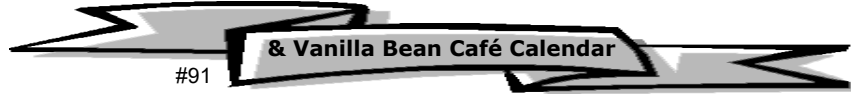




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Northeastern Connecticut

Bean Soup

Information & Entertainment



Issue 23 Number 2

April - June 2019

Free*

85 Main - Celebrating 14 Years in June

This June 22nd will be the 14 year anniversary of our restaurant in Putnam. Opening with style fourteen years ago, **85 Main** featured a Raw Bar (the only one in Northeastern Connecticut at that time) and was described as a New American Fusion restaurant.

In 2009, the bar area was expanded, creating a space two times the size of the original bar and large enough to accommodate a growing number of customers choosing to drink and dine in the bar. The new area featured a sushi bar designed in consultation with Chef Osaki who was our sushi chef for a number of years. The creation of a sushi menu added a new dimension, flavors and beautiful creations to our existing menu offerings.

85 Main was the producer of the Shuck-Off Oyster and Shellfish event. Celebrated at **85 Main** for the first two years, the event grew in popularity and was moved to Rotary Park the third and fourth year. With attendance at more than 3,000 people during the 4th annual celebration, the event highlighted our restaurant and the Putnam area to local and out of town customers.

The outside patio area, that was added to in front of several businesses in 2008, including **85 Main**, brought attention to the restaurant and to the downtown area and helped make Putnam a destination!



In 2014, **85 Main** renovated the downstairs function room. This new room is now a wine cellar function room with stone walls and exposed wine storage and is used for functions as well as for additional seating. Some of the events that have been held in this space include, corporate functions, wedding rehearsals, baby showers, wine dinners, and chef pairings.

Much has changed since 2005 in the town of Putnam and **85 Main** is proud to be a part of the revitalization of this old mill town. Visit **85 Main** in Putnam and see what they have been up to to create a truly exceptional dining experience in Putnam. And check out the rest of Putnam while you are there!

Visit Our Restaurants



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Mansfield Connecticut
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Fenton River Grill
Celebrates 1 Year in April!
The Vanilla Bean Café
will be Celebrating their
30th Anniversary in August!

The Vanilla Bean Café wants you to know...

The Vanilla Bean Café opened in 1989 with 16 seats

The Vanilla Bean Café is owned by the Jessurun Family

The Vanilla Bean Café is a member of
Green Valley Hospitality

We open 361 days a year. We close on:
Easter Sunday, Fourth of July, Thanksgiving
& Christmas Day

Business Hours:

Monday, Tuesday 7 am - 3 pm
Wednesday, Thursday 7 am - 8 pm
Friday 7 am - 9 pm*
Saturday 8 am - 9 pm*†
Sunday 8 am - 8 pm*

*We may close early during colder months.

†Entertainment night -
we serve dessert, beer & wine until 10 pm

Web site: www.TheVanillaBeanCafe.com

E-mail: ask@thevanillabeancafe.com

Address: 450 Deerfield Road
Pomfret Center, Connecticut 06259

Phone: 860-928-1562



Music Booking: Maria Sangiolo
maria@thevanillabeancafe.com



Art Booking: Kayla Murphy
kayla@thevanillabeancafe.com

Bean Soup Ads: Barry Jessurun
barry@gvh-ct.com

"It does not matter how slowly you go as long as you do not stop."
- Confucius

Bean Soup is an information and entertainment newsletter.

 Compiled by Barry Jessurun 
Written by Barry Jessurun
Edited by Maria Sangiolo

 Layout & Design - Barry Jessurun 

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Green Valley Hospitality Pomfret, Connecticut 06258

VBC Accolades and Awards

The New York Times

"The food...is freshly made, well seasoned and extremely tasty."

The Boston Globe

"...great food - homemade soups, sandwiches, burgers, and the best fish cakes around - in a relaxed atmosphere."

Yankee Magazine

Editors' Choice - Best of New England
Connecticut's Best Country Café - 2011

The Hartford Courant

"This is a place that serves excellent food and brings in some of the better performers on the New England coffee house circuit..."

