

Welcome back to the start of a new year of Evening Meals....our fifth season since we served our first meal in 2008! We may have lost Kim Bast from our energetic kitchen crew, but in the meantime, we've gained 19 eager students from the **Lopez School Culinary Class**. Guided by Jeanna Carter, they have jumped in with creativity and enthusiasm to craft tonight's homey dessert with fruit from Sue Roundy's orchard. Locavores are thrilled to have the opportunity to work with them on Evening Meal dishes throughout the school year.

No one who gardens can believe all the weeks of dry, sunny weather we are being gifted, but our harvest assures us that it is truly Autumn. The lingering warmth of summer coupled with the abundance of local vegetables from many of Lopez' farms inspired tonight's main dish salads. Green beans against the rainbow of yellow, orange, and luscious red tomatoes infuse the Panzanella salad. Creamy Keneary beans provide the base for our End of Summer Vegetable Medley. And what could be more autumnal than rounding off this harvest meal with the Culinary Class' Baked Apples?

Two upcoming events also announce the season. Kicked off by this evening's meal, San Juan County's **Fall Farm Festival**, a month-long celebration of farming and food sponsored by the Agricultural Resources Committee, will feature a fall farm parade, educational walks to learn about permaculture, gin tasting at the San Juan Island distillery, cheesemaking demonstrations, potlucks, old-time country dancing, cooking classes, farm and studio tours, spinning and weaving demonstrations, yarn making, oyster shucking, hog butcher demonstration, and much more. For more information go to: <http://islandgrown.net/islandgrownprogram/2012/07/23/coming-in-october-the-great-island-grown-festival>.

At 5:30pm on Saturday, October 27th, join the Lopez Community Land Trust at the Lopez Center for their 14th annual **Harvest Dinner** potluck with prizes awarded for the most esthetic presentation and the most locally sourced food. Vicki Robin, best-selling co-author of *Your Money or Your Life* and active member of Transition Whidbey, will be on hand to speak about her efforts in promoting sustainable lifestyles. See the LCLT website at <http://www.lopezclt.org/2012-harvest-dinner-october-27th> for details.

And last, but not least, Lopez Locavores encourage everyone to become educated on the issues of the **GMO-Free San Juans Initiative**, introduced and supported by local farmers and appearing on the ballot in November. An informative film series followed by lively discussion continues every Wednesday at the Library through October 24th. As part of this series as well as a kick-off for our year-long program, the Locavores will be showing **Deconstructing Supper** at Port Stanley School at 5:00pm on October 14th.

Please take a moment to thank our **generous and committed volunteers** who are working here tonight. And thanks to all of you for joining us at this ongoing community event! The Locavores look forward to seeing you at our next three meals – January 26th (winter), March 28th (spring), and May 30st (summer). **Mark your calendars now!**

Provisioning

Horse Drawn Farm	green beans, tomatoes, zucchini, sweet peppers, & basil
Lopez Harvest	lettuce, spinach, island greens, basil, corn, onions, carrots, & herbs
SuperNatural (Blake & Julie)	tomatoes
David Zapalac	Keneary dried beans
Windy Bottom Farm	garlic
Sue Roundy	apples
Charles Mish	green beans & red cabbage
Deborah Bundy	green beans
Holly B's	Pugliese bread (for the panzanella)
Jean Perry & Family	herbs for tea
Ande Finley	chocolate mint for tea

Panzanella

Tomato, vegetable, and bread salad

Serves 6

1 lb ripe tomatoes 1 medium onion, halved and thinly sliced 1 lb rustic bread, preferably day old 1/4 lb blanched green beans 10 to 12 basil leaves, roughly torn	1/2 cup extra virgin olive oil 1 tsp minced garlic 3 to 5 Tbs red wine vinegar or balsamic vinegar Salt and freshly ground pepper
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Cut the tomatoes into small chunks and put them in a colander over a bowl and sprinkle with a little salt. Juice from the tomatoes will collect in the bowl after about 10 minutes, set aside. Put onions in a bowl, sprinkle with a pinch of salt and a splash of vinegar. Slice bread and rip into bite-sized chunks.

Put the tomatoes, drained onions, green beans, and basil leaves into a bowl and dress with olive oil, minced garlic, several tablespoons of the drained tomato liquid, and 3 to 5 Tbs vinegar (to taste). Season with salt and pepper to taste and mix. Add bread and mix well (if using stale bread the salad will benefit from a 10 minute rest).

End of Summer Bean & Vegetable Medley

Serves 6

1 cup dried white or navy beans 1 1/2 cups whole kernel corn 1 1/2 cups sweet bell peppers, medium dice 1 1/2 cups zucchini, medium dice Olive oil Salt & freshly ground pepper to taste	DRESSING: 1/4 cup olive oil 1/8 cup apple cider vinegar 1 tsp minced or pressed garlic (optional) 2 Tbs chopped fresh herbs (parsley, marjoram, savory, oregano, thyme, or...?) salt & pepper to taste
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Bring beans to a boil in 4 cups of water, turn off heat, and let sit for several hours or overnight. Drain, refill with fresh water to cover, and simmer gently until fully tender, 30 minutes to one hour. Don't allow water to get low or beans will be scorched. Drain, sprinkle warm beans with salt and pepper, drizzle with olive oil, and let cool.

Combine room temperature beans with the remaining ingredients and toss with dressing. This dish lends itself to different combinations of vegetables and herbs. Experiment with whatever is seasonal and local and have fun!

Basic Balsamic Vinaigrette

This is a great all-round dressing for many types of salads and cooked or raw vegetables.

1 cup olive oil 1/4 cup canola or safflower oil 1/2 cup balsamic vinegar 1/4 cup rice wine vinegar or apple cider vinegar	1 tsp salt 1/2 tsp freshly ground pepper 1/2 to 1 tsp minced or pressed garlic to taste
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Blend ingredients in a food processor or blender. Or for the low carbon footprint method, simply shake in a tightly-lidded jar.