



SEASONALLY

SPRING 2023 CATERING + EVENT INSPIRATION

planting
inspiration



PARAMOUNT
EVENTS™

WHAT'S ON THE MENU

Spring is here and we're back to all things Paramount Events.

We won't speak for everyone, but we're coming out of the winter looking forward to opening our windows, getting outdoors, and trying the freshest greens and sweetest fruit from farmer's markets or even our own backyard. In this issue, we'll highlight some seasonal dishes, event ideas, venue inspiration, and offer up some tips to get yourself ready for spring. Let's raise our fruit and flower garnished glasses and toast to fresh flavors, t-shirt weather, and the celebrations ahead!

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SUSTAINABILITY CHECK-IN

numbers don't lie

We're excited to share our progress and set some bench marks for success.

Passion about sustainability and being mindful about our impact on our communities drove our decision to offer both composting and food surplus donation services into our standard catered event operations. These services help divert food waste, but with our food donation program, it gives us an opportunity to address another issue - food insecurity.

After each event, when there is a donation pickup, our team is refreshing our Copia portal dashboard. In addition to how much food we donate, it breaks down how many meals we've donated and the non-profits it went to, how many gallons of water saved, and how many pounds of CO₂ emissions offset. We also compost on-site and at events, receiving a monthly update on how much material we've composted and how many gallons of gas we offset.



541

POUNDS OF FOOD DONATED



408

MEALS DONATED TO LOCAL NONPROFITS



2,186

POUNDS OF CO₂ EMISSIONS OFFSET



48.4K

GALLONS OF WATER SAVED



8,210

POUNDS OF COMPOST DONATED



628

GALLONS OF GAS OFFSET



34,133

WATER BOTTLES ELIMINATED FROM USING OUR WATER STATION



Ask our team about collecting compostable material or donating food at your next event
info@paramounteventschicago.com



1 MONTH FREE COMPOSTING AT HOME!
Our Compost Partners, WasteNot, have generously provided TPG clients and partners 1 month of free residential composting service. bit.ly/wastenotxtpg
Scan to learn more.

a trip to our greenhouse

Fresh, local ingredients only steps away.

Paramount Events' parent company, The Paramount Group, has an on-site greenhouse that houses over 40 ingredients that are used in our dishes, beverages, and as garnishes at events.

Our 20' x 28' greenhouse and surrounding area is filled with 18, 4'x4' garden beds and a plethora of pots and growing vessels. Each bed was built in-house and is filled with soil that has been nurtured for over 8 years using only organic fertilizers. Growing on-site ensures that the ingredients in our menu are all natural and that we're able to harvest at optimal times to produce maximum flavor and freshness. The greenhouse also allows us to simulate seasonal conditions to produce bountiful yields all year round.

See a full list of what we're growing in our greenhouse:
bit.ly/our-greenhouse-glossary

Vietnamese Cilantro →



→ Sunset Oxalis



→ Hyssop



SEASONALLY SPRING 2023



reasons to celebrate

➤ LEADING UP TO YOUR SPECIAL DAY

Love is in bloom! Your special day with us doesn't just have to be the wedding. Our team is happy to help cater your bridal shower, bachelorette weekend, and even brunch the morning of your big day. Tip: Looking to celebrate on a smaller scale? Our drop-off team can deliver and set up food for a minimum 10-guest count.

➤ CONGRATS, GRADUATES OF 2023!

Our culinary team will curate a menu that fits your school colors, guest type, and more. We can work together to create a mascot-themed mocktail, interactive food station, and creative takeaway dessert to keep the party going!

➤ SPRING-THEMED PARTIES

Throw a garden-themed tea party with seasonal pastries made in-house, organize a picnic to have in your backyard with wine and charcuterie, or host a Kentucky Derby party with refreshing Mint Juleps and small bites.



flavor & texture

Spring cuisine is all about celebrating the season's fresh and vibrant flavors.

As the weather warms up, lighter dishes take center stage, featuring bright and bold flavors that awaken the senses. Fresh herbs and citrus add zing to dishes, while bright greens and colorful vegetables bring a touch of spring to the plate. Spring cuisine also embraces simplicity, with dishes that highlight the natural flavors of ingredients without overcomplicating them. From light salads and refreshing soups to grilled vegetables and seafood, spring cuisine offers an array of dishes that are both satisfying and healthy. With a focus on fresh and seasonal ingredients, spring cuisine is the perfect way to shake off the winter blues and welcome the new season.

