

The Marketplace Messenger

September 2011
Volume 6 Issue 1

Communicating *Grinnell Dining* news of interest to our diners

GRINNELL COLLEGE



From the Director ...

Welcome to Grinnell College and the 2011 – 2012 academic year. The entire Grinnell Dining staff extends a warm welcome to each of you. If you are a returning student we are happy to see you back and hope you have had a wonderful summer. If you are a member of the class of 2015, we extend a special welcome to becoming a part the Grinnell College community. You will readily discover that Grinnell College will become a special place and have a special impact on your life.

The culinary staff, under the direction of our executive chef Scott Turley, has been working hard this summer on changes and enhancements to your dining program. On our culinary team we are fortunate to have eight certified professional chefs and as you begin this academic year you can look forward to new recipes and menu items. The C-staff developed a series of special meals for the Marketplace and each chef was assigned specific events to develop a menu, recipes, arrangements and décor. The series of events has been titled, “Foods of the Worlds, Experience It.” The first event in the series highlighted the local foods and was on August 24th “Welcome to Iowa....from Iowa.” I hope you enjoyed it! Look for the upcoming events as the chefs have some spectacular plans.

Returning students will undoubtedly notice several changes in the Marketplace besides the menu offerings. The cereal bar once again was on the move and I am sure you have found in the corner of the commons next to the stairs. Out-Takes was expanded to a 10 day menu cycle from a 6 day with many new items added. Stir Fry regulars will notice the procedure has change slightly to offer a personal service attitude and individual orders. A new Gluten Free venue was added this year to help meet the increasing rise in the number of students that have gluten intolerance. Dining is committed to offering dietary assistance to any student that has special needs.

We are always interested in your comments so when you try a new item give us your feedback as it will be appreciated. Most of the enhancements in menu offerings, venue changes and service stem from last spring’s student survey and hopefully we are making positive moves that were requested. If you are in the Class of 2015 we will be looking for your comments and you will have your time on the next survey. Of course, you can count on our continued commitment to nutrition, nutrition education, local purchasing, sustainability and working together to create a successful dining program second to none.

Grinnell Dining is blessed to have so many dedicated employees and I can honestly tell you that they strive each and every day to provide you with nothing short of extraordinary!

If you are returning or here for the first time, it is great to have you on campus and we look toward a successful year for all! dick

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The Marketplace Messenger is your source for information about *Grinnell Dining*. Each new issue will be preceded by an e-mail announcing its availability. Current issues of The Marketplace Messenger are available through the campus Lyris listserv notification. Past issues are available through the *Grinnell Dining* website.

This publication is produced by Grinnell College Dining Services (641-269-3661)

Grinnell College Dining Services
Feeding the bodies that power the minds of tomorrow’s innovators!

Welcome Class of 2015!

On behalf of the chefs and staff of Grinnell Dining, we are excited and proud to welcome you to our national award-winning Marketplace dining program. We have some wonderful menus and culinary events scheduled for this year that we hope you will enjoy.

We are very fortunate at Grinnell College to have the beautiful dining facilities that we have, and our goal each day is to serve you the very best program possible within our means.

A few words about your meal plan. Students who are on weekly reset plans (20, 15, or 10 meals per week) will see their balances (on Pioneer Web) reset each Sunday morning for the following week. In addition to the weekly limit, there is also a limit of three meals per day.

The Marketplace menu is a four week cycle, and is available for your reference on our web page or on the video sign posted above the Marketplace door.

Out Takes opened Monday, 8/29, at the west end of the Spencer Grill. Students on meal plans may redeem their meals there instead of in the Marketplace when they desire a meal to go. Out Takes' menu rotates and is also available on our web page or posted at the Spencer Grill.

Thank you for allowing us to serve you and please let us know if you have any questions about our program. Bon appétit!

Meet the Professional Chefs at Grinnell Dining



Left to Right:

Terry Anderson, Certified Working Pastry Chef, Jamie Leonard, Certified Executive Chef, Laura Kaiser, Certified Chef de Cuisine and Assistant Director, Jacob Nerness, Certified Sous Chef, Becca Dayton, Certified Executive Sous Chef, Adam Darland, Certified Sous Chef, Amber Lacina, Certified Sous Chef, Scott Turley, Certified Executive Chef and Chief Culinary Officer.

