

z y n o d o a

R E S T A U R A N T

inspired southern cuisine

MEDIA CONTACT

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“Zynodoa's commitment to local farmers, combined with the amazing products these farmers can produce, makes this the perfect place to be a chef.” — Chef James Harris

Q&A with Chef Harris

What is your approach to creating the menu?

My approach is simple, and yet perfect for the Shenandoah Valley. I believe in using the ingredients you have available. With the breadth of the farms and producers we have nearby, the menu almost writes itself. My favorite items to prepare are charcuterie items and pastry, so people might see a little more of that in the future.

What do you think about working directly with local farmers from the Shenandoah Valley?

It is inspiring to buy ingredients from people who care about their product. I think it's another bonus to know that a lot of the producers are our regular customers. They get what we are trying to do. I only hope we can honor their labor by treating their product with respect.

What attracted you to Zynodoa and Staunton?

Former chef Mike Lund was my connection to Zynodoa; I had worked with Mike at the Inn at Little Washington for four years. I was living and working in Dallas, Texas, and he recruited me to come back to Virginia. As for Staunton itself, I really like the downtown atmosphere and all the historic buildings. I love how many restaurants there are for such a small town.

What are your favorite cookbooks?

Cooking by Hand, Paul Bertolli

The River Cottage Meat Book, Hugh Fearnley Whittingstall

The Whole Beast, Fergus Henderson

Bouchon, Thomas Keller

Professional Pastry Chef, Bo Friberg

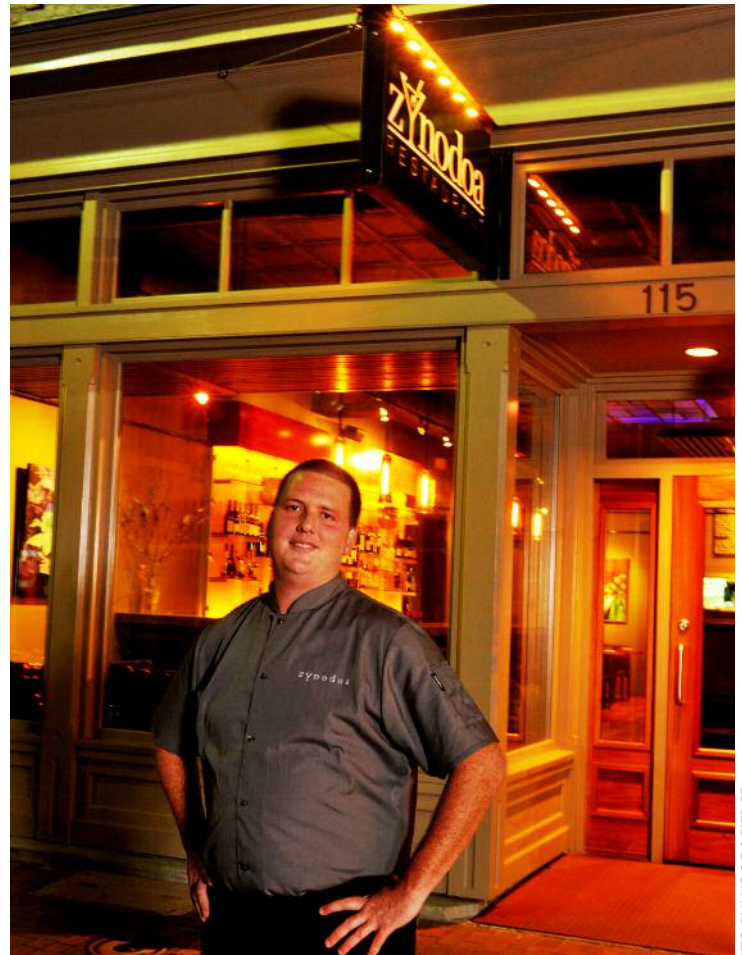


PHOTO BY WOODS PIERCE

Biography

Chef Harris is an enthusiastic advocate of the local food movement. His elegant and creative dishes win high praise from a metropolitan audience, but Chef Harris is careful to make sure that his ingredients remain true to their roots. After living near Washington DC and Dallas, TX, he is thrilled to be working in the heart of Virginia's famed Shenandoah Valley, and claims that "the produce here is so good that even the simplest steps make it great."

Before assuming the role of Executive Chef at Zynodoa, Chef James Harris worked as the Kitchen Manager at the highly acclaimed The Inn at Little Washington, whose five-star, world-class restaurant was ranked number one in the world by *Travel & Leisure Magazine*. During his years working at the Inn, Chef Harris helped prepare meals for hundreds of politicians, celebrities, and royalty from around the globe. He has been cooking professionally for 12 years and is a graduate of the Pennsylvania Institute of Culinary Arts.

