

Taste of the Peaks

Brought to you by *The Mountain-Ear Newspaper*



Celebrating Colorado cuisine across the Peak to Peak

NEWS WITH ALTITUDE

THE MOUNTAIN EAR

The Mountain-Ear
PO Box 99
Nederland, CO 80466
303-810-5409

Staff:

Graphic Design & Illustration: Cynthia Davis
Managing Editor: Barbara Hardt
Editor: Sara Sandstrom
Copy Editor: Lynn Hirshman
Contributing Author: Omayra Acevedo
Contributing Author: Christopher Kelley
Contributing Author: Bethany Haas



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Laurence Delaunay ART Gallery & Studio



LOLO'S ATELIER
25 E. 1ST STREET
NEDERLAND, CO
720-514-9460

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The exciting flavors of high-elevation cuisine

Omayra Acevedo Peak to Peak

This autumn, *The Mountain-Ear* isn't only celebrating its third stand alone issue of Taste of the Peaks but also the chefs making the food, the minds creating menus and ambiance, and all the love that goes into savory dishes.

Whether you're a food enthusiast, want to try something new, or have an occasion to celebrate, the Taste of the Peaks offers you the opportunity to discover and explore the dining experiences found only in this part of the Rocky Mountains.

Areas in high elevation are prone to low humidity, causing moisture in foods to evaporate more quickly while cooking. Water also boils at a lower temperature at higher elevations, causing some food to take longer to cook.

The chefs featured in this edition of Taste of the Peaks have figured out ways to make the food taste as delicious as at lower elevations and sometimes unmatched. Some chefs create their own concoctions, while others add twists to traditional meals.



PHOTO BY OMAYRA ACEVEDO

Savory flavors

Cilantro is prepped at the Rock Creek Tavern kitchen, awaiting to adorn and add flavor to the many delicious dishes at the restaurant.

Distillers, winemakers, and brewers are no exception. It's believed that high elevation and Rocky Mountain water make things taste better. These craftsmen and women have created enough reasons for you to enjoy the mountains.

This isn't only your guide to fun, quirky, unique, or fine-dining experiences. It's also your introduction to talented chefs who

dedicate their lives to serving you joy. Much like life, food is a gift, and everyone should have the pleasure of enjoying it all.

From restaurants to breweries and wineries to distilleries, there are plenty of reasons to visit the Peak to Peak region. Take your taste buds on a mouthwatering adventure, and explore the delights of the Rocky Mountains with Taste of the Peaks.

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For the latest information on all of the listed businesses, check out their website or social media pages. We hope you enjoy this guide complete with all of the places you should know about in the entire Peak to Peak region.

Allenspark

Welcome to Allenspark and Ferncliff, surrounded by Roosevelt National Forest and bordering Rocky Mountain National Park. Visitors generally end or begin their tour of the Peak to Peak Scenic Byway in the Ferncliff/Allenspark area. Plenty of outdoor activities and a small business district make these two mountain towns must-stop destinations.

For more information visit www.visitallenspark.com.

MEADOW MOUNTAIN CAFE



Offering American cuisine and carrying on long-standing family traditions, this gem is a local favorite. Come in and try the famous "Mountain Muffin," the delicious "Crystal Springs" sandwich or any of the other homemade menu options. Open for breakfast or lunch Friday-Monday.

facebook.com/meadowmntncafe
441 Business Highway 7
303-747-2541

ROCK CREEK TAVERN & PIZZERIA



At Rock Creek Tavern, food enthusiasts enjoy a quintessential Colorado dining experience. This Allenspark community staple offers traditional favorite meals with mountain hospitality and ambiance to complement your experience. The stimulation of our senses is part of what makes food enjoyable. Freshly made pizzas, juicy burgers, and homemade specialties like mac 'n' cheese are their specialty. Bring your family and friends on a warm Wednesday night or a chilly Sunday afternoon, and fall in love with food again at Rock Creek Tavern.

facebook.com/rockcreektavern
357 Main Street, Allenspark
303-747-9000

TAHOSA COFFEE HOUSE



Mountain dwellers needing a morning (or afternoon) pick-me-up: come and enjoy some delicious, high-quality coffee and mouthwatering treats! Tahosa Coffee House offers both traditional and creative drink options including tea and chai along with sweet and savory food options to include house-made scones and cinnamon rolls. Tahosa looks forward to serving you!

facebook.com/campstmalo
tahosacoffee.com
10758 Business Highway 7
303-747-2786



Jamestown

Only 12 miles northwest of the city of Boulder is one of Colorado's oldest mining towns, Jamestown. Do not be fooled by its size. The town's colorful culture beams with art, music, recreation, and history.

For more information visit www.jamestownco.org.

THE JAMESTOWN MERCANTILE



A unique space in the heart of downtown, The Jamestown Mercantile is a must-try for locals and visitors alike. With a continuously changing prix-fixe menu and healthy live music scene, "The Merc" is a great place to meet up with friends or make some new ones. A full menu and events calendar is available on their website.

facebook.com/jamestown_mercantile
jamestownmercantile.com
instagram.com/jamestown_mercantile/
108 Main Street
303-442-5847

THE GOLD HILL INN & Bluebird Lodge

Chris and Brian Finn
Managers

401 Main Street
Gold Hill
Boulder, CO 80302

Phone: 303-443-6461
www.goldhillinn.com

Ward

The quiet and quaint town of Ward is a great place to stop while driving along the Peak to Peak Highway. Situated almost in the middle of the scenic byway, visitors have a few options for dining, hiking at Brainard Recreation Area, or shopping.

For more information visit www.westernmininghistory.com/towns/colorado/ward/.

MARROCCO'S FAMILY DINING



Patrick and Celeste Marrocco provide delicious homemade Italian food at reasonable prices for the whole family. Marrocco's is open through December, serving up delectable Italian cuisine to hungry pizza and pasta lovers of the Peak to Peak region. An Italian dining treasure in the mountain community of Ward.

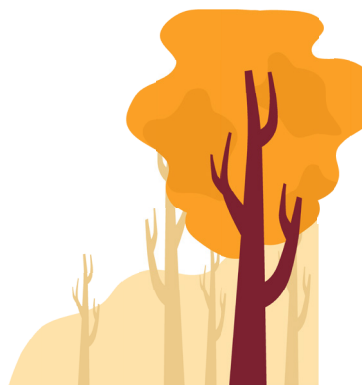
facebook.com/marroccosward
8 Utica Street
303-459-0358

MILLSITE INN



At the highest point of the Peak to Peak highway sits the historic Millsite Inn. Whether it's a burger "always prepared to perfection" on a homemade potato bun or the Hot Roast Beef and Swiss, The Millsite is providing nutritious, delicious, and affordable fares to diners young and old.

facebook.com/millsiteinn.moyer
millsiteinn.wixsite.com/millsiteinn
44365 Highway 72
720-547-9438



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303-747-9000



Chef Christopher Dmytrenko brings joy through food



PHOTOS BY OMAYRA ACEVEDO

Fire, flames, and food

Above: Chef Christopher Dmytrenko sets flames to the pan and lights up his kitchen in celebration of food. Left: A freshly made steak sandwich is lined up to excite one of the Rock Creek Tavern's many guests.

Omayra Acevedo Allenspark

The beautiful town of Allenspark, Colorado, is surrounded by the Roosevelt National Forest and Rocky Mountain National Park, and it's home to one of the most charming business districts in the mountains with good ole mountain cooking.

Chef Christopher Dmytrenko loves "bringing joy through food at any moment." He moved to Colorado from the east coast in 1978. Right out of high school, he got his first restaurant job at Latitude 105 inside the Holiday Inn of Estes Park, now The Ridgeline Hotel.

His first role at the restaurant was as a dishwasher, followed by line cook and hotel chef. But

his experiences extend to other professions, including baking, banquet catering, and ice carvings.

Even after becoming a certified mason, Chef Chris would spend his free time learning to cook from some of the best. His culinary journey has also provided him with training from expert French chefs and more.

He has been on stage with "Diners, Drive-ins, and Dives" host Guy Fieri, and being a hands-on type of person, this was one of his most memorable moments.

After running his restaurant in Denver between 2015 and 2021 and cooking for some of the area's famous destinations, including the Stanley Hotel, Chef Chris was seeking a small-

Chef Christopher Dmytrenko brings joy through food



PHOTO BY OMAIRA ACEVEDO

Cooking with class and style

Cooking isn't the only thrill Chef Chris enjoys. Riding his motorcycle around the Rocky Mountains is another one of his passions.

town experience and life. He found the Rock Creek Tavern in Allenspark.

He says he prefers to work in smaller restaurants because it's easier to get to know the people who enjoy his food, stating, "People know me," and he likes that very much. He loves the casual ambiance and creative freedom of working at local restaurants like the Rock Creek Tavern.