STRAWBERRY & BEET SALAD

This salad is a celebration of the bright and bold flavors of spring, featuring a combination of sweet and earthy ingredients that come together to create a delicious and satisfying dish. The base of the salad is peppery arugula (from our greenhouse), which is topped with juicy and sweet strawberries, roasted beets, and pistachios. The buttermilk dressing adds a creamy and tangy element to the dish, while the lemon zest adds a pop of freshness. The roasted beets add an earthy sweetness to the salad, while the pistachios provide a nutty flavor and a delightful crunch.



grilled chicken & asparagus

The grilled chicken takes center stage.

Its smoky and savory flavor is perfectly complemented by a medley of bright and colorful vegetables. Tomatoes add a juicy sweetness to the dish, while peas and asparagus provide a crisp and refreshing touch. The addition of shoots (grown on-site) adds a delicate and earthy flavor, and the mirepoix (a mixture of diced onion, celery, and carrot) adds depth and richness to the dish. This entrée has a variety of textures and flavors that come together to create a delicious, filling, and well-balanced dish.





grilled maitake mushroom

Vegan entrées are in!

The culinary team at Paramount Events is always looking for opportunities to find the right center piece on the plate for vegetarian and vegan dishes. Trying not to overcomplicate the process, they decided to treat the star of this dish, a maitake mushroom, like any other protein. The meaty and flavorful mushroom is roasted to perfection and served alongside a bed of protein-packed quinoa and almonds. The spring onion salsa verde adds a zesty and herbaceous pop of freshness to the dish, and the bright and tangy red ribbon sorrel adds a touch of acidity to balance out the rich and earthy flavors of the other ingredients. This vegan dish is not only delicious but also packed with nutrients, making it the perfect dish for those looking for a healthy and satisfying option.

lighten the mood

Spring is the perfect time to indulge in cocktails and mocktails that are fresh, light, and refreshing.

ÉLEVÉE ROSÉ

For an elevated Rosé cocktail, mix Rosé wine with a splash of raspberry-infused St. Germain, lemon juice, and thyme syrup. Shake the ingredients together with ice and strain the mixture into a glass filled with ice. Top it off with a splash of club soda, and garnish with a sprig of thyme. This cocktail has a lovely balance of flavors, with the fruity and floral notes of the Rosé and St. Germain complementing the herbal and citrusy flavors of the thyme syrup and lemon juice. The club soda adds a refreshing fizz to the drink, making it perfect for sipping on a warm spring day.

INGREDIENTS

- *2oz fruit forward rosé wine*
- *3/4oz St. Germain infused with fresh raspberries*
- *1/2oz fresh lemon juice*
- *1oz thyme syrup (1:1 simple syrup, steeped with fresh thyme, strained, and cooled)*
- *top with club soda over ice*



COOL HAND LUKE

To make this free-spirited mocktail, add a squeeze of fresh lime juice, a drizzle of basil syrup, and a few ice cubes to a glass. Pour in the cucumber-infused white grape juice and top it off with a splash of club soda. Garnish with a cucumber slice and a sprig of fresh basil. This mocktail is the perfect balance of sweet, herbaceous, and refreshing flavors, with the cucumber-infused white grape juice providing a light and refreshing base that is perfectly complemented by the tartness of the lime and the herbal sweetness of the basil syrup.



INGREDIENTS

- 3oz white grape juice, infused with sliced fresh cucumber
- 1/2oz fresh lime juice
- 3/4oz basil syrup, (1:1 simple syrup, steeped with fresh basil, strained and cooled)
- top with club soda over ice

INGREDIENTS

- 1 1/2oz gin
- 1/2oz St. Germain
- 2oz strawberry purée
- 1/2oz fresh lime juice
- 1/2oz basil syrup, (1:1 simple syrup, steeped with fresh basil, strained and cooled)
- top with fever tree elderflower tonic



THE ALCHEMIST

Gin is a classic ingredient for a refreshing springtime cocktail. For a unique twist, mix gin with St. Germain, strawberry purée, and basil syrup. Shake the ingredients with ice and strain into an ice filled glass. Top it off with a splash of elderflower tonic and garnish with a sliced strawberry and orange peel. This cocktail has a perfect balance of flavors, with the strawberry purée and St. Germain providing a fruity and floral sweetness, and the basil syrup adding an herbal note that complements the botanicals of the gin.



INDOOR & OUTDOOR VENUES

the best of both worlds

We're listing some of our favorite Chicago spaces that are the perfect combination of indoor and outdoor.

THE OLD POST OFFICE

Looking for something unique and historic? The Old Post Office offers a wide range of options for events and gatherings. Its prime location and impressive architecture make it a popular choice for both indoor and outdoor events.

GREENHOUSE LOFT

Known as Chicago's most sustainable venue, Greenhouse Loft offers stunning light and open space. Their mission is more than having a beautiful space. They reduce their water use, compost and recycle on-site, and have restored their original space from the ground up. Their sister venue, Sarabande, will be opening up next door to Paramount Events in Fall 2023!