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WINNER: 2010 READER'S CHOICE AWARD "Best Chef / Restaurant" from Edible Blue Ridge Magazine



PHOTO BY RYAN HOOVER



PHOTO BY SERA PETRAS

Reviews

"The table to book in Staunton is dinner at Zynodoa, a down-to-earth (and yet chic) celebration of local and seasonal cuisine, simply prepared and at affordable prices."

— New York Post

"Super-inventive, locally focused Southern-cuisine."

— Edible Blue Ridge Magazine

"Staunton's stylish contribution to new southern cuisine, the local food movement, and big city chic."

— the Hook

"Hands down, the best meal experience of my entire year."

—edible Cville

"The buzz around zynodoa is not just about its elegant design..."

— Flavor Magazine

Description

Zynodoa's menu changes daily and sources local, seasonal ingredients from local and regional producers. Chef Harris and his team, in partnership with local farmers like Joel Salatin, who achieved national recognition in *The Omnivore's Dilemma* and *Food, Inc.*, are helping put Staunton at the center of a burgeoning local food movement in central Virginia. In 2010, Zynodoa was honored with the Best Chef/Restaurant from the readers of *Edible Blue Ridge Magazine*.

Proprietors

Susan and Jeff Goode, who hail from Manhattan and Memphis respectively, opened Zynodoa because they wanted to offer the kind of hip dining experience you often find in a larger city. "We hoped to offer a new kind of dining option in Staunton — something more contemporary and sophisticated, yet still affordable. We loved the idea of creating a restaurant with an unexpectedly modern, urban feel." Vision in hand, the Goodes immediately set to work by purchasing and rehabilitating a historic building, drawing on Jeff's background in construction and Susan's background in design. Susan and Jeff also wanted to connect with the region in a very direct way; "that is why we chose the name Zynodoa — to pay homage to the area," says Susan. "When we first conceived of the restaurant, we were really interested in sourcing ingredients from local producers as we knew the Valley area had a huge untapped resource in farms and artisan food purveyors."

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We are proud to have offerings from the following local Virginia farms, dairies, purveyors, vineyards, and breweries.



PHOTO BY MICHELLE M. WINNER

"On Joel Salatin's [Polyface] farm.... it's a pig's life...Salatin's swine spend their days roaming lazily through a leafy green forest, foraging for food, maybe stopping every once in a while for a good scratch on a tree trunk. All of his pigs are headed, eventually, for the dinner table."

— ABC News Nightline, 6/16/2009



"One of the many satisfactions of growing food for our creative chefs is dining at their restaurants and tasting firsthand what they do with what we grow. It's one thing to drop off our weekly delivery at the back door of their kitchens. It's quite another to walk in through the front door as a customer and sample their cuisine."

— Deirdre and Phil Armstrong of Harvest Thyme Herbs

Farms

- polyface farm
- casta line trout farm
- harvest thyme herbs
- planet earth diversified
- cestari farm
- buffalo creek farm
- aryshire farm
- autumn olive farm
- surry farms
- amfog
- windsong apiaries
- snow spring farm
- folly mills farm
- singing earth
- sullivan farm
- critzer farm
- elk run farm
- honey hill farm
- heerschap family farm
- hungry hill farm
- swinging bridge farm
- homestead hill
- circle m farm
- north mountain
- ryan's fruit market
- season's bounty
- wildside farms
- hickory hill farm
- double o farm

- www.polyfacefarms.com
- www.castalinetrouthfarms.com
- www.harvestthymeherbfarm.com
- www.planetearthdiversified.com
- www.cestarilt.com
- www.buffalocreekbeef.com
- www.aryshirefarm.com
- autumnolivefarms.blogspot.com
- www.surryfarms.com
- www.amfog.net
- castleton va
- middlebrook va
- staunton va
- waynesboro va
- grottoes va
- crozet va
- fort defiance va
- bridgewater va
- mt solon va
- shipman va
- lexington va
- middlebrook va
- bridgewater va
- timberville va
- timberville va
- harrisonburg va
- singers glen va
- keezletown va
- shenandoah va

Dairies

- caromont farm
- oak spring dairy
- meadow creek dairy
- mountain view farm
- everona dairy

- www.caromontfarm.com
- upperville va
- www.meadowcreekdairy.com
- fairfield va
- www.everonadairy.com

Purveyors

- grains of sense
- wades mill
- gearharts
- vinegar works
- bevans oysters
- churchville mill shoppe
- t & e meats
- newtown baking
- seafood@west main

- www.grainsofsense.com
- www.wadesmill.com
- www.gearhartschocolates.com
- www.virginiavinegarworks.com
- www.bevansoyster.com
- churchville va
- harrisonburg va
- staunton va
- charlottesville va

Breweries

- starr hill brewery
- st. george brewing co.
- blue mountain brewery
- devils backbone brewing co.
- legend brewing company

- www.starrhill.com
- www.stgeorgebrewingco.com
- www.bluemountainbrewery.com
- www.dbbrewingcompany.com
- www.legendbrewing.com

