



HOPKINS
FOODSERVICE
SPECIALISTS, INC

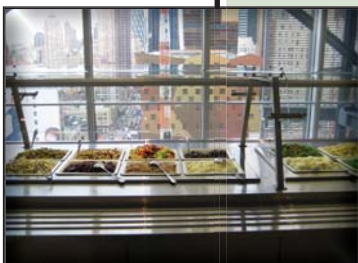


PASSED!



HOPKINS' own, Christopher Buscetta was the first among us to achieve LEED certification.

On April 12, 2008 Chris passed the LEED professional accreditation exam.



CONTACT HOPKINS

NEW YORK CITY
27 West 24th St.
Suite 301
New York, NY 10010
212.679.9293 tel.
212.929.6505 fax

WASHINGTON, D.C.
7906 MacArthur
Cabin John, MD 20818
301.320.9200 tel.
301.320.9202 fax
800-387-0237

HOPKINS-FS.COM

E-MAIL:

Lhopkins@hopkins-fs.com

Dear Associate,

Do you long for the days when LEED points were not flashing before your eyes, when you could eat a greasy donut washed down with a tall glass of cold whole milk, crank up the fan and the speakers, and try as hard as you could to sing louder than the band?

Some of us woke up one morning to realize that we were living a plaid life. It started as a distinction between the weekday world and the weekend world, one block of workish color next to small greyish blocks of sleep with bright threads of party, books, politics, and art running through them. You, too, may look to the right and left and notice a cacophony of similar activity is going on all around. We see in ourselves and in each other, the fabric of this planet.

The more each of us does to enlarge self and diminish others, the smaller we actually become. The more we perceive ourselves as weaving through others and our earth, the larger and more significant we grow.

That you and I can work together to increase the value of garbage is an amazing thing. Where we once simply created interior space together, now we have more power

than most people to heal Mother Earth. Buildings degrade nature more than automobiles because they are bigger and more complex in their use of resources and emissions. An earthy and knowledgeable food service consultancy like HOPKINS can go far in greening up your construction documents. That's what I call life well spent. That's what I call human silk.

Your food service consultant serving you some food for thought,

Lynn Hopkins

THE GOLDEN LIFE OF GARBAGE

Clients expect their architects to know about a broad range of topics - even composting. This article offers you a good chef's perspective on the earthiest kitchens.

The issue of composting comes up on almost every project these days. As devotees of Mother Earth, Richard and I say, "Hurray!" The holistic cycle that begins with the earth in planting, cultivating and harvesting, → yields its products for delicious energy-producing nutrition, → finally comes full circle *only* when the byproducts become nutrients through composting.



The commercial/institutional kitchen has five-times the energy footprint of office or classroom space. Imagine that! To diminish the dramatic difference, we re-use heat, water, and ingredient by-products instead of wasting them. "Waste" is fast becoming a misnomer in the food service industry as the reclamation of food trimmings, cardboard and paper containers, and even kitchen-generated heat and water are all valuable resources and sources of new energy.

Setting heat and water aside for now, it's time to learn about composting and why all new and renovated food service facilities should include simple, composting-friendly tools in their designs.

What is Composting?

According to the EPA, 'Composting is a process whereby biodegradable material (i.e. farm and kitchen waste) is converted, in the presence of oxygen into a stable granular material that improves soil structure and enriches soil's nutrient content.' Live bacteria in the soil are the active ingredients in this process. To indicate how active

Our Hungry Earth

F.Y.I.

Consultants to the Best

Foodservice Planning and Engineering

Spring 2008

HOPKINS
PLANTING
KNOWLEDGE
with You

EDUCATION

CSD:

Frostburg University
Davis Brody Bond

Aedas:

Columbia Business
Columbia Science Ctr
Ewing Cole:

USMAPS

Gardner Hills Ele.

Marshall Craft:

University of Mary-
land Denton Hall

WORKPLACE

Gensler:

Mayer Brown

HOK:

DISA Phase II

HSM:MM:

Von Braun Phase II

HDR:

Texas Federal Center

KCCT:

OBO Valetta

Rafael Vinoly:

Van Anel Institute

SOM:

Federal Project

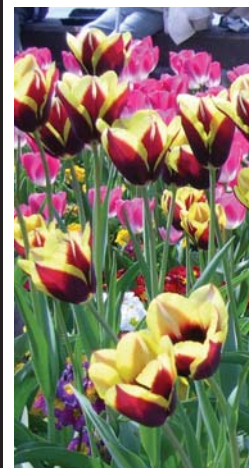
URS:

Longworth House of
Representatives

RECREATION

Fentress Architects:
Cleveland Museum of
Natural History

TIME FOR YOU



FoodieTours.com

Most of us are aware of the value of travel. Even if it's to another neighborhood, the opportunity to experience life from a new vantage point enriches us.

As young entrepreneurs in the seventies and eighties Richard and I spent a week every summer remembering what vacations were like. Once we felt that we had landed at least on a ledge of success, we started taking the children to a rock concert as our annual family vacation.

