

White Dog Newsletter



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OUR STORY

University City



Wayne

Welcome to the White Dog Cafe, we're so pleased you found us. Over the past 28 years the White Dog Cafe has become synonymous with great hospitality. Founded in 1983 by social activist, Judy Wicks, and housed in three adjacent Victorian brownstones on the campus of the University of Pennsylvania the original White Dog Cafe is a local favorite known for its unusual blend of award-winning contemporary American cuisine, civic engagement and environmental sustainability. We've adopted these same values at the White Dog Cafe in Wayne. The majority of our farm purchases are made from local farms located within 50 miles of the restaurant. We use only the finest organic ingredients from farms that pasture feed their animals, that treat their livestock humanely and that practice sustainable farming methods. All of our seafood comes from sustainable sources while our wine list includes quality varietals and blends from American vineyards. We buy only fair trade coffee, tea and chocolate and use only environmentally friendly cleaning products.

We're often asked about the origin of our name. The story goes that, in 1875, founder of the Theosophical Society Madame Helena P. Blavatsky resided at 3420 Sansom Street, Philadelphia - now home of the White Dog Cafe. Scholar, teacher, spiritualist, and uninhibited eccentric, Madame Blavatsky was one of the most colorful and extraordinary characters of the century. While living on Sansom Street, Madame Blavatsky became ill with an infected leg. Dismissing the doctors and surgeons who threatened amputation, ("Fancy my leg going to the spirit land before me!") she had a white dog sleep across her leg by night, curing it in no time

In 2009, Judy Wicks sold the White Dog Cafe to local restaurateur Marty Grims allowing her to focus full time on her social and humanitarian endeavors. She remains engaged with the new management team in continuing the sustainable business practices vital to both the restaurant's legacy and its future. Marty and his team are thrilled to bring the White Dog Cafe to the Mainline and we hope you'll return time and again to enjoy the bounty of our local farms during each of the four seasons.



Helena P. Blavatsky



Judy Wicks



Marty Grims



Know Your Farmer

At the White Dog Cafe we have a commitment to serving the finest ingredients from local farms, but why is this so relevant in today's world?

We get exceptional taste and freshness. Local food is fresher and tastes better than food shipped long distances from other states or countries. In the US food travels on average 1,300 miles from farm to table. Local farmers can offer produce varieties grown for taste and freshness rather than for shipping and long shelf life.

We help strengthen our local economy. Buying local food keeps our dollars circulating in our community. Getting to know the farmers that grow our food builds relationships based on understanding and trust, the foundation of good communities. *Cont'd*

Know Your Farmer Cont'd

We support endangered family farms. There's never been a more critical time to support our farming neighbors, stewards of their land. With each local food purchase, we ensure that more of our money spent on food goes directly to the farmer.

We safeguard our customer's health. Knowing where our food comes from and how it is grown and raised enables us to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed. We buy food from local farmers we trust.

We protect the environment. Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

When we buy local we vote with our dollars. This ensures that family farms in our community continue to thrive and that healthy, flavorful, plentiful food will be available for future generations (text adapted from Food Routes materials: www.foodroutes.org).

Some of our local farms:

MeadowRun Farm, Lititz, PA; Branch Creek Farm, Perkasie, PA; Green Meadow Farm, Gap PA; Blue Moon Acres, Buckingham PA; Shellbark Hollow Farm, Westchester PA; Rich's Tomatoes, East Fallowfield, PA; True Leaf Micro Greens, Phoenixville PA; Lancaster Farm Fresh Coop, Leola PA; Sandy Ridge Farm, Elizabethtown PA; Barnegat Light, NJ; Birch Run Hills Farm, Chester Hills PA; Buzby Farm, Woodstown NJ; Mr McGregors, Shiloh NJ



Please see our website, whitedog.com, for locations and details about our farms

Our Purchasing Philosophy



At the White Dog Cafe we are proud to present a menu that enriches the health of our customers, promotes humane treatment of animals and preserves the natural environment. We strive to create community with our cuisine by purchasing the freshest ingredients directly from farmers passionate about their products. From the farm to your table, we serve the earth and our community by serving you the best.

Seasonal, local and ecologically sound ingredients taste better. However, eating food is not only important for flavor and nourishment. By choosing food grown locally by family farmers you are supporting a lifestyle that respects and protects the earth. Humane and sustainable agriculture produces wholesome food that is sensitive to our ecosystems, compassionate towards animals and provides a safe environment for present and future generations.

FRUIT, VEGETABLES & HERBS

We buy seasonal produce using ecologically sound methods from local farmers as much as possible. What we define as organic food on our menu is cultivated and/or processed without the use of chemical fertilizers, insecticides, artificial coloring, *Cont'd*





flavoring or additives. We buy both from Certified Organic farmers and from farmers who use organic practices, but either cannot afford certification or are in the transition period to becoming Certified Organic.

