



[Back \(https://archive.triblive.com/news/farm-to-table-market-series-a-big-hit-with-residents-of-sherwood-oaks-in-cranberry/\)](https://archive.triblive.com/news/farm-to-table-market-series-a-big-hit-with-residents-of-sherwood-oaks-in-cranberry/) |

Text Size: **- +**

<https://archive.triblive.com/news/farm-to-table-market-series-a-big-hit-with-residents-of-sherwood-oaks-in-cranberry/>

# Farm to Table Market series a big hit with residents of Sherwood Oaks in Cranberry

**TRIB LIVE** RACHEL FARKAS | Tuesday, October 18, 2016 4:00 a.m.

The smell of Chef Fred Buchanan's pumpkin soup, butternut squash ravioli and fresh-baked spiral apple strudel wafted through the doors at the Sherwood Oaks Community Center.

It was the monthly Farm to Table Market series featuring fresh produce and goods from local farms and cooking demonstrations. Residents of Sherwood Oaks, a continuing care retirement community in Cranberry, could sample the chef's seasonal creations, purchase the finished products or purchase the produce to make the dishes themselves.

"It's one of the things we pride ourselves on, taking locally sourced produce and proteins and ... incorporating them as much as we can," said Buchanan, executive chef at Sherwood Oaks. Buchanan is a team member of Cura Hospitality, the dining partner of Sherwood Oaks for 15 years.

Buchanan said they incorporate locally sourced fresh goods as much as they can throughout the year in their kitchen at Sherwood Oaks and hold these market events to showcase the team's talents, engage the residents in their dining experience and educate them about their food choices.

The monthly market began last year, although Buchanan had a small stand of fresh farmer's market goods in previous years. Held only through the Pennsylvania growing season to ensure freshness, this month's market, held Oct. 13, was the last of the year.

Goods featured this month were from Maple Valley Farms, Wexford Farms, Soergel Orchards, and Naturi Yogurt in Allegheny County; Spring Valley Garden and Brenckle's Farm in Butler County; Yarnick Farms and Hills of Home in Indiana County; Tom Alexander in Westmoreland County; Dawson's Orchard in Lawrence County; Wiers Farm in Huron County, Ohio; and Monterey and Basciani



LOUIS RAGGIUNTI | FOR THE TRIBUNE-REVIEW

Executive Chef Fred Buchanan explains the sauteed fennel with caramelized shallots and candied bacon dish at Sherwood Oaks Farm to Table Market Series on Oct. 13, 2016.

---

Mushrooms from eastern Pennsylvania.

With a smaller selection of fresh goods in the fall, Buchanan featured a variety of canned and processed goods like applesauce and apple butter. Buchanan demonstrated how to make sauerkraut at the September market and had jars of the finished product available for purchase this month.

“We try to incorporate the whole process so they appreciate that it's being done local and on-site,” he said.

The appreciation is there for the residents of Sherwood Oaks, who wandered from table to table, sampling the foods and asking questions about the recipes. Resident Barbara Scruggs said it's convenient for her, as she doesn't cook much on her own, but likes to enjoy the fresh produce and social aspects of the event.

“I love it. I think it's a wonderful idea,” she said. “It shows off the talents of our kitchen department and it shows what they are capable of.”

Rachel Farkas is a Tribune-Review contributor.

**EMAIL NEWSLETTERS  ([HTTPS://SIGNUP.TRIBLIVE.COM/](https://signup.triblive.com/))**

---

TribLIVE's Daily and Weekly [email newsletters \(https://signup.triblive.com/\)](https://signup.triblive.com/) deliver the news you want and information you need, right to your inbox.

---

---

Copyright ©2020— [Trib Total Media, LLC \(http://tribtotalmedia.com/\)](http://tribtotalmedia.com/) (TribLIVE.com)

