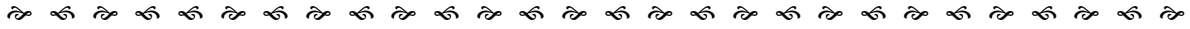


# Nourish Ourselves Nourish Our Community December 11, 2008

Did you ever stop to taste a carrot? Not just eat it, but taste it?

You can't taste the beauty and energy of the earth in a Twinkie. ~Astrid Alauda



In October I (Kim) had the great fortune to attend Slow Food's Terra Madre gathering in Turin, Italy. I was one of 7,000 delegates from all over the world brought together to discuss sustainable, traditional, small-scale food production. It was a diverse group consisting of food producers, cooks, food educators, and students. For 5 days and 4 nights I was continuously inspired by endless encounters with people who are diligently working to transform the ways in which we engage around food. These farmers, cooks, students, and teachers were so full of passion and conviction, their intentions so infectious, that I found myself routinely staying up until 2 o'clock in the morning swapping stories and gleaning from their understated triumphs.

Coming home to Lopez Island I found myself so full of energy and ideas I thought I might explode! My experiences in Italy were profound and I couldn't immediately find the words to describe them. My mind quieted as I settled back into the farm working with the animals and preparing the garden for next year's planting. As I focused I was able to put my jumbled thoughts in the back of my mind where they distilled into one simple yet profound message: Slow down.

Slow down to notice the different colors, textures, and flavors of the food you are eating this evening and reflect upon its local origins and connection to place. Slow down to observe whom you are sitting next to while taking in the glorious chaos of a meal shared with your fellow Lopezians. If we move through life too quickly we run the risk of missing what Nature and Community have to teach us. As humans we have plenty to learn.

We are grateful to Brian and Ana of Green Heart Gardens for the Homestead Sweetmeat Squash, which they grew for the prized seeds. Thanks to Christine from Lopez Harvest for the golden beets and fennel. Steve and Michele Heller contributed greens and cabbage for the seasonal salad. The leeks, chard, carrots, and cabbage came from Ken and Kathryn of Horse Drawn Farm. Todd and Diane of T&D Farms contributed beets and leeks. Nancy Rankin donated some Red Torpedo Onions and Todd Kegerreis donated his glorious garlic. Wes of World Curries supplied the Madras #6 Curry for the mashed squash. The apples used in tonight's dessert originated in the orchards of Tanya and Joe Carney and Cam and Bobbi DeVore.

Thank you to the many indispensable volunteers who make every Evening Meal possible.

## **2009 Winter "Food" Film Series**

What to do on a dark winter afternoon?

Come munch on organic popcorn while viewing a community screening of two new independent documentaries on local, sustainable food and farming in the Pacific NW.

Sunday, January 11, 2009 "GOOD FOOD"  
Sunday, February 8, 2009 "GARDENS OF DESTINY"  
4:00 p.m. Lopez Center  
Suggested Donation: \$5 Adults/\$3 Children

Sponsored by Lopez Locavores & the Lopez Center for Community and the Arts  
*All proceeds go toward reimbursing Lopez Center for the hall, screening rights fee & advertising*

### **Lentil, Leek, and Yellow Beet Soup**

Serves 8

2 Tbsp olive oil  
1 onion, diced  
2 cups thinly sliced leeks  
3 whole garlic cloves  
1 carrots, diced  
1½ cup French lentils, sorted and rinsed  
2 quarts water, vegetable, or meat stock  
1 cup or more grated golden beets  
¼ cup chopped fresh herbs  
Salt and pepper to taste  
Optional garnish: cultured sour cream or plain yogurt.

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In a soup pot sauté onions in olive oil until wilted and translucent. Add carrots and sauté for 5 minutes. Add sliced leeks and garlic and cook until leeks wilt slightly and garlic is aromatic, about 3 minutes. Stir frequently so garlic doesn't burn.

Stir in lentils and water or stock and bring to a gentle boil. Lower the heat and simmer gently for 20 to 30 minutes until lentils are slightly under done. Stir in grated golden beets and continue cooking until lentils are cooked but not mushy.

Just before serving stir in chopped herbs and taste for salt and pepper.

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### **Curried Winter Squash Mash**

Serves 6

3 to 4 pound winter squash-any variety will do-why not try something new?  
Wes' curry powder  
Optional additions: melted butter, olive oil, milk or cream, vegetable or chicken broth, honey  
Freshly ground black pepper to taste

Very carefully, using a large sharp chef's knife and a sturdy cutting board cut squash in half and remove seeds.

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Cut each half in half again-quartering squash. Roast squash in a shallow baking dish, flesh side up with ½ inch water poured into pan, for approximately 45 minutes in a 375° oven. Squash flesh should be tender when pierced with a knife. When squash is cool enough to handle scoop out flesh and mash with a potato masher or fork. Stir in curry powder, any optional additions, and salt and pepper to taste. May be carefully reheated before serving.

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### **Oatmeal Apple Cranberry Cookies**

Makes 1- ½ sheet pan or 2- 8" by 8" pans

1 cup butter, at room temperature  
2 cups packed brown sugar  
2 eggs  
2 tsp vanilla  
1 cup grated apple  
2½ cups whole wheat pastry flour  
(or 3 cups oat flour)  
1 tsp baking soda  
1 tsp salt  
3 cups rolled oats  
1 cup dried cranberries

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Preheat oven to 350°.

Cream together butter and brown sugar. Beat in eggs and vanilla. Mix in grated apple. In a separate bowl mix together flour, baking soda, and salt. Mix into wet ingredients. Add rolled oats and cranberries and mix to combine. With wet fingers spread cookie batter evenly into a well-greased pan(s). Bake for 20 to 25 minutes. Cool before cutting into squares.

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### **Apple Cider Vinaigrette**

Makes 2 cups

1 cup good quality olive oil  
½ cup apple cider vinegar  
2 cloves garlic  
Salt and pepper to taste  
Fresh herbs-use your imagination and let your palette guide you!

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By hand: Prepare garlic cloves by mincing or grinding in a mortar and pestle. Finely chop herbs. Whisk together with oil and vinegar. Salt and pepper to taste.

In a blender: Combine all ingredients and mix like crazy. Salt and pepper to taste.

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