

why we did it!

Our why is YOU. We think our fiercely loyal guests appreciate our continued focus on healthy wholesome food. We want to step it up.

It is heartbreaking to see what has happened over the past 20 years to the food system in America. While trying to work within our price points, we have made incremental steps over the years to improve quality, but right now our hands are tied. We want to effect living wages for our team, we want to offer “cleaner” food, and we are struggling with the current structure.

**We want you to visit Teatism confident that you made the best choice for your health.
We plan to change the menu more frequently, offer more seasonal and local product.**

Our goal is that Teatism could be GMO free. Maybe for now a dream - but we have worked towards that end for the past five years. The most prevalent GMO items in other restaurants are cooking oil (soy and canola), sodas, sugars, vinegars, yeast and proteins, as well as prepared items like mayonnaise, ketchup, soy sauce. We have made great strides to reach our goal; we work on this issue every day.

Menu items need to be nutrient dense, they need to support diversity, they need to sustain us and the planet. Our wholesome healthy mantra has always included fun, and sometimes indulgent expressions, that won't change. Our fried chicken, cooked in rice bran oil and made with chickens that feed on a GMO-free diet, are a tribute to our progress.

So, WHY? Because we want to do the best job possible for you. Call it a refresh, “reboot”, call it Version 2.0 - call it crazy. We call it progress, and we are excited to step up our game.

We are forever grateful for your support! We truly hope you enjoy our new offering. Let us know at info@teatism.com

Michelle Brown - owner
Linda Neumann - owner
Alison Swope - chef

**supporting the growth of local food economies
sourcing clean seasonal product, reducing GMOs**

sourcing product

Pipe Dream Fromage in Greencastle, PA, makes goat cheese in the traditional manner Brad Parker learned in France. The go-to guy for DC's chefs, no web site, no marketing, just great cheese.

Northern Neck Fruits and Vegetables has been supplying Teatism for at least 15 years. We buy seasonal specialty produce. The farmer calls every Tuesday, he harvests on Wednesday, and he delivers on Thursday. His farm is in Kinsale, VA.

Blue Circle Salmon - by Changing Seas in Norway. Norway's farmers want to be the best in the world, pioneers of innovation, stewards of the environment. You will find no toxins, hormones or antibiotics. The feed replicates a wild fish diet of fish meal and fish oil, it is 100% non-GMO. (most farmed fish is served GMO soy & corn) Humane low density salmon farms, co-mingled with a symbiotic breed of fish that keep salmon free of parasites. Modern facilities using sustainable techniques. The future.

Lundberg Brown Rice. We are using a short grain rice that is grown in California by a fourth generation rice farm, using environmental and socially responsible farming practices. They are certified by The Non-GMO project. Brown rice contains high levels of vitamin B, fiber, and antioxidants.

Twin Oaks tempeh - a Louisa, VA, worker-owned co-operative 400 acre farm since 1991, making soy product from 100% organic soy beans. A huge commitment to sustainability. They earn an "Outstanding" grade from The Cornucopia Institute.

Shenandoah Valley Organic - local chicken! No antibiotics, no use of animal by-products, no grain grown with chemical fertilizers, no synthetic amino acids, no GMOs, no pesticide treated grains, no steroids. Certified humane. We buy 1000 pounds of chicken a week, there has been disparity between smaller farms and processors in our region. As demand for clean proteins increases, investment in processors has too. This is huge.

Roseda Farms beef - our hamburgers and our Korean Brisket are from a local farm in Maryland, raising Premium Black Angus cattle. They are committed to careful breeding, natural feeding, and dry aging. Their cows are pasture grazed for most of their life. No use of hormones or chemical additives, and antibiotics only used when medically necessary. Soil conservation, diminished waste run off, and clean water systems make Roseda a farm recognized for its environmental practices.

Rice Bran Oil - for 5 years we have been cooking with rice bran oil, never canola or soy. It is trans-fat free, heart healthy, and high in vitamin E complex. We feel strongly that a restaurant's cooking oil permeates almost every recipe. It should never be low quality, or GMO.

Organic Coconut Oil - we are bringing coconut oil into our recipes more. Once demonized, it is now understood to have vast health benefits. We are also sourcing clean coconut milk for our curry and coconut miso soup. Celebrate coconuts!

Hampton Creek's Just Mayo - "better for your body, your wallet, and the planet." Just Mayo is egg-less, non-GMO, cholesterol free, gluten free, lactose free, dairy free, and vegan. And vegan is important to us because so many of our guests are vegan.

Baguette Republic - our new local bakery in Chantilly, VA. We will source our flatbread (naan, made specially for Teatism) and ciabatta roll for Korean sandwiches and...grande pere ciabatta for French toast. Their mission is quality ingredients and traditional methods. They have a deep passion for bread making, vast experience, and a non-GMO mantra! Right up our ally.

So, what does it take to root out all the GMOs from a kitchen? An easy way is to be 100% organic. To avoid sticker shock, here's what we are doing. As mentioned. We started with the fats. We use rice bran, organic coconut, olive.

Yeast is grown in a substrate of sugar beets. Sugar beets are GMO. We buy non-GMO yeast, we have to order it in bulk - prevalent on the West Coast - not so popular on the East Coast.

As an Asian-inspired restaurant - rice wine vinegar and soy sauce are important ingredients. We buy GMO-free vinegar, and we use organic tamari in our cooking. We are supplying packets of organic soy sauce for table use. We buy GMO-free cornstarch, powdered sugar, baking powder. And tons of organic items: oats, raisins, eggs...



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change

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