"The Vanilla Bean Café in Pomfret is one of those rare places that truly has something for everyone... Oh, yes - the food is truly delicious, too."

The New London Day

★★★

"The soups are homemade and delicious, the sandwiches unusual and served on breads that are positively delicious..."

www.VisitingNewEngland.com

"the Vanilla Bean Café is one of those places you simply don't want to leave."

www.HiddenBoston.com

"This impossibly funky Connecticut restaurant is full of character (and characters), and is truly in a class by itself."

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"Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do"
- Pope John XXIII

VBC Review Quotables...

"Extremely Tasty" Food - New York Times

"Relaxed" Atmosphere - Boston Globe

"Truly Bizarre" Service - New London Day



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**Book Your Next Event
In The Wine Cellar @ 85 Main**

The Wine Cellar at 85 Main has received many accolades since its opening. The downstairs function room at 85 Main was completely renovated in 2015 and is available for private parties, business meetings, special events and regular dining when it is not booked for a private party. Contact Dawn at 860-928-1660 or send an email to ask@85main.com for more information and available dates.



"Opportunity does not knock, it presents itself when you beat down the door."
- Kyle Chandler

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"Trees are poems the earth writes upon the sky, We fell them down and turn them into paper, That we may record our emptiness."
- Kahlil Gibran

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"Always do your best. What you plant now, you will harvest late."
- Og Mandino

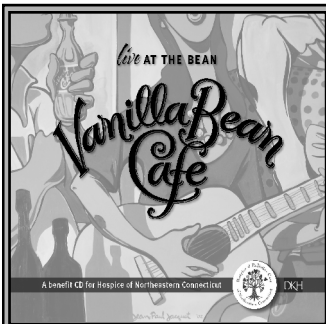
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"Success comes not from having certainty, but from being able to live with uncertainty."
- Jeffrey Fry



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About... Sing:

Quiet Corner Song Swap

3rd Friday of each Month @ 7:00 pm

After the death of Pete Seeger in 2014, a small group of his admirers joined together to celebrate his life with a sing-along concert at the Hampton Grange. The event was a huge success and gave birth to SING: The Quiet Corner Song Swap. There is no charge and lyrics are available for most songs. They frequently use the folk "hymnal", *Rise Up Singing* and its sequel, *Rise Again* for song lyrics. Participants are encouraged to lead their favorite songs or suggest them to the song leaders of the evening. Bring your voices, your instruments and your ears. This is specifically a night for singing, so please, no fiddle tunes or songs without a place to join in.

April Entertainment

Friday - 5 - Peter Mayer

Peter Mayer writes songs for a small planet—songs about interconnectedness and the human journey;



about the beauty and mystery of the world. Whimsical, humorous, and profound, his music breaks the boundaries of "folk", and transcends to a realm beyond the everyday love song, to a place of wonder at the very fact of life itself. Peter began playing the guitar and writing songs when he was in high school. In college he studied theology and music, and then spent two years in seminary. Afterward he took a part-time job as a church music director while performing at clubs and colleges, and writing and recording his music. In 1995, he quit his job and started performing full-time. Since then, Peter has gradually gained a dedicated, word-of-mouth following, playing shows from Minnesota to Texas, New England to California. He has ten albums to his credit, and has sold over 80 thousand of them independently.

Saturday - 6 - The BeeKeepers

Winners of the May 2017 Akademia Music Awards for Best Folk/Singer-Songwriter EP, Amanda



"Mandy" Sullivan, Sylvie Abate and Phred Mileski "display dense and diverse instrumental ability" "on guitar, classical guitar, bass, u-bass, merlin, banjo, accordion, piano, hand-percussion, ukulele - everything in the kitchen sink! Each woman is a songwriter, arranger and producer in her own right and together **The BeeKeepers** write, record, produce and perform original music influenced by Americana, Acoustic-Rock, Folk and Blues. In addition to their original songs, The BeeKeepers also pay tribute to the female artists who influenced their careers, performing cover songs by Joan Baez, Joni Mitchell, Edith Piaf and Annie Lennox to name a few for a truly captivating musical experience." "The BeeKeepers's voice-forward production technique is perfectly conceived; their honest lyricality is impossible to resist, and their melodic instincts are well-articulated by the guitar as well." (*Akademia Magazine*)

