovus.

“Think about it as a simple addition equation: ag plus bio plus science,” she says of the term. The work being done within the industry, she explains, essentially merges modern, innovative agriculture—or what most people think of as farming or production agriculture—with biology (aka the life sciences, human health and nutrition) and other sciences including tech, engineering, coding and so much more. And here in Indiana, the sub-sectors of innovation with the greatest strength and potential opportunity are plant sciences, animal health and nutrition, human food and nutrition and high-tech agriculture.

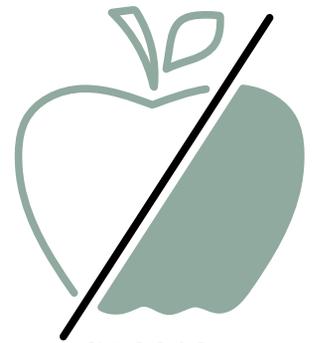
According to the Indiana Economic Development Corporation—a partnership governed by a board of directors focused on growing and retaining businesses in Indiana as well as attracting new business to the

state—in 2014, the agbioscience sector contributed roughly \$16 billion to Indiana’s gross domestic product (GDP). As a whole, agriculture contributes roughly \$31.2 billion to the Hoosier GDP annually, and the agbioscience sector accounts for nearly half of that. A 2016 study on Indiana’s agbioscience workforce conducted by TEconomy Partners, LLC, shows the agbioscience industry is a significant economic driver of Indiana’s economy, employing just over 75,000 individuals, not including primary production workers (farming). Furthermore, the industry has seen robust growth over the past decade. From 2003 to 2014, Indiana experienced a 22% increase in agbioscience employment compared with a 3% growth rate for Indiana’s total private sector.

“There’s a wide variety of career and job opportunities from coding, to marketing, to engineering, to agronomy, to food science,” says Bechdol.

“The sector is bursting with cutting-edge technology, science and research—from genomics and biologics to artificial intelligence, robotics, sensors and digital imagery. The industry is ever-changing and at

AGBIOSCIENCES CONTRIBUTE  
**\$16 BILLION**  
 TO INDIANA'S ECONOMY  
 AND EMPLOY MORE THAN  
**75,000**  
 AT WAGES NEARLY A THIRD  
 HIGHER THAN THE AVERAGE  
 HOOSIER EARNS



IN 2016,  
**roughly half**  
 OF ALL THE PRODUCE  
 GROWN IN THE U.S.  
 WAS THROWN AWAY

an even accelerated pace because of technology advancements and the numerous connection points to other industries.”

But while the agbiosciences have seen a huge increase in job growth and experts agree the future looks bright, it's not without its challenges.

“There’s a misperception that the food and agriculture sector lacks the innovation, ingenuity, creativity and technology that define other industries today,” says Bechdol. To that end, she says AgriNovus is working to correct misperceptions, accelerate early-stage companies and entrepreneurs and bring future talent into the agbioscience sector by partnering with colleges and universities, incubators, coworking spaces, start-up companies and entrepreneurial organizations—both locally and globally.

And Indiana Governor Eric Holcomb agrees.

“We’ve had the opportunity to proudly tell Indiana’s agbioscience story in a big way this year,” Governor Holcomb says.

“We’ve formed new local and global relationships, held major conferences and welcomed new business investment to our state. The

agriculture industry is being revolutionized by our leading Hoosier entrepreneurs, institutions of higher learning and companies who are meeting the modern needs of the world with their exports, services and products. The agbioscience ecosystem is only going to keep growing, and Indiana’s own AgriNovus has been right in the center of it all.”

And adds Bechdol, it’s advances in the agbiosciences that will serve to ensure we find solutions to some of society’s biggest challenges; one of those being food waste. What if we could eliminate hunger and nutrition issues and at the same time reduce food waste?