In the nineties, we finally experienced the thrill of planning a real vacation. We found that we wanted to follow the food. So, we scurried off to Maine and Nova Scotia for the Lobster, then to Scot-

land for the...well, it wasn't haggis! You get the idea.

Planning a good vacation can take just about the same amount of time as going on one. That's why we are happy about foodietours.com and want to share this terrific new site with you.

As a side venture to the valuable contributions Brielle Hessman makes at Hopkins Foodservice Specialists she started a website called foodietours.com. Unlike any other culinary tour directory, Foodie Tours allows users to search tour-by-tour (rather than having to sift through operators' sites) by a number of criteria including country, tour type (i.e. cooking, wine, day tours, or tasting tours), months offered, and price range.

Now, rather than spending all day trying to find a wine tour in Burgundy in May for less than \$3,000 you can find it in a matter of seconds on Foodie Tours. She is also in the process of posting "foodie maps" on the site. These maps plot top recommended high-end restaurants via Google Maps so you can go to the site, print out a foodie map, and take it with you on your next business trip! New York, San Francisco, and Washington, DC are currently available. Bon Voyage!



energy and middlemen costs. Wise chefs also get the very most out of their ingredients by creating rich stocks from trimmings. These stocks can then become delectable soups and sauces. An earth-friendly menu is not only organic, but one for which the menu items receive from and give to each other.

Sous-vide, (a method of cooking whereby foods are rapidly chilled after production to preserve flavors, colors, and nutrients, then are either stored in bulk, or in individual pouches for service at a later time) is a smart way to increase shelf life and reduce labor. This process is not as harsh as freezing, and offers customers high quality products without excessive labor cost. A one-shift top-chef can please discriminating guests around the clock. She or he can schedule the week's cooking for variety rather than repetition for volume. Win-win.



Golden Garbage continued...

the process is, 10 trillion bacteria are found in a spoonful of garden soil.

The composting process is fascinating. The compost heap starts out as an amalgam of garbage, soil, and plant matter. Brown banana peels cozy up to mangled celery leaves, oozing moldy lemon halves, hairy scallion roots, jumbled-up with clumps of weak soil to form a stinky, ugly, colorless blob. Turning over this heap aerates it which helps to generate intense heat. When the nearly magical process is complete, you have a dark chocolate colored humus. Compost is not soil; it is an additive that enriches ordinary soil.

Some Benefits of Composting

1. Enriches the soil.
2. Helps soil retain moisture.
3. Remediate soil contaminated by pesticides, wood preservatives, fuels, hydrocarbons and explosives.
4. Prevents pollution, erosion, silting.
5. Reduces the need

for water, fertilizers and pesticides.

6. Protects the sewer system from blockage.
7. Protects landfills from grease laden matter deposited by garbage disposers.
8. Shrinks the real waste stream by pulling tons of golden garbage out of it.
9. Reduces the cost of waste removal.

Physical Requirements

1. Dedicated garbage cans
2. Refrigerated trash room
3. Parking space on the dock

Kitchens that import field vegetables straight from the farm need separate wash sinks with soil interceptors. Users must

be able to sanitize walls and floors to remove bacteria.

Because the purpose of kitchens is not to intentionally generate as much compostable material as possible, but to produce delicious and nutritious food, refrigeration should include permanganate filters. A ripening fruit or vegetable emits gases that speed up ripening of nearby fruit or vegetables. This is why transportation of produce has become such a science. Permanganate filters entrap the gases to reduce trim loss.

The hierarchy of refrigeration is 1) field boxes, 2) clean produce boxes, 3) raw prepared food, and 4) the cook's box for freshly prepared foods and leftovers in a more sterile atmosphere.

Ultimate Earth-Friendly Kitchens

Users of our kitchens, and us at-home cooks may grab the baton to further heal our planet with earth-friendly purchasing and cooking practices. A kitchen that prepares menu items using fresh local produce rather than foods imported from far away in gas guzzling frig/freezers-on-wheels, spares the

Real Leadership in Energy and Environmental Design (LEED)

HOPKINS is in the process of developing an exhaustive list of areas where our kitchens can contribute to project LEED points. We are also working on developing a video program to educate the Green Industry on food service. Even though HOPKINS has been greening kitchens for many years, the time is ripe for architects to make the best use of our knowledge on the plethora of new Green projects.

Send request for other Green articles to POsei-Boateng@hopkins-fs.com.
W2006 Dishwash or Dispose
A2003 The Giving Kitchen
W2003 Uncle Sam and Mother Earth
- Family Bonding
S1999 Defend the Earth, Start in the Kitchen

Quoting You

*I can honestly say, that from my perspective, all of our expectations for the study, report and design options for our cafeteria redesign were exceeded. The process, was enthusiastically accepted by our staff and was one of the finest studies that I have had the pleasure of accepting here at the Board. -- Charlie House
Federal Reserve Board*