Friday - 12 - SING:

The Quiet Corner Song Swap

"Music is an outburst of the soul." — Frederick Delius

April Entertainment

Saturday - 13 - Kate Callahan Miles & Mafale

American singer-songwriter **Kate Callahan**, a native of Hartford Connecticut, was nominated for a CT Music Award in 2012. Callahan's lyrics have been called "zen-like" by folk legend Noel Paul Stookey (Peter, Paul, and Mary). WNPR Host Colin McEnroe says "...she swings out and away from influences, where startling music is made -Kate deserves to be called an artist these days. [she] is the only performer I've ever seen who occasionally seems to be channeling something vaster and far more ancient than herself, something more easily understood by Emerson than by any modern person." She has traveled the U.S performing and opened shows for legends Judy Collins, John Gorka, the late Bill Morrissey, and an appearance alongside Regina Spektor.



Listening to **Catherine Miles and Jay Mafale's** songs is like hearing a story from a good friend.



Illustrated with everyday details that are almost tangible, they are at once personal yet universal. Catherine's expressive voice is at times a powerhouse, at times

warm and familiar. Jay's guitar is alternately percussive and melodic, propelling the narrative. They couple these songs with a candidness and playful approachability on stage that disarms the audience, opening hearts just wide enough to let the light in.

Saturday - 20 - Faux Nellies with Mark Davis

The **Faux Nellies** inhabit that intersection of American music where the space-cowboy music of the Byrds, Buddy Miller and Emmy Lou Harris meets the countrified rock of Tom Petty, Keb Mo and The Band.



The 'Nellies' are Dave Dalzell on

lead vocals and acoustic guitar, local artist Mark Davis (Mark and Beverly Davis, Big Jump Band) on lead guitar and mandolin, Carter Berking on bass and vocals, and Bobbie Berking-Dalzell on harmony vocals. Expect tunes from the likes of John Prine, the Subdudes, Son House, Jesse Winchester, Little Feat and JJ Cale, mixed in with traditional country blues and dance tunes. This will be the first time here for this talented musical group, come enjoy the show.

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- Parker J. Palmer

Saturday - 27 - Andrew McKnight

Since leaving his engineering career in 1996, award-winning folk/Americana artist **Andrew McKnight's**



musical journey has traced miles of blue highways and earned him a wealth of critical acclaim and enthusiastic fans for his captivating performances and seven recordings. Andrew's powerful show is delivered with warmth and down-home comfort. His finely crafted songs are woven together with humorous stories and poetic drama, while the musical soundscape traverses influences from Appalachia, tasteful slide and jazzy blues, feisty anthems, rustic folk, and even a little fancy flatpicking on a Carter Family tune. His skillful guitar work is the foundation, while touches of native American cedar flute, resonator guitar, djembe (African hand drum) and mandolin add delightful embellishments.

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- Leo Buscaglia*



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May Entertainment

Friday - 3 - Open Mic



Hosts - Faith Montaperto & Peter Lehndorff - Feature - Shawn Taylor - Wandering roots troubadour Shawn Taylor, weaves songs from many colored threads of Americana. His fourth CD "Balance" wanders from Appalachian to island groves, gritty rock to sparse folk ballads, to finger-style time twisters and gut busting blues, in a testament to his past decade of relentless dedication to the development of the 'wandering roots' sound, philosophy and body of work.

Saturday - 4 - The Kennedys

At well over a million miles of roadwork, including two stints as members of Nanci Griffith's Blue Moon Orchestra, Pete and Maura Kennedy show no



signs of slowing down either on tour or in the creative realm. Originally based in Austin, Texas, they spent a few years in the Washington DC area

before moving to the East Village in New York City, where they have been based for most of the last two decades. **The Kennedys** are known nationwide as the hosts of the late lamented Dharma Café program on Sirius Satellite Radio, and on Broadway, they are regular cast members of Theatre Within's annual tribute to John Lennon — working in that capacity with Patti Smith, Debbie Harry, Jackson Browne, Cyndi Lauper and a host of others.