Grinnell College Dining Services

Marketplace Hours of Operation

Breakfast

Monday through Friday

7:00 a.m. - 10:00 a.m.

Saturday (continental)

9:00 a.m. - 10:00 a.m.

Sunday closed

Lunch

Monday through Friday

11:00 a.m. - 1:30 p.m.

Saturday and Sunday

11:30 a.m. - 1:30 p.m.

Dinner

Monday through Thursday

5:00 p.m. - 8:00 p.m.

Friday - Saturday - Sunday

5:00 p.m. - 7:00 p.m.

The Marketplace takes board and guest meals (from student meal plans), dining dollars, campus cash, employee dining discount meals, and cash.

Guests are always welcome! Guest prices are Hot Breakfast (M-F) \$6.50; Continental Breakfast (Sat) \$5; Lunch \$8.50; and Dinner \$11.50. Children 6-12 years of age are \$5.00 per person, regardless of the meal they are attending, and children 5 and under are free.

The Spencer Grill

Welcome to The Spencer Grill.

I am looking forward to meeting each new student and also hearing from all returning students about your summer. Summer in Iowa has been a lovely combination of extreme heat and record rainfall. At least we did not experience any earthquakes or hurricanes. Hopefully a pleasant fall is on the horizon.

If you are new and not familiar with The Spencer Grill, we serve a wide variety of menu items from Panini sandwiches to personal pizzas. Stop by and check out all of our menu offerings which include both vegetarian and vegan items. Returning students you will find French Fries and Nachos have been added to the menu.

We will also have many cold specially drinks to cool you down on those hot remaining days of summer. Try a strawberry smoothie, raspberry lemonade, or add cherry and lime to your favorite cola.

Our Bakery items are baked fresh each day by Grinnell Dining's own in-house bakery which is located in the lower level of the Joe Rosenfield '25 Center. The bakers work around the clock putting their talents to good use baking all the great choices that you will find at The Spencer Grill and Marketplace. Try our Big Cookie...you will not be disappointed. Keep an eye out for the return of the wonderfully totally uninhibited decadence of the Ghirardelli brownie which you can find on Wednesday mornings starting around 10am.

The Spencer Grill proudly serves Capital City Coffee which is hand roasted in the Artisan Style in Ankeny, Iowa.

The Spencer Grill is firmly committed to Fair Trade Coffee, and the economical, social, and ecological sustainability of the developing nations that grow the world's finest coffees. We serve 100% Fair Trade Certified, Organic, Shade-Grown, and Cooperative Coffees.

The Spencer Grill employs over 60 students who work various shifts throughout the week. Would you like to be one of them? Join The Spencer Grill team by stopping by to see the opportunities available.

I am always interested in comments and suggestions. If you have a comment please fill out a comment card or email me at kirk@grinnell.edu.

Enjoy your time here in Grinnell,

Mary Kirk – Assistant Director

The Dietitian's Plate

By Britt McConnell, RD/LD



Grinnell Dining

presents Britt McConnell, RD/LD as our consulting dietitian. Britt is in the Marketplace on Wednesdays during the fall semester. Britt will be presenting a series of nutrition educational programs to heighten the awareness of proper nutritional and how it affects the body and one's well being.

Look for Britt's presentations to begin on September 14th with "choose MyPlate". She will address making food choices for a healthy lifestyle can be as simple as using 10 tips.

Britt is always available for private consultation by emailing her at dietitian@grinnell.edu or calling the Dining Services Office @ 3661 to make an appointment on Wednesday's.

Grinnell Dining Management Staff

Dick Williams – Director of Dining Services,
williamr@grinnell.edu

Jeanette Moser – Associate Director (Marketplace Operations),
moserj@grinnell.edu

Mary Kirk – Assistant Director (Retail Operations),
kirk@grinnell.edu

Laura Kaiser. – Assistant Director (Procurement),
kaiserla@grinnell.edu

Scott Turley C.E.C. – Executive Chef and Chief Culinary Officer,
turley@grinnell.edu

Contact us anytime!

Allergy Alert!

If you have a food allergy, especially to nuts of any kind, avoid any food that is displayed with an **orange-colored** identification tag. **Orange tags** are used to especially notify diners of potential allergens within a certain food. If you have a question regarding a specific allergen, please contact a Dining supervisor. We would be pleased to assist you with a safe choice.

Marketplace Specials

“Foods of the World –

Experience it!”

