



“Yes, I have egg salad and you’re still going to enjoy it because it tastes good,” says Lisa. “We are preparing really good food for people, which is not out of the ordinary. But ... I’m convinced the way the food is grown, and the intention in preparing it, makes a difference.”

When it comes to organic, sustainable and local foods, Lisa and Lynn are truly committed. The menu is mainly vegetarian with sustainable fish options, more than 95 percent organic, they use coffee from Carbondale source Back Alley, and they refuse to buy anything that contains GMOs (genetically modified organisms), down to the garnishes.

BALSAMIC KALE & PARMESAN SALAD

Courtesy of Lisa Ruoff, Eco-Goddess Edibles

6 cups kale, washed and cut into small pieces (organic and local, of course!)

½ - ¾ cup balsamic vinaigrette dressing, depending on personal taste

½ cup grated parmesan cheese (preferably non-GMO)

½ cup toasted walnuts optional

Toss the kale with balsamic dressing and refrigerate overnight. After marinated, toss the kale with the parmesan cheese and top with toasted walnuts. Serve with a dollop of loving intention.

“Our mission is to make a difference possible through organic and locally grown foods,” says Lisa. “There’s nothing here that’s not organic. And everything I try to source is organic. It’s how I eat and have been eating for a long time.”

Eco-Goddess’ sourcing includes items from Osage Gardens, Closer to Heaven Abundant Life Farms, Dava Parr and organic wines from Jack Rabbit Hill, among others. And this summer, Lisa and Lynn began sourcing their food from Eco’s own garden. Planted near the restaurant’s back door, the garden taps into Lynn’s master gardener know-how and supplies Eco-Goddess Edibles with organically and bio-dynamically farmed produce.

“We’ll be planting in accordance with what I think I will need—herbs, edible flowers, beets, carrots and lots of leafy greens,” says Lisa.

It’s been a long, strange trip to get to this point, but with Eco-Goddess Edibles, the Ruoffs seem to have found where they belong, with a mission that suits them both.

“We’re sisters so it’s really challenging sometimes,” says Lisa. “But we’ve been doing this for a long time. We both have the same passion and focus. Given the fact that Lynn is a really good gardener and I’ve been in the restaurant business, it is a perfect fit for us.”

For the rest of us, we’re just lucky to reap the benefits.

“Once people do find me they come back and bring people,” says Lisa. “They are proving to me [that our restaurant] is a good thing. People are really happy.” ☘

Eco-Goddess Edibles is open for lunch Tuesday through Friday, 11 a.m. to 3 p.m. and dinner Thursday and Friday, beginning at 5:30 p.m. For more information, visit www.eco-goddess.com.

VEGAN CHOCOLATE MOUSSE

Courtesy of Lisa Ruoff, Eco-Goddess Edibles

1 ½ cups chocolate chips (dark for vegans, semi-sweet or milk for others)

1 package tofu (soft and organic)

Dash of vanilla

Maple syrup or raspberry sauce optional

Heat chocolate chips on double boiler until melted. Mix tofu in food processor or blender and then slowly add in the melted chocolate. Finish with blending in vanilla and syrup or raspberry sauce. Refrigerate in individual cups for at least a few hours before serving.

Amiee White Beazley is the editor of edibleASPEN and a huge fan of food that doesn’t taste like it’s good for you. Amiee would love to know your thoughts on this story and others in edibleASPEN. Email her at editor@edibleaspen.com.