

How to set a sustainable table Mediterranean-style

From ARAcontent

Enjoy the healthy bounty of an earthy Mediterranean feast knowing that it's good for you and good for the earth, too. Flavorful farm-fresh ingredients, natural decor with rustic charm, can turn dinner into a sustainable celebration with Mediterranean style.

Go native - Think peasant-style: bare wood table, homegrown or local ingredients, hearty simple fare, earthy wines, fresh fruits, vegetables and flowers. Crusty breads from local artisanal bakers, and for an extra treat - creamy cheeses, hand-crafted mustards, olives and olive oil from the delicatessen or specialty shop.

Wine and dine - Break the bottle habit. By choosing a premium wine cask such as the new Octavin Home Wine Bar three-liter package instead of four carbon-inefficient heavy glass bottles, you'll reduce packaging by at least 85 percent and carbon emissions by 55 percent, without any waste or sacrificing wine quality. Now even premium wines come in new eco-friendly bag-in-box packaging because it's the right thing to do. Finally, artisan wines are available a glass at a time and they won't break the bank. For more information, go to www.octavinhomewinebar.com.

Strategize - Heirloom tomatoes and just-picked basil? For a fresh-from-

farm-to-table meal, do some legwork. Visit your local farmers market and farm stands for what's in season. Join a CSA (community supported agriculture farms that provide subscribers with direct fresh produce) and have your own boxes of field-ripened produce delivered.

Click - With key ingredients as search terms, click online for recipes. Epicurious, SouthernLiving.com and Cooks.com are sites with healthy lifestyle recipes. Try the recipes included below.

SAUTEED MUSHROOMS

Serves: two as a main course, four as a first course or side dish, or 12 as a topping for bruschetta

2 tablespoons extra virgin olive oil

1 pound cultivated or wild mushrooms (shiitake, chanterelles or oyster mushrooms, or a combination) trimmed and quartered if small, thickly sliced if large

Salt
2 tablespoons Chardonnay

Freshly ground black pepper

Gremolata (see recipe below)

Heat a large, heavy non-stick skillet over medium-high heat. Add 1 tablespoon of the olive oil, and when it's hot, add the mushrooms. Sear the mushrooms, stirring with a wooden spoon or tossing in the pan, until they are lightly browned and begin to exude their juices. Add salt to taste. Add the wine and contin-



ue to cook, stirring or tossing the mushrooms in the pan, until the wine has just about evaporated and the mushrooms are glazed, 5 to 10 minutes. Add the remaining oil, pepper to taste and the gremolata. Cook, stirring, until fragrant, about 1 more minute. Taste and adjust salt. Serve hot.

GREMOLATA

1 to 2 garlic cloves (to taste), finely minced
1/4 cup finely minced fresh flat-leaf parsley
2 teaspoons grated lemon zest

Toss together all ingredients. Add to dish shortly before serving.



Sauteed Mushrooms with Gremolata. Photo courtesy of Luca Trovato/ ArtistReplne.com