MEAT & POULTRY

Our meat and poultry is humanely raised without the use of hormones or sub-therapeutic antibiotics. Humane agriculture recognizes an animal's right to clean water, fresh air and sunshine, a healthy diet free of chemicals and hormones, appropriate shelter, freedom to move outdoors and the opportunity to socialize and live in family groups. Humane animal husbandry also includes humane handling, transportation and slaughter.

FISH & SEAFOOD

We source sustainably harvested fish and seafood through our suppliers. Our fish are largely wild caught from healthy, well managed fisheries. We also serve fish farmed using environmentally sensitive methods and fed pesticide-free meal. We avoid over-fished species by only buying seafood from the Monterrey Aquarium's list of approved species. Supporting sustainably managed fisheries also preserves livelihoods and rejuvenates economies in fishing regions.

DAIRY & EGGS

Our eggs, cheese and other dairy comes from local, organic and humane sources whenever possible. Our eggs are from free range, hormone free chickens. We serve a variety of local specialty cheeses from farms in our region made with hormone-free milk.

WINE & BEER

All of our wines are American grown and produced. We pay special attention to those grown without the use of pesticides, insecticides or synthetic fertilizers. We serve only local craft beer because beer is best when served fresh, without the preservatives necessary for travel and storage.

CHOCOLATE

We use Van Leer Cacao Barry chocolate for our house made specialty desserts. Their beans come from Madagascar, Peru and Trinidad, utilizing cooperatives that are certified organic and Fair Trade.

COFFEE & TEA

Our Fair Trade coffee is freshly roasted and brewed from organic beans. Additionally, we serve Mighty Leaf teas in a hand-stitched biodegradable silken pouch.



Sustainable Business Practices From the Farm to our Kitchen to your Table

100% RENEWABLE ENERGY

As of January 1st, 2002, the White Dog University City began to purchase 100% of our electricity from wind power, and other renewable sources, the first business in Pennsylvania to do so. Switching 360,000 kilowatts per year to pollution-free wind power saves the emission of approximately 432,000 lbs. of Carbon Dioxide, a major cause of global warming. This is the equivalent of taking 31 cars off the road or planting 30,000 trees per year. White Dog Wayne also purchases 100% of its electricity needs from wind power.

SOLAR HOT WATER SYSTEM

In 2007 and 2008, White Dog University City installed a solar hot water system with a tankless booster. Replacing the old boiler system reduces our gas usage by one-third. It will also increase the total percentage of renewable energy used to power the restaurant and further reduce our carbon footprint.

ECO-FRIENDLY SUPPLIES

As a rule, if there is a recycled version of a restaurant or office supply, White Dog will use it. We purchase 100% post-consumer, recycled and bleach free paper products including napkins, hand towels, bath tissues, coffee filters, take out containers, bar coasters, stationary and even pencils. Disposable plates and cutlery are made from Bagasse, a renewable resource adapted from sugar cane.

In 2007, White Dog stopped selling bottled water in order to eliminate our usage of plastic and glass bottles, the long distance transport of water, and the draining of aquifers in other communities.

RECYCLING

Both White Dog University City and White Dog Wayne recycle all glass, plastic, metal, and paper through a cooperative recycling center. We have utilized a variety of recycled products during the construction of White Dog Wayne. These include the wood floors made of EnviroCare, the first engineered hardwood to be Cradle to Cradle Certified which includes 50% recycled content. The doors, window mullions, and table tops are all reclaimed wood from regional construction waste. The wood wall panels and coffered ceiling are from sustainable forests. Our furniture is refurbished vintage pieces made by local artisans and woodworkers.



*Eric Yost, Executive Chef
University City*



*Zach Grainda, Executive Chef
Wayne*

COMPOSTING

White Dog University City led the way in establishing a cooperative compost program for all the restaurants of Sansom Row, becoming the city's first restaurant compost program. Utilizing two Earth tubs, the restaurant now composts all food waste and organic materials on site to reduce solid waste. The compost is then used to fertilize community gardens in University City. Upon opening White Dog Wayne will follow these same practices.

WASTE FRYER OIL & BIO-DIESEL FUEL

Our used fryer oil at both White Dog Café locations is recycled by Waste Oil Recyclers and sold as bio-diesel. A portion of this fuel is used to heat the animal's cages during the winter months at the Philadelphia Zoo.

During the year we plan to host special events including wine tastings, farm tours & dinners. **If you would like to be added to our mailing list please email us at: subscribe@whitedog.com.**