.This year the culinary staff was presented a challenge to create an event for students to experience different cultures of the world through food. They have taken the challenge to heart and are working as a team to present not one meal but a series of special meals in the Marketplace over the entire year. Each month one of the professional chefs will be responsible to research, write menus, develop and test recipes, plan arrangements and décor and incorporate the entire staff in helping to make the event successful.

The Culinary staff takes great pride in providing extraordinary foods for students every day in the Marketplace. They are especially hopeful that you enjoy the Foods of the World Series this year.

Check out the list of the upcoming dates and mark your calendar or enter a reminder in your smart phone.

Special Dates for Special Events

Sept 21 Spanish Tapas

(Scroll down to check out
Chef Amber’s comments)

Oct 26 Diwali Festival of Lights

Nov 16 Fire & Ice

Dec 7 World Holidays

Dec 13 Dessert Extravaganza

Jan 23 Chinese New Year

Year of the Dragon

Feb 21 Mardi Gras

Fat Tuesday

Mar 14 Peruvian Nights

Apr 8 Easter Brunch

May 14 Kansas City BBQ

Simply Outstanding!

GLUTEN FREE at *Grinnell Dining*

The Marketplace has introduced an all new “Gluten Free” venue this year. In past years those required to follow a gluten free diet would stop in the Heart-of-the-House and pickup a plate of food with items they could eat each meal. The addition of the Gluten Free venue will allow our gluten free guests to choose foods as does everyone else who eats in the Marketplace.

For those unfamiliar with gluten free diets, a gluten free diet requires one to refrain from eating the protein gluten. The gluten protein comes from grains such as wheat, barley, matzo meal, rye, semolina, and spelt, to name just a few. The diet is somewhat tricky as the gluten protein is often found in many foods that one would not consider would contain this protein such as in soy sauce, many soup bases, barbeque sauce and salad dressings. All breaded products are usually coated with breads that contain wheat or other flours that contain the protein gluten. These breaded products then “contaminate” the oil they are fried in so that French fries that are fried in oil that has been used to fry breaded products should not be eaten.

In some cases eating a product that contains gluten can cause a person to suffer abdominal pain, others may not experience pain, but continuing to eat gluten can cause further damage to their small intestines. For this reason, if you do not need to follow a gluten free diet, please be mindful of those that do, allowing them to have access to the foods they need to remain healthy. If do need to follow a gluten free diet, or any diet, please fill out the Medical Diet forms found on the Grinnell Dining & Catering web page under accommodations and return to Jeanette Moser, Associate Director of Dining or to Grinnell Dining, attention Jeanette Moser. We want to have these forms on hand to assure that we are meeting the needs of those who must follow specific diets.

Grinnell Dining has worked to create recipes that are similar to foods served at other venues. Because Grinnell Dining prepares most foods from scratch, we are able to control the ingredients used more closely than if we utilized convenience or ready to cook foods. Many companies change the thickener in production, thus the ingredient label may change on foods on a weekly or monthly basis. Since we prepare most foods from scratch, we can eliminate this fluctuation and maintain better control of the foods we eat.

I would like to reiterate that Grinnell Dining requests you to complete the Medical Diet forms found on our Dining & Catering web page under accommodations for any medical diet need. We require this information so that we can best serve our guests.

Grinnell Dining is excited to be able to offer the Gluten Free venue to better serve you!



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Grinnell Dining **Sustainability**

Grinnell Dining's commitment to sustainability is deeply rooted in the belief that we must leave the environment in better condition for generations to come. Because of that belief, we are proud of our accomplishments and partnerships while looking for even more ways to sustain and better the environment. Here are just a few of the ways in which your *Grinnell Dining* is practicing what we preach.

For the past several years, all-campus picnics have exclusively used bio-degradable and compostable products. Plastic water bottles have been collected and sent to recycling.

All imprinted disposables used by *Grinnell Dining* are made of a large percentage of post consumer and compostable materials.

All cups used in The Spencer Grill are made of compostable, corn-based PLA plastic.

All post-consumer tray waste from The Marketplace is run through a pulper and sent to a local farm for composting. The farmer uses the compost to enrich his soils for future generations.