Part of Chef Chris' creative freedom involves bringing traditional recipes to the next level, and desserts are no exception, as he shares that the food he cooks at the tavern is all made in-house, where his values for running a kitchen include doing things right with no shortcuts and putting safety first.

When training new kitchen staff, Chef Chris leads by example. He explains to his staff the right way of doing things and teaches the importance of

"respecting the food," ensuring they are well-trained from day one.

When asked which equipment or utensil he couldn't live without, he said, "A rubber spatula. It helps avoid food waste." Cooking for Chef Chris begins with his initial idea or thought and lasts until the plate is empty.

Allenspark has become a must-stop for those traveling along the Peak to Peak Highway. Travelers looking for a tasty adventure often head to the Rock Creek Tavern for lunch or dinner. The tavern is where Chef Christopher Dmytrenko puts his master skills to work, offering guests a quintessential Rocky Mountain dining experience.

Rock Creek Tavern is located at 357 Highway 7 BUS, Allenspark. You can find them on Facebook at <https://www.facebook.com/RockCreekTavern> or you can give them a call at 303-747-9000.

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Timmy Duggan
Realtor

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Gold Hill



Nederland

The town of Gold Hill rests approximately 10 miles from the city of Boulder, and it's another small mountain town with a heart the size of a universe. The 150-year-old school and local eateries are only part of the town's charm. Filled with enough history and outdoor recreation, Gold Hill will leave you wanting to stay longer.

For more information visit <https://goldhilltown.com/>.

GOLD HILL INN



Snugly tucked beneath the Continental Divide, The Gold Hill Inn is a relief from the busy city below. Offering gourmet meals, an array of handmade cocktails, and views of some of the most beautiful vistas in the Rockies, it's worth the 10-mile drive in from Boulder. The Inn is open May through December.

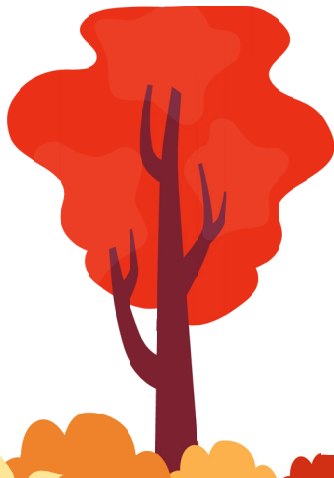
facebook.com/GoldHillInn
goldhillinn.com
Location: 401 Main Street
Phone: 303-443-6461

GOLD HILL GENERAL STORE AND PUB



Take care of all of your foodie needs in this one-of-a-kind one-stop shop! Swing in and pick up a pizza, pie, and vibes. Stay for the whisky and flirtatious staff. Check out their Instagram for upcoming events. Don't forget to grab the famous cookie!

goldhillstore.com
instagram.com/goldhillstore
531 Main Street
303-443-7724



Known as a gateway to outdoor recreation, Nederland offers everything from dining, shopping, and hiking to fishing, museums, skiing, and more. Ned, as the locals call it, is also famous for its music and art scene.

For more information visit <https://townofnederland.colorado.gov/explore-nederland>

BACKCOUNTRY PIZZA



Backcountry Pizza has been creating tasty pizza, appetizers, salads, and more for over two decades in Nederland. They also boast an extensive option of local craft beers and wine.

backcountrypizzaandtaphouse.info
facebook.com/backcountryned
20 East Lakeview Drive, Unit 212
303-258-0176



AUGUSTINA'S WINERY



This one-woman winery started in 1997 and moved to its present location in Nederland in 2015, making it the oldest winery in Boulder County. Augustina's uses Colorado-grown grapes to produce easy-drinking wines that pair well with any mountain adventure. The winery offers tastings, and wine by the glass and bottle. Most of the wines are made

from traditional vinifera and are typically dry wines. Currently, Augustina's makes wines from Sauvignon Blanc, Riesling, Gewurztraminer, Rkatsiteli, Chardonnay, Cabernet Franc, Merlot, Cabernet Sauvignon, Shiraz, Primitivo, and Souzao grapes and Montmorency cherries. Not into wine? They offer "Get Thee to a Winery" bike socks! Shop online or stop by the tasting room Thursday - Monday. Check the website or call 303-520-4871 for seasonal hours and closures.



Chef Ben Roy of Tres Gringos in Nederland



PHOTOS BY CHRISTOPHER KELLEY

Prepping for the week ahead

Left: Chef Roy attended Escoffier Culinary School in Boulder and is part owner of Tres Gringos where he is also head chef. Right: Partners in life and in business, Carrie Bladyka and Chef Roy work together through their morning prep list.

Christopher Kelley Nederland

It was Thursday morning, Chef Ben Roy's "Monday," and he was preparing for a week of double shifts. One of his staff at Tres Gringos in Nederland was out on tour with his band, fulfilling his dreams. Another was focusing their attention on getting a different kitchen up and running efficiently. Though he still had dedicated staff on deck, Chef Roy knew that the week was going to be rough.

Chefs in all restaurants across the Peak to Peak feel the crunch as the summer season of tourists extends into leaf peeping season, and it's no different at Tres Gringos, where Chef Roy is not just Head Chef but part owner. But what may be differ-

ent is the culture of camaraderie and respect that he's helped to create in his restaurant.

Chef Roy has gone through the ranks of Escoffier Culinary School in Boulder and has worked in every position in a variety of kitchen environments, from the dish pit to the line. His career has taken him from the cities and into the mountains, where he's embraced the opportunity to provide his services to the people of the place he now calls home.

When concocting his menu for Tres Gringos he aimed to blow people away with something that they hadn't seen in a while: impactful and deeply satisfying street food in an invigorating environment that elicits smiles and margarita fueled



enthusiasm; the perfect place to celebrate one's own mountain adventures, whether one is a local happily leaving a hard day's work, or a tourist coming through town after completing a few runs at Eldora.

As Chef Roy opens the kitchen and goes over his list of duties for the day, realizing that making Queso dip was an emergency and marking "911" next to it on the white board. He demonstrates just what makes his Mexican fusion recipes so appealing and addictive: the precision and attentiveness that comes from education and experience, mixed with the empathetic need to put love and thoughtfulness into what he prepares.

A Tres Gringos menu favorite, "That Salad" is a perfect example of how Chef Roy matches talent and skill with love and empathy. The specialty features ceviche shrimp, arugula, and cucumber, balanced with chili-lime cabbage, surrounded by avocado crema, and topped with a light drizzle of citrus olive oil.

He created the salad for his girlfriend, and now partner in ownership of Tres Gringos, Carrie Bladyka when they were working in different kitchens. Chef Roy improvised the salad from knowing Bladyka's palate and understanding that she would be craving something different than the typical options found around town. When his shift was over Chef Roy would make Bladyka "that salad" and drive it to her as she was in the middle of her shift.

"My love language is acts of service," Chef Roy admitted. "Like, 'what can I do for you to show you how much I love you?' I'm a giver, which is what makes it perfect that I'm doing what I'm doing."

Tres Gringos is located at 20 Lakeview Drive in unit 207, on the backside of the Caribou Village Shopping Center, and is open Monday, Thursday, Friday, Saturday, and Sunday from noon to 8 p.m. For more information call 303-258-3170 or go to <https://www.tresgringos-cantina.com>.

BLUE OWL BOOKS & BOUTIQUE



More than just a great little bookshop, Blue Owl Books & Boutique is a little slice of heaven for the book lovers out there. This eclectic space, full of books, gifts, and toys has an inviting spirit. Swing by for some homemade baked goods or ice cream or stay a while, read a book, and have a light lunch.

facebook.com/BlueOwlBooks
176 Highway 119
303-258-3695

BUSEY BREWS



This local, family-owned smokehouse & brewery hosts 18 house-brewed beers on tap, amazing smoked meat and tofu from smokers running 24-7, housemade kombucha and ginger beer, plus vegetarian and gluten-sensitive options. Order online at buseybrews.com. Happy Hour Monday through Friday 3 p.m. to 6 p.m., Trivia Thursdays 6:30 p.m., Live Music Sundays 2 p.m. to 4 p.m.

facebook.com/BuseyBrews
buseybrews.com
70 East 1st Street
855-NED-BREW

THE CARIBOU ROOM



One of Boulder County's best music venues lives right here in Ned. The Caribou Room's kitchen is open for dinner on show nights.

facebook.com/thecaribouroom
thecaribouroom.com
instagram.com/thecaribouroom
55 Indian Peaks Drive
303-258-3637

COVERED WAGON RESTAURANT & SALOON



Antiques and oddities fill this community-oriented establishment. With a focus on good food and a friendly atmosphere, the Wagon has an inviting presence. Even your four-legged friends are welcome as long as they are leashed and friendly.

facebook.com/coveredwagonrestaurantsaloon
coveredwagonrestaurant.com
15 East 1st Street
303-258-7578



TRAIN CARS COFFEE & KAVA
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101 Highway 119
303-258-2455



Three historic train cars tucked into Nederland, Colorado in the Rocky Mountains. Open daily in an undeniably unique setting that's ready to help you start your day or begin your evening.



