



THE FERRINGTON HOUSE RESTAURANT, ONE OF THE MOST VENERABLE FARM-TO-FORK RESTAURANTS IN THE SOUTH, CELEBRATES ITS 30TH SUMMER

Pittsboro, NC, Summer, 2010 – Thirty years ago, a North Carolina family opened The Ferrington House Restaurant in a white-columned farmhouse, 9 miles south of Chapel Hill. Founders R.B. and Jenny Fitch soon began welcoming guests from the Carolinas and all over the world.

As R.B. Fitch recalls: "When we started the restaurant, our goal was to provide a dining experience that was not just 'eating a meal' but encompassed exceptional local cuisine, service, gardens, ambience, art and so on. The most remarkable dining experiences my late wife, Jenny, and I had occurred when all these things came together."

It's here in this same farmhouse that Executive Chef Colin Bedford and resident farming genius Anne Stomp together plan the kitchen garden. Max Kast directs the wine list. Dutch-born Joris Haarhuis is a familiar and friendly face to guests, having been Maitre d' for 18 years. Austrian native Theresa Chiettini coordinates all, as General Manager. R.B. continues to set direction and foster an environment in which teamwork and collaboration thrive.

This summer the Ferrington team has a number of anniversary events planned:

- The weekend of September 11th: Join us for a first-ever "[Behind The Scenes Experience](#)" at The Ferrington House. Guests will enjoy a one night Inn package that includes a:
 - Personal tour the kitchen with Chef Colin Bedford
 - Discussion of the wine program from wine director Maximilian Kast
 - Tour the formal gardens with master gardener Wendy Moses
 - Discussion with organic farmer Anne Stomp in our kitchen gardens.

Guests will enjoy Traditional English Tea, a Gourmet Breakfast and a Four-course Dinner complete with wine pairings to celebrate the restaurant's 30th anniversary. Guests will have time to relax and shop in the village. Starting at \$575 per couple.

- A continuation of the popular annual summer rates: from June 1st to September 30th, 2010: Two can enjoy a luxurious night in the Inn, a Three-course Dinner at The Ferrington House Restaurant, Traditional English Tea; and a Gourmet Breakfast starting at \$375 per couple.



The Fearington House Story – A Brief History of Our 30 Years

In 1976, Bill and Moreton Neal leased the Fearington family homestead for what become well known as the acclaimed French restaurant, La Residence. Chatham County was a “dry county” then, and in 1978 the Neals moved their restaurant to Chapel Hill, in adjacent Orange County, where liquor laws permitted selling wine.

Jenny Fitch was herself a talented cook, inspired by Richard Olney, Julia Child, Perla Meyers and others leading the nouvelle cuisine movement of the 1970s. After attending several cooking schools, including The Cordon Bleu in Paris and Guilliano Bugialli’s school in Florence, Italy, Jenny helped start a weekly cooking group in Chapel Hill, a fun way for friends to enjoy the best recipes of the day.

Soon after La Residence vacated the farmhouse, she sensed an opportunity to meld her French-inspired cooking techniques with local foods. The farmhouse was renovated and opened as The Fearington House Restaurant in May 1980. With her boundless energy, Jenny created and oversaw the gardens, designed the interior spaces, assembled beautiful floral arrangements and served as its first executive chef.

Once the kitchen staff was assembled and the restaurant was permitted to sell wines, Jenny stepped back from day-to-day management. Acclaimed Southern chef and author Edna Lewis served as guest chef. Edna had written several cookbooks, including, in 1976, *The Taste of Country Cooking*; an immediate classic. The most enduring legacy of her unforgettable tenure is the Hot Chocolate Soufflé, photographed at The Fearington House for the cover of *Gourmet* magazine in 1984.

From then on, many talented chefs have honed their skills at The Fearington House. Ben Barker and Karen Barker, who had worked at La Residence with Bill Neal, came to Fearington House when Edna Lewis returned to New York in 1984. Several years later, Ben and Karen Barker opened their own restaurant, Magnolia Grill. Ben’s sous chef Walter Royal later became Executive Chef at Angus Barn, the landmark Raleigh steakhouse. Other past Fearington chefs include Shane Ingram, now chef/owner of Four Square, and Drew Brown, chef and co-owner of Piedmont, both in Durham.