PRIVATE RESIDENCE

Hosting a party in your home is perfect for parties with families and friends. Our team will work directly with you on where to cook, serve, and how build your place into the perfect venue space.



SEASONALLY SPRING 2023

clear your closet and your mind

Spring is a time of renewal and growth, and it's the perfect opportunity to take stock of your life, clean up your living space, and focus on your well-being.

TIPS FOR THE SEASON

Spring cleaning is a great way to clear out the clutter and make your home feel fresh and new again. Start by decluttering your space and getting rid of anything you no longer need or use. Once you've cleared the clutter, deep clean your home by dusting, vacuuming, and wiping down surfaces. You can also tackle any home improvement projects that you've been putting off, such as painting a room or organizing your closet.

Use natural or eco-friendly cleaning products when you can and be creative with upcycling items to give them a second life.

AN OPPORTUNITY TO HELP OTHERS

Consider how your spring cleaning can be an opportunity to help others in your community. You can donate gently used clothing or household items to a local shelter, food bank, or thrift store. You can also volunteer your time to help clean up a park, beach, or other public space. Not only will you be helping others, but you'll also feel good about making a positive impact in your community.

FOCUS ON WELLNESS

Start by getting outside to enjoy the fresh air and sunshine. Take a walk, go for a bike ride, or have a picnic in the park. You can try practicing mindfulness and meditation to help reduce stress and improve your mental health. Spring is also a great time to focus on your physical health by eating more fresh fruits and vegetables and getting regular exercise.

TRY SOMETHING NEW

Sign up for a new hobby or class, such as gardening, cooking, or art. You can also challenge yourself to try something you've never done before, such as hiking a new trail or learning a new language. Trying something new can be a great way to expand your horizons and add some excitement to your life.



the 4,000 mile floral delivery

Did you know that 82% of the flowers in the US are imported from the Netherlands, Ecuador, Colombia, Kenya and Ethiopia?

Roses, carnations and chrysanthemums are the most popular blooms - and a majority of the EU's roses now come from Kenya, a relatively new purveyor in the international cut floral business. Their projected growth is 5% YOY.

FLOWERS = FLIGHTS

The International Council on Clean Transportation crunched the Valentine's Day numbers last year and estimated that the three weeks of floral flights leading up to the holiday burned approximately 114 million liters of jet fuel, emitting 360,000 metric tons of carbon dioxide into the atmosphere - which is the equivalent of 397,902,058 pounds of coal being burned - or, the equivalent of 78,293 passenger vehicles driven for one year. This is just the Valentine's Day delivery, not considering the weddings or events industries at large.

In 2018, flowers accounted for 69% of all the gifts on Mother's Day. According to a survey by the Society of American Florists, 65% of the customers in the United States like to receive flowers and 60% of the customers believe a gift containing flowers offer a special meaning, unlike any other gift. This consumer mindset is quite engrained in the American psyche, and for good reason - they are a stunning exhibition of nature's beauty in the hands of an artist.

KNOW YOUR LOCAL FLOWER FARMER

The fact is, flowers are beloved - we don't disagree. The difference is understanding the supply chain down to the farmer who grew the floral - and there is a deep passion for what many call "slow floral" in the U.S. today - a contingent of farmer-florists who not only grow organic, responsibly and clean - but their floral arrives to you, your local designer or shop with a fraction of the footprint. For example, a great resource to find local flower farms is slowflowersociety.com.

There are mindful florists and farmers collaborating, largely on a local level, to circumvent these large scale emissions. There are also alternative ways to create with circularity in mind - it takes a bit more strategy, but there are incredible design solutions to appease not only aesthetic goals but also environmental consciousness.



MARLEY FINNEGAN DIRECTOR OF SUSTAINABILITY

Always working to align teams with their sustainability intentions, Marley Finnegan is elevating hospitality for the utmost of sustainable futures. Focused on food insecurity, circular solutions, event emissions technology, and more - she directs solutions toward more conscious ways of conducting business and events. Learn more about her at eventsofpurpose.com.