Check out our Facebook @thetraincars and Instagram @traincarscoffeeandkava

**CROSSCUT
PIZZERIA &
TAPHOUSE**



Middle Boulder Creek sets a beautiful scene for the patio seating at Crosscut. Amazing woodfired pizza, classic Italian apps, and a rotating beer selection are in store when you visit. Whether you sit inside with the bustle of the open kitchen or outside with Nederland's alluring ambiance, you can't go wrong.

facebook.com/crosscutpizzeria
crosscutpizza.com
41 East 1st Street
303-258-3519

**DECENT
BAGEL**



With the search for a "decent" bagel in Colorado coming up short, this family of New Yorkers decided to make their own. From this Decent Bagel was born. A New York-style shop with classic flavors makes Decent a great option for a quick breakfast before heading out on a mountain adventure.

facebook.com/decentbagel.com
instagram.com/decent.bagel
95 East 1st Street
720-882-6063

DINER BAR



Newly opened Diner Bar hosts an eclectic selection of breakfast, lunch, and dinner. Self-proclaimed "diner comforts with a chef's twist," their menu includes meatloaf, pork chops, kimchi fries, and the Woody beet burger.

facebook.com/Diner-Bar-Nederland/100095276740341/
121 North Jefferson Street
303-258-0614

**KATHMANDU
RESTAURANT**



Some of the best vegetarian, gluten-free and dairy-free options reside at this traditional Nepalese/ Indian restaurant. They also have a brilliant selection of dishes for carnivores, branding this family-friendly eatery as an all around fan-fave and winning them the "Best Lunch 2023" award in the Peak to Peak "Best of" awards. Beginning in November, come in Monday-Thursday for their Buy One Get One Half Off lunch or dinner buffet special.

facebook.com/
KathmanduRestaurant
kathmandurestaurant.us/nederland
110 North Jefferson Street
303-258-1169

**KNOTTED
ROOT
BREWING**



A small artisan brewery located in the heart of Nederland, Knotted Root Brewing strives to cultivate a unique experience for beer connoisseurs. Established by Chris and Chris in 2017, Knotted Root is happy to present a variety of unfiltered hoppy ales and smoothie style sours.

facebook.com/
knottedrootbrewing
knottedrootbrewing.com
instagram.com/
knottedrootbrewing
250 North Caribou Street
720-248-7129



Kathmandu Restaurant
110 N Jefferson Street • Nederland, CO

Buy One Get One Half Off - Starting in November - Monday - Thursday Lunch Buffet and Dinner Entrees - Dine-in only

For take-out, call 303-258-1169 or order online orderkathmandunederland.com

MOUNTAIN PEOPLE'S CO-OP



Member-owned and operated for over 40 years, the Co-Op is an essential part of the Nederland community. Providing patrons with fresh organic produce, and an ever-changing selection of fresh-baked gluten-free breads/pastries composed by hard working local craftspeople. Visit in person or go online to inquire about memberships.

facebook.com/nederlandcoop
30 East 1st Street
303-258-7500

NEW MOON BAKERY AND CAFE



An array of scratch-baked specialty and gluten-free pastries fill the case in this quaint mountain cafe. Voted "Best Breakfast 2023" in the Peak to Peak, New Moon doesn't disappoint, from its locally sourced coffee to the "Breakfast Sammies."

facebook.com/
newmoonbakeryandcafenederland
newmoonbakery.com
1 West 1st Street
303-258-3569

SALTO COFFEE



Salto Coffee is a woman-owned café & roastery that's proud to serve craft coffee roasted on-site, delicious teas, beer and wine, and made-to-order snacks. Attached to Tin Shed Sports, it's the perfect spot to grab a cup of coffee and breakfast or lunch while you wait for your skis or your bike to be tuned.

saltocoffee.com
112 East 2nd Street
303-258-3537

SWEET SUE'S



A "Modern Mercantile," offering fresh-pressed juices, smoothies to order, contemporary vegan soups, and exciting salads. Sweet Sue's was born out of a love for beautiful spaces and nourishing foods. Take-and-make meals are on the horizon – keep a lookout. Now serving espresso!

sweetsuesmercantile.com
instagram.com/
sweetsuesmodmerc
35 East 1st Street

THE DELI AT 8236'



Looking for the best meats, cheeses, and breads to make your perfect sandwich? Look no further than The Deli! Open daily, Ross and the crew are preparing your favorite calzones, salads, and more. Also available for catering. The Deli has you covered.

facebook.com/profile.
php?id=100063517270424
deliat8236.com
34 East 1st Street
303-258-1113

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www.themtneer.com/podcast/

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AND KAVA**



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facebook.com/thetraincars
instagram.com/
traincarscoffeeandkava
101 Highway 119
303-258-0440

**TRES
GRINGOS
CANTINA**



Serving up untraditional Mexican flair and the best margarita in town, the aptly named Tres Gringos places as much fun into their menu as they did their name. This cheeky trio is ready to present you with an eclectic menu, tasty drinks, and a great atmosphere to enjoy it all.

facebook.com/100085060453289
instagram.com/tresgringosned
tresgringoscantina.com
20 East Lakeview Drive, Unit 207
303-258-3170

**UBON THAI
CUISINE**



Traditional Thai flavors are waiting for you at Ubon. Family owned and operated with a comforting spirit, Ubon is open daily to help you feel at home in Ned. Ubon's goal is to help you enjoy the little things in life that matter. "So eat delicious food. Grab a drink. But most of all, relax!"

facebook.com/Ubonnederland
ubonnederland.com
155 Highway 119
303-258-3194

**VERY NICE
BREWING
COMPANY**



Where the brews are a reflection of the passion, experimentation and dedication of a home brewer who followed his dream. Since 2012, Very Nice has served up these tasty brews while also offering a friendly atmosphere, live music, monthly potlucks, community events, and more...it's "Very Nice!"

facebook.com/verynicebeer
verynicebrewing.com
20 East Lakeview Drive, Unit 112
303-258-3770



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Coal Creek Canyon

Hidden within Boulder, Gilpin, and Jefferson counties is Coal Creek Canyon. With plenty of places to eat, hear music, and spend time outdoors, this canyon offers visitors endless opportunities to love life in the Rocky Mountains.

To find out more about Coal Creek Canyon, www.bouldercoloradousa.com/things-to-do/scenic-drives-from-boulder/eldorado-and-coal-creek-canyons-drive/.

BABOOZA'S



Nestled conveniently along your route through Coal Creek Canyon, Babooza's Food & Art offers a delightful dining spot. You can now savor their delectable pizzas every Tuesday to Saturday, between 4 p.m. and 8 p.m. Their dough and marinara sauce are crafted in-house, using a plethora of fresh, organic ingredients. Don't miss out on their themed specials, from Taco Tuesdays to Fish N' Chips Fridays; it's a culinary destination worth exploring.

baboozas.com
30549 Highway 72
303-642-0712



CANYON COFFEE



This woman-owned small-batch bakery tucked in the quiet Coal Creek community provides an ever evolving menu of gluten-free muffins, vegan scones, homemade hearty soups, and a host of other breakfast and lunch items. Open early with dine-in and to-go options.

facebook.com/canyoncoffeellc
30509 Highway 72
303-642-1900

CANYON TAVERN



Cold beer on tap, the game on the big screen and a good meal is what you'll find at Canyon Tavern. With "the best outdoor patio" open every day (weather permitting), you'll have the best of both worlds.

facebook.com/Coalcreekcanyontavern
32138 Highway 72
303-642-3180

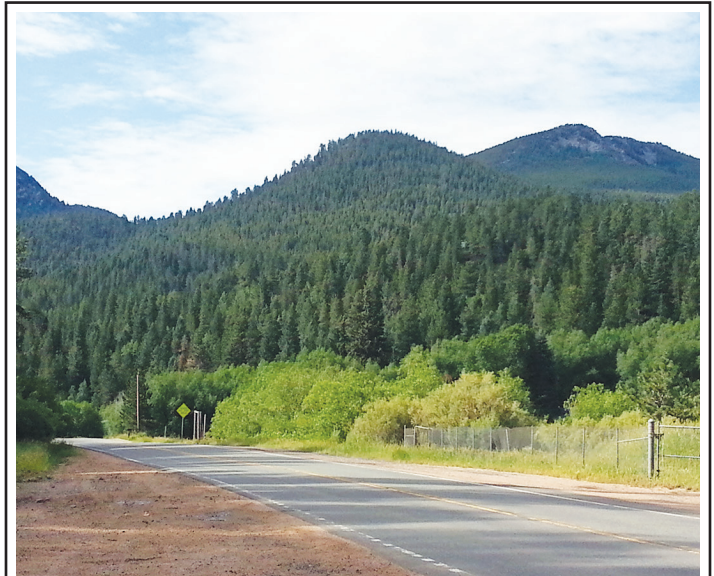


PHOTO BY OMAIRA ACEVEDO

Peaks and forests

The mountains peek over sections of forests in Coal Creek Canyon as guests of the local coffee shop step outside to enjoy the view.