Jenny Fitch’s *The Fearington House Cookbook*, issued in 1987, is beautifully illustrated by Daneen Griffin and offers full menus for each season. What’s also great are her writings about techniques and native plant materials used in flower arrangements. For example, her “First Day of Spring” chapter combines a complete dinner with floral ideas such as daffodils on the front door and a table arrangement of butterfly weed and trumpet vine. Nothing could better capture the emerging season!

Seasonal cooking, local cuisines, farm-to-fork is so in fashion now it’s interesting to watch a public television interview with Jenny 1992 in which she said, “[The chef and I] will sit down and talk a lot. For example, What does fall say to us in food - could it be persimmons? Could it be apples? What kind of things in that season lend themselves well to what we’re going to do?”



By 1995, sadly the year Jenny passed away, The Fearington House earned for the first time Five Diamonds, the highest rating given by the American Automobile Association. And it has been awarded Five Diamonds every year since.

Our Chef, Our Food, Our Recent Achievements

Colin, a native of southwest England, joined The Fearington House in 2005 and became Executive Chef in late 2008. He came to Fearington from the Price of Wales Hotel, located on Lake Ontario and one of Canada's best hotels.

Since becoming head chef, Colin has managed a number of important accomplishments. First, the Fearington House became the first AAA Five Diamond restaurant in the country to be Green Certified™ (a certification made by the not-for-profit Green Restaurant Association, or "GRA").

"Being Green Certified isn't static; we have to keep making approved improvements every year to maintain it. We were already doing things like recycling, reusing cooking oil, composting and growing produce in our gardens. But working with GRA, we took it further, installing low-flow aerators on kitchen faucets and switching to biodegradable packaging, all without harming the guest experience. It's been interesting seeing how this balance can be achieved," said Greg Fitch, who launched the program with GRA, and together with sister Keebe, works in the business with father, R.B.

In 2009, The Fearington House was voted a Top 50 Best Overall Restaurant in the US, based on more than two million reviews by OpenTable diners.

Colin and his team contribute regular columns under "Notes From The Kitchen" in Fearington's blog. Entries include such posts as "Preserving the Season", "An Intern's Story of Preparing a Staff Meal" and "Why Every Chef Needs an Anne." This last posting tells of Colin's collaborations with organic grower Anne Stomp, who helps Colin with the kitchen gardens and runs her own farm nearby.

Through endless experimentation, Anne has a particular interest in harder-to-find, but incredibly succulent, produce varieties that can thrive in our climate and soil conditions. Her plans for our summer garden include Ciogga Beets, English Peas, Salsify Root, Thumbalina Carrots, Pencil Leeks, Japanese Black Trifele Tomatoes, Green Zebra Tomatoes, and Red Lighting Tomatoes. In the greenhouse, there are microgreens used to garnish dishes. Also around the property there are fig trees, crabapple trees, an herb garden, and bee hives for honey production and plant pollination.

And the food! We hope you'll soon join us to taste for yourself. A sample from the menu: <http://www.fearrington.com/house/samplemenu.asp>

- Goat Lady Dairy Panna Cotta with Elderflower Jelly, Shallot, Sherry & Beets
- Wild Garlic Carolina Gold Risotto with Apple and Vanilla Jam, Black Barley & Fennel
- Shrimp Sausage with Stone Ground Grits and Shellfish Sauce Andouille

Of course, still on our menu after all these years is the classic Hot Chocolate Soufflé, introduced by Guest Chef Edna Lewis in 1983.



About The Ferrington House Restaurant

The Ferrington House Restaurant is a member of Relais & Chateaux, an association of the finest restaurants and hotels in the world, and is the only restaurant in the country that is both Green Certified™ and rated Five Diamonds by the American Automobile Association. The farmhouse restaurant, recognized for its sophisticated contemporary American cuisine, provides guests an exceptional dining experience. Opened in 1980 and surrounded by extensive gardens, The Ferrington House Restaurant is in geographic middle of North Carolina, 8 miles south of Chapel Hill and 20 miles west of the Raleigh/Durham International Airport. Call 919-542-2121 for reservations or visit www.ferrington.com.

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