



Here at Taste, we love food, in all forms. Restaurants are terrific, but there are great chefs whose talents shine in other ways, producing culinary wonders for dining in.

BY LISÉ STERN



4th and Heart Ghee Butter

## Ghee Whiz

### 4th and Heart Ghee Butter

323-686-2868  
fourthandheart.com

Raquel Tavares was raised by a registered dietician mother who also had a degree from the California College of Ayurveda. Ayurveda is the ancient Indian science of healing, with a strong basis connecting nutrition and health. “I grew up with very alternative modalities of eating, and under very strict nutrition guidelines,” Tavares says. This included her mother’s homemade ghee, butter that’s been simmered several hours to remove all dairy, a mainstay of Ayurvedic cooking. Ghee’s deliciousness, plus its documented health benefits, inspired Tavares to create **4th and Heart Ghee Butter**, made from the milk of grass-fed cows. Grass-fed is important, she says, because “cows are treated more ethically when they’re in that kind of environment. It makes more sense. Plus you get the vitamins that come from grass in the butter.” The five flavors of Ghee Butter are all lactose and dairy free, Paleo friendly, and shelf stable at

room temperature; they also happen to add terrific flavor to whatever you’re cooking. Popular is **Original**, which has a caramelized creamy taste great on vegetables and delicate fish. Other choices are **California Garlic**, **Himalayan Pink Salt**, **White Truffle Salt**, and **Madagascar Vanilla Bean** (surprisingly tasty in a cup of tea). The 4th and Heart ghees are available at area Whole Foods and other markets, including New Morning Natural Foods in Kennebunk, Maine.

## Green Goodness

**Lēf Farms**  
662 Route 106 North  
Loudon, N.H.  
603-435-4500  
lef-farms.com

**Lēf Farms baby greens** debuted in early 2017. They offer three varieties, sold in 5-ounce bags as well as in bulk to area restaurants, all grown from non-GMO seeds from Johnny’s Selected Seeds in Maine. **Smooth** includes milder greens: leaf lettuce, pac choi, mizuna, and oakleaf. **Spice** includes arugula, mustard, cressida,

and mizuna; and **Balance** features red and green baby kale.

The greens are incredibly fresh and flavorful, and almost don’t need dressing. “Our whole mission at Lēf is to supply a new salad experience to the Northeast,” says Donald Grandmaison, sales and marketing manager. Co-owner Henry Huntington explains, “Reducing food waste is a major goal on the farm. By offering a product that is grown right here, our greens can last 18 days or longer, which gets more product on plates and less in trash cans.”

Lēf began when Huntington, who also co-owns Pleasant View Gardens with his brother Jeff, was looking for an off-season use for his family’s greenhouse-based business. Baby greens seemed like a great idea, although Huntington soon realized they’d need the greenhouses year-round for the salad business, using an automated process they discovered in Finland. “We harvest our greens at the perfect stage,” Grandmaison says. “The leaves are small, almost petite, not big and bulky, and very easy to eat.” Lēf Farms salad greens can be found in area markets throughout the Seacoast; check the website for nearby locations.



Lēf Farms baby greens

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OPPOSITE PAGE: TOP: COURTESY OF HOUSE BEAR BREWING; BOTTOM: COURTESY OF GRANDYOATS



## Honey Do

### House Bear Brewing

36 Main Street, Unit #7  
Amesbury, Mass.  
978-388-1506  
[housebearbrewing.com](http://housebearbrewing.com)

When she was in college in Ohio, Beth Borges had a lot of male engineering friends, who decided they wanted to learn to brew beer. “I didn’t want to be the chick in the group who does what all her guy friends do, but I didn’t want to *not* learn how to brew just because they were doing it,” Borges says. She also had a group of medieval reenactment friends, who suggested she try her hand at mead, and she’s been brewing the fermented honey beverage ever since. In 2013, she convinced her friend Carl Hirschfeld to go into the mead business with her, and House Bear Brewing was born in Amesbury.

The meadery has four permanent flavors and two seasonal. Later this year, they’ll be moving to Newburyport, and will have a tasting room and additional flavors. Year-round choices are gold medal winner **Traditional**, made with blueberry blossom honey; **World War Bee**, a lemonade mead; **Paradise Unpaved** made with passionfruit and prickly pear; and strawberry-basil-

infused **Nursery Crimes**. The mead is dry and sophisticated, and not overtly sweet. “Mead is a little like a garden. If you take care of it, something amazing will come out of it,” Borges says. “Mead is meant for people to have with the food they eat, with the friends they love hanging out with, to celebrate and enjoy life.”

## Going Nuts

### GrandyOats

34 Schoolhouse Road  
Hiram, Maine  
207-935-7415  
[grandyoats.com](http://grandyoats.com)

GrandyOats in Maine has been making oat-based granola for decades—since 1979, and current owners (self-described) Head Honcho Nat Peirce and Chief Granola Officer Aaron Anker have been in the business together since 2000. Their products are all organic, sweetened with alternatives to cane sugar, including honey, maple syrup, and coconut syrup. Their line of roasted nuts can be found in the bulk section of area natural food stores; try the

popular **Maple Roasted Cashews**. **Organic Nori Sesame Cashews** are gluten free and seasoned with Maine kelp, dulse, and nori. The new **Turmeric Ginger Cashews** have a little kick to them.

The growing interest in Paleo products inspired GrandyOats’ newest line, grain-free **Organic Coconola**. “Customers were asking for it,” says Anker. “Paleo, gluten free—everybody’s looking for health benefits, but, really, a product has to taste good.” Coconola, available at area markets, succeeds. Slivers of coconut form the base for three flavors, giving a granola-like mouthfeel. **Original Coconola** also includes cashews and pecans, plus pumpkin, sunflower, and sesame seeds, sweetened with honey and maple syrup, as is the **Chocolate Chunk Coconola**. Coconut and maple syrups sweeten the **Super Hemp Blend**, which gets added protein from hemp seeds.

A couple years ago, GrandyOats moved to their current location and they are now completely solar powered. “We wanted to use as much renewable energy as possible,” Anker says. ①

