

## 100 Mile Spring Wedding Menu Ideas

Last year we featured Liz Neumark, Founder and CEO of Great Performances in New York and her tips for planning a locally-sourced wedding menu (within a 100-mile radius). What will be available within 100 miles of your wedding will depend entirely on your event location and the season. However, Spring is a popular time to get married, and many of the fruits and vegetables that are available in the greater New York area at this time of year, are also available throughout the country. So we invited Liz back to share some of her amazing eco-friendly wedding menu ideas for spring. Here are her top five picks:

### **First Course 1 - Asparagus, Yellow Beets, Sugar Snaps & White Beech Mushrooms with Curry, Radish & Mascarpone**

Asparagus is one of those vegetables that only tastes good in season. In this dish, when combined with other vegetables, cooling mascarpone and spicy curry and radishes, it really shines.



### **First Course 2- Kale & Pickled Apple Salad with Preserved Tomato, Sorrel, Pickled Shallots & Pecorino**

Planning a local menu can mean using items that have been preserved from the height of harvest season. Great Performances pickles fruits and vegetables with an assortment of spices and they pop up in our dishes throughout the year. This dish also features sorrel, a fresh and tangy herb that is best in the spring.



# Green Bride Guide

## **Entrée 1- Seared Brook Trout with Puy Lentils, Glazed Carrots, Brown Butter & Tatsoi**

Brook Trout is a great choice for spring wedding events because it is tender and white with a mild flavor. The company likes to pair it with legumes or grains and vegetables with a variety of flavors- in this case, sweet carrots and earthy tatsoi.



## **Entrée 2- March Farms Loin of Lamb with Swiss Chard, Pommés Purée, Morels & Spring Beans**

"In our region we are fortunate to work with local farms and purveyors that grow and produce delicious food. March Farms in Pennsylvania is a trusted vendor partner for our lamb cuts. We serve loin of lamb with some prime spring produce including morels, a smoky wild mushroom that is hunted in the spring," Liz explains.



## **Chocolate Terrine Dessert**

The Spring Chocolate Terrine dessert is gluten-free because they make the cake with buckwheat, which lends a unique flavor. Sweet and tart poached apricots brighten the dish as

As you can see, planning a locally-sourced green menu for you spring wedding is not only easy, but it will leave your guests talking about the amazing food at your event long after the celebration is over. Picking a green caterer is a fast way to make a big difference and reap the tasty rewards. well.



**GREAT PERFORMANCES®**  
*Celebrate Food.™*