



For Immediate Release
May 15, 2008

Contact: Jen Beltz, Front Burner PR, LLC
Ph: 207.699.5500 jen@frontburnerpr.com

MAINE'S CINQUE TERRE NAMED BY EPICURIOS TO "TOP 10 FARM-TO-TABLE RESTAURANTS IN THE U.S.A." LIST

Portland, ME – Epicurious, the national CondéNet food site connected to both *Gourmet* and *Bon Appétit* magazines, has named Cinque Terre restaurant to its list of "Top Ten Farm-to-Table Restaurants in the U.S.A." Cinque Terre (www.cinqueterremaine.com) and its Executive Chef and Co-Owner, Lee Skawinski, are featured in the profile for actively promoting locally grown and raised animals, fruit, herbs and vegetables at the award-winning restaurant in Portland, Maine.



Lee Skawinski, Executive Chef and Co-Owner of Portland, Maine's Cinque Terre and Vignola restaurants

The farm-to-table movement is attracting supporters and expanding throughout the country. "The phenomenon is finally national in scope and impact," Epicurious columnist Joanne Camas writes. "After years of importing ingredients from all over the world, chefs are going back to basics and staying local. The goal is to limit the human impact on the environment.

"Farm-fresh fare is also packed with nutrients, doesn't have to be sprayed with chemicals to protect it for the long haul to the restaurant, and just plain tastes good. Everybody wins, from farmer to chef to diner," she adds.

The Epicurious feature singles out Chef Skawinski's view that the farm-to-table and Slow Food movements are interrelated and mutually beneficial, and together help mark the continuing shift away from industrialized food systems. "Diners now are more savvy about knowing whether restaurants are buying everything from the back of one box truck, or whether they're going out there and really trying to source local and fresh meats, cheeses, fish, and vegetables," Skawinski says.

In particular, the feature commends Cinque Terre for growing much of its own all-natural and organic produce. Dan Kary and Michelle Mazur-Kary, co-owners of Cinque Terre with Skawinski, own nearby Greene, ME's Grand View Farm, which supplies nearly 40 percent of the restaurant's seasonal ingredients.

"Everyone at the restaurant pitches in with planting and harvesting at the farm. It's wonderful that we can plan in advance specific ingredients and menu items, and have the freedom to experiment with new varieties and seasonal offerings," Skawinski notes in the feature.

– more –

On September 17th of this year, Chef Skawinski will be presenting his second dinner at New York City's esteemed James Beard House. The New England native is a member of the Maine Organic Farmers and Growers Association (MOFGA) and the James Beard Foundation. He also is active in the Slow Food Movement, and in Gruppo Ristoranti Italiani, a highly regarded national group of influential restaurateurs dedicated to elevating the perception of Italian food and wine throughout the hospitality industry.

The talented chef brings staff from his restaurant's kitchen and front-of-house team with him to Italy at least twice each year, during which the team meets with Italian growers to learn about their production methods. Cinque Terre staff also meets with vintners, olive oil and balsamic producers, and Italian family businesses producing some of the world's best artisan cheeses and cured meats. Many of these specialty Italian food items are incorporated into the northern Italian and Ligurian-inspired menu at Cinque Terre.

"It's important to me that our team has a solid understanding about the food and wine we're offering guests at Cinque Terre," notes Skawinski. "I want them to learn the ins and outs of planting, harvesting and cooking these wonderful, seasonal Italian varieties. When we go to Italy to meet with growers and producers, we are all, in effect, lucky enough to learn from the masters."

In addition to working at their own farm, Skawinski and his team at both Cinque Terre and its "sister" restaurant, Vignola (www.vignolamaine.com), have been longtime supporters of well over a dozen local produce farms, local artisan cheesemakers and fishermen, as well as of local livestock businesses in Maine. "The collaborative relationships we have with growers is very much central to the type of cuisine and variety of dishes we're able to offer our patrons at Cinque Terre and Vignola," according to Skawinski. "There's something very rewarding about building and sustaining relationships with our local suppliers. It's just plain common sense – both from a healthy eating and financial perspective."



Cinque Terre's own Grand View Farm in nearby Greene, ME provides the restaurant with nearly 40 percent of its all-natural and organic produce.

Cinque Terre is keeping good company in the Epicurious Top 10 Farm-to-Table Restaurants list: additional restaurants from around the country range from Trellis in Kirkland, WA and Tupelo Honey Café in Asheville, NC, to Fredericksburg, VA's Poppy Hill Tuscan Kitchen and Montagna at the Little Nell in Aspen, CO.

To read the full Epicurious feature, visit <http://tinyurl.com/3m58mc> .

To access Cinque Terre's media kit, with downloadable photos, Chef Skawinski's bio, press releases, and recent news, visit www.frontburnerpr.com/cinqueterre.php .

For further information, or to schedule an interview with Chef Lee Skawinski, contact Jen Beltz at Front Burner PR (Phone: 207.699.5500 jen@frontburnerpr.com).

Come discover why *The New York Times*, *The Boston Globe*, *Food Network*, *Gourmet*, and *National Geographic Traveler* all list Cinque Terre as one of Portland, Maine's "Must-Dine" experiences. Serving dinner nightly. For reservations, call (207) 347-6154.

www.cinqueterremaine.com

#