### From Farm to Garbage Can

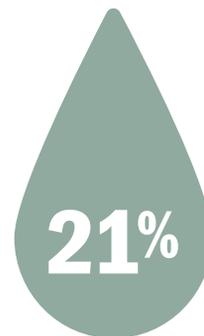
Most everyone—regardless of the era in which you grew up or where on the political spectrum you reside—can agree: Food waste is a problem. Not only here in the U.S., but globally as well. And the problem is much broader than simply tossing the crust from a peanut butter and jelly



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OF ALL **FERTILIZER**  
IS USED ON FOOD  
**THAT'S WASTED**



OF OUR **FRESHWATER**  
**SUPPLY** IS USED TO  
HYDRATE FOOD  
**THAT WILL BE WASTED**

sandwich into the trash, or scraping the pickles and onions off a fast-food burger. Because when we throw away edible food in our homes, when grocery stores toss perfectly good-to-consume “ugly” produce, and when farmers let crops go unharvested (for whatever reason), we are not only wasting food, but we are wasting the valuable resources it took to grow it:

18% of U.S. cropland grows food that’s eventually wasted

19% of all fertilizer is used on food that’s wasted

21% of our freshwater supply is used to hydrate food that will be wasted

The United Nations Food and Agriculture Organization estimates that nearly one-third of the world’s food supply never makes it to human consumption. Here in the U.S., the percentage is even higher and according to the Environmental Protection Agency, Americans discard so much food that it has become the biggest single component in landfills and incinerators. And the EPA, among other agencies, believes that reducing food waste is one of the top ways to reverse global warming.

Yet there’s some good news. The people working in agbiosciences are discovering ways to use fewer resources while producing better crop yields and in turn, reduce food waste and protect our planet—case in point, brown spots on apples.

Here in the U.S., apples are one of 10 approved GMO crops. The technology behind the innovations specifically used for apples help farmers produce fruit with less browning. And less browning means fewer apples are being thrown away because, well, because they’re no longer part of the “ugly” produce club. And its advancements in the agbiosciences that have helped produce more aesthetically appealing apples—among other items—not only to the consumer, but to grocers and producers as well.

“Agbioscience innovation will allow us to feed the world, protect the planet and improve lives,” says Bechdol. 🌱

**Shauna L. Nosler** is a contributing writer and editor to many local, regional and national publications. More of her writing can be found on her website, ShaunaNosler.com, and on her blog, SeafoodsTheNewBlack.com, where she writes exclusively about sustainable seafood and the health of our oceans.

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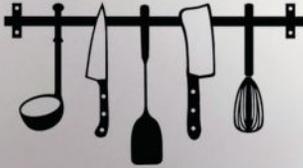
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# GARDENING NATURE'S WAY

EasyPeasy puts permaculture principles to work

words: Leah R. Singer | photography: Erik Coser

“**M**any people believe *permaculture* is just another word for organic gardening and farming,” says Michael T. Whisler, founder of EasyPeasy Garden Solutions in Carmel. “But the word itself is a combination of the words *permanent* and *culture*, and it has implications on every aspect of daily life.”

Although it is hardly a new agricultural philosophy, the concept of permaculture has had a resurgence in recent years. Bill Mollison, the Tasmanian son of a fisherman, coined the term in 1978 to describe an agricultural ecosystem intended to be sustainable and self-sufficient.

According to Mollison, permaculture is the conscious design and maintenance of agriculturally productive systems that have the diversity, stability and resilience of natural ecosystems. It is the harmonious integration of the landscape with people, providing their food, energy, shelter and other material needs in a sustainable way. In summary, permaculture is a way for people to live a self-sustaining life through growing and harvesting their own food.

“Permaculture is a framework for contemplation, calculation and creation, designed to work *with* the flow of nature instead of against it,” says Whisler. “It is the process by which we can take raw materials—some lumber, soil, seeds, elbow grease, sunshine and water—and we create something greater than the sum of its parts, a thing of beauty and bounty: a garden.”

## Desert to Garden

Whisler grew up in Westfield, Indiana. Knowing he wanted to work in the natural environment in some way, he studied outdoor recreation, parks and human ecology at Indiana University's School of Public Health. During his junior year, Whisler took a permaculture design course and fell in love with the idea of living in a conscious way that not only was sustainable, but actually a force for improving the health of the landscape.

