

# Nourish Ourselves Nourish Our Community April 30, 2009

Sharing food with another human being is an intimate act that should not be indulged in lightly. ~M.F.K. Fisher



The flurry of spring is never subtle, especially this year in the Pacific Northwest. As you scurry to mend garden tools, pull weeds, ready garden beds, and start seeds, would you consider growing a bit extra for next season's Evening Meals? As our relationships with local farmers continue to grow we would also love to cultivate relations with some of the island's smaller producers and home gardeners. Do you have a special fruit or vegetable that you would like us to showcase? We always enjoy discovering new varieties of things that grow well in our maritime climate and sharing that education with the community. What about those tried and true varieties that produce a surplus? We look forward to preparing the season's bounty.

Has everyone visited the site [lopezrocks.org](http://lopezrocks.org)? Lopez Rocks provided a venue for Lopezians to barter, trade, and share information and know-how. Do you have extra garden space or need a ride to Seattle? Do you have an event to promote or more squash seeds than you know what to do with? Post all such information on [lopezrocks.org](http://lopezrocks.org). Although the website is relatively new the possibilities are endless. What a fantastic service for our community. Please take a look and utilize this truly local resource!

We'd like to thank all those that contributed to this evening meal. Jones Family Farm provided leeks and clams, and Nick offered his shellfish expertise in the kitchen, noting that the widely available native butter clam was Uncle Phil's favorite. Thank you to Chrystal Vang and Josh Eide for the carefully harvested nettles. The spinach and some potatoes came from Lopez Harvest. Horsedrawn Farm provided herbs and more potatoes. The apples came from trees at Kim and Todd's house. The garlic was supplied by Nancy Rankin and eggs from the hens at Lopez Farm CSA. The Hellers supplied us with greens and frozen berries. Jean provided garden fresh herbs, and frozen raspberries, and frozen Crowfoot strawberries. Many thanks to Blossom Organic Grocery for help with last minute ingredient.

Last but certainly not least, let us thank the volunteers who are the unsung ingredients that make the stew of the community dinners a complete meal.

**Please join us in celebrating what's growing at school!**

Thursday, May 28<sup>th</sup>, from 5pm to 7:30pm

Our last evening meal of the school year will showcase what is new at school,  
with tours by Lopez students.

- Open Gardens and New Greenhouses
- The Vita Parcourse Fitness and Ecology Trail
- Garden Inspired Musical Celebration with the Garden Tool Band
- Student Artwork

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## Nettle Clam Chowder

Serves 6 to 8

5 pounds butter or littleneck clams  
1 cup water or white wine  
2 tablespoons unsalted butter  
1 large onion, diced  
1 large leek, diced  
2 stalks celery, diced  
1 carrot, diced  
1 large bunch fresh, young nettles\*  
1 tsp chopped fresh thyme  
2 dried bay leaves  
1½ pounds potatoes, cut into 1/2-inch dice  
1 1/2 cups milk or heavy cream  
Salt and pepper to taste  
**\*Always wear thick rubber gloves when harvesting and handling uncooked nettles.**

Carefully harvest nettles (**see note**). Wash nettles well and sauté in olive oil until thoroughly wilted like spinach. The nettles are now safe to touch with bare hands and taste! Remove from pan, cool, roughly chop, and set aside. Rinse clams well under fresh water and discard any clams that are cracked or open. Put clams in a large pot, add 1 cup water or wine, cover, and cook over med-high heat, stirring often. As individual clams open, remove them to a bowl and continue to cook until all or most clams have opened. It is very easy to overcook clams-remove them promptly. Reserve clam liquor, strain through cheesecloth or coffee filter and set aside. As soon as clams are cool enough to handle, remove all clam meat and roughly chop. In a heavy bottomed soup pot sauté onion and leeks until wilted. Add celery and carrot and sweat for 3 minutes. Add herbs, potatoes, milk or cream, reserved clam liquid, and turn heat to low. Bring chowder to a very gentle simmer and cook, stirring often to prevent sticking, until potatoes are just tender. Stir in chopped clams and nettles to heat through and taste for salt and pepper.

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## Lopez Apple Berry Mazurka Bars

Makes a 9" by 13" pan  
4 cups any fresh or frozen fruit  
(we used 1 part applesauce to 3 parts frozen fruit)  
2½ cups flour  
½ tsp salt  
12 oz cold butter, cut into ½" pieces  
1¾ to 2 cups brown sugar  
1 cup unsweetened dried coconut\*  
1 cup chopped nuts or seeds\*  
1½ cup oats\*  
\*If you choose to omit coconut and/or nuts seeds increase other dry (\*) ingredients to total 3½ cups.

Preheat oven to 350°. Butter a 9" by 13" baking pan. In the bowl of a standing mixer or food processor combine flour and salt. Cut in butter until mixture resembles coarse cornmeal. Add sugar, coconut, nuts, and oats and mix. Press half of mixture evenly into bottom of baking dish. Top with even layer of fruit. Gently press remaining crumb mixture into top of fruit. Bake for about 25 minutes or until top is nicely golden browned. Cool and cut and enjoy!

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## Carrot Herb Cornbread

Makes 1-8" by 8" pan  
1¾ cups yellow cornmeal  
¾ cup whole wheat pastry flour  
1 tsp salt  
½ tsp baking soda  
1 tsp baking powder  
1 to 3 Tbsp honey or other sweetener  
1 to 2 eggs, beaten  
1 ½ cups buttermilk, yogurt, or milk  
1 cup grated carrot  
1 Tbsp chopped fresh herbs

Mix dry ingredients thoroughly in a bowl. Add eggs and milk and mix briefly. Add optional ingredients and lightly mix. Pour batter into buttered baking pan. Bake at 350° until golden brown and a toothpick inserted into center comes out clean.