

Welcome back to the beginning of school, the weather shifting to Autumn, and a brand new year of Evening Meals! Lopez Locavores are as committed as ever to show families how delicious, local, seasonal, organic food can be prepared economically at home and to showcase the **L.I.F.E. Garden and Farm Program** here at the school. Through this unique program, kindergarteners through 12th graders are offered healthy-food 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 onions, cutting apples, and creating the yummy topping for tonight's dessert!

And the numbers are in - the school garden has harvested over \$10,000 worth of produce, including a staggering 700 lbs of tomatoes, 225 lbs of carrots, and 161 lbs of green beans! Volunteers are needed to work with the school garden staff cleaning and prepping all this gorgeous bounty, Monday through Thursday, 9:00am to noon through the end of October.

Our Fall meal is always the easiest to plan with so much garden plenty. The Enchilada Casserole features Tiger's Eye and Calypso beans, new items this year at Horse Drawn Farm. And many thanks to Barbara Thomas of Swift Bay Farm for her donation of last year's berries and McCauley Farm and Sue Roundy at Redwing Orchard for their apples to grace our luscious crisp.

Kicked off by this evening's meal, San Juan County's **Great Island Grown Festival**, a celebration of farming and food sponsored by the Agricultural Resources Committee, will feature events on all the islands. Here on Lopez we'll have lunch at Sweetwater Shellfish Farm, dinner at the Jones Family Farm, and two days of watercolor painting in the fields with artist Tom Hoffman, capped off by a harvest-inspired dinner at Vita's. For more info, go to the festival's website at <http://islandgrown.net/festival/>.

On Saturday, October 19th at 5:30pm, join the Lopez Community Land Trust at the Lopez Center for their annual **Harvest Dinner**, unquestionably the best potluck on the island, with prizes awarded for the most locally sourced food. Assistant Professor in virtual technology, John Anderson, will speak on "The Virtual Universe." See the LCLT website at <http://www.lopezclt.org/lclt-harvest-dinner-2013/> for more details.

And last, but certainly not least, we urge all of you to consider voting **YES on I-522**, the GMO labeling campaign. Take a moment to study the table tents tonight to educate yourself about this vital right-to-know initiative and then spread the word. Join the Locavores at 6:30pm on October 10th at Pt. Stanley School when we bring Steve Crider here for a Community Conversation on "Label It Washington."

And please help us thank our **generous and committed volunteers and purveyors** who make all our dinners possible. The Locavores look forward to seeing you at our next three meals – January 30th (winter), March 27th (spring), and May 29th (summer). **Mark your calendars now!**

Provisioning

Horse Drawn Farm	beef, onions, peppers, Tiger's Eye & Calypso beans, tomatoes, cilantro
Lopez Harvest	spinach, lettuce, chard, garlic, shallots
T & D Farm	cabbage, corn
L.I.F.E. Garden	kale
Sue Roundy	apples
Barbara Thomas	raspberries, strawberries, blackberries
McCauley Farm	apples
Heller Family Farm	flowers
Randy Waugh	Chicajoi sauce

ENCHILADA CASSEROLE (Serves 8-10)

1 lb local ground beef (optional)

1 large onion, chopped

3 cloves garlic, minced

Safflower oil as needed for sautéing

2 lbs fresh spinach and/or chard, chopped

1 lb Monterey Jack cheese, grated

1 pkg of 12 corn tortillas

2 c. canned or $\frac{3}{4}$ c. dry pinto or black beans

1 c. cooked or roasted corn (optional – recipe below)

Enchilada Sauce (recipe below)

1. If you are not using canned beans, prepare dry beans with the quick soak method. Place the rinsed dry beans in a pot with two to three times their volume of water. Bring to a boil, simmer for 2 minutes, cover, remove from heat and let stand for one to two hours. Then drain and rinse the beans once more, return them to the pot, bring to a boil, and simmer covered on very low heat for 1 $\frac{1}{2}$ to 2 hours. Check the water often to make sure it has not boiled down too far. Taste to determine when they're done.
2. Sauté the onion, garlic, and beef until fully cooked. In a separate pan, sauté the chard stems for a few minutes, then add the greens, and cook for about 5 minutes more. Greens should retain their color. Do not overcook!
3. If using fresh corn, shuck the kernels off of 3 cobs, reserving the cobs. Oil a cookie sheet, spread the kernels in a single layer, and roast at 400 degrees for 10-15 minutes or until starting to brown. Combine the cobs with a quart of water (or to cover) and simmer until the liquid turns golden. Use this rich, sweet broth as a base for the enchilada sauce below.
4. To assemble the casserole: spread sauce on the bottom of the pan, cover with a layer of tortillas, then the spinach/chard mixture, beans, onion/beef sauté, cheese, and another layer of tortillas. Repeat until all of your ingredients are used up, but make sure to end with sauce covered by cheese.
5. Bake in a 350 degree oven until cheese is bubbly, about 30-40 minutes.

ENCHILADA SAUCE

3 red or green peppers (or hot peppers to taste)

3 medium tomatoes

1 medium onion, diced

3 cloves garlic, diced

Safflower oil as needed for sautéing

2 tsp ground cumin

2 tsp chili powder

1 tsp salt

1 c. tomatillos, peeled & chopped (optional)

1. Preheat the oven to 400 degrees. Halve and scoop the seeds out of the peppers and tomatoes (wear rubber gloves if using hot peppers). Oil a cookie sheet, spread the peppers in a single layer, and roast for 15 minutes or till their edges are starting to blacken. Then add the tomatoes and roast another 10-15 minutes. Roasting will give the sauce a wonderful smoky flavor.
2. Sauté the onions, garlic, and tomatillos with the spices and the salt.
3. Once cooked, puree all the vegetables with the corn cob broth (see recipe above) or enough liquid to make a smooth sauce.