“I believe the solutions to most of our problems can be found in the garden,” says Whisler. “A passion for nature is what eventually led me into the world of permaculture. I wanted to facilitate connection with the earth in people's lives. In a time when people have come to expect more conveniences, social safety nets, prescription remedies, two-day deliveries, high-speed internet, fast-food lunches and microwave dinners, permaculture espouses a different approach to life. I believe that food is the best tool we have to show people the importance of slowing down, taking care of ourselves and actively healing the environment that sustain us.”

Whisler participated in an internship at Capitol Reef National Park in Utah's south-central desert doing orchard management for the park service.

“This was a great place to see permaculture at work,” says Whisler. “The orchards were built four generations ago, but they are a perfect example of what we call permaculture today. Pioneers of Capitol Reef, as well as the Native Americans before them, created a landscape in the desert that fulfilled all of the needs of their community, in a time before artificial fertilizers and pesticides, tractors or technology.”

Utah had become Whisler's home away from home while he worked at Capitol Reef National Park. But after his internship and then traveling throughout the western United States, he began to miss his home state of Indiana. He wanted to return to his roots, where he grew up and has family, and he saw returning to Indiana as a way for him to bring all he learned about permaculture and gardening back to the Midwest, where the concept is not as widespread as it is on the West Coast.

Opposite: Michael T. Whisler of EasyPeasy Garden Solutions.

“Permaculture is a framework for contemplation, calculation and creation, designed to work *with* the flow of nature instead of against it,” says Whisler. “It is the process by which we can take raw materials—some lumber, soil, seeds, elbow grease, sunshine and water—and we create something greater than the sum of its parts, a thing of beauty and bounty: a garden.”

“During my studies, I became increasingly concerned with both urban sprawl and the desertification of our Midwestern farmlands,” says Whisler. “I grew up in a suburb of Indianapolis that has exploded since I moved away. Graduating classes doubled in size since I finished high school. I saw farms replaced with subdivisions and began to view all the development in a negative light, almost like a cancer. After some time, however, I began to see the suburbs in a different way. If I could bring some of the ideals of permaculture and urban homesteading back to Indy, I could have a direct, positive impact on the landscape I grew up in, and help folks put their land to better use.”

He found his “dream job” working at Bread and Roses Nursery in Bloomington, where they practiced permaculture by growing edible vegetables, berry bushes and fruit trees, and building gardens and greenhouses.

“I was living in a cabin, completely off grid with solar power and rainwater collection,” says Whisler. “During the winter, there wasn’t much to do other than feed the fire and hang out with my dog. That’s when the idea came to me for a semi-standardized gardening system that could be applied to a suburban or urban setting.”

Whisler says working for Bread and Roses and living on site at the nursery for two years was the inspiration for EasyPeasy, launched one year ago.





## Empower & Embrace

Whisler believes the act of gardening creates more vibrant, resilient and healthy households. This is done primarily through the raised-bed garden model. In approximately one day, Whisler will go to a customer's home and turn a space that was nothing but grass into a full-planted vegetable garden.

He enjoys working with beginning gardeners and customers who enjoy getting into the thick of the work, asking questions and digging dirt alongside of him. But he is quick to note that the "aging gardeners" have been humbling customers as well.

"A few of my clients have spent decades creating stunning gardens around their homes, and they are now at a point where the physical demands of gardening are more than they can handle," says Whisler. "So they hired me to help maintain the gardens they cherish. These clients have taught me that no matter how much you know, the garden always has more to teach."

Dean Lawler is one of these clients. He and his wife, Dee, hired Whisler several years ago to help maintain their yard when Dean was diagnosed with Parkinson's disease. Lawler admits he was hesitant to hire anyone to help with what he considers, such a personal job as nurturing the garden. But he has been pleased with Whisler's work ethic and care of the plants.

"He's a pleasure to have around and we feel good about all the work that he does," says Lawler. "He's really transformed our landscape and garden single-handedly. There's no way we could have kept up with the yard and work with having Parkinson's. I don't know what we'd do without him."

Whisler has plans to continue growing EasyPeasy into the future. Through all his plans, Whisler is committed to staying true to permaculture and how it can make a difference in people's lives.