WONDERVU CAFE AND GIFT SHOP

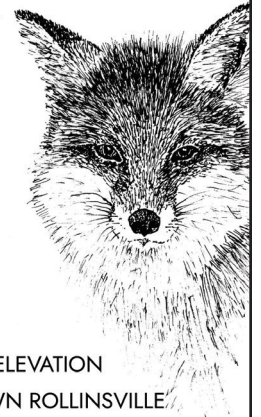


Traditional Mexican cuisine has been on the menu at Wondervu since 1976. The views are breathtaking and the food is just as satisfying. The gift shop offers an eclectic mixture of jewelry, candles, mountain decor, and more! And you can't forget the sweet shop with a wide assortment of truffles and other sweet treats. Wondervu is a one-stop shop for all.

facebook.com/WondervuCafe
wondervucafe.net
33492 Highway 72
303-642-7197



GOLD DIRT DISTILLERY



CRAFT SPIRITS & HIGH END COCKTAILS AT ELEVATION
TASTING ROOM NOW OPEN IN DOWNTOWN ROLLINSVILLE

Autumnal Equinox: Pears, Fennel, Arugula, OH MY!

Lauran Knight
Nederland

Fall is here! Pears are at the height of the season and so far are proving to be pretty yummy:) They can be a bit finicky to catch at the perfect ripeness, seeming to be too hard, then bruising easily when too ripe. However, there are ways to use them at all stages of ripeness. When they are still a touch under, think of grilling, roasting or poaching. Perfectly ripe pear is great for baked desserts, salads and snacks. Overripe pears can be turned into pear butter for toast or great for quick breads.

Pear-Fennel-Arugula Salad

Lemon-Dijon Vinaigrette and Toasted Walnuts

Slice pears. Shave the fennel very thin. Place in a bowl along with the arugula. Toast walnuts in the oven on 400 degrees for just a few minutes until golden brown. Keep checking and stir as nuts will burn quickly. Toss all together!

Oven-Braised Pears

Cut two pears in half, lengthwise. Use a small spoon or melon baller to scoop out seeds and cut out the stem. In a baking dish, place pears and add Moscato or Sauterne dessert wine to cover about one third to halfway up the pears. Add a cinnamon stick, 1/4 c. brown sugar and 2 Tablespoons butter (optional). Cover and bake in the oven until soft. About 20 minutes depending on the ripeness of the pear.

Extra additions: raisins, fresh ginger, dried cranberries, orange zest

Serve with ice cream, whipped cream or by themselves.

ENJOY!

The Nederland Farmers Market is held in downtown Nederland in May to October. Find out more on their website at <https://www.nederlandfarmersmarket.org/>.



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Colorado loves its blue corn!



Cynthia Davis *Peak to Peak*

With its striking blue hue and deep earthy flavor, blue corn has become a symbol of Colorado cuisine. All across the state restaurants, distilleries, and modern day processors of the grain have introduced blue corn into chips, muffins, pancake mix, cereals, and spirits.

Indigenous to Colorado, the Pueblo Indians used blue corn for maize and alcohol, as documented first by the Spanish explorer Coronado in 1540. Most likely, the Pueblo tribe was introduced to the grain by it being gifted from either the Hopi or Navajo tribes, native to southwestern United States and mountainous regions in Mexico.

During most of the 20th century, many Americans, outside of New Mexico and Arizona, would have known of only one blue food, that being blueberries. It wasn't until the late

1980s, after being featured in several popular food magazines, that blue corn began to make its mark beyond the southwest as a chic culinary ingredient. Once it caught on as being the latest "food fad," blue corn steadily began to take root as a viable agricultural crop of the region.

For the most part, blue corn is identical to yellow corn with one major difference: the presence of anthocyanins. This is a naturally occurring dye which also contains many antioxidant properties. The corn variety, although bioidentical to yellow corn, has a higher protein count and can be grown with less water at higher elevations.

Declan Watts, local distiller and part owner of Rick Thomas Distillery in Black Hawk, Colorado, uses the grain in recipes for both whiskey and bourbon. From the beginning, the distillery was dedicated to developing products using only locally sourced heritage grains grown in Colorado. "Blue corn adds a

more pronounced floral note to the nose and produces a deeper flavor in the whiskey," says Watts.

With the cultural significance of blue corn now engrained in Colorado cuisine, you can find it on the menu in many restaurants across the state. Several establishments even use it directly in their branding. The Blue Corn Taco, located in Longmont, has great reviews and a dedicated stream of patrons. There is also the Bluecorn Café and Mercantile in Montrose and the Blue Corn Harvest Bar & Grill, which opened this year, is located in Round Rock.

For residents of the Peak to Peak looking for blue corn food options, outside of the distillery, you will need to make your own. Luckily, the Mountain People's Co-op sells an all-organic blue corn masa flour for tortillas and breads, and both the Co-op and B&F Market, located in the Caribou Shopping Center, have pre-made chip va-

rieties available.

For anyone interested in trying out this hearty, vibrantly colored grain, you'll find a traditional recipe for blue corn tortillas on page 17. To further wrap things up, no pun intended, we have included the origin story of how blue corn came to be such an important part of Hopi Indian culture.

A gift of blue corn

Each spring, all aspects of Hopi life were centered around the planting and cultivation of corn. Producing enough corn for the rest of the year was crucial for the survival of the tribe. As the crops matured and became ready, they would celebrate the harvest and retell the story of how the tribe was first gifted this sacred food.

Long ago, the guardian spirit, Máasaw, appeared to the Hopi to offer many gifts. They were given a piece of wood that would become the Hopi

Colorado loves its blue corn!

planting stick, a bag of corn kernels, a gourd of water, and a small ear of blue corn. Maa-saw then directed the clan to extend their migration beyond their usual territory. Through this, they would learn new ways to cultivate the corn for a better life and stronger tribe. For the Hopi, these gifts developed into a life that embraced unity, self-

lessness, harmony with nature, and the responsible stewardship of the land. With that, blue corn became the staple of their culture and remains present in every ceremony. It was the first solid food given to their children and the last meal given to those passing on to the spiritual hereafter.

Easy Blue Corn Tortillas



Ingredients:

1 1/2 cups of blue corn masa
1/4 teaspoon of salt
Warm water

Preparation.

In a large bowl, add all of the ingredients and mix well while adding one tablespoon of warm water at a time to form a dough, about five minutes. To test the consistency, roll up a small ball; when pressed the dough should not crack. If it does, add one tablespoon of water at a time until you have reached the right consistency. If the dough is too sticky, add a small amount of masa and knead until it is no longer sticky.

Roll the masa into small round balls, about the size of a

golf ball. This will yield about 12 tortillas. Cover the dough balls and let rest for ten to fifteen minutes.

To cook, heat an iron skillet or griddle to medium-high heat. Use a tortilla press to flatten the balls. If you don't have a press, place the balls between two pieces of plastic wrap and flatten using a book, baking dish, or rolling pin.

Place the flattened dough on the griddle (using no oil) and cook for 15 seconds. Flip the tortilla and cook for an additional 50 to 55 seconds more, turning the tortilla again to cook for another 50 to 55 seconds.

It is best to prepare the tortillas fresh and serve warm. Leftovers can be stored in the refrigerator or frozen for later use.

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For more information visit <https://westernmininghistory.com/towns/colorado/rollinsville/>.

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tosswoodfired.com
Facebook and Instagram:
[@tosswoodfired](https://tosswoodfired)
63 Main Street

New Moon



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Nederland
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Mid-Gilpin

Several communities make up Gilpin County, making the area a popular destination for hiking, fishing, special events, and wining and dining. However, this little paradise in the Rocky Mountains is not only for the socialite. Gilpin County is also home to some of the most pristine places along the Peak to Peak, offering beauty and peace.

For more information visit <https://gilpincounty.colorado.gov/explore-gilpin>.

HOLISTIC HOMESTEAD



From fresh produce to bulk grains and buddha bowls, Holistic Homestead has you covered. Their Pay-What-You-Can Farm-To-Table Café has been serving up vegan friendly, gluten free, hot and healthy meals to the community since 2021. Enjoy their daily power lunches courtesy of the United Power Round Up Foundation and the freshest takes on locally grown produce made possible by their partnership with the Nederland Farmers Market. The Pay-What-You-Can model works because more people choose to pay it forward so that everyone can enjoy a hot, healthy meal.