Friday - 10 - SING: The Quiet Corner Song Swap

Saturday - 11 - Sally Rogers

Sally Rogers performs an evening of traditional, contemporary and original ballads and song, inter-



woven with stories taken from her life as a performer, a wife and a mother. Throughout her concerts, she accompanies herself on guitar and Appalachian dulcimer, or performs without accompaniment in a voice that needs no further enhance-

ment. Reviewers have described her voice in superlatives ranging from "remarkable" to "mesmerizing." As one critic summarized, "...it's really next to impossible to do justice to a voice of that quality." Much of the material performed by Sally includes her own compositions, many of which are considered classics of the folk and popular genre.

May Entertainment

Saturday - 18 - Joel Cage

Joel Cage is an award-winning veteran singer/songwriter from Boston. Once a member of the internationally acclaimed rock & roll group Southside Johnny & the Asbury Jukes, Joel has been performing regionally and nationally as a soloist for the past 2 decades. He has performed at some of the most prestigious folk & acoustic venues & festivals in the country, including the Kerrville Folk Festival in Texas where he was awarded top prize in the Kerrville New Folk Competition. A virtuoso guitarist and an impassioned vocalist, Joel Cage's music is both evocative and raucous. He spans the gamut from sounding like a full rock band to 'hear your own heartbeat' intimacy.



Saturday - 25 - Crowes Pasture

Off the southern coast of Cape Cod bay is a hidden salt marsh known as Crowes Pasture, where the Atlantic Ocean tides recede twice a day to reveal intricate patterns on the shifting sands. To Monique and Andy, this recurring cycle of creation and discovery evokes their own musical journey. The duo performs original music and eye-opening covers that reflect a mutual passion, sense of discovery and celebration of life. Their tightly blended vocal harmonies are mixed with an expressive instrumental style that is best described as a banjo-guitar romance. Crowes Pasture's style of escapist folk transports and connects listeners through universal experiences in their "skillfully crafted, emotional songwriting". (Chris Eastburn, award-winning composer). In just four years' time, Crowes Pasture has quickly been making waves with two EPs, two full-length albums, and their new single, "Hazy Shade of Winter" (Paul Simon), under their belt. They have been featured on the Joe Val Bluegrass Festival Showcase Stage for three years running, performed at Club Passim's Campfire Festival, and were finalists in the 2018 CT Folk Festival Competition.



"Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence." -Unknown

"Music is to the soul what words are to the mind." - Modest Mouse

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June Entertainment

Friday - 7 - Open Mic



Hosts - Faith Montaperto & Peter Lehndorff - Feature - River Run is not your typical Americana band. Their sound is rooted firmly in guitarist Bill's classic rock influences, earthy vocals from lead singer Sam, and Kat's intuitive and sonorous fiddle interludes. With soaring sibling harmony and original song writing, they create a unique musical experience.

**Friday - 15 - SING:
 The Quiet Corner Song Swap**

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About Green Valley Hospitality

Green Valley Hospitality (GVH) is the management and marketing company that oversees our 4 restaurants (The Vanilla Bean Café, 85 Main, Dog Lane Café and Fenton River Grill). GVH company was founded in 2015 to create a streamlined approach to management and a more focused approach to marketing. Most of the work handled by GVH are the tasks that would keep the managing partner of each location in the office, and not on the floor managing the restaurant, overseeing staff and keeping the focus on overall quality.

At GVH we also focus on educating our staff and engaging with our local communities. Through training, access to continuing education programs, and creating a friendly and rewarding environment, our staff are provided with a place where they can enjoy working. For our guests, this means immediate, friendly and courteous service by well-trained and educated staff.

Soup Corner

Curried Chicken & Cauliflower

This soup was originally made with swordfish when it was first developed. It was one of those mornings when there was a whole case of cauliflower in the walk-in and swordfish that was left over from dinner specials. The soup was created and tweaked a bit for balance, and it became what we call a 'winner' with its first iteration. This soup went on to get rave reviews for numerous customers and we made it a few more times. However, we don't often order swordfish plus it was expensive to make, so the recipe went on to the back burner (pun intended). One day we had some extra chicken that needed to be used and the recipe was reworked. The result was an instant success.