"Permaculture design is about living a life of quality and sustainability; to be more than a just consumer, but a producer as well," says Whisler. "It is about designing a lifestyle in which our basic needs are met locally and naturally, while actually improving the health and quality of the landscape." 🌿

EasyPeasy Garden Solutions offers a new subscription model in which customers can pay a monthly membership fee and receive services such as fertilize, weed and general maintenance of the garden on a regular basis. Learn more at [EasyPeasyGardens.com](http://EasyPeasyGardens.com).

# HOPE FOR HEMP IN THE MIDWEST

How changing legislation is offering a second chance  
for America's most misunderstood plant

words: Nicole Rasul | graphics: Caryn Scheving



In 2018, Mark Boyer, a sixth-generation farmer and owner of Boyer Farms in Indiana's Miami County, was the first non-university grower in decades to legally plant industrial hemp in a traditional agricultural row-crop setting in the state's soil.

"It was a successful project," Boyer says during a break in planning for his 2019 growing season. "I was determined to use only traditional farm equipment, what was already in my shed, to grow the crop. I learned a few things. Some of the things you hear about hemp are true and some are myths."

Boyer farms 1,250 acres, most of which he devotes to traditional commodity crops: corn, soybeans and wheat. On 350 of these acres Boyer cultivates sunflowers and canola and uses his on-farm cold press to expel oil from the crops' seeds. The oil supplies Healthy Hoosier Oil, Boyer's line of specialty cooking oils that are distributed across the Midwest.

In 2018, through a partnership with Purdue University, Boyer grew industrial hemp on 12 acres, also pressing these plant's seeds for oil—this time in the name of research. Under Indiana law, Boyer was not authorized to sell his hemp seed oil for profit and when we spoke recently the final product was in a lab to determine shelf life, sell-by date and nutritional profile.

## A Complicated History

Industrial hemp is believed to be one of the first plants spun into fiber thousands of years ago. An adaptable plant that grows in many climates, a *Popular Mechanics* article from the 1930s noted that, even then, hemp had over 25,000 known uses. The stalk offers fiber, which is coveted by the textile and construction industries and can be used for a range of other uses such as animal bedding. The seed, which can be eaten, is an excellent source of protein, fiber and healthful fatty acids. As Boyer has researched for Purdue, the seed can also be pressed for oil for use in cooking and cosmetics. CBD, or cannabidiol, can be extracted from the plant and is of great interest to the natural pharmaceutical industry. Proponents claim that CBD can naturally soothe a host of ailments from anxiety to insomnia, all without intoxicating the user.

Hemp was an important crop in colonial America and some colonies were required by law to grow it. The Declaration of Independence was drafted on hemp paper and ships that sailed to and from the New World used sails and ropes crafted from hemp fiber. George Washington, Thomas Jefferson and John Adams all grew hemp on their farms.

In 1937, largely due to confusion with its intoxicating cousin (although many historians argue that paper manufacturing insiders used their political sway in support of the

lumber-based trade), industrial hemp fell under heavy regulation in the U.S. with the federal "Marihuana Tax Act." During World War II, the "Hemp for Victory" campaign briefly halted this legislation. The initiative encouraged farmers to grow hemp and the crop's fiber was crafted into rope and other textiles for the U.S. military.

Under the 1970s Controlled Substances Act and President Nixon's war on drugs, all forms of cannabis were erroneously lumped together and banned, making industrial hemp illegal to grow, process or sell alongside marijuana.

## On the Hemp Horizon

Under the 2014 Farm Bill, or the Agricultural Act of 2014, state-level industrial hemp research programs were permitted if approved by a state's legislature. A state's department of agriculture or a higher-education institution, like Purdue University in Indiana's case, was required to oversee these programs and expected to strictly control seed and ensure that all growers in the state were registered and monitored.

By the end of 2018, according to the advocacy group VoteHemp, 41 states had enacted legislation that made hemp production legal under specific circumstances. The group reports that in 2018, more than 78,000 acres of hemp were grown in 23 states.

Recently, Congress passed Section 10113 of the U.S. Agricultural Improvement Act of 2018 (see page 41). Regarding hemp, the bill notes: "The term 'hemp' means the plant *Cannabis sativa L.* and any part of that plant, including the seeds thereof and all derivatives, extracts, cannabinoids, isomers, acids, salts, and salts of isomers, whether growing or not, with a delta-9 tetrahydrocannabinol concentration of not more than 0.3 percent on a dry weight basis."