972 Golden Gate Canyon Road
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ROY'S LAST SHOT



With a unique French fry statue out front that you can see from a mile away, Roy's Last Shot is hard to miss. Offering the "best pool table this side of the Divide" and the biggest shot glass collection, Roy's gives a different kind of experience in the mountains. Dine-in and Takeout available.

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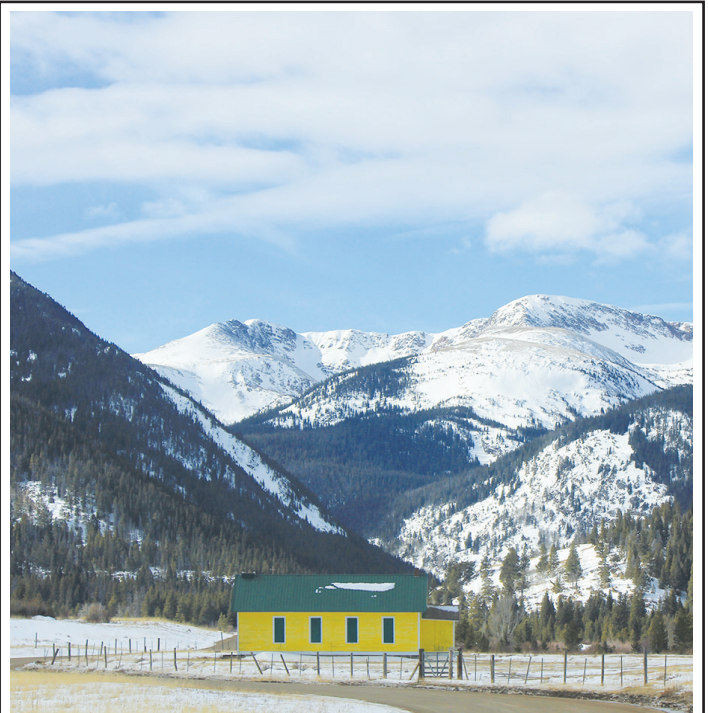


PHOTO BY OMAIRA ACEVEDO

Historical beauty

Parts of the James Peak Wilderness area and the Continental Divide create the beauty that surrounds the Tolland School House near Rollinsville.

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MyCoMindful Mushrooms in Rollinsville



PHOTO BY BETHANY HAAS

Growing amazing mushrooms

Above: MyCoMindful Mushrooms owner and operator, Bryan Greenan, presents one of his cultivated fungi. Left: A vibrant pink oyster mushroom on display.

Bethany Haas Rollinsville

If you're a fan of locally grown mushrooms, look no further than Rollinsville's MyCoMindful Mushrooms. Owned and operated by Bryan Greenan, this one-man operation hosts a new lab that also creates medicinal supplements.

MyCoMindful Mushrooms began in October 2001, when Greenan started cultivating in the spare bedroom of his home. Eventually, this allowed him to fill a 40-foot shipping container for lab space.

Greenan went to school for neuroscience, where he gained knowledge about standard operating procedures for

lab processes. Growing mushrooms was a hobby of his while he was in college. After college, he started living on farms. Since the farm he worked on didn't have much money, he created a project that involved him growing mushrooms for a CSA to make a profit share.

The mushroom farm specializes in growing mushroom species that can be found locally – those currently growing in the lab were found in Four Mile and Left Hand Canyons. The farm grows species including golden oysters, blue oysters, local greys, different species of lion's mane, reishi, pioppinos, and chestnuts.

MyCoMindful is different from most other farms as they do everything in-house, using



PHOTO BY BRYAN GREENAN

MyCoMindful Mushrooms in Rollinsville



PHOTO BY BRYAN GREENAN

A perfect specimen

In addition to the many species of oyster mushroom, the farm also grows local greys, different species of lion's mane, reishi, pioppinos, and chestnuts.

their own genetics and doing their own breeding. After harvesting, they bring the mushrooms back to the lab.

In the lab, a variety of techniques are used to get the product stabilized in order to introduce it into the community. The mushroom culture is stored using agar, a growing medium, in petri dishes. They place a piece of the mushroom tissue onto the agar, which then grows the mycelium, which is the fruit of the mushroom including its genetic information.

The technique Greenan uses is called "cleaning it up," which includes a few transfers to new petri dishes. Once the agar is fully colonized, Greenan transfers it to liquid. When the liquid grows into a full mycelial mass, the folks in the lab transfer it, using a syringe, to sterilized grains.

Once the grains are fully colonized, they transfer the mass to a substrate bag that

allows the fruiting bodies to grow. The substrate bags include different kinds of wood including oak, and soy. Then they move the bags into their climate-controlled growth rooms where the fruiting bodies grow.

The entire process takes about four to six months. The fruiting process takes about a week to two and half weeks. The farm then either sells the mushrooms locally, or extracts the triterpenes for medicinal supplements.

Growing food and feeding the community is a huge purpose and passion for Greenan. "Colorado is a difficult place to grow food. The mountains are considered a food desert. It's a goal of mine to change that narrative and bring good sustainable food systems to the community," says Greenan.

So far, Greenan's products are delivered through his CSA program and found

in local restaurants such as Marrocco's in Ward and the non-profit Holistic Homestead in Gilpin County. The Peak to Peak region he covers includes Nederland, Rollinsville, Black Hawk, and Allenspark. He also delivers to Boulder and his goal is to expand into Broomfield, Superior, and Denver.

People use mushrooms medicinally for a variety of reasons, including depression and autoimmune conditions. Greenan has customers who use lion's mane for short-term memory issues, MS, and neurodegenerative conditions. "Hippocrates once said, 'Let food be thy medicine,' and we see that quote manifest in the mushroom world. It's complementary to so many recipes and you can also extract it to use as some of the best nerve regenerative medicine that is available," Greenan says.

Research has shown that reishi is great for autoimmune regulation. Cordyceps is used commonly to treat high altitude sickness. It's also used by high endurance athletes for its ability to create ATP, the energy source our body makes.

Greenan notes how quickly his company is growing. One of his long-term goals would be to have the mushroom supplement line go national. He believes that there's been a huge surge of people taking mushrooms for their health, leading to the amount of mushroom products coming out on the market, but people are not getting the quality effects that they need and want. "I believe we can have an impact even from a small place like Rollinsville. My goal is

to go national and create a supplement line that will be of top quality," said Greenan in an interview with *The Mountain-Ear*.

Another goal of his is to be transparent, and to lead with integrity. He wants to produce top quality mushrooms, both gourmet and medicinal. Eventually, he wants to invest in a high-performance liquid chromatography machine to perform inside testing for medicinal mushrooms.

Greenan puts his love and passion into growing mushrooms. The favorite part of what he does is feeding his community. "I love the medicine side and the extraction side, but feeding my community is what I love most. Getting feedback from my community, letting me know they've cooked up a whole dinner for their family is very rewarding. Eating mushrooms creates life by breaking down basic amino acid structure to become our own DNA. I put a lot of my love and foresight into this. I hope people can feel the love that is put into this when they consume my mushrooms," said Greenan.

Greenan also offers a CSA program. Contact Greenan to sign up for a scheduled delivery program for weekly, bi-weekly or monthly. A pound costs \$16 and half-pound is \$9.

To buy mushrooms from MyCoMindful Mushrooms, contact Greenan directly at 828-545-6737 or via Instagram www.instagram.com/mycomindful_mushrooms/ or Facebook <https://www.facebook.com/profile.php?id=100089042163352&mbextid=LQQJ4d>.

The pay-as-you-can chef: Arwen Ek

Omayra Acevedo
Gilpin County

An estimated 800 million people across the globe, including 17 million households in every county in America, are experiencing food insecurity. Organizations are uniting in a movement, finding ways to address this serious and sometimes ignored issue.

The movement is...pay-as-you-can cafés. Meet the cook who's not a cook, Arwen Ek, Founding Director of the Holistic Homestead since 2013. Ek was born and raised in Salt Lake City, Utah, as she exclaims, "Don't tell anyone, lol."

She attended the University of Utah in Salt Lake City. Ek then moved to Pagosa Springs in 2009 to live as a Buddhist nun at Tara Mandala Retreat Center. She then moved to Boulder, and finally settled in Gilpin County in 2012.

The Homestead Café is a pay-what-you-can farm-to-table café. The inspiration came from the One World Everyone Eats that started in Salt Lake City while Ek was in college. Now an international nonprofit, practically feeding the world.

"Everyone - no exception - deserves a fresh, hot, and HEALTHY meal. And food pantries and soup kitchens just don't cut the mustard. It takes a whole community to come together to take care of one another, and that is the premise of our café," says Ek.

