

Rushing Waters offers world-class fish dishes, natural beauty

By Jack McLaughlin
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I had only been visiting at Rushing Waters, the Palmyra, Wis.-based fishery and restaurant, for under an hour. On a brief tour through the establishment's 80-acre wooded farmstead, I was fortunate enough to catch sight of a rare blue heron. Then a second, and a third — I stopped counting at 10. The birds, like myself, were there to enjoy the freshest rainbow trout money can buy.

Nestled on the cusp of the state's Kettle Moraine State Forest (which it is technically located inside of), the business's location boasts a unique and immersive deep-wilderness aura that simply cannot be replicated anywhere else.

It's easy enough to imagine you could be in the depths of the Great Smokey Mountains, or the Blue Ridge foothills. In

reality, though, you're just a stone's throw from the quaint but established town of Palmyra, and conveniently equidistant between Edgerton and Milwaukee (the former located under 30 miles away). Considering the beauty of its world-class — and government protected — natural backdrop, it's easy to forget why so many have been flocking to the expansive farm in Southeastern Jefferson County in the first place: the food.

Rushing Waters, founded in 1994 by local entrepreneur and environmentalist, Bill Graham, operates as a mix between top-tier eatery and free-range rainbow trout farm. Equipped with a fully functioning hatchery and 56 spring-fed ponds, the Palmyra hot spot offers a freshness and quality to their dishes that simply cannot be replicate.

"The organic food movement is really impor-

tant right now," said co-owner Peter Fritsch. "And we have the whole thing right in our backyard." While this is a phrase thrown around quite often in health and ethic-focused restaurants, Fritsch means it literally. Each and every mouth-watering trout Rushing Waters prepares never leaves their farm grounds — at any point. Starting from the egg, the company's fish, fed on a premium, customized diet, are hatched, raised, caught and processed all on-site.

And for an even more holistic, hands-on experience, visitors can take part in the "hook-and-cook" service the restaurant offers. In this, for a small fee, diners are able to catch their own trout from the farm's teeming waters, and eat them shortly thereafter — with no fishing license or extra gear required. "This is a family experience," Fritsch stated, "And that's



Smoked rainbow trout bruschetta is one of many delicious offerings crafted from the farm's carefully raised schools. (Photo submitted by Jack McLaughlin)

really what we want to help people have."

What's more, the Jefferson County eatery has begun to focus on sourcing even more of their top-tier culinary creations

from their own farm. Working on an ever-growing garden of fresh herbs and vegetables, Rushing Waters is able to provide patrons with what is truly the gold-standard of local, sustainable dining.

While the experience of eating the freshest hand-caught rainbow trout available is reason alone to visit Rushing Waters, the restaurant's facilities match the allure and quality offered by the rest of the farm. Able to balance sleek, natural décor with approachable formality, people of all walks and dress-codes mingle at the eatery's top-end bar, while couples and families share tables in the beautifully rustic, recently

updated, and light-filled dining room.

The quality of ingredients no doubt shines through in the dishes Rushing Waters offers, and preparation by renowned, inventive staff chefs lay the finishing touches on what is likely an already-memorable experience for visitors. Dishes such as smoked rainbow trout Bruchetta, beer-battered rainbow trout and rainbow trout Almandine feature bold, hearty, and balanced flavors in abundance.

"We really have a beautiful product. It means a lot to us," Peter Fritsch said. "And all of this is part of our cultural heritage as well."

Free days this summer at Dane County Parks

Press release from Dane County Executive's Office

Dane County is once again offering residents the opportunity to get out and enjoy their parks, permit free, on dedicated days this spring and summer.

Dane County will waive permit charges at its facilities for the following park activities on the following Saturdays:

June 3: National Trails Day – Capital City State Trail and equestrian trails

Dane County invites everyone to explore the Capital City State Trail that winds through over 2,500 acres of public lands and highlights prairies, wetlands and waterways on Madison's South side. Dane County Parks has over 35 miles of equestrian trails with the largest trail

facility being at Donald County Park.

June 17: Dog parks

Dane County has seven dog parks, located in Badger Prairie, Indian Lake, Prairie Moraine, Token Creek, and Viking County Parks along with Yahara Heights/Cherokee Marsh, and Capital Springs Recreation Area.

July 1: Lake access and Tenney Lock

Dane County offers some of the best lake access sites available with well-maintained launches with amenities such as restrooms and fish cleaning stations.

For more information about these activities or other Dane County Parks information, visit www.countyofdane.com/lwrd/parks.

Welcome to Wisconsin




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AT RUSHING WATERS





A unique, mouthwatering, farm-to-fork, culinary experience. Celebrate seasonal local ingredients sourced on-site from our fishery, smokehouse and the area's bountiful farms. Make a reservation and come and taste for yourself.

DINING HOURS OF SERVICE

Wednesday – Saturday: Lunch – 11:00 to 4:00 • Dinner – 4:00 to 9:00
(Wednesday & Friday Fish Fry begin at 4:00)
Sunday Breakfast • 9:00 – 12:00 Lunch 12:00 – 3:00

Rainbow Trout

Our all natural, chemical-free trout are grown without antibiotics. The trout are harvested to order. That means your fish are swimming when we receive your order.



Rushing Waters Experience

Custom tailor a memorable experience for your group of twenty or more guests
Group Tours • Private Dining • Corporate • Party or Reception • Weddings Engage visitors behind the scenes with hands on activities and a look at the action that makes Rushing Waters our country's leading producer of quality Rainbow Trout




