



36



58



62

Contents

Volume 13, No. 2

FEATURES

- 12 **Magnetic Granite**
Adaptive Sports
Programs for the Daring
By Kathleen D. Bailey
- 26 **Every Now & Then**
From Mountain Powder to Sawdust
Skis Repurposed Just for Bums!
By Linda Kirk
- 36 **From the Inside Out**
Prescott Farm Environmental
Education Center
A History with a Future
By Theresa Ludwick
- 42 **Roadtrip to Remember**
The Upper Valley
NH's Notable Niche
By David Mills
- 52 **Discover Yourself**
Tuscan Market
Gourmet for Every Day!
By Alexandra Pecci

DEPARTMENTS

- 20 **Family Fun or for Just One**
Winter Try-athlone
Not as Trying as You Think!
By Rich Collins
- 30 **Seasonal Sampler**
Milestones in New Hampshire Skiing
Celebrations on the Slopes
By Heather Burke
- 48 **Food Forethought**
Martha's Exchange
Food, Brews, and Sweets
By Lisa J. Jackson
- 58 **Room for You**
The Bernerhof Inn
Wrapped in the Warmth of an Old Friend
By Cam Mirisola
- 62 **Artisan Studio**
Rumney's Ripple Pottery
Going with the Flow
By Rob Levey
- 68 **Trip to Know Where**
Littleton
Don't Let the Name Fool You!
By Susan Zizza
- 8 **ToDo Town Tell-All**
- 16 **Upcoming Events**
- 29 **Poetic Justice**
- 56 **Arts & Entertainment**



On the cover:


Prescott Farm Environmental Education Center in Laconia has history and exploration at its core. With over 3 miles of trails on the property, a Visitor Center, and events such as the family-friendly Winter Fest and WildQuest Camp, children have a blast using their imaginations while learning. See page 36. Photo courtesy of Prescott Farm.

Martha's Exchange

Food, Brews, and Sweets

By Lisa J. Jackson

Photography by Coryauna Pacheco

 Martha's Exchange Restaurant in Nashua is quite a bit more than a place to eat—it's a place to experience. It started out as a sweet shop in 1932 and has expanded a few times since. Now it's a place to go alone or with others; for lunch or dinner; for a snack, sweet, or brew; or for some live entertainment to kick off your weekend.

As a restaurant, Martha's offers lunch and dinner daily starting at 11 a.m.

You have several selections from Martha's American, bistro, and seafood menus. So whether you simply want a burger and fries, Thai chicken, or baked scallops, Martha's is worth checking out. Martha's also has pizzas, tapas, paninis, jambalaya, chicken Parmesan, sandwiches, steak, soup, and a lot more.

Martha's offers a diversity and I've never been disappointed. A particular favorite of mine is the salmon salad. The sizeable

**"Now it's a place to go
alone or with others;
for lunch or dinner;
for a snack, sweet, or
brew; or for some live
entertainment to kick
off your weekend."**

portion of herb-crusted salmon baked in lemon is always tender and flaky. The citrus vinaigrette tossed with mixed greens complements the lemon and herb perfectly. Now, if I could only replicate the meal in my own kitchen, I'd be all set.

I've also always been satisfied when ordering any of their chicken plates. Whether it's chicken tenders, Buffalo chicken, sweet and sour chicken or chicken Parmesan, the





meat has always been tender with just the right amount of juice. One friend of mine particularly finds the chicken tenders to be the best around.

No matter what I'm in the mood for, I can find it at Martha's. The hospitality is always friendly—and fast if you're in a time crunch—or leisurely if you don't need to be anywhere.

I really like knowing that Martha's is part of Nashua's history. The entrance is on Main Street and you enter through two different doors. Every time I enter, I imagine walking into an old-fashioned ice cream store or a Woolco Department Store that I used to visit with my grandmother. You know, a place that had those red-covered round stools in front of and around the curved counter.

Martha's has tall seats placed around its long u-shaped bar, and maybe that's part of what throws me into nostalgia, but it's also the tall ceilings, floor to ceiling front windows, and the double-door entrance. Martha's has retained a lot of its past while updating itself for today.

As a bar, Martha's offers all the usual bar drinks, plus seasonal specials, as well as many types of coffees, teas, and even some toddies. There are a couple of TVs if you need some distraction or entertainment, too.

As a microbrewery, Martha's offers about 25 different homemade brews during



NEED TO KNOW TODO

Name: Martha's Exchange Restaurant & Brewing Co.

Address: 185 Main Street, Nashua

Phone: (603) 883-8781

Hours: 11 a.m. to 9 p.m. Sunday through Wednesday; 11 a.m. to 9:30 p.m. Thursday; 11 a.m. to 10 p.m. Friday and Saturday; Bar is open 11 a.m. to 11 p.m. Sunday through Wednesday and 11 a.m. to 1 a.m. Friday and Saturday

Web: www.marthas-exchange.com

Seating: Seating for 250; also, there is a function hall upstairs that is available to rent and catering is available onsite and off.

Area Highlights: Nashua has much to offer in its historic downtown for shoppers and sightseers. A couple of miles south are several malls, including the Pheasant Lane Mall. Activities in the area include indoor skydiving at SkyVenture (www.skyventurenh.com), indoor ice skating at Conway Arena (www.conwayarena.com) and indoor rock climbing at Boulder Morty's. Mine Falls Park is nearby for walking, cycling and running, too.

Directions: Coming from the South, take Route 3 north to Exit 5. Go east on MA-111 (West Kinsley Road); turn left onto Main Street in Nashua. Go straight through two sets of traffic signals—Martha's Exchange will be on your left. From Manchester, NH and points north, get to I-293 in Manchester. From further north, take I-93 south. From the east or west, take NH-101.



the year. The brewmaster is always open to suggestions and feedback, so if you enjoy sampling new tastes, stop on in and have a mug. The microbrewery was added in the early 1990s with the always-shiny copper-colored brewery tanks visible to the far right of the restaurant.

The beautiful horse-drawn buggy mural painted on the wall behind the tanks was painted by former New Hampshire resident, Steve Barton. Steve makes his living as an artist and, according to Martha's website, has had his work purchased by Sylvester Stallone, Dolly Parton, and the White House, among others.

As a sweet shop, like the restaurant, Martha's has something for just about everyone. The shop is in the front, near the

"Martha's has you covered if you're visiting the area or live nearby, have a sweet tooth or like to try new beers..."

entrance. My teeth always ache looking at all the decadent treats, but sometimes you just have to have that turtle or truffle or peanut butter cup, you know? I also have a weakness, especially during the colder months, for their fudge and hot mocha coffee. There's something perfect about a piece of fresh, chewy fudge and a steamy drink that works wonders for me when it's cold outside.

As a nightclub, Martha's has live entertainment—a DJ or live band—on Friday and Saturday evenings starting at 10 p.m., and there is a cover charge. The bar is open until 1 a.m. It's been numerous years, but I had friends who performed there in the early 90s. Yes, I've been going to Martha's for a long time.

Something to keep in mind: parking meters on Main Street have 90-minute limits, are \$1 per hour and are in effect until 7 p.m. Monday through Saturday. The Elm Street parking garage is nearby and charges \$.50 per hour until 6 p.m. Monday through Friday.

Martha's has you covered if you're visiting the area or live nearby, have a sweet tooth or like to try new beers, want a place to go for lunch or dinner with kids or adults, or you would like to enjoy some live entertainment. Maybe I'll see you there sometime.

NHToDo