

MONTHLY SPECIALS

FEATURED INGREDIENTS

Sweet Corn: The origin of corn dates back almost 8,000 years. Field corn, or maize, has been used over the years for a variety of culinary and non-culinary purposes. Sweet corn has only been around for about 1,000 though. A crop of field corn is said to have spontaneously mutated in Brazil and as it spread throughout the world, it has become a favorite in many countries.

Heirloom Tomatoes: An heirloom, or heritage tomato, is an open-pollinated (non-hybrid) tomato. This line of tomato generally has a shorter shelf life and less disease resistance as they are not bred with commercial tomatoes that have a higher resistance. Much like humans, heirloom tomato plants are grown from a seed in a parent tomato creating a family line. Their beautiful colors and flavors are due to the old lineage of the seeds which means no two tomatoes will taste the same!

Stone Fruits: This name encompasses fruit varieties that contain a large seed or pit in the center of the fruit with an edible skin. Commonly known items are peaches, plums, apricots and cherries. Most stone fruits originated in China and central Asia and were introduced to New Zealand and the Eastern European countries in the 1800's.

ROASTED CORN CHOWDER

Sweet corn, red pepper, tomatoes, onions, garlic, potatoes, vegetable stock, heavy cream and served with cilantro and blue corn chips

Cup 4.75 Bowl 5.75

HEIRLOOM TOMATO AND MOZZARELLA FLATBREAD

Basil pesto, heirloom tomatoes, fresh mozzarella, extra virgin olive oil and fresh basil 14.25

Our drink pairing suggestion: Indeed Brewing Shannanigans Summer Ale, Minnesota

CAPRESE SALAD

Layers of heirloom tomatoes and fresh mozzarella with fresh basil, extra virgin olive oil and balsamic reduction 13

Our drink pairing suggestion: Rose, Malene, Central Coast, CA

TOMATO COUSCOUS SALAD

Heirloom tomatoes, arugula, Israeli couscous salad, feta cheese, hummus, heirloom tomato medley and toasted naan 14.25

Our drink pairing suggestion: Pinot Grigio, Pavolino, Veneto, Italy

GRILLED PORK TENDERLOIN

Served with a warm peach couscous, plum glaze and toasted almonds 16.95

Our drink pairing suggestion: Pinot Noir, Pavolino, Veneto, Italy

JUST RIGHT FOR YOU

Smaller portions, paired together to make a complete 3 course meal 15.75

CUP OF SOUP OR SMALL FIELD GREENS SALAD TOSSED WITH HOUSE-MADE VINAIGRETTE

and

CORNMEAL AND CHIA CRUSTED COD

served with a warmed summer salad of red potatoes, green beans, tomatoes, Kalamata olives and sweet corn and topped with Dijon tarragon cream

or

CAPRESE SLIDER

Peterson Farms grass-fed beef on a focaccia bread with lettuce, heirloom tomato, fresh mozzarella cheese and basil pesto. Served with choice of root chips or field greens salad

and

FRESH FRUIT or BAKER'S FEATURED DESSERT

FEATURED FARMER

This month we are featuring two of our local farmers that provide the Good Earths with their heirloom tomatoes. We have Dave Massey of Northwoods Organic Produce in Pequot Lakes as well as Gysland Brothers Farm located in Jordan, Minnesota. Dave Massey is an independent farmer who provides a variety of organic produce through greenhouse plant seeding, experimental planting techniques and cover crops. His farm is certified organic, uses seed saving techniques and is affiliated with the Food Alliance and Land Stewardship Project. Gysland Farms is a C.S.A. or Community Supported Ag Farm that hand picks and packs to ensure the highest of quality. They have been a part of the community for over forty years and also supply produce to the Minneapolis Farmers Market. Thank you to both of these farmers for their years of work producing for and supplying us!

* In order to maintain quality benefits for our employees, the Good Earth has added a 3% employee wellness service charge. This is not an employee gratuity.