The pay-what-you-can café at the Holistic Homestead is funded by the United

Power Roundup Foundation, where members elect to have their monthly billing statement rounded up to the next whole dollar, which goes to local charities like the Holistic Homestead.

The ingredients used at the homestead are sourced locally in partnership with the Nederland Farmers Market and local home gardens. "We are very proud of our farm-to-table menu, featuring the best of locally, sustainably grown produce in soups, pizzas, sandwiches, salads, curries, and more!"

Ek confesses, "Truthfully, I don't enjoy cooking. It is not my first passion! The outcome - sharing healthy food with my family and community - that's what gets me going in the kitchen. I've always been inspired by watching and learning from other cooks, real cooks who truly devote their hearts and minds to the art of cooking."

Ek enjoys feeding people who need a healthy meal and would not otherwise have access to fresh, healthy food. "I truly love telling folks that it's a pay-what-you-can café and seeing the expression of relief on their faces, knowing that they can feed their families a healthy meal that otherwise they would not be able to afford."

Ek wants to thank everyone who pays it forward. The extra few bucks count toward a full, hot, and healthy meal for the neighbors who cannot afford it. Homeless folks are living in the mountains and the impact of a few dollars is real and so important.

The café's most inspir-



PHOTO BY OMAIRA ACEVEDO

Serving compassion

Above: Arwen Ek sits outside the Holistic Homestead in Gilpin County, preparing to enjoy homemade organic Thupka Soup and bread.

ing moment was bringing a miso-glazed eggplant to the Peak to Peak Sustainable Food Systems potluck at the Nederland Victory Garden tour and house party. Ek says, "With a single dish, we communicated the power of our pay-what-you-can Farm-to-Table café to TRANSFORM THE LOCAL FOOD SYSTEM FROM THE GROUND UP!"

The café is volunteer-powered. If you have a favorite recipe you want to share with the community, email

Ek to schedule a time to cook at the café. If you have a garden with more than you can eat or preserve, bring it in!

"I'll do whatever it takes to feed people healthy food."
 - Arwen Ek

The Holistic Homestead is located at 972 Golden Gate Canyon Road, Black Hawk. You can find them on Facebook at <https://www.facebook.com/theholistichomestead> or you can give them a call at 303-582-3001.

Café mushroom fennel soup



PHOTO COURTESY OF TERI METALLO

Ingredients:

6 Tablespoons oil
 8 - 10 oz fennel root and stems, rinsed well and diced
 2 shallots or 1 yellow onion, diced
 4 garlic cloves, diced
 16 oz oyster mushrooms, diced (reserve some sliced mushrooms to sauté for garnish)
 4 cups vegetable stock
 1/4 cup coconut milk
 1 dash of cayenne to sprinkle on top

Instructions:

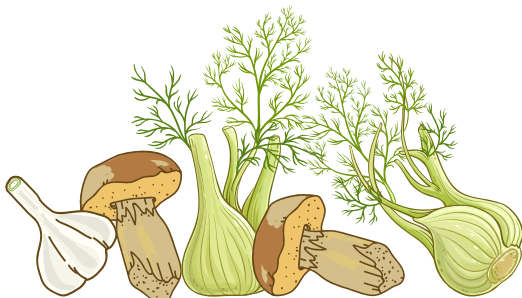
Dice the fennel, garlic, shallots, and mushrooms. You can use a food processor to dice the

fennel, garlic, and shallots.

Warm half the oil in a large pot over medium heat. Add the fennel and garlic to the pot. Cook for approximately five minutes, stirring now and then, until the fennel starts to soften. Add the mushrooms, shallots and other half of the oil, and cook for another five minutes until the mushrooms are soft.

Add the stock to the pot and bring to a simmer. Cover and simmer for around 20 minutes. Using an immersion blender, cream the soup to your liking. Add the coconut milk and mix. Serve with sliced, sauteed mushrooms.

This recipe serves four.



THE MOUNTAIN EAR

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The Mountain-Ear is located at 98 W. 1st Street, Nederland. And at 430 Lawrence Street, Central City. Questions? You can always reach us by email at info@themountainear.com or phone at 303-810-5409.



Black Hawk

Black Hawk offers a mixture of history, gambling, shopping, and dining, unlike other areas of the Peak to Peak. Whether you want to take your heart, soul, spirit, taste buds, or adrenaline on an adventure, you will be sure to find it in Black Hawk.

For more information visit <https://visitblackhawk.org/>.

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Looking to recreate those “magical moments around the campfire,” the Fireside Kitchen serves your favorite comfort foods with warm hospitality. From the classic “Fireside Burger” to the Pasta Carbonara, each dish is designed to give you a homey intimate affair.

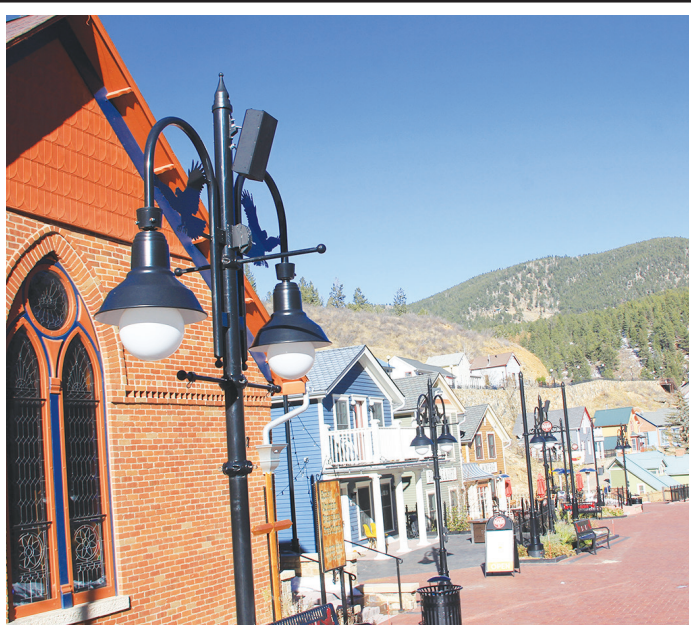


PHOTO BY OMAIRA ACEVEDO

Small and sweet

Cobblestones and town-themed lamp posts welcome guests to Black Hawk’s History Appreciation and Recreation Destination (HARD) District for fun and unforgettable experiences.



Crooks Palace
JKQ
BARBECUE



Memphis-style BBQ deep in the Rockies, JKQ hails from the historic Crooks Palace, originally erected as a bowling alley, then several saloons. Dry rubs and slow smoke is what makes JKQ stand out from the crowd and great sides like fried cheese curds, baked mac and cheese, and loaded tater tots round out this hearty menu. This family-friendly restaurant hosts live music on Friday and Saturday nights.

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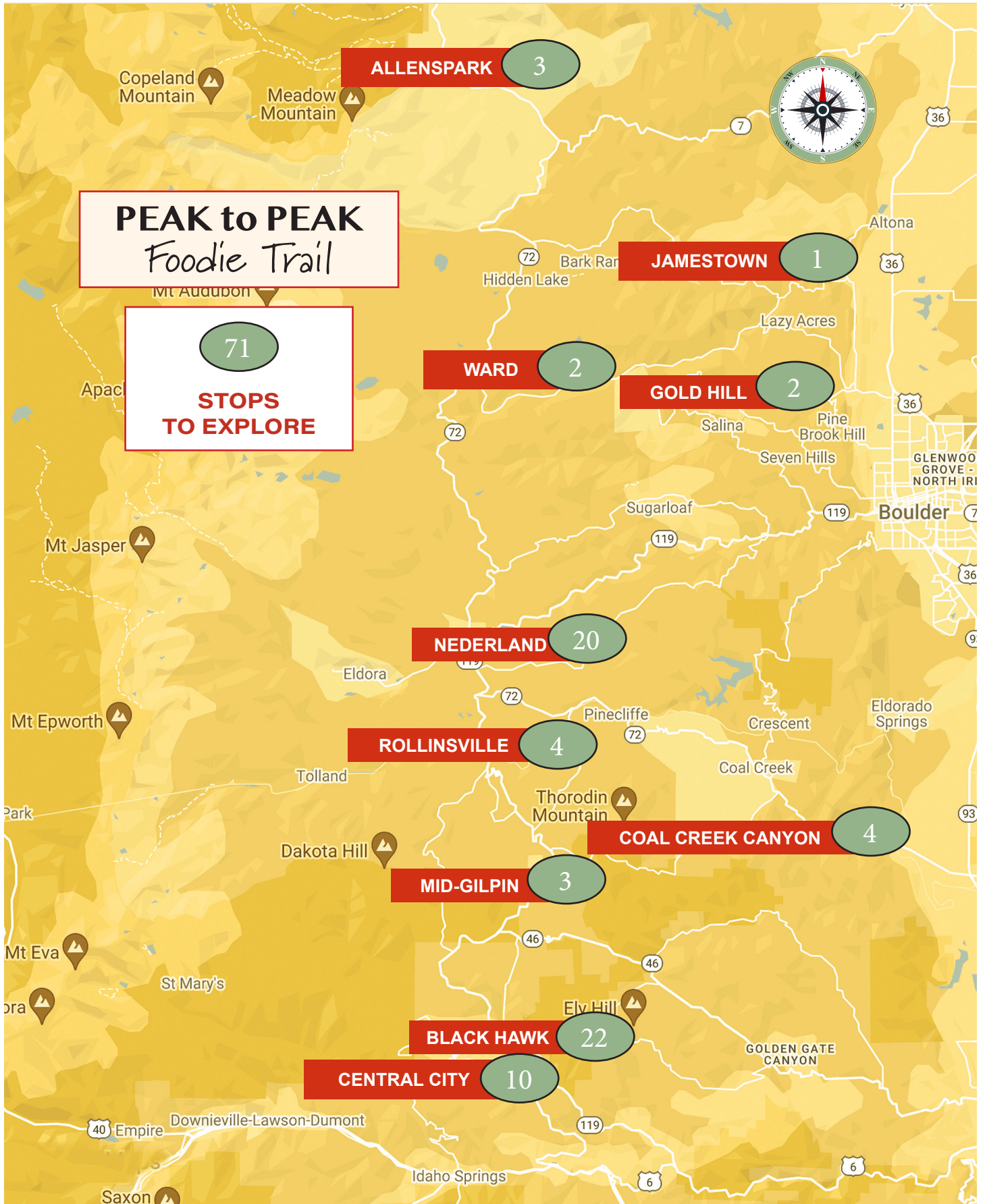