Congress's use of 0.3% tetrahydrocannabinol, or THC, to classify the plant is crucial. THC causes cannabis's famed high and has for the last 80 years been at the core of America's confusion between hemp and its cousin marijuana. Both plants are varieties of *Cannabis sativa L.* and, although they look similar, they are different in their chemical composition due to their varied level of THC. The Purdue University Hemp Project explains on its website: "All Cannabis plants produce THC; however, marijuana contains high levels of THC (over 10%), and hemp contains very little (0.3%)."

The higher level of THC in marijuana can produce an altered mental state when the plant is smoked or consumed. It is virtually impossible, however, to get high on hemp. In their often-cited 2002 article "Hemp: A New Crop with New Uses for North America," Ernest Small and David Marcus explain: "A THC concentration in marijuana of approximately 0.9% has been suggested as a practical minimum level to achieve the (illegal) intoxicant effect."

# HEMP 101



George Washington, Thomas Jefferson and John Adams **ALL GREW HEMP** on their farms.



The Declaration of Independence was **DRAFTED ON HEMP PAPER.**

Ships that sailed to and from the New World used **SAILS AND ROPES CRAFTED FROM HEMP FIBER.**



**HEMP CONTAINS**  
**<0.3% THC**

**MARIJUANA CONTAINS**  
**0.9%-10%+ THC**

The *Hemp Business Journal* reports that to support an **\$820 MILLION** hemp product industry (2017), the U.S. currently imports hemp's components mostly from Canada, China and Europe. With the legalization of industrial hemp, this income could move significantly to the American market.



In December 2018, the 2018 Farm Bill, or the Agricultural Improvement Act of 2018, was signed into law by President Trump, federally legalizing industrial hemp by removing the crop from Schedule I of the nation's controlled substances list. Industrial hemp is now recognized as a crop governed by the rules of the U.S. Department of Agriculture (USDA) rather than an illicit substance controlled by the Department of Justice.

The 2018 Farm Bill allows for broader cultivation of the plant beyond the state-level research programs permitted through the 2014 legislation. Cultivation of the crop is permitted through a heavily regulated federal-state structure where, among a range of other measures, crops must remain below 0.3% THC to be legal. Industrial hemp now also qualifies for a wealth of safety-net programs afforded to other commodity crops, such as crop insurance, access to federal grants and loans, as well as tax write-offs. Additionally, banks and other funders can open lines of credit to growers in the industry.

The federal action taken through the 2018 Farm Bill, however, does not immediately make an impact at the state level. "By the time the federal government made Cannabis illegal almost all states had already done so," explains Erica McBride Stark, executive director of the National Hemp Association. "So this [the 2018 Farm Bill] is deconstructing Prohibition in reverse. The fact that hemp is no longer on the federal controlled substances list will not by default remove it from any given state's controlled substances list."

As a next step, states that have not already passed legislation to legalize the cultivation of industrial hemp within their borders will need to do so. Even the 41 states that have enacted some form of hemp legislation under the 2014 Farm Bill may need to revisit their laws as many were tailored to the

research provisions in that legislation, McBride Stark says. If a state opts not to develop a program and the crop remains on the state's controlled substances list, hemp cultivation will remain illegal in that state, she says.

## A New Market for Midwestern Farmers?

In Indiana, Justin Swanson, a lawyer with Bose McKinney & Evans and vice president at Bose Public Affairs Group, expresses optimism that state government will pass updated legislation in 2019 in favor of industrial hemp cultivation.

"We have ambiguous statutes related to hemp production in Indiana," Swanson says regarding the language passed by the state's legislature after the signing of the 2014 Farm Bill. "We've had a grassroots movement since 2014 to help educate policymakers and other leaders in understanding what hemp is and what it is not," he says.

Indiana has three entities working to advance industrial hemp: the Midwest Hemp Council, of which Swanson serves as president and which pushes on the policy horizon; the Indiana Hemp Industries Association, which focuses on product development; and the Hemp Chapter of the Indiana Farmers Union, which educates farmers. Since 2014, however, according to Swanson who cited Purdue University data filed with the Office of Indiana's State Chemist & Seed Commissioner, Indiana has only grown 24 acres of the crop. Meanwhile, neighbors in Kentucky were licensed to grow over 12,000 acres in 2018, he says.

