

# Monadnock Table *It's Local!*™

THE GUIDE TO OUR REGION'S FOOD, FARMS & COMMUNITY



**INSIDE:**

**Food as Medicine**

**The Bantam Grill:  
Where Italy Meets  
New England**

**PLUS:**

**Seed Catalogs  
Winter Farmers' Markets  
Winter Recipes & More!**



## **ON THE COVER:**

**“Allium Cepa” (10” x 20” • colored pencil drawing on watercolor paper) by Tina Gagnon.**

*Tina Gagnon is a color pencil artist whose work captures both the vivid and sometimes subtle colors found in nature. Living and working in southern New Hampshire, Gagnon is a largely self-taught artist who enhanced her skills by studying at the New Hampshire Art Institute. Her subjects are chosen from memories of her walking trips through the gardens, woods and mountains of New England. “By allowing fine detail, the medium of colored pencils helps me express a high degree of realism that recreates my subjects just as they are in nature,” she says. See more of her work on the Farm Directory pages, 30 and 31.*