Ingredients

- 12 oz chicken – diced ($\frac{1}{2}$ " – $\frac{3}{4}$ ")
- 1.5 quarts chicken stock
- 2 oz butter
- 1 oz bacon fat
- 1 small onion - diced
- 5 ribs celery - diced
- 1 Tablespoon garlic - diced
- 1 Tablespoon curry powder
- $\frac{3}{4}$ teaspoon cumin
- $\frac{3}{4}$ teaspoon fresh ground coriander
- $\frac{3}{4}$ teaspoon fresh ground black pepper
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon turmeric
- 1 Tablespoon Thai Chili Sauce
- 2 drops Tabasco
- $\frac{1}{4}$ cup flour
- 3.5 oz can coconut milk
- $\frac{1}{2}$ head cauliflower – diced ($\frac{1}{2}$ " – $\frac{3}{4}$ ")
- 2 cups diced tomatoes
- $\frac{1}{4}$ cup shredded coconut
- $\frac{1}{4}$ cup chopped scallion



Method

- Brown chicken in a pan - remove chicken
- Add vegetables, butter and bacon fat to pan
- Sautee vegetables until soft
- Add seasonings and stir
- Add flour and mix thoroughly
- Add stock and bring to gentle boil
- Add cauliflower and return to gentle boil
- Simmer for 15minutes
- Add chicken, tomatoes, and chicken broth,
- Heat to 165°
- Add scallion and coconut to serve



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Goings on ... at The Bean

Weekend Breakfast

A full breakfast menu is served Saturday and Sunday from 8:00 am - 12:00 noon. We offer a variety of specials including recent items like Wild Boar Sausage Scramble, Roasted Mushroom Omelet, and Chili and Cornbread Benedict. We use only 100% local maple syrup. ☺

Dinner

We are open for dinner Wednesday - Sunday. Each night we run four or five dinner specials. Recent items include: BBQ Chicken Flatbread, Sesame Ahi Tuna Bowl, Seared Scallops, and Korean Pork Mac'n Cheese. We offer a truly quality dinner at a great price, in a warm and friendly atmosphere. If you haven't tried us for dinner yet, it's time you did. ☺

The Artwork Gallery

The Café displays artwork by local artists year round. Some shows have openings and some do not. Most of the artwork displayed is for sale and often prices are listed with the piece or on a list located in the room. One hundred percent of the sale price goes to the artist.

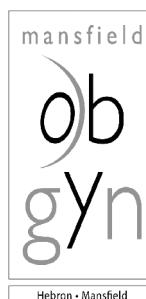
April – Denise Melucci

May – NECT Art Guild

June – Janet McDonaled ☺

Entertainment

The Café is on the National Folk Music Circuit and attracts talent from all over the United States while featuring mainly New England performers. The majority of the shows are on Saturday night and start at 7:30 pm. Our Open Mic night is on the first Friday of each month. During shows, a theatre curtain separates the listening room from the tiled dining room and kitchen in an effort to keep the music in and the kitchen noise out. ☺



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Our Pricing Practices*

1. Sales Tax Included - Our prices include the 6.35% Connecticut Sales Tax. The prices listed on the menu are exactly what you pay. Our prices may seem to be inflated; however, a \$12.00 menu item is actually \$11.28 + \$.72 sales tax. Furthermore, this practice makes it easier for the customer, especially if that customer is a child who has exact change for a cookie. What you see is exactly what you pay - what could be simpler?

2. Not Market Standard Pricing - We are not trying to fool the customer into thinking that \$9.95 is less expensive than \$10.00. We find this type of pricing insulting to our customers. However, the reason it is used so extensively around the nation is that it works effectively. We don't like that practice, and we also like to believe that our clientele is not so easily fooled.

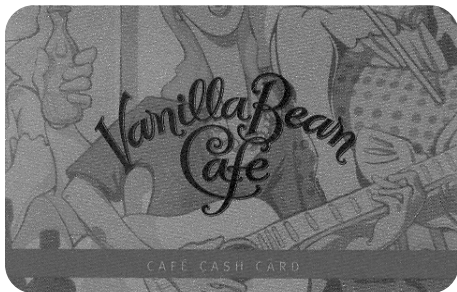
3. No Pennies, Dimes or Nickels - Because our prices include tax and we do not price in the standard way, we do not have to use pennies, dimes or nickels. This is a service to both the customer and to us. We don't give you lots of change, and we only have to use quarters and fifty-cent pieces. This also helps our staff to be more efficient performing transactions, which saves time and money. An added bonus is that we don't have to count change at the end of the business day.