Kentucky has led the pack in hemp cultivation in Middle America as lawmakers and growers in the state took a keen

## Hemp Industry Growth in the U.S.

According to the 2018 "State of Hemp" report published by the *Hemp Business Journal*, in 2017 the U.S. hemp industry generated \$820 million in sales, up 16% from 2017 despite operating in a relatively difficult regulatory climate. With \$190 million in sales, CBD led the 2017 hemp market. The *Journal* notes, "The hemp industry was bolstered by explosive growth in the hemp-derived CBD category that grew from a market category that did not exist five years ago..." After CBD sales, hemp-derived personal care products generated \$181 million in sales that year, industrial applications tallied \$144 million and hemp-based foods accounted for \$137 million. The remainder of 2017's U.S. hemp-based product market resided in consumer textiles, supplements and "other" consumer products.

The publication projects that in 2018, the hemp industry in the U.S. would become a \$1 billion market with continued steady growth. The authors write, "As legal and regulatory barriers are removed and consumer education spreads, *Hemp Business Journal* estimates the U.S. hemp industry will grow to a \$1.9 billion market by 2022..." Other industry figures have been drastically more optimistic. For example, the Brightfield Group, a cannabis market-research firm, has projected that by 2022 the American CBD market alone will become a \$22 billion industry.

To feed current market demand, "the U.S. remains the largest global importer of hemp products, which includes textiles from China, food and seed from Canada and industrials from Europe," the *Hemp Business Journal* writes in their 2018 "State of Hemp" report. With federal legalization of hemp through the most recent Farm Bill, the American hemp market could shift significantly to U.S. production to feed this explosive market and, with this shift, hopefully America's farmers would benefit handsomely.

# “Who is going to build a processing plant in Indiana if it’s unclear if you can make money off of growing hemp? The 2018 Farm Bill helps to clarify that.”

interest in the hemp provisions of the 2014 Farm Bill. The Hemp Farming Act of 2018, eventually rolled into the 2018 Farm Bill as the legislation that led to the crop’s federal legalization, was an initiative of Kentucky Senator Mitch McConnell. Kentucky has a robust history in hemp and McConnell faced pressure from growers, primarily from a dying tobacco trade, to revitalize the industry in his home state. Kentucky’s Department of Agriculture oversees the program and has invested extensive resources for monitoring production by a large number of growers in the state.

Meanwhile, in Ohio it remains illegal to grow the crop. The state starkly appears as an outlier on a map showing U.S. states that have legalized industrial hemp cultivation for research purposes. All the states that touch Ohio’s borders, not only Kentucky and Indiana but Michigan, Pennsylvania and West Virginia, have passed hemp-related legislation.

According to Joe Cornely of the Ohio Farm Bureau Federation, however, there is increased interest in industrial hemp from Ohio growers and at the group’s last business meeting in late 2018 the entity included the crop in its policy framework.

“When it comes to producing, processing and commercializing industrial hemp, we believe regulation is needed from the U.S. Department of Agriculture rather than the Drug Enforcement Agency. We also support federal legislation that would amend the Controlled Substances Act so that it specifically excludes industrial hemp,” Cornely said in December 2018, shortly after Congress passed the 2018 Farm Bill.

## Building Up the Base

In addition to legislative hurdles, a revived American hemp industry faces significant processing and infrastructure barriers due to its decades-long agricultural hiatus.

“The processing question has always been a chicken-and-the-egg thing,” Swanson says. “Who is going to build a processing plant in Indiana if it’s unclear if you can make money off of growing hemp? The 2018 Farm Bill helps to clarify that.”

The infrastructure shortcomings extend nationally. “We now have the legal framework in which to build an industry,” McBride Stark says regarding the most recent Farm Bill. “It’s really on the fiber side that we’re seriously lacking infrastructure and, ultimately, where I believe the majority of the hemp industry will lie,” she says. “That’s where the really large acreage is going to be grown when we start talking about supplying the auto and construction industries.”