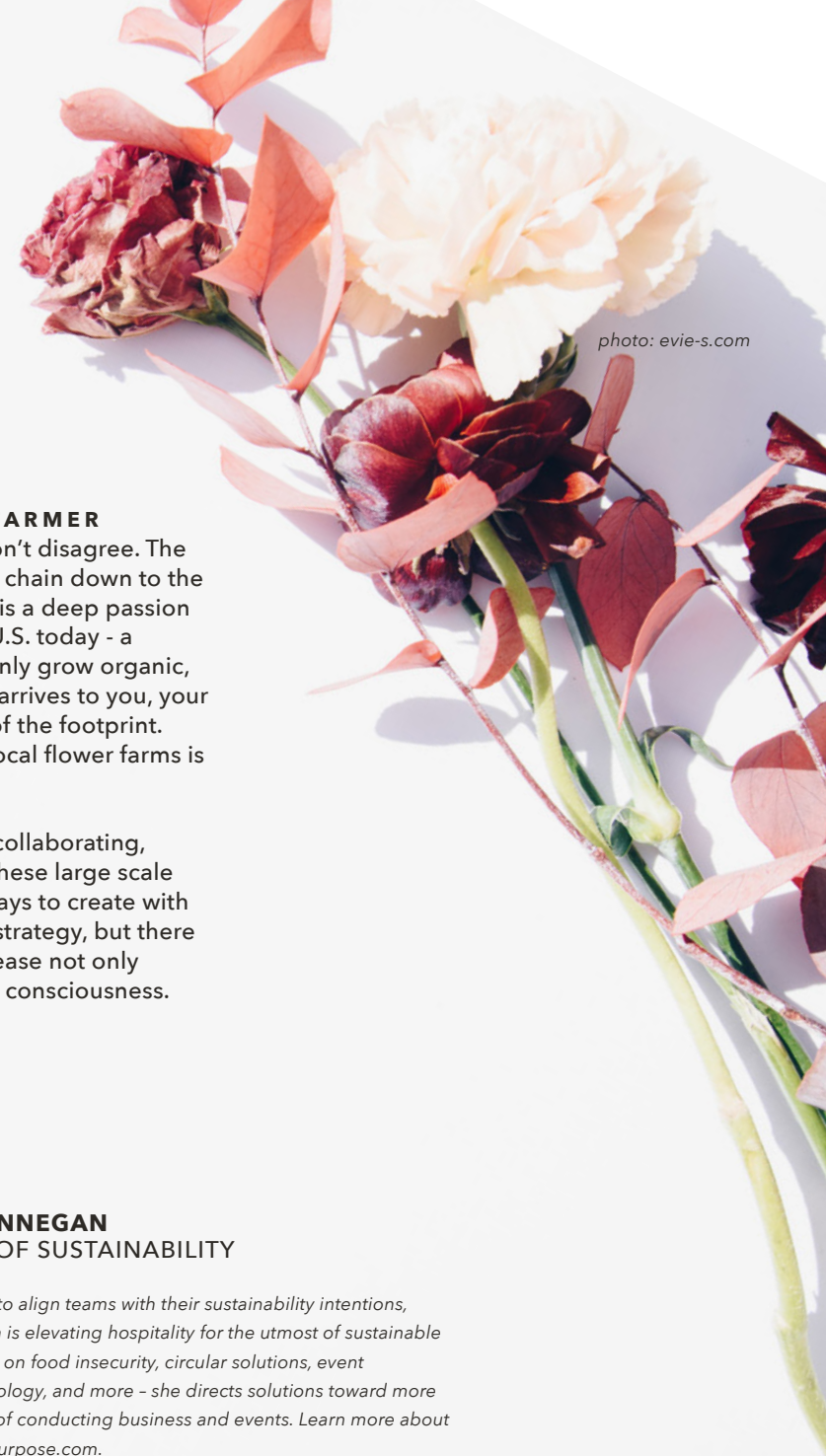


photo: evie-s.com

green city market

For over six years, Chef Devon Quinn, the Chief Culinary Director of Paramount Events, has been a fixture at the Green City Market, purchasing the freshest ingredients used in his seasonal-focused cuisine. In addition to creating close relationships with the farmers, he sees the opportunity to support issues involving environmental and economical sustainability. This market, and farmer's markets in general, help reduce the carbon footprint in food travel and it keeps small and local farmers in business.

Green City Market can be found in the West Loop, Avondale, and Lincoln Park. Their mission is to secure the future of food by deepening support for sustainable farmers, educate their community, and expand access to locally-grown food. They envision a future where sustainable farmers are thriving. In this future, everyone – in the community and across the nation – knows who grows their food, how it's grown, and why this knowledge matters. They imagine a future where all neighbors – regardless of zip code or income level – have access to locally-grown, sustainably-produced food.

Coming out of their first indoor season in Avondale, Green City Market is looking forward to moving outdoors April through November in Lincoln Park, from 7 A.M. to 1 P.M.

LEARN MORE AT - greencitymarket.org

LINCOLN PARK
1817 N Clark St
Chicago, IL 60614

WEST LOOP
Mary Bartelme Park
115 S Sangamon St
Chicago, IL 60607



GREEN CITY MARKET
NOURISHING CHICAGO SINCE 1999



spring into fresh flavors!



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