

Nourish Ourselves Nourish Our Community

Evening Meals at School

No. 27

March 29, 2012

As we barrel head-long into spring, out come the pickaxes, hoes, and shovels. Seed packets are inventoried and orders placed. Garden plans are adjusted. Perennials are already rearing their tender heads.

Roger Doiron, head of *Kitchen Gardeners International*, calls his ex-lawn, now vegetable garden, his subversive plot. Encouraging people to take power over their own food, health, and pocketbook, he believes, can radically alter the balance of power on the planet. And, unlike most other subversive activity, it doesn't require taking power away from others; in fact, it works best if it is shared with as many people as possible.

In 2008, Doiron's organization with a membership of 20,000 individuals in 100 countries, led a successful advocacy campaign called "Eat the View" which convinced First Lady Michele Obama to replace the Rose Garden with a kitchen garden at the White House and inspire millions of Americans to plant their own.

Gardens grow safe, delicious, gorgeous food and healthy kids as well as economic well-being. Doiron and his wife kept meticulous records one year and discovered that they saved well over \$2000 on produce feeding their family of five. Excluding, of course, the doctor's bills and gym memberships they didn't have. And year by year they are also helping to grow the next generation of kitchen gardeners.

Ultimately, all solutions start at home. Those of us who are avid vegetable garden converts can inspire our families, friends, and neighbors through conversation and example. Here on Lopez, you can attend a Garden Club meeting, contact the WSU Master Gardeners (<http://sanjuan.wsu.edu/mastergardeners/>), or ask any one of the hundreds of people who garden here on island if you have questions. Ana Malinoff of Greenheart Gardens offers her local seeds direct (greenheartgardens@yahoo.com) or through Blossom Natural Foods.

Be a Locavore. Just plant one vegetable this summer and we promise, forever after, you will only want to grow your own.

And **mark your calendars now** for our final Summer meal on May 31st !

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

Provisioning

Horse Drawn Farm	squash, potatoes, kale, chard, brassica flowers, & Savoy cabbage
Lopez Harvest	spinach, bay leaves
Windy Bottom Farm	onions, garlic, green cabbage
Dr. JuJu (aka Gary Franco)	nettles
Burkemeiers	hazelnuts
Emily Matthews	donation of parmesan cheese
Ciro & Kim Pasciuto	fresh bread
Jean Perry & family	sorrel, chives, sage
McCauley Farm	apples
Blossom	extra & forgotten ingredients at wholesale cost
Vortex	bulk & extra ingredients at wholesale cost

www.lopezlocavores.org

For our Winter meal this year, we were able to procure most of our ingredients locally, far more than a year ago due to more skillful gardening, better weather and the increased use of hoop houses. And the list would have been even longer if we had taken the time to make fresh pasta with Lopez wheat and if the regulatory obstacles prohibiting use of local dairy were removed.

Winter Squash Lasagna

Serves 6

3 ½ cups milk <i>Aromatics:</i> 1 bay leaf & 1 parsley sprig 1 large butternut squash (about 3 lbs.) 4 plump garlic cloves 20 or so sage leaves or 1 ½ Tbs. dried ½ cup parsley leaves, packed ¼ cup olive oil 1 large onion, chopped roughly	1 cup lightly toasted hazelnuts, finely chopped Sea salt and freshly ground pepper to taste 3 ½ Tbs. butter 3 ½ Tbs. flour 1- 8 oz. package no-boil lasagna noodles 1 cup freshly grated Parmesan cheese 3 bunches of fresh raw nettles, stems removed Pinch of hot red pepper flakes
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1. Butter or oil a 9 x 12 inch baking dish. Preheat the oven to 375°. In a small pot, slowly heat the milk with the aromatics. When it's nearly boiling, cover, turn off the heat, and let it stand.
2. Peel the squash and chop into rough dice about ½ inch across or less. Chop 2 of the garlic cloves with the sage and parsley. Heat 2 Tbs. oil in a wide skillet and cook onion and squash over high heat, stirring frequently, for about 15 minutes. Reduce heat to medium, stirring occasionally, until the squash is fairly tender and caramelized in places, about 10 minutes. Add the garlic-herb mixture and the nuts and cook for a few minutes longer, then turn off the heat. Season with salt and pepper to taste.
3. To process raw nettles, wear gloves when handling to avoid slight skin irritation. Blanch in a pot of boiling, salted water (should taste like the ocean) for one minute. Immediately drain and rinse in very cold water to stop the cooking process. Chop roughly and add salt to taste.
4. Melt the butter in a saucepan and stir in the flour. Reheat the milk and pour it through a strainer into the roux, whisking briskly. Turn the heat to low and cook, stirring occasionally, until the sauce thickens and the flour is cooked, 15-20 minutes. Season with ½ tsp salt and pepper to taste.
5. Layer the lasagna as follows: Spread ½ cup of sauce in the baking dish and lay 3 noodles over it. Cover with half the squash mixture, then all the nettles, 3 more noodles, more sauce, half of Parmesan, remaining squash, noodles, sauce, and top with remaining Parmesan.
6. Cover with foil, bake for 30 minutes, remove foil and continue baking until bubbly and golden, 20 minutes longer. Let stand for 10 minutes before cutting into squares.

Apple Cake

Makes a 9 x 13-inch pan, 12 squares

1 ½ cups vegetable oil 2 cups sugar 3 eggs 3 cups flour (we used oat flour) 1 ½ tsp. cinnamon <i>Optional:</i> 1/8 tsp. cloves ¼ tsp. mace	1 tsp. baking soda ¾ tsp. salt 3 ¼ cups sliced apples
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Butter the baking pan and preheat oven to 350°.

Beat together oil, sugar, and eggs. Stir together dry ingredients and add to wet ingredients. Fold in apples.

Bake for 25-30 minutes or until top is golden brown and a toothpick inserted into the center comes out clean. Cool before cutting into squares.