Another significant question that remains is how much money can one actually make growing hemp. “Everybody is looking for an alternative to make more money per acre,” says Marty Mahan, a fifth-generation farmer who owns 200 acres in Indiana’s Rush County. Mahan serves as president of the Hemp Chapter of the Indiana Farmers Union. “Each week, community members reach out to me with interest,” he says of his role connecting with growers curious about the crop.

“What everybody wants to know is how much money they can make,” Mahan says. The U.S. does not have formal commodity pricing for hemp. “Right now, ballpark figures are that for growing for fiber you could clear \$300–400 per acre, for seed \$400–500 per acre and of course the big elephant in the room is CBD,” Mahan explains. (See sidebar on page 41.) “There is a significant amount of money that can be made in CBD. We’re talking five figures per acre. But harvesting for CBD is a whole different world unlike what farmers in Indiana are used to,” he says.

With 2019 poised for a fast and furious race for states to legalize the cultivation and processing of industrial hemp, many caution to not put all of one’s eggs in the metaphorical hemp basket.

“With the downturn in commodity prices, everyone is looking for an answer, myself included,” Boyer says. “Hemp has the potential to be a very exciting component and maybe a method of correcting the downturn in agriculture. That being said, the market needs to develop. We have a lot of infrastructure to build before we’ll ever see hemp as a widely grown commodity crop.” 🌿

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**Nicole Rasul** writes about food and agriculture. Follow her on Twitter @foodierasul or view her writing online at NicoleRasul.com.



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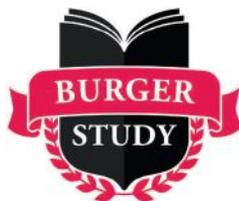
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A local eatery and fresh juicery in the heart of the Broad Ripple Village and on Mass Ave. in downtown Indianapolis serving seasonally influenced and locally sourced food and cold-pressed juice. We believe in simple dishes made from natural ingredients, grown and harvested by local farmers.

908 E. Westfield Blvd.  
Indianapolis

342 Massachusetts Ave., #100  
Indianapolis  
TheGardenTable.com



**GOODS FOR COOKS**

Offering kitchenware, gifts and fine foods, this Bloomington staple will empower you in the kitchen. Celebrating 45 years of connecting people to their food.

115 N. College Ave.  
Bloomington  
GoodsForCooks.com



**HARRY & IZZY'S**

We're proud to keep it local! Three restaurants sourcing locally from 10 regional farms, four breweries and seven locally owned purveyors or producers leads to one great meal.

Downtown Indianapolis  
153 S. Illinois St.

Northside Indianapolis  
4050 E. 82<sup>nd</sup> St.

Indianapolis Airport  
7800 Col. Weir Cook Memorial Dr.  
HarryAndIzzys.com



**THE LOFT**

Dine at a true farmstead restaurant, located inside a beautiful historic barn on an organic dairy farm. Food grown and raised on-site takes center place on organic menus shaped by seasonal rhythms. Open for lunch, dinner and Sunday brunch.

9101 Moore Rd. | Zionsville  
TradersPointCreamery.com



**ST. ELMO STEAK HOUSE**

A big thank you to our local partners! As a locally owned business for over 110 years we take great pride in our local business relationships. Cheers to independent businesses!

127 S. Illinois St.  
Indianapolis  
StElmos.com



**TABLE**

From a store full of fresh, seasonal foods and a team of chefs and culinary experts comes a celebration of food called Table by Market District—a restaurant that brings passion for food right to your plate. Open daily for lunch & dinner, as well as brunch every Sunday.

11505 N. Illinois St. | Carmel  
MarketDistrict.com/Table



**TAPHOUSE BURGERS**

Bringing you locally sourced burgers, old-fashioned milk shakes and craft beer and cocktails in a convenient downtown in Greencastle location. This chef-driven restaurant is owned and operated by the Bridges Group and supports local producers, farmers and beverage makers.

