

Winter has settled in here on our island, bringing snow, freezing temperatures, and hibernation around our wood stoves. We have stored our potatoes, squash, onions, garlic and apples. But some of us still have crops growing in our gardens and greenhouses. From all this local bounty comes tonight's stick-to-the-ribs meal with its bright colors, textures, and warm, homey spices.

Did you know that Farm to School has become a national movement with a program in every state and over 9800 schools participating? A recent survey released by the School Nutrition Association reported that "more than 30% [of schools] already have "farm to school" programs and another 41% are interested....21% of districts said they have a school garden and 37% more are planning to implement one." Here is one of the building blocks of a quiet revolution with far-reaching consequences for the future of food and food policy in our nation.

The Lopez School District has been supporting local farm fresh foods for its cafeteria since 2002 when S & S Homestead began supplying greens for a lunch salad bar from high school students' gardens at their farm. Over the last six years, the L.I.F.E. Garden Program has expanded to include a district-funded coordinator and two part-time gardeners to produce more food for the cafeteria. The garden boasts four hoop houses, three with sturdy new doors constructed by Pamela Pauly and her team of volunteers and a fourth which is slated to become the outdoor produce-washing facility. And this year a culinary program directed by Jeanna Carter has been launched to expose students to the professional world of inspired food. Lopez' farm to school program, featured in the book *Smart by Nature – Schooling for Sustainability*, has become a model nation-wide of what is possible when schools make a partnership between on-site gardens, curriculum, and their cafeterias a high priority.

While we're on the subject of Farm to School, **don't miss the next movie** in the Locavores film series! **Cafeteria Man** about charismatic chef, Tony Geraci and the greening of the Baltimore City schools lunch program will screen this Sunday, January 29<sup>th</sup>, 4:30pm, at Port Stanley School. Join us for free popcorn, hot cider, and a stimulating discussion following.

And **mark your calendars now** for our next two meals – March 29<sup>th</sup> (spring), and May 31<sup>st</sup> (summer).

Thanks as always to all of our generous and committed volunteers and purveyors!

### **Provisioning**

Horse Drawn Farm  
Windy Bottom Farm  
Burkemeiers  
Jean Perry  
Blossom  
Vortex

Sibley squash, potatoes, kale, leeks, carrots, & cabbage  
onions, garlic  
cabbage, kohlrabi  
McCauley Farm apples  
extra & forgotten ingredients  
bulk, wholesale, & extra ingredients

## **Squash, Lentil, & Kale Soup**

Serves 6

1 ½ lbs winter squash or pumpkin 2/3 cup lentils, rinsed 1-2 onions, halved or quartered and thinly sliced 2 carrots, sliced or diced ½ bunch kale, sliced to a similar size as the onions	3-4 cloves garlic, minced 1 Tbs paprika 1 tsp chili powder 1 tsp ground cumin (optional) Salt and freshly ground pepper to taste
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Carefully halve the squash, or if cutting a hard squash is too daunting, puncture the skin in several places and bake it whole at 350° until tender. When cooled slightly, scoop out and cube or roughly chop the meat and set aside.

In a heavy bottomed soup pot, sauté chopped onions and carrots in oil until the onions are transparent. Add garlic and spices and cook briefly till fragrant. Add lentils with 3-4 cups of water or stock, cover and cook gently until tender. Add kale and reserved squash with more water if needed, simmer briefly, and adjust seasonings.

## **Potato Cakes with Leeks**

Serves 6

3 medium potatoes, cubed 2 small or 1 large leek 2 cloves garlic, minced	Salt and freshly ground pepper to taste Olive oil Butter, milk, or parmesan cheese (optional)
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Boil potatoes until fork tender and drain. (TIP: save cooking liquid for future soups) Cut leeks in half, wash well, slice thinly, and sauté in olive oil or butter until soft. Mash potatoes gently, add leeks, garlic, salt, pepper, and a little olive oil. Cautiously add optional ingredients if using. Add liquid as necessary to achieve a cohesive texture. Using an ice cream scoop or large spoon, scoop lumps of potato mash onto a well-oiled baking sheet and flatten gently into discs. Brush tops with olive oil or melted butter for a crustier top. Bake at 375° till golden crisp.

## **Spiced Apple Cranberry Bars**

Makes an 8 x 8-inch pan, 9 squares

<i>Shortbread base:</i> 1/3 cup butter 1/4 cup sugar 1 cup flour ¼ tsp salt  <i>Filling:</i> 2 cups sliced apples 1 cup frozen cranberries 1/3 cup sugar ½ tsp cinnamon ¼ tsp nutmeg (star anise is also good)	<i>Topping:</i> 2 cups regular rolled oats 1/3 cup sugar 1/3 cup flour ¼ tsp cinnamon 1/3 cup butter, melted
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*Shortbread base:* Cream butter and sugar. Add in flour and salt just until the mixture has a uniform consistency. Butter the baking pan and press evenly into place.

*Filling:* Cook cranberries with sugar, spices, and a few tablespoonfuls of water until berries begin to pop. Remove from heat, add apples, and combine thoroughly. Spread evenly over shortbread not quite to the edge of the pan.

*Topping:* Combine dry ingredients and add melted butter until evenly coated. Scatter evenly over filling and gently press into place.

Bake at 350° for 30 minutes or until filling bubbles and top is golden. Cool before cutting into squares.