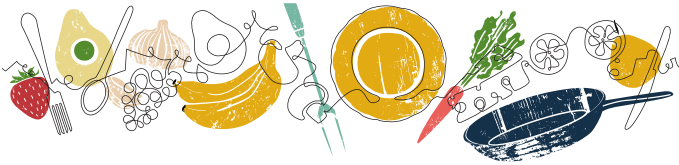
Roxy's, located in the Horseshoe Casino, is the height of fine dining in Black Hawk. Reservations are encouraged so plan ahead to visit this premium installation.

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PEAK to PEAK Foodie Trail



PHOTO BY OMAIRA ACEVEDO

The Peak to Peak Highway, from Allenspark to Central City, hosts more than 71 food focused businesses. You will find something to please every palate. From sweet to savory, each and every establishment is unique and eager to share their culinary talents with locals and visitors alike.

Twice a year, *The Mountain-Ear* publishes an updated *Taste of the Peaks*. For our spring issue, we want to include a few of the experiences patrons have while dining along the Peak to Peak Highway. Are you a “foodie?” Do you like to take a photo of a beautifully prepared dish right before you dig in? We want to hear all about it!

Contact us and submit your photos, reviews, and thoughts while eating and drinking out in our mountain communities.

Send all reviews and information to *The Mountain-Ear* by emailing info@themountaineer.com. Include where you visited, a photo and contact information.



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340 Main Street • 303-998-7777

TACO CANTINA



Whether it's the signature pulled pork, shredded chicken, or any of the other delightful menu options, TaCo Cantina supplies succulent street tacos on the floor of the Lady Luck Casino. Taco Tuesday is alive and well with taco specials every week.

The Lodge Casino



facebook.com/thelodgecasino
thelodgecasino.com/restaurants
240 Main Street • 303-582-1771

JAKE'S DELI



Jake's Deli offers a variety of delicious made-to-order sandwiches, and has options including pizza, hamburgers, soups, salads, and more.



WHITE BUFFALO GRILLE



Located above the bridge, the light-filled restaurant offers fantastic mountain views. Sample delectable dishes such as USDA Prime steaks, Colorado lamb, and lobster tails

Monarch Casino



facebook.com/MonarchCasinoResortSpa
monarchblackhawk.com/dining
488 Main Street • 303-582-1000

BISTRO MARIPOSA



Pairing the freshest and most innovative flavors in Mexican Cuisine, Bistro Mariposa strives to take you on a "taste adventure" in this Contemporary Latin, Mexican/Southwestern watering hole.

THE BUFFET



"An extravagant new buffet experience" is just 45 minutes from downtown Denver. With live food stations from around the world, The Buffet is well worth the drive. Located on the third floor of the Monarch Casino, The Buffet is open daily with an expansive fresh garden salad bar and a range of homemade soups.

THE CHOPHOUSE



Luxury doesn't begin to describe the experience in store at The Chophouse. Items like the Seafood Tower for Two, The Prime Tomahawk Ribeye, and the 45-Day Dry-Aged Prime New York Strip dare to tantalize your taste buds. The extensive selection for spirits accentuates the lavish dinner menu and with plenty of choices to round out your meal, the dessert menu leaves little to be desired.

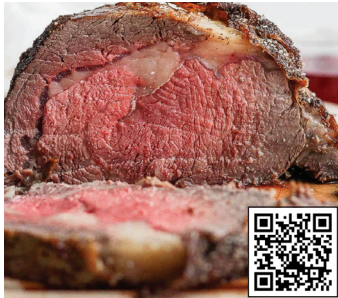
TWENTY-FOUR/7



An upscale diner with a unique angle, Twenty-Four/7 provides American classics and Asian Staples under one roof. Open 24 hours a day, seven days a week serving non-stop breakfast, lunch, and dinner. Stop in anytime.



RED DOLLY CASINO



The Red Dolly Casino proudly proclaims itself “Black Hawk’s oldest and friendliest casino.” Many of their employees have been there for over a decade, ensuring you will see friendly and familiar faces. It is renowned for its “World Famous” Prime Rib dinner complete with all the fixings, earning it the reputation of having the “the finest food on the mountain, period.” They serve everything from breakfast, finger foods, Mexican food, sandwiches, pasta dishes, and soups and salads. Families are invited to dine at the restaurant from Monday through Thursday, except on holidays.

facebook.com/RedDollyCasino
 thereddollycasino.com
 530 Gregory Street
 303-582-1100

RICK THOMAS DISTILLERY



Black Hawk’s history of distilling spirits came long before it was known as a gambling destination, and the City would like to return to its roots with the advent of Artisans’ Point. The Rick Thomas Distillery was the first to break ground and recently finished their construction that began in 2021. The distilling of corn whiskey will soon begin and the end product is slated for late 2023. The flavor profile will be younger and smoother, single-malt whiskey will be the focus, taking up over fifty percent of production. Other spirits distilled will be bourbon, blue bourbon, rye, corn whiskey, and blue corn whiskey. Single-malt whiskey will be the focus, taking up over fifty percent of production.

rtwhiskey.com
 830 Miners Road



Saratoga Casino



facebook.com/SaratogaCasinoBH
 saratogacasinobh.com/dine-drink
 101 Main Street • 303-582-6100

MAIN STREET CAFÉ



The Main Street Café offers all-day breakfast, lunch, and dinner in a casual atmosphere. Choose a delicious burger, deli sandwich, or enjoy a delicious salad and soup. Café dining in Black Hawk has never been better!

**Thankful Thursday's Special
 Locals Discounts**



221 Gregory Street • Black Hawk, CO
 720-431-3311

hi-heatnsweets.com

Central City

A short walk from Black Hawk is historic Central City, where art and culture abound, and more gambling, shopping, and dining are waiting. Central City is home to some of the mountain's most entertaining events, including summer festivals and an opera house.

For more information visit <https://www.visitcentralcity.com/>.

The Famous Bonanza Casino

STELLA'S CAFÉ



Nestled within the renowned Famous Bonanza Casino, Stella's Cafe is a charming family-owned and operated establishment. To discover Stella's Cafe, simply stroll through Central City's second oldest casino and ascend the staircase. You'll find a delightful menu offering fast and family-friendly options for both lunch and dinner throughout the week. Savor a variety of dishes including fresh salads, mouthwatering burgers, delectable subs, and your choice of 7-inch or 12-inch thin crust pizzas.

facebook.com/famousbonanza
famousbonanza.com
107 Main Street
303-582-5914

Century Casino

MID CITY GRILL



Here you can find mouth-watering prime rib, steak, seafood, sandwiches, salads, Southwest dishes, and more. Served in a friendly and relaxed atmosphere, enjoy lunch and dinner daily and an amazing breakfast menu on weekends! The restaurant and deli are also family-friendly.

