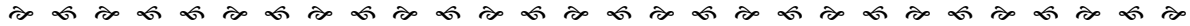


# Nourish Ourselves Nourish Our Community

May 29, 2008

“Tell me what you eat, and I’ll tell you who you are.”

-Jean Anthelme Brillat-Savarin



When the seed that we now know as the Lopez Community Evening Meals was first planted, we hoped it would fall onto fertile ground. And boy has it ever! Enthusiastic response has shown that our community was ripe for shared meals based upon local and seasonal products, and the ideals we originally hoped to foster--to reconnect, revitalize, and sustain--have truly taken root in our fecund soil.

## RECONNECT

Our aim was to encourage reconnection with our local food sources and producers, with the idea of eating seasonally and reclaiming food traditions that reflect time and place. Sharing meals reconnects us to one another as a food community.

## REVITALIZE

The well being of our agricultural community is revitalized by the interest in local food sources and the awareness of our impact on food ecosystems. Our own health is revitalized when we consume fresh, local, and seasonal foods. We hope to rekindle interest in and practice of home cooking utilizing these foods. Let us revive the networks and relationships that in the past have enabled food culture to thrive.

## SUSTAIN

The cornerstone of sustainable food security is to generate, understand, and teach responsible land stewardship. We must safeguard the quality and quantity of our water, soil, and seed sources. This involves sharing knowledge and techniques about growing, harvesting, storing, and preparing local foods. On Lopez Island we encourage the expansion of agricultural diversity (i.e. dried beans and grains) and the exploration of gleaned and rotational land use. The L.I.F.E. program at Lopez School is cultivating an active understanding and appreciation of these principles in our children.

The Evening Meals at Lopez School provide us the opportunity to practice these ideas in a fun, social, and interactive forum and to contribute to the growth of the Lopez Community Food Network. Please continue to keep in touch with our growing and evolving website [www.lopezlocavores.com](http://www.lopezlocavores.com).

Sources for tonight’s meal include greens from Christine Langley at Lopez Harvest, Michele and Steve Heller, and Todd and Diane from T&D Farms. Parsley was generously donated by Holliday Wallace and Texas Bob Smith. Ben Kerksmar from Northfield Farm contributed the ground lamb. Debbie Hatch kindly delivered the Emmer Farro from Bluebird Grain Farms in the Methow Valley. Rhubarb came from Randy Waugh, Dana Cotton, and Joe Thornton. Special thanks to local bakers Kenny Ferrugiario from Pane Madre Artisan Bread, Holly B’s, and Joyce Brinar from Vita’s.

We want to extend our gratitude to every single person who has in any way contributed to the wild success of the first series of Lopez Community Evening Meals at Lopez School. We look forward to seeing you again on Thursday, September 25<sup>th</sup>, 2008 at 5:30pm.

## **Moroccan Garbanzo Bean and Spinach Stew**

Serves 4

2 Tblsp olive oil  
1 yellow onion, cut in half and thinly sliced  
3 garlic cloves, minced  
½ tsp red pepper flakes  
1 tsp ground coriander  
2 tsp ground cumin  
1 tsp ground fennel  
½ tsp ground cinnamon  
1 Tblsp paprika  
1-14 oz. can diced tomatoes  
3 cups cooked garbanzo beans (or 1½ cups dried)  
2 bunches spinach, thinly sliced  
¼ cup chopped fresh parsley  
Salt and pepper to taste  
Optional-1 lb ground lamb, crumbled and sautéed

If using dried beans start their preparation the night before. Pick through the beans to remove any rocks or debris.

In a heavy bottomed soup pot, cover the beans 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 pot, cover with 3 inches of water, bring to a simmer over med-high heat, and cook until partially tender.

In a separate sauté pan cook onions in olive oil until limp and lightly browned. Add garlic and all dried spices and cook until garlic is fragrant and onions are evenly coated with spices. Add onion mixture, optional cooked ground lamb, and diced tomatoes to mostly cooked beans, adding more water as needed to cover stew by 1 inch. Continue to simmer until beans are tender. Take stew off the heat and immediately add spinach and stir until wilted. Taste for salt and pepper. Garnish with chopped parsley before serving.

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## **Emmer Farro Pilaf**

Serves 4

2 Tblsp olive oil  
1 onion, diced  
1 cup dried emmer farro  
3 cups water, veg or chicken broth  
1 tsp salt  
1 cup finely chopped fresh herbs such as thyme, parsley, sorrel, lovage, tarragon, or chives  
Freshly ground black pepper to taste

In a heavy bottomed saucepan sauté onion in olive oil until translucent. Stir in emmer farro until grains are well coated with olive oil. Add 3 cups of chosen cooking liquid and salt and bring to boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer until grain is tender but chewy, about 50 minutes. Remove emmer farro from heat, stir in chopped herbs, taste for salt and pepper, and serve.

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## **Rhubarb Mazurka**

Makes a 9" by 13" pan

4 cups rhubarb or any fresh or frozen fruit sweetened to taste  
2½ cups flour-we used all oat flour-feel free to experiment with any combination of flours  
½ tsp salt  
12 oz cold butter, cut into ½" piece-we used cultured butter which contributes a bit of a 'tang' to the recipe  
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.

If using fresh rhubarb, cut rhubarb into ½" pieces, place in a colander and coat with 1 cup of sugar. Allow rhubarb to 'sweat' for 15 minutes before adding to bars. Other wet fruit may also need to be drained before use.

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 course 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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