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Restaurants plant Bear's Island Farm

THURSDAY, 01 OCTOBER 2009 07:02 BY ABIGAIL DUDLEY

We've all been told how important it is to eat our greens. But what about eating green?

The owners and employees of the Old Oyster Factory, Red Fish and Alexander's restaurants have developed Bear's Island Farm, a garden near Colleton River Plantation which has become the source of a variety of fresh produce featured in the restaurants' dishes.

According to Alexander's sous chef Chaun Bescos, the garden idea came about nearly a year ago as part of a trend moving down the coast from several progressive restaurants in Charleston.

Bescos, who grew up on an organic farm in Hawaii, said this summer's garden included local tomatoes, peppers, eggplant and greens. "We had a great growing season," said Bescos. In addition to the garden, the restaurant group has forged relationships with local farmers markets in Bluffton and Ridgeland, in addition to other farms like Three Sisters Farm, an all-organic farm in Bluffton.

Bescos said whenever the restaurant group can, it buys local produce, fish caught locally and/or through sustainable practices and freerange meats




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- Two-thousand ten
- Two-thousand and ten
- Twenty-ten

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Last Call

by Marc Frey

Future, here we come!
It is reassuring to know that the town's resolution for the new year is to examine what lies ahead for us and what measures we can take today to meet...

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