

YUMMY NORTHWEST

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TWO CAFÉS WITH HEART

FareStart and the Plymouth Housing Group are two Seattle organizations that utilize food to provide hope. At the FareStart Library Café, young people learn to work with the public, serving up hot beverages, pastries, and sandwiches with a smile. At the Plymouth Café, all profits from the sale of designer drinks and breakfast and lunch items goes to house the homeless.

Taking care of all the problems of the world seems a formidable task. Why not start by feeding yourself at a café that is making a real improvement in your community?



During February and March, 2006, **Yummy Northwest** will make a donation to both FareStart and the Plymouth Housing Group for every visit Yummy readers make to the FareStart cafés or Plymouth Café. Send an e-mail to say you bought something and tell us how you liked it!



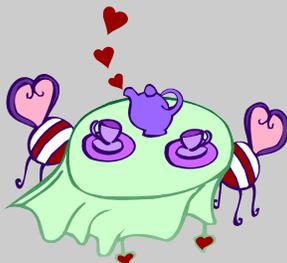
FareStart Library Café

A murmur of hushed controversy is wafting through the library community as discussions take place on whether food and books should mingle. Nonetheless more and more cafés are appearing in libraries to give a financial boost.

The café in the new Seattle Public Library building beat out four competitors to earn its place. Staffing it are participants in the Seattle FareStart Barista Training and Education Program (BTEP). This program provides homeless and at-risk young people, ages 16–21, with skills to get a job and with resources to help them get their lives back on track.

Downtown Seattle library patrons also benefit from the program as they enjoy carefully made hot and cold beverages, as well as pastries, snacks, and sandwiches.

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If you can't feed a hundred people, then feed just one.

– Mother Teresa



addresses

FareStart Library Café
 at the downtown Central
 Library, 3rd level
 (near Fifth Ave. entrance)
 1000 Fourth Ave.
 Seattle
 Mon.–Sat. 10 am to 6 pm
 Sun. 1 pm to 5 pm

FareStart Café @ 2100
 2100 24th Ave. S.
 (1 block off Rainier Ave.
 at 23rd)
 Seattle
 Mon.–Fri. 8 am to 3 pm
www.farestart.org

Plymouth Café
 621 Third Ave.
 (at 3rd and Cherry)
 Seattle
 Mon.–Fri. 6:30 am to 2:30 pm
www.plymouthcafe.com

Plymouth Café

Part of the mission statement for the Plymouth Café states that it will be "a creative environment that educates, inspires, and invites customers, employees, and community to share in Plymouth Housing Group's commitment to end homelessness in Seattle."

So far, the café seems to have gone a long way toward fulfilling its mission. Employee turnover is low, and decor does entice customers to linger and look...at photos of some of the 12 buildings maintained by Plymouth Housing Group (PHG), at the eye-catching chandelier decorated with ping pong balls inscribed with donors' names, at the mouthwatering menu composed of intriguing fresh, local ingredients.

The café is open to catch early-morning, breakfast, and lunch crowds from nearby government and office buildings. Catering and boxed lunches are additional available services. Or you can rent the space for a special event.

John Payne, while chef at The HerbFarm, helped develop the menu, which includes tasty and
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JASPER LINKE, PLYMOUTH CAFÉ BARISTA, MAKES ONE OF THE BEST CUPS OF HOT CHOCOLATE IN SEATTLE.

All photos by Mary Rosewood

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The barista program is part of the wider FareStart culinary program, where people in Seattle can get a new start in life with on-the-job training, classroom education, and eventual placement in the food service industry.

Among other duties, adults in the FareStart program make the sandwiches sold at the two cafés served by younger participants.

Students in BTEP begin in a mock café equipped by Starbucks. After two weeks, they get five weeks of real-time experience in the library or in Café @ 2100 in Rainier Valley. At the library, they also have to cope with non-barista questions such as, "Where is the biography section?"

This is within the context of an 18-month YouthCare program where students gain vital life skills. It's not just about making good coffee, but also about changing lives.

There isn't room here to tell the stories, but there are plenty of them that show despair turned to hope by this training.

The biggest sponsor of the barista program is Starbucks, which donates basic supplies (that's their hot chocolate you're drinking) as well as employees who volunteer to engage barista students in mock interviews and provide other support. Starbucks also donated the library coffee cart. Essential Bakery helps, too, by selling pastries to the café at a discount.

Program funding mainly comes from the King County Workforce Development Council. While FareStart takes care of 60 percent of its budget with donations and grants, 40 percent is covered by its own food service programs.

So while you're at the library, pick up some snacks to take home, and do some good.



SHAWNA WEBLEY (FAR RIGHT), BARISTA TRAINER, STANDS NEXT TO LYNNEA KARLIC, BARISTA LEAD TRAINER, AT THE FARESTART LIBRARY CAFÉ CART IN THE DOWNTOWN SEATTLE LIBRARY.



a sweet gift

Chocolate-Filled Cookie Cutters

6 ounces chocolate chips or other chocolate
Additional goodies (optional)

Note: Number of servings depends on size of cookie cutters.

1. Lightly spray metal cookie cutters on inside with oil and place on parchment paper on a cookie sheet.
2. Melt chocolate over double boiler or in microwave. As desired, stir in nuts, M&Ms, marshmallows, crispy cereal, crushed candy canes, etc. Then carefully put mixture into the cutters, filling about 3/4 full.
3. After chocolate has hardened, about 30 minutes, clean outside of filled cutters, wrap in decorative plastic wrap, and tie with a ribbon.

Or...fill the cookie cutters with: soufflé or mousse (serve these on a plate) or fudge (poured in before it hardens). If you're in a real hurry, put foil-wrapped candies inside the cutters, then wrap.

This recipe was compiled from a variety of sources.

(Plymouth cont. from page 1, col. 2)

unique gourmet sandwiches with names like the William Tell and the Gatewood, all names of PHG buildings. The café is located in a retail space in the St. Charles, which is also a sandwich of roasted turkey, applewood smoked cheddar, lettuce, tomato, mayonnaise, and stoneground mustard on wholegrain bread.

Tim's Cascade Chips, Snoqualmie Ice Cream, and Top Pot Donuts, all local companies, are welcome partners. Wherever possible, the café uses local products. Several deliciously fresh snack items, such as cookies and brownies, are baked on site by café employees.

All café profits go directly to PHG to support its programs aimed at helping and permanently housing people with the lowest incomes, many of them disabled and elderly, by providing affordable rented spaces.

Some of these people learn job skills in the café. But most employees are hired from the general public at a good wage, another way PHG supports the local community.

Paul Lambros, Executive Director, exuded a quiet, intense passion as he explained that from the start, the café was carefully planned to take advantage of its location, to wisely use local resources, and to be a gentle reminder of the need to take care of Seattle's homeless people.

Since it opened in 2004, Plymouth Café has become a convenient place to get a morning latté and to enjoy a fresh salad for lunch. But this isn't your ordinary place to eat: this café is all about serving up hope.



JOE ESQUIBAL ENRICHES A MORNING BAGEL FOR A PLYMOUTH CAFÉ CUSTOMER.

About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest. Online at rainydayrose.com.

Contact the editor

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