Grinnell Dining works with local farmers to bring you fresh fruits, vegetables. Currently, we work with well over 30 individual farmers as well as Local Harvest Supply (LHS) of Iowa City, Iowa. LHS works with a co-op of vegetable farmers throughout central and eastern Iowa. This fall we have begun working with Grown Locally, a co-op of farmers in northeast Iowa. Our biggest challenge with local foods is securing sufficient quantities to meet the demand of the Marketplace.

All liquid and shell eggs served by *Grinnell Dining* are produced by hens in a cage-free environment locally by Farmers Hen House of Kalona, Iowa.

Grinnell Dining recycles cardboard, paper, glass, metals, and frying oil. Frying oil is collected by a local company that recycles it into bio-diesel.

Grinnell Dining is committed to continual improvement in all areas of sustainability.

Upcoming

September

1 – Deadline for changing meal plans for fall semester

5 – Labor Day, regular service hours

15 – First meeting of the Dining Service Committee

21 – Marketplace Special – Spanish Tapas

22-24- Board of Trustees meeting

23-24 – Family Weekend

The information contained in this publication is designed to be read on your computer. Due to the use of various fonts and pictures, printing this publication may result in reduced readability. By not printing this publication, you are assisting Grinnell College Dining Services in its goal to reduce, reuse, and recycle as much as possible. Thanks for helping us remain as “green” as possible!

Chef’s Corner....

The culinary staff met this past June to review the menu offerings from last year. We had great discussions regarding things we wanted to do with the menu that is offered to our students. Fifty plus menu items were deemed not popular based on comments and limited demand. Through research and development we found more than 100 new and exciting items and are being served as you read this. The entire list of new recipes was rigorously tested multiple times through a formal process. Each time, the recipe was evaluated for taste, texture and overall appeal. Only after passing the scrutinizing eye of the chefs, was it added to the menu.

We also developed a new “Gluten free” venue in response to the increasing demand for gluten free foods over the past few years. The “Gluten Free” venue will mainstream gluten free offerings to meet this growing demand. If you utilize this venue we would appreciate your feedback as we grow in this area.

Based on the student survey, the Out-Takes menu was rebuilt to include several meal replacements as well as lots of different items and expanding the menu cycle to a 11 day cycle.

The chefs worked very hard developing a food series highlighting the culture of foods of the world. This series of meals, entitled “Foods of the World ...experience it” will focus on specific cuisine cultures working toward being true to that cuisine. On behalf of all the professional chefs at Grinnell Dining, I sincerely hope you enjoy our efforts!

As we introduce an item for the first time we will have a comment card for your evaluation. Look for the “stars” in the Marketplace indicating a new item is being offered. We ask you to try it and give us your feedback –do you want to see it again? ---or have it go away? We value your comments and will evaluate each recipe/item based on your comments and acceptance. So, please tell us what you think.

Until next time, Chef Scott

Breakfast Venues

Monday through Friday, The Waffle Bar, Eggs To Order and the Plat du jour offer hot breakfast 7 am – 10 am. The Waffle Bar and the Eggs to Order venues will close at 9:45 am to allow a little more time for the Presentation Cooks at each venue to clean, restock and then reset the venue for Lunch by 11 am. If you are a late arrival for breakfast, don’t fret as the Plat du jour will be open offering you hot breakfast selections until closing at 10 am. Enjoy!

Stir Fry Station

You may have noticed a small change at the Stir Fry Station. We received many comments from students about not receiving the correct order. We have made some adjustments to provide more personal attention and speedier service. The attendant will take your gathering dish and pass it to the Wok cook. The Wok cook will visit with you regarding your individual order, complete the preparation and personally hand it to you. So, please do not leave until you have your stir fry plate in your hand. We hope you will find your Stir Fry experience to be more interactive and friendlier.

Spanish Tapas Dinner

Created by: Chef Amber Lacina

Many of you may have never heard the word “Tapas” unless you know of Spanish background or have a culinary background. Well, I would like to say a few words about the Tapas Dinner on September 21st in the Marketplace. Tapas are essentially a small snack or appetizer. The king ordered bars would not be allowed to serve wine to customers unless it was accompanied by a small snack or “tapa.” On September 21st the dining staff will transform the Marketplace into a Spanish theme featuring entrees at all venues. We even have a special drink station with the Spanish flare – Sangria and Agua Fresca. The culinary staff is very excited to present this Spanish Tapas Dinner as one in our series for the year, “Foods of the World –experience it!” I hope you will plan on joining us and experiencing a sample of the foods of Spain.