

Welcome to the Winter Evening Meal and the 7th anniversary of *Nourish Ourselves Nourish Our Community!* Tonight we are raising awareness of **hunger on Lopez** and we hope that you remembered to bring a donation to help feed the hungry in our community. Winter is a particularly difficult time here on our island – there are fewer sources of locally grown food and many seasonal workers are unemployed. Fortunately, Grace Church runs the main food bank which takes donations through Lopez Village Market, Lopez Fresh is operated by the Family Resource Center, and the LION's Club and many local churches also participate. Remember the hungry whenever you shop.

This year the Winter meal is once again inspired by the **Three Sisters** – the Native intertwining of corn, beans, and squash. Maize has been grown with squash and/or beans as far back as they appear in the archaeological record, approximately 7000 years ago. Corn is planted in the center of a mound (often fertilized by a fish buried under it), beans are grown up the sturdy corn stalks and squash with its broad, low lying leaves is planted around them both, shading their roots and helping to conserve water. Stories about the origin of this practice vary, but clearly it's about complementary and supportive relationships and has become part of our planting wisdom.

And speaking of planting wisdom, on Friday and Saturday, February 27th and 28th, the **San Juan Islands Agricultural Summit** comes to Lopez! Join fellow farmers, regional experts, local food and farm advocates for two days of education, inspiration, camaraderie. Keynotes by internationally renowned speakers Gary Nabhan, Thor Hanson, and Steve Jones will inspire and inform on the benefits of maintaining local heritage and place-based food systems and the intricate evolution and triumph of seeds. Attend hands-on workshops on humane slaughtering techniques, biochar production, baking with local grains, and many other sessions led by regional experts. On Saturday, the Summit will host a trade show and seed swap. For more detailed information and to register go to: <http://sjcarc.org/summit>.

And of course, we couldn't end this newsletter without thanking our **wonderful, committed volunteers** in the kitchen, the dishroom, on the serving line and on the floor and **our generous purveyors**. The Locavores look forward to seeing you at our next two meals – March 26th (spring) and May 28th (summer). **Mark your calendars now!**

Provisioning

Jim & Margaret Burkemeier Horse Drawn Farm	Oregon hazelnuts winter squash, red bell peppers, green cabbage, black & Dragon's tongue beans, hot chili sauce
Lopez Harvest T & D Farms	multiple varieties of dried beans, garlic, onions, herbs, spinach, corn onions, eggs
Jennifer Janeway & Darryl Carfrae	squash
Sue Roundy	Ireland Creek Annie beans
Aliza Finley & Stephen Wrubleski	black turtle beans, herbs
Shannon Sternberg	eggs
Marney Reynolds	squash
Jean Perry & Terry McGovern	squash, red cabbage, McCauley Farm apples, herbs
Heller Family Farm	flowers
Randy Waugh	Chicaoji sauce
Blossom Grocery	non-local ingredients at wholesale prices
Vortex Café	non-local ingredients at wholesale prices

THREE SISTERS STEW

Serves 8

2 # winter squash	1 red bell pepper, chopped (optional)
1 ½ cups dried beans or 28 oz can	1 cup chopped tomatoes (optional)
2 cups fresh or frozen corn	herbs to taste (toasted sage, cumin, and/or oregano)
3 onions, diced	4-5 dried chilis, soaked & blended or 1 Tbs chili powder
4-6 cloves garlic, diced	salt & pepper to taste

1. Soak dried beans in a generous amount of water overnight or for several hours. Discard water. Cover with fresh water and cook at a gentle boil until beans are soft, from 45 minutes up to several hours depending on the type of bean and its age. Reserve water.
2. Carefully cut the squash in half and roast it cut side down on an oiled pan at 350 degrees until soft enough to cut easily. Cool, then peel off skin, and cube flesh.
3. In a large soup pan, saute onions with garlic in a little oil and add red pepper if using. When onions are softened, add squash, beans, corn and tomatoes if using.
4. Toast herbs carefully in a dry pan until fragrant. Add herbs, blended chilis, salt, pepper, and bean water or stock as needed. Simmer to allow flavors to blend.

APPLE SQUASH HAZELNUT CAKE

Makes one 9 x 13 inch pan (halve recipe for an 8 x 8 inch pan)

1 1/3 cups sugar	1 ½ tsp salt
¾ cup organic canola oil	4 tsp cinnamon
4 eggs	3 cups peeled, raw winter squash, grated
2 ½ cups whole wheat pastry flour	3 cups unpeeled apples cut into small pieces
2 tsp baking powder	½ cup ground or chopped hazelnuts
2 tsp baking soda	

1. Preheat the oven to 350 degrees. Liberally grease and lightly flour your baking pan.
2. Prepare apples and squash. Smooth skinned squashes are far easier to peel.
3. In a large bowl, combine sugar, oil, and eggs. Whisk until smooth.
4. Add flour, baking powder, baking soda, salt, and cinnamon and mix well.
5. Add squash, apples, and hazelnuts and mix until uniform.
6. Pour into prepared pan and bake for 40 minutes or until a toothpick comes out clean.