

The first Evening Meal of our seventh season is set against the backdrop of Autumn's cooling weather. Warm, spicy Moussaka features Lopez lamb from Horse Drawn Farm, the Tzatziki recalls our summer bounty of cucumbers, and the apple crisp may include fruit from a tree that George Yang grafted for Danah Feldman's new garden up on Lopez Hill. Many thanks to Blossom Grocery for supplying essential ingredients at wholesale when our supplier ran out at the last minute.

This is our third year of being the kickoff for the island-wide Harvest Festival, a celebration of farming and food sponsored by the Agricultural Resources Committee, now called **Savor San Juans**, featuring events on all the islands. Here on Lopez there will be tours of Barn Owl Bakery & the composting facility at Midnight's Farm, historic Cousins Farm, the family-run Sunnyfield Goat Dairy serving fresh cheese with three-farm soup, and a pig roast potluck at the Jones Family Farm.

As always, we can't resist a plug for the **L.I.F.E. Garden and Farm Program** here at the school. Through this unique program, kindergarteners through 12th graders are offered learning opportunities that not only expose them to the benefits of healthy eating, but provide them with invaluable life skills. Such as the generous help given by the school culinary class with chopping 20 lbs of onions for the moussaka and cutting apples to create tonight's dessert!

And don't miss the best potluck on the island! On Saturday, October 25th at 5:30pm, join the Lopez Community Land Trust at the Lopez Center for their annual **Harvest Dinner** with prizes awarded for the most locally sourced food and the best presentation. Selections from the photos of the twenty-six farms participating in **Bounty: Lopez Island Farmers, Food, & Community** will be showcased in a color slide show premiering at this dinner as well as the 2015 SJC AG Summit. Over the summer, Sue Roundy and her energetic crew of photographers and interviewers have been working hard to pull together this first phase of the project. To contribute to the next two phases – an exhibit of framed black & white portraits of our farmers and finally, a book with text by Iris Graville – contact the Locavores or LCLT or look for information on the *Bounty* website at <http://lopezbounty.org/>. While you're on the website, check out the entertaining blogs on the progress of the project and the **Bounty Food Experiment**, a year-long challenge to local residents to source as much of their daily meals from our island and then write about it for the rest of us.

The Locavores look forward to seeing you at our next three meals in 2015 – January 30th (winter), March 27th (spring), and May 29th (summer). **Mark your calendars now!**

Profound thanks to all who gather with us to celebrate the delights of our local food movement. Please help us thank our **generous and committed volunteers and purveyors** who make all our dinners possible.

Provisioning

Horse Drawn Farm	lamb, onions, red peppers, green beans & eggplant
Lopez Harvest	tomatoes, cucumbers, all manner of greens, & herbs for tea
Rock Garden (Marney Reynolds)	cucumbers & herbs
Doreen Kana	tromboncini squash
Milla & Charlie Prince	eggs
Paul Neave	apples
Sue Roundy	apples & mint
Jean Perry	apples & garlic
Blossom	cheeses & other ingredients not available locally
Vortex	bulk, wholesale, & extra ingredients

www.lopezlocavores.org

MOUSSAKA (Serves 12)

MEAT SAUCE:

3 Tbs. extra-virgin olive oil	¼ tsp. freshly grated nutmeg, divided
6 bay leaves	¼ tsp. ground cloves
2 sticks cinnamon	1 Tbs. red wine vinegar
1 large yellow onion, finely chopped	1 tsp. sugar
2 cloves garlic	1¼ lbs. tomatoes, crushed
1 red bell pepper, diced	1 lb. green beans, cut into 1in. lengths
1 lb. zucchini cut into cubes	1½ tsp. kosher salt, plus more to taste
1¼ tsp. ground cinnamon, divided	¼ cup tomato paste
Freshly ground black pepper, to taste	
2 lb. lamb, ground or roasted (we used roasted lamb and added it towards the end of cooking the sauce)	

EGGPLANT

3 medium eggplant, cut into ¼" thick slices
¼ cup olive oil
salt and pepper to taste

BECHAMEL SAUCE

8 Tbs. unsalted butter	¼ tsp. nutmeg
1 cup flour	4 cups milk
1½ tsp. salt	4 eggs, beaten
½ tsp. cinnamon	

1 cup combination of feta and cottage cheese

1. Heat olive oil in a 6-qt. saucepan over medium-high heat. Add bay leaves, cinnamon sticks, bell pepper, garlic and onion; cook until soft, about 5 minutes. If using raw ground lamb, add it now, (if using precooked lamb, add just before removing from heat); cook until all liquid evaporates and meat is browned, about 30 minutes. Add tomato paste, ground cinnamon, nutmeg, and cloves; cook until lightly caramelized, about 2 minutes. Add vinegar, sugar, tomatoes, green beans and zucchini; boil. Reduce heat to medium-low; cook, covered partially, until almost all liquid is evaporated, about 1½ hours. Remove from heat; discard cinnamon sticks and bay leaves. Season with salt and pepper; set meat sauce aside.
2. While meat sauce is cooking, prep eggplant. Brush both sides with a little olive oil, and sprinkle on some salt. You can either broil or grill the eggplant. We grilled the eggplant on a gas BBQ. If using broiler, make sure eggplant does not burn. 3 to 5 minutes on each side should be enough. Set aside.
3. For the béchamel, heat butter in a 2-qt. saucepan over medium-high heat. Add flour; cook until smooth, about 2 minutes. Add salt, cinnamon, nutmeg, and milk; cook until thickened, about 10 minutes. Remove from heat; pour into a blender with eggs. Blend until smooth; set béchamel aside.
4. To assemble: Spread 1 cup béchamel on bottom of a 10" x 14" baking dish; sprinkle with ⅓ cup cheese. Spread eggplant over cheese. Pour meat sauce over eggplant; spread remaining béchamel over meat sauce. Sprinkle with remaining cheese and bake in 350° oven until golden brown, about 1 hour.

TZATZIKI (Serves 6)

2 cloves garlic, finely chopped
1½ cups Greek style yogurt
1 cup cucumber, grated and drained for 1 hour to remove excess liquid
1 Tbs. red wine vinegar
2 tsp. chopped fresh mint
2 tsp. extra-virgin olive oil
¾ tsp. salt
Freshly ground black pepper, to taste

Combine all ingredients and let sit, refrigerated, for a few hours before serving.