

Welcome to the Winter Evening Meal and the 6th 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.

The Winter meal is always a bit tricky to plan with a limited local palate to choose from, but we think you'll agree that this year we rose to the challenge. Jim & Margaret Burkemeier's stockpile of 70 lbs of Sibley squash inspired the Squash Bar and our elegant dessert. Thanks also for Margaret's help in the kitchen and Jim's invaluable assistance with cutting all those hard squash cases in half. Horse Drawn Farm brought us the beautiful display squashes and the wheatberries grown for the 2013 LCLT Grain CSA. For every meal, Blossom Grocery and Vortex Café make it possible for us to obtain non-local ingredients at wholesale prices and the Heller Family donates buckets and buckets of flowers. And tonight, big thanks also go out to Dawn Ritchie for her donation of local beef for the squash bar.

This year's Locavores Film Series kicked off in January with *In Organic We Trust*, a film that took a hard look beyond the label to the true meaning of "organic." On February 9th, we continue with *American Meat*, a solutions-oriented documentary exploring the current status of the U.S. meat industry, featuring the passionate and charismatic Joel Salatin (who many of you may recall from *Food Inc*). To take part in our post-film community conversation, we hope to assemble many of the Lopez meat producers to discuss the local scene and its issues. *Numen: The Nature of Plants*, completing our series on March 2nd, focuses on herbalism with stunning footage of medicinal plants and moving interviews. "If you look at the root word healing, it has to do with wholeness and oneness and unity," explains Dr. Larry Dossey, one of the film's interviewees. "Modern medicine during the 20th century has not been about wholeness. It's been about parts. It has been the reverse of healing." Join us for another thought-provoking documentary that may help us discover how we can bring more traditional herbalism into our island gardens. All of our films screen at 4:30pm at Port Stanley School by donation only with popcorn and tea provided.

And of course, we couldn't do these dinners without our **wonderful, committed volunteers** in the kitchen, the dishroom, on the serving line and on the floor and **our generous purveyors**. Heartfelt thanks to everyone! The Locavores look forward to seeing you at our next two meals – March 27th (spring) and May 29th (summer). **Mark your calendars now!**

Provisioning

Jim & Margaret Burkemeier	donation of Sibley squash
Dawn Ritchie	donation of beef
Horse Drawn Farm	leeks, display squashes
Lopez Harvest	salad greens, cabbage, garlic, onions, herbs
Supernatural Farm	carrots
Heller Family Farm	flowers
Randy Waugh	Chicajoi sauce
Blossom Grocery	non-local ingredients at wholesale prices
Vortex Café	non-local ingredients at wholesale prices

BAKED SQUASH

Cutting large, hard squashes can be difficult, so be careful! Often it is easiest to poke some holes in your squash and bake it briefly to soften before cutting.

For tonight's dinner, Jim Burkemeier cut our **sibley squashes** in half to save the seed and then we partially baked them. When cooled, we cut the squash into serving size chunks, leaving the skin on, tossed it in **olive oil** and **salt**, and then continued baking at 350 degrees until completely tender.

Cooked squash can be left to be scooped out of its skin or peeled and chunked or mashed. In addition to the toppings offered tonight, squash goes well with **pesto** or **harissa**, a spicy mix from North Africa. It is also delicious with **Mexican seasonings** and makes a great chili! And some winter squashes, like **delicata**, have edible skin which adds color and pattern to the beauty of this simple, homey baked dish.

WHEATBERRY PILAF

Tonight's **wheatberries** were grown for the Lopez Community Land Trust's Grain CSA by Horse Drawn Farm. One pound of wheatberries (~1 ¼ cups dry) makes enough for six people as a side dish. First, sort the berries to remove any extraneous debris. Then cover with boiling water to double their depth and soak overnight. After draining the soaking water, the wheatberries should be quite soft, requiring only brief cooking.

Prepare **leeks** (one leek to every pound of wheatberries) by cutting off the roots and the dark green parts, chopping them small, and rinsing them in a bowl of cold water. Drain well and mix with **olive oil** and season heavily with **minced or chopped garlic** and **salt and pepper to taste**. Different combinations of **herbs and spices** could also be added to the sauté mix – for example, cinnamon, coriander, and cumin with currants OR thyme, marjoram, tarragon, and oregano with pecans. Experiment and have fun with it.

Toss the wheatberries with the sautéed leeks and seasonings and bake covered at 350 degrees until tender, about 20 minutes.

GOLDEN SQUASH CAKE WITH CHOCOLATE SWIRLS

Makes one 10 inch bundt pan or 9 x 13 inch pan

4 oz. bittersweet chocolate	2 tsp baking powder
2 cups cooked, mashed winter squash	2 tsp baking soda
1 ½ cups vegetable oil	2 tsp ground cinnamon
4 eggs	½ tsp ground ginger
1 tsp vanilla	¼ tsp each ground cloves & nutmeg
3 cups flour garlic, diced	1 tsp salt
1 ½ cups sugar	

1. Preheat the oven to 350 degrees. Liberally grease and lightly flour your baking pan.
2. Gently melt chocolate over a double boiler of just simmering water.
3. Sift dry ingredients and spices together in a large bowl.
4. With an electric mixer, combine squash, oil, vanilla, and eggs.
5. Add dry ingredients and mix until well combined.
6. Put one-third of the batter into a separate bowl and stir in melted chocolate.
7. Pour plain squash batter into prepared baking pan and drop large spoonfuls of chocolate batter on top. With your finger or a butter knife, gently swirl chocolate batter through the plain batter, creating a marbled effect.
8. Bake for 30-60 minutes depending on pan size, checking with a toothpick for doneness. Cool bundt pan upside down for 10 minutes before running a knife around the edge and removing cake.