

Keep it in the backyard.

DINNER PARTY!

4 COURSES FEATURING THESE LOCAL PARTNERS

Juniper Hill, Wakarusa Valley, Two Sisters,
Mettenburg, Goddard, Kevin Irick, Steven Bogler, J & S Coffee,
Free State Brewing

Mushroom Arancini | romesco sauce, toasted almonds, microgreens
Roederer Estate Brut Sparkling

Wedge Caesar Salad | smoked anchovies, Farm to Market
sourdough toast points
Cambria 'Katherine's Vineyard' Chardonnay

Smoked Mettenburg* Brisket | confit potatoes, rainbow chard & mushrooms,
blackberry demi-glace
Sur de los Andes Cabernet Reserva

Butterscotch Budino | whipped goat cheese, coffee & stout beer caramel
Fonseca 10yr Tawny Port

\$45 PER GUEST, \$30 FOR WINE PAIRINGS

* Why grass-fed beef?

In terms of Earth's history, it's only until recently that the grasslands of Kansas were roamed by herds of ruminant animals millions-strong. The herds ate every blade of grass as they travelled but predators kept the herd tight and mobile. They left behind their waste and hoof-prints, which fertilized the land and infiltrated rainwater. The grass, for its part, maintained its plant-to-root ratio and shed some of its roots and carbon sugars to match its new haircut. The macro- and micro-biology in the soil feasted on this dead plant matter and sugar and left behind waste of its own: carbon. The result was rich soil, full of life and full of nutrients and sequestered carbon.

There are plenty of arguments for grass-fed and finished beef that range from happier and healthier animals to a significant improvement in human health and diet, but we can go even bigger! In grass-fed beef, we have not only the opportunity to try delicious, healthy protein, but, if raised in a certain way, the chance to mimic the patterns of these ancient herds to sequester carbon in the soil.

The practice of rotational grazing with the intention of mimicking natural herds was developed by Allan Savory* in Zimbabwe but has spread all over the world. We will present to you a dish made with grass-fed beef from Mettenburg Farm, part of the Tallgrass Network, the local 'Savory Hub.' Enjoy!

*Search Allan Savory TED talk on YouTube. It'll change your life!

J. WILSON'S