Vineyards

- chester gap cellars
- kluge estate
- linden vineyards
- jefferson vineyards
- crow mountain
- keswick vineyards
- barboursville vineyards
- michael shaps wines
- thibuat-janisson
- king family vineyards
- blenheim vineyards
- afton mountain vineyards
- cross keys
- veritas vineyards
- pollack vineyards
- bradford reed

- www.chestergapcellars.com
- www.klugeestateonline.com
- www.lindenvineyards.com
- www.jeffersonvineyards.com
- greene county va
- www.keswickvineyards.com
- www.barboursvillewine.net
- www.michaelshapswines.com
- www.tjwinery.com
- www.kingfamilyvineyards.com
- www.blenheimvineyards.com
- www.aftonmountainvineyards.com
- www.crosskeysvineyards.com
- www.veritaswines.com
- www.pollackvineyards.com
- bradfordreed.com



PHOTO BY MICHELLE M. WINNER



PHOTOS BY SERA PETRAS

"Fresh locally produced food and wild seafood rushed from regional markets..."

— Richmond Times Dispatch

zynodoa

RESTAURANT

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PHOTO BY SERA PETRAS

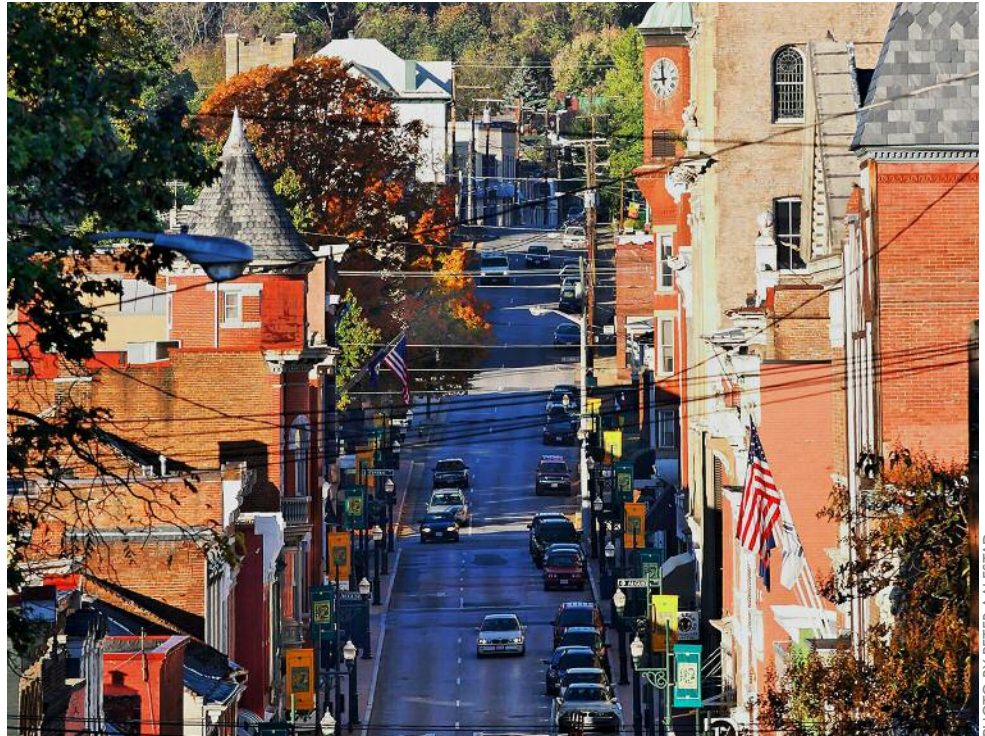


PHOTO BY PETER AALESTAD

Information

Open Wednesday-Saturday from 5–11:30, and Sunday from noon until 8 pm.

We are located around the corner from the internationally acclaimed American Shakespeare Center and can easily accommodate pre and post theater diners.

Dress is upscale casual.

Zynodoa is located in the heart of Staunton's award-winning historic downtown district. *Southern Accents* calls Staunton a "small city that is blessed with the kind of historic downtown that movie scouts seek." *Southern Living* calls it "the perfect place to base any exploration of the valley." Staunton has been honored by the National Trust for Historic Preservation for its outstanding preservation and revitalization accomplishments. More information is available at visitstaunton.com

Access

The Charlottesville Albemarle Airport (CHO), a 45 minutes drive, is served by Delta, United Express, US Airways, Colgan Air and Continental. The Shenandoah Valley Airport (SHD), a 20 minute drive, is served by United.

The Amtrak station is a regularly scheduled stop for the Cardinal passenger train, which connects New York to Chicago via Philadelphia, Wilmington, Washington, D.C., Charlottesville, Cincinnati, and Indianapolis.

Drive times are approximate.

Charlottesville 40 minutes; Roanoke 1.25 hours; Richmond 1.5 hours; Washington DC 2.5 hours