

09.24.2009

We would like to include more food producers in the Evening Meals. We welcome and will pay for your orchard and garden offerings. If you have bounty you are willing to share please call Jean at Vortex #468.4740 or email Kim at kimabast@rockisland.com.

As we gather again to eat in community we hope you can taste the generous sun and warmth of Lopez summer and appreciate the love and dedication of the growers who have valiantly enticed this amazing food from the earth. We hope you enjoyed the summer as much as we have.

Very special thanks to the Lopez Center for Community and the Arts for hosting our moveable feast and as always to our many volunteers. For this meal we thank Ken and Kathryn of Horse Drawn Farm for tomatoes, cukes, onions, red cabbage, peppers, zukes, and lots of gold and green beans. From Todd and Daine of T&D Farms: tomatoes, cukes, zukes, garlic, and chard. From Kim and Todd of Windy Bottom Farm: plums, cukes, zukes, parsley, and eggs. From the Heller Family: lettuce and flowers. From Jean: mints and sorrel, and Danah: tomatoes. From the Birkemeier's: Asian pears. Blossom Grocery provided other odds and ends to make our meal complete.

OTHER FOOD RELATED EVENTS

FILM - ISLAND ON THE EDGE

Lopez Center for the Community and the Arts

Friday, October 2 at 7:00 pm

Produced and directed by Nick Versteeg

The film examines the history of food production on Vancouver Island and the Gulf Islands and questions what might happen to their food supply should they be suddenly cut off from the rest of the world.

Sponsored by Lopez Community Land Trust, Lopez Locavores, and Blossom Grocery

Upcoming Book Release

SMART BY NATURE: SCHOOLING FOR SUSTAINABILITY

By Michael Stone

Featuring Lopez Island School's L.I.F.E. Garden and Farm Program as one of twenty exemplary models of education in sustainability. See this week's Islands' Weekly for more information.

Food is so primal, so essential a part of our lives, often the mere sharing of recipes with strangers turns them into good friends. That's why I love this community.
~Jasmine Heiler

Green Gold Black and White Salad

Serves 6 to 8

½ pound each fresh green and yellow beans
2 cans white beans (or 1½ cups dry beans)
1 can black beans (or 1 cup dry)
2 bay leaves
8 to 10 cloves garlic
1 cup chopped fresh parsley
1 cup or more fruity olive oil
¼ cup or more white balsamic vinegar
Salt and pepper to taste

If using dried beans start their preparation the night before. Beans must be prepped and cooked separately to maintain color. Pick through the beans to remove any rocks or debris. In 2 heavy bottomed soup pots, cover each bean variety with 3 inches of water and bring to a boil over high heat.

Remove beans from the heat, make sure they are covered by at least 3 inches of water, partially cover the pot and allow the beans to sit out over night.

The next day drain the beans and rinse them well. Return beans to the soup pots and cover with 3 inches of water. **To the white beans only**, add ½ cup olive oil, 4 to 5 crushed garlic cloves, and bay leaves. Bring both pots to a simmer over med-high heat, and cook until partially tender. Salt to taste and cook until just tender. Remove from heat and cool to room temp. Drain black beans only. Do not drain white beans.

Blanch green and yellow beans in boiling salted water until tender, about 3 minutes. Stop the cooking process by immediately dunking beans in an ice water bath. When cooled, cut beans into 1 inch sized pieces.

Using a slotted spoon, transfer white beans to serving bowl. Add green, yellow, and black beans and mix gently to combine. Finely chop remaining cloves of garlic and add to beans along with the chopped parsley. Add remaining olive oil, vinegar, and just enough white bean cooking liquid to dress salad. Taste for salt and pepper and serve at room temp.

Plethora of Plums Cake

Makes an 8" by 8" pan

1 1/2 cups all-purpose flour
2 tsp baking powder
1/4 tsp salt
Scant 1/4 tsp ground cinnamon
5 Tbsp unsalted butter, at room temp
3/4 cup (packed) light brown sugar
2 large eggs
1/3 cup vegetable oil
1 1/2 teaspoons pure vanilla extract
8 or more plums, halved and pitted

Preheat oven to 350°. Butter an 8" by 8" baking dish. Whisk together flour, baking powder, salt, and cinnamon. In the bowl of a standing mixer beat butter until light and creamy. Add sugar and beat for about 3 minutes, then add eggs, one at a time, beating for a minute after each addition. Add oil and extract and beat until batter is smooth and satiny. On low speed add dry ingredients and beat until just combined. Scrape batter into prepared dish and arrange plums, either cut side up or skin side up, on top of batter.

Bake for about 25 to 30 minutes or until top is puffed and nicely golden brown. Cool and cut and enjoy!

Greek Salad recipe will be posted on the Lopez Locavore website soon!