24 S. Indiana St. | Greencastle  
TapHouseBurgers.com

**78%**

**of our readers use this guide as a resource for eating local.**

**Find out how your business could benefit from a partnership with Edible Indy.**

**Contact sales@edibleindy.com**

# A Useful Plant Emerges from the Shadows

A collection of hemp products for the now

words: Jennifer L. Rubenstein | layout: Caryn Scheving

Hemp isn't new, nor is it a sudden fad. It has been with us for thousands of years, although its cultivation and sale were severely restricted in recent decades along with its botanical cousin marijuana. These days, that is changing. Hemp is a plant that can feed you, clothe you, house you, heal you and now can even be a source of transportation. Hemp is the past, present and future. Here is to the hemp victory!

## HEMP-FRESCO \$14.97

Produce preservation pads that slow spoilage of fresh produce.  
Available on Amazon.com

## CANNABIS BEAUTY DEFINED

Anti-Aging CBD Hemp Oil  
Facial Exfoliant | \$55

Anti-Aging CBD Hemp Oil Day  
& Night Serum | \$110

Both beauty products available  
on MedicalMarijuanaInc.com

## HEMPY'S HEMP JEANS | \$128

Made of 55% hemp and 45% organic eco-friendly cotton. Made in the U.S.A.

Available on Hempys.com

## HEMPALTA PETS HEMP CAT LITTER \$23.97

Eco-friendly, flushable cat litter that is seven times lighter and five times more absorbent than traditional litters.

Available on Amazon.com

## HEMPY'S HEMP KONA SUPER SLOUCH BEANIE | \$32

A combination of hemp yarn and eco-yarn. Eco-yarn is recycled without use of dyes or chemicals. Made in the U.S.A.

Available on Hempys.com

## ROOTED SCALES

Available on RootedScales.com

Full Spectrum CBD Oil  
750mg Peppermint | \$85

Full Spectrum CBD Oil  
250mg Lemon | \$35

CBD Pain Salve 50mg | \$35

## VICTORY HEMP FOODS

Shelled Hemp Seeds | \$11.99

Available on  
VictoryHempFoods.com



### BENT ARROW ACRES

Join our Spring 2019 Chicken CSA and save big on pastured chicken and eggs this summer. Various share sizes available with monthly pickups in Howard and Hamilton counties.

BentArrowAcres.com



### IRVINGTON CSA

Amish farmer Levi Fisher and family practice good land stewardship without synthetic chemicals. In its 14th season, the CSA is operated by member volunteers. Pickups are at a convenient Irvington location.

IrvingtonCSA.org



### MARKET WAGON

Local food delivered. Shop online for local food and buy direct from local farms and artisans. No subscriptions required and no minimum orders. Market Wagon delivers every Thursday.

MarketWagon.com



### FARMING ENGINEERS ORGANIC PRODUCE

Certified organic vegetable farm. Visit our farm, get a CSA delivery or order our products from MarketWagon.com. Find our produce at the Carmel, Noblesville, Zionsville farmers markets.

3394 S. CR 1380 E., Kirklintown  
FarmingEngineers.com

Support your local farmers and producers by participating in one of these

## COMMUNITY-SUPPORTED AGRICULTURE

harvest-subscription programs



### TETER ORGANIC FARM

Teter Organic Farm grows sustainably grown, chemical-free vegetables and raw honey. Join our CSA program for an amazing selection of organic produce or find us at the Noblesville Farmers Market.

10980 E. 221<sup>st</sup> St., Noblesville  
TeterOrganicFarm.com



### HOOSIER HARVEST MARKET

The Hoosier Harvest Market Indiana farmer-owned co-op offers a multi-farm CSA. Subscribe to support your local farms or buy weekly as needed. Order online for pickup Thursdays 4-7pm.

HoosierHarvestMarket.com



### LIVING ROOTS CSA

One of Indiana's largest CSAs and chemical-free farms is in its ninth year. Produce and grass-fed beef CSAs, with free-range eggs add-on. Main season 24 weeks; late fall season eight weeks. Produce CSA 10-30% free produce each week. Grass-fed beef CSA 25% free each pickup. Full and half shares available.

Indy CSA pickup location: Woodruff Place in on the Near East Side.  
LivingRoots.org



### PASTURE'S DELIGHTS

Provides REAL (raw) milk from cows and goats through a herd-share program. 100% grass-fed cows. Goats supplemented with non-gmo grain. Great tasting cow and goat milk delivered every two weeks to area drop-off locations.

Free samples.

PasturesDelights.com