*The Vanilla Bean Café & Dog Lane Café only ☺

"The key is to keep company only with people who uplift you, whose presence calls forth your best." - Epictetus

The Café Cash Card


The first Café Cash Card was introduced in 1997. The appearance of the card has changed since then, but our card still works like the gift cards available in most stores today. Café Cash Cards can be purchased in any amount at the restaurant or online and



are reloadable - add to the card balance at any time! Cards can be used to purchase any menu item at Vanilla Bean Café. **Note:** A bonus of 10%


is added to the card balance when you purchase a card for \$200 or more*. The card must be presented to redeem it at the time of purchase. The Café Cash Card makes a great gift for friends and family members and is ideal for students at the local schools. Café Cash Cards have no expiration date.

*VBC only ☺



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"The primary cause of unhappiness is never the situation but the thought about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral. It is as it is." - Eckhart Tolle

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"It took us that long to realize that a purpose of human life, no matter who is controlling it, is to love whoever is around to be loved." - Kurt Vonnegut

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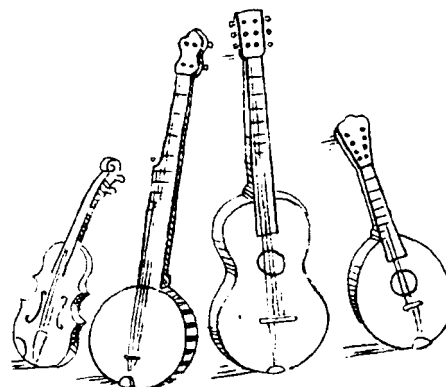
Rich & Karyn DiBonaventura

What's Happening at *The Bean*...



All shows start at 7:30 pm unless otherwise noted

- | | | | |
|---|----------------|---------------------------------------|----------------|
| ● Friday April 5th | 20.00 | ● Saturday May 11th | - 20.00 |
| Peter Mayer | | Sally Rogers | |
| ● Saturday April 6th | 10.00 | ● Saturday May 18th | - 12.00 |
| The BeeKeepers | | Joel Cage | |
| ● Friday April 12th | 7:00 pm - Free | ● Saturday May 25th | - 12.00 |
| SING: The Quiet Corner Song Swap | | Crowes Pasture | |
| ● Saturday April 13th | - 15.00 | ● Friday June 7th | - 5.00 |
| Kate Callahan | | Open Mic - River Run | |
| Miles & Mafale | | ● Friday June 14th | 7:00 pm - Free |
| ● Saturday April 20th | - 15.00 | SING: The Quiet Corner Song Swap | |
| Faux Nellies | | | |
| ● Saturday April 27th | - 15.00 | | |
| Andrew McKnight | | | |
| ● Friday May 3rd | - 5.00 | | |
| Open Mic - Shawn Taylor | | | |
| ● Saturday May 4th | - 15.00 | | |
| The Kennedys | | | |
| ● Friday May 10th | 7:00 pm - Free | | |
| SING: The Quiet Corner Song Swap | | | |



Call ahead, shows are subject to change

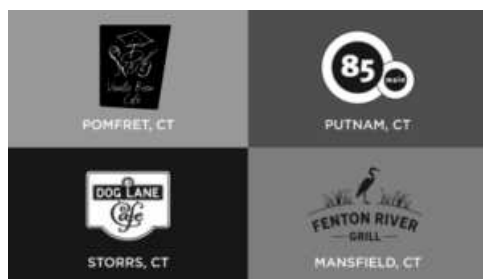
Cash or Check Only for show Admissions



P O Box 206
Pomfret CT 06258

2019 ... What's Happening at The Bean ... 2019 ~ April, May & June ~

- **Friday - April 5th - Peter Mayer ****
****Saturday - May 4th - The Kennedys ****
****Saturday - May 11th - Sally Rogers ****



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