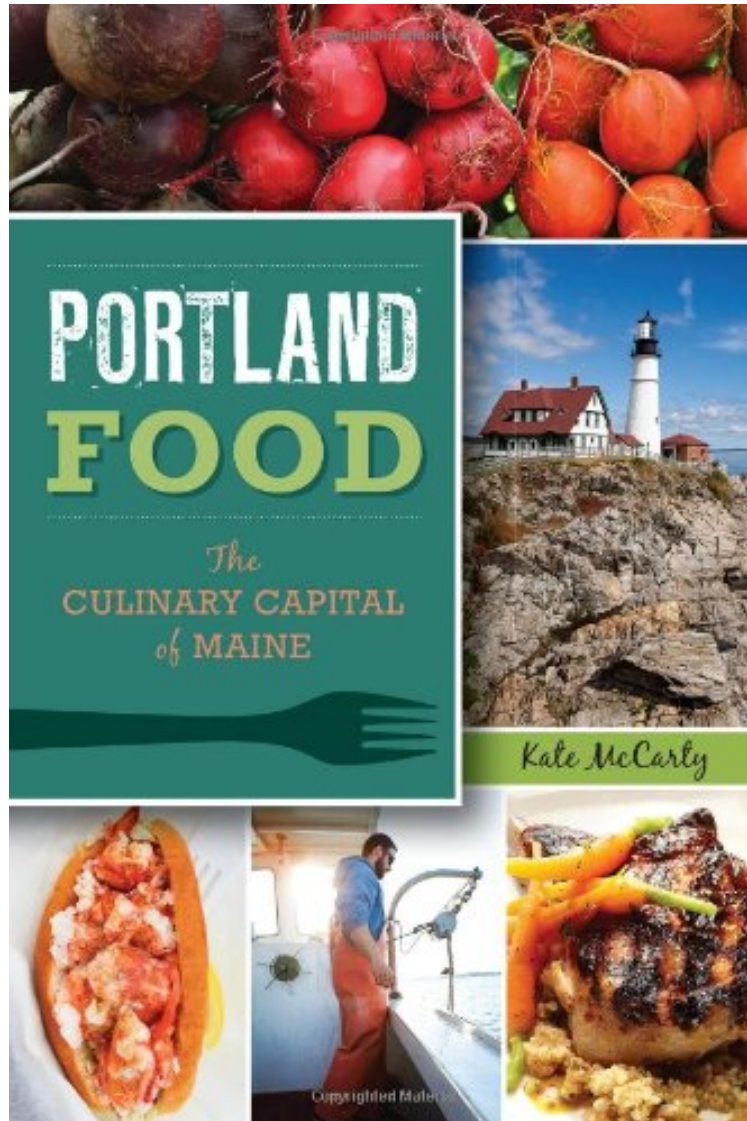


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## Portland Food:: The Culinary Capital of Maine (American Palate)

*Kate McCarty*

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**Kate McCarty : Portland Food:: The Culinary Capital of Maine (American Palate)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Portland Food:: The Culinary Capital of Maine (American Palate):

1 of 1 people found the following review helpful. Lots of interesting info!By RobinI have been to many of the restaurants in this book and know them well. I still learned many additional interesting facts. And the non-restaurant chapters (food trucks, farms, etc.) were full of interesting things too. I love the food scene in Portland and thought I knew a lot about it. I found this book to be great and I kept saying to myself as I was reading it, "this is why I love

Portland..." repeatedly. 3 of 3 people found the following review helpful. A Must for Anyone in Love with Portland Food! By Malcolm  
It's no secret that Portland's food scene is white-hot right now. But instead of focusing on only its most mainstream stars, Ms. McCarty talks to the chefs who are making food that means something to them. She talks to the shopkeepers, cooks, and bakers who are selling Portlanders their daily bread and scallops. She's Hunter S. Thompson with cheese-makers. She learns about fishing and sustainability from lobstermen, those unsung heroes of the deep, who see everything first. Of course, there is a chapter on food trucks, and an overall focus on locavorism. But this book is more than a cluster of buzzwords. Kate shows us how Maine's foragers, fishers, farmers, and producers have tapped into a long history, and found a place where their work is honored and appreciated. The culture that surrounds the food scene supports their efforts, and is part of a larger ecosystem. She demonstrates how a back-to-the-land approach isn't novel, but integral, and how all of us together can return to a whole practice of interwoven sustainability. All illustrated with a color insert of photography from some of Maine's best and brightest photographers. The book is a success both for the author and the community she clearly loves. It thoughtfully documents a time and place thoroughly, and is a must-buy for anyone with an interest in Portland Food. 2 of 2 people found the following review helpful. A lovely synopsis of how Portland got so great! By Original Roomie A  
The interviews and research that went into this book are clearly extensive. It's wonderful to read what the Portland movers and shakers have to say about the development of Portland as a food destination.

Portland, Maine's culinary cache belies its size. The vibrant food scene boasts more than three hundred restaurants, as well as specialty food businesses, farmers' markets, pop-up dinners and food trucks. Since back-to-the-landers began to arrive in the 1970s, Maine's abundant natural resources have been feeding local dreams of sustainability and resilience. Portland is uniquely primed for chefs and restaurateurs to draw on local agricultural and marine resources. Gulf of Maine fisheries and the working waterfront bring the freshest seafood to Portland's palate, while Maine's rural landscape is fertile ground for local farming. Local food writer Kate McCarty taps into the evolution of this little foodie city. Dig into Portland's bounty, from classic lobster and blueberry pie to the avant-garde of the culinary cutting edge. Explore the unique restaurants, farmers, producers, community activists and food enthusiasts that create and drive Portland's food scene.

About the Author  
Kate McCarty is a Food Preservation Community education assistant, managing forty volunteer educators and teaching canning classes with the University of Maine Cooperative Extension. She is a former Maine Foodie Tours guide and continues to manage the tours' social media. Her Maine food blog, [www.blueberryfiles.com](http://www.blueberryfiles.com), receives more than eight thousand monthly page views and was nominated for the Portland Phoenix best 2014 food blog. She also writes a monthly food column for the Portland Phoenix.