THE RETRO DELI



Open late seven days a week, satisfy any craving with our huge selection of pizzas, stir-fry noodle bar, sandwiches, soups, hot dogs, ice cream, and snacks! Open early Monday-Friday so you can start your day with grab-and-go breakfast and delicious specialty coffee drinks.

cnty.com/central-city
102 Main Street
303-582-5050

DOSTAL ALLEY BREWPUB & CASINO



An "Institution" in Central City, Dostal Alley Brewpub & Casino was one of the first casinos established in 1991. They began brewing a variety of ales and lagers in 1998. Classic Italian eats are crafted with care in this family-owned and-operated casino.

dostalalley.com/restaurant
116 Main Street
303-582-1610

DRAGON TIGER NOODLE COMPANY



"Dragon Tiger" sets a totally customizable menu for an adventure through flavor. Rice or noodles, yummy bone broth or dry, this totally tailored menu is sure to please.

facebook.com/DragonTigerNoCo
dragontignoodle.com
132 Lawrence Street
303-582-5623

Easy Street Casino

MILLIE'S RESTAURANT



Offering a diverse selection of Mexican, Italian, and American cuisine, Millie's is a beloved establishment in the heart of Central City. Whether you're craving a hearty home-cooked meal or looking to enjoy an all-day breakfast, lunch and dinner, Millie's has you covered. Their daily specials feature a tempting array of subs, burgers, and sandwiches, while the menu boasts an abundance of comforting classics and rotating soup specials. Millie's is open Thursday through Sunday and is the perfect spot for families seeking a welcoming dining experience.

easystreetcentralcity.com/food
120 Main Street
303-582-5914



Grand Z Casino



facebook.com/GrandZCasino
maverickgaming.com/grand-z-casino-hotel
321 Gregory Street • 303-582-0800

THE GRAND BISTRO



Quality ingredients prepared by culinary experts are what this uncomplicated comprehensive menu is constructed of. Choose from a mouthwatering array of delectable dishes formulated with a restraint that only skilled hands can create.

THE GRILL



Serving breakfast, lunch, and dinner, The Grill has a wide variety of options to satisfy every appetite.



PHOTO BY OMAIRA ACEVEDO

Shopping, dining, and cars

The colorful streets of Central City come to life with Model A Ford cars, unique shops, and mountain hospitality.

EUREKA STREET POPCORN



Eureka Street Popcorn is located in the historic Teller Law Office in Central City. Corn is popped and flavored in the shop. Flavors include savory and sweet: Ballpark Caramel, Kettle, Cheddar, and El Dorado. Specialty and seasonal flavors rotate throughout the year.

115 Eureka Street
eurekastreetpopcorn.com

BRAVO ITALIANO CAFFÈ 42



Indulge in the flavors from around the world in this luxurious café. Savor the essence of cuisines from around the world with their specialty coffees, delectable Italian pastas, and tantalizing array of spreads and dips. Open daily from 12 - 6 p.m.

109 Eureka Street
720-357-7104



161 Gregory Street

facebook.com/people/hans/100083096119324/

Colorful food foraging in wild Colorado



Omayra Acevedo *Gilpin County*

Food is at the top of life's necessities. Foods, especially healthy ones, carry all the nutrients our bodies need for growth, healing, strength, and maintenance. With a well-balanced diet, we provide ourselves the opportunity to survive, including dealing with stress and illness.

Food makes us feel complete. It gives us energy, determines our mood, and can even make us feel wild. This sensation inspires some Coloradans to head outdoors and forage for food.

Colorado has a long history of hunting and fishing. From Indigenous cultures to pioneers and modern-day cowboys, this continues to be a way of life for many. However, most people do not realize that foraging for plants has as long a history as hunting and fishing.

Foraging is a word meaning to search widely for food, including mushrooms, nuts, berries, and plants. Though foraging for food can be fun, it can



PHOTOS BY Omayra Acevedo

Colorful Colorado fungi

Top, left: Yellow Amanita Mushroom. Top, right: Red Amanita Muscaria. Bottom: The Honey Mushroom. With so many varieties, proper identification is crucial before ever consuming a wild mushroom. If in doubt, best practice is to leave it be.

also be dangerous if you mistakenly identify your food.

Lucky for avid foragers, the Centennial State is home to plenty of safe wild treats. Wild asparagus, morels, berries, pear, plums, dandelions, and spinach are among the edible vegetation in our forests.

For obvious reasons, foraging in Colorado is seasonal. Several plants, like wild asparagus,

spinach, and berries, are perennials, making it easy to find them growing in the same spot year after year.

The more elusive plants include black and yellow morels or wild mushrooms. They've been known to grow in forests with fire damage. With a tasty, nutty flavor, these morels tend to be sought after by professional chefs.

Strawberries and raspberries are some of the mouth-watering treats found in the wilds of Colorado, but you will not be getting the same product as you would at a market. In general, wild berries are much smaller, sweeter, and less watery than their grocery store counterparts.

If you're willing to spend countless hours harvesting the prickly pear cactus, you'll reward yourself with a triple treat as the green pad, the flowers, and the fruit are all edible. With Colorado's dry climate, this one is easy to find.

A forager may come across a wild plum tree near a stream or irrigation ditch. One of these trees can be spotted in the spring by its beautiful white flowers. Jam and jelly makers are big fans of the purple, blue, or reddish plums that appear toward the end of summer.

Deer are not the only creatures that enjoy dandelions. Though a weed, every part of a dandelion is edible. The taste is comparable to arugula with its somewhat spicy kick. Don't worry, they don't have legs. The

Colorful food foraging in wild Colorado



PHOTO BY OMAIRA ACEVEDO

First food of spring

Birds, bees, butterflies and people are able to benefit from what some consider a weed. Dandelions are nutritious, delicious, and easy to use for teas and tinctures.

roots of these weeds have been ground and enjoyed as a coffee substitute. Dandelions are also added to soups and salads.

Learning which plants are safe to eat and during which growth state it is safe to eat them can be the difference between life and possibly death. The best and safest foraging practice is to learn from expert foragers, who are found throughout the state, including Boulder.

There you have it, a few of Colorado's wild treats. Before you go out into the wild and

start eating the food you find, remember to educate yourself. It's important to keep yourself safe. It's also equally important to protect our forests by following all legal regulations on foraging.

To learn more about foraging in Colorado, visit <https://blog.walkingmountains.org/curious-nature/prepare-garden-for-winter-1>, <https://www.foragecolorado.com/resources>, and <https://cpw.state.co.us/learn/Pages/SurvivalFood.aspx>.

DID WE MISS YOU?

We hope you are enjoying our latest edition of the Taste of the Peaks. Our next edition will be out for Spring/Summer of 2024. If you have a food or wine business, a brewery, a food truck, or any other culinary-based business, your listing is free! If you want to expand your listing, take advantage of one of our many valuable ad spots. Or, if you would like to submit your business for a possible feature, email us or go online to connect with us.




To submit your listing, email info@themountaineer.com. To find out more about our many exciting ways to advertise your business, email marketing@themountaineer.com.

Visit us online at www.themtneer.com

The Peak to Peak Chamber of Commerce meets monthly on Zoom. We also meet monthly in person for a social gathering. ALL are welcome to attend!

Find out more about membership on our website.

 Facebook group @peak2peakchamberofcommerce



WWW.PEAKTOPEAKCHAMBER.ORG

For the love of food trucks



PHOTO BY OMAIRA ACEVEDO

Colorful Colorado food truck

Denver's Hippy Pie Yay food truck makes an appearance during Central City's Levit Street Market's final weekend in 2023.

Omayra Acevedo Peak to Peak

Welcome to the newest section of Taste of the Peaks: Food trucks! Food trucks offer menu options as unique as the rolling kitchens themselves. People love food trucks because they're fun and are an inexpensive way to en-

joy high-quality meals and fusion cuisine.

Food trucks are convenient, support local chefs, and, much like their brick-and-mortar counterparts, food trucks also bring communities together. You can sometimes find these convenient kitchens in parking lots, at festivals, and at your favorite local breweries.

Food Trucks

YOHAN'S DONUTS



Yohan's of Central City works out of a food truck near RMO Dispensary and next to the post office in Central City. Open Saturday and Sunday from 8 a.m. to 2 p.m. In addition to donuts, they have burritos and beverages. Owner John Graul also provides donuts to the Sasquatch Gas Station. Grab your donuts on the way to I-70. Come visit the only donut shop in the area.

facebook.com/people/
Yohans/100083096119324/
161 Gregory Street

KALEIDOSCOPE KITCHEN



Good food and good vibes are what you'll find when you visit this funky little food truck. Creative seasonal menus are crafted with love to serve healthy local ingredients. As Nederland's premier food truck with the flexibility to set up shop across from Busey Brews or outside of Knotted Root on varying days, you'll always find yummy food with fun in mind.

facebook.com/
kaleidoscopekitchen
kaleikitchen.com
85 East 1st Street or 250 North
Caribou Street
303-815-2242

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Taste of the Peaks

Brightwood Music proudly features custom-made Singing Mountain Guitars. We also carry a wide variety of eclectic stringed and fretted instruments, brass and woodwinds, accessories and more.



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