

A **locavore** is a person who chooses to consume foods that have been sustainably produced, processed, and distributed within a local region (such as Lopez Island) in order to enhance the economic, environmental and social health of a particular place.

## Ingredients for Tonight's Meal

Horsedrawn Farm: Potatoes, leeks, carrots, rutabagas, turnips, celeriac, and pork sausage

Lopez Harvest: Garlic, shallots, and onions

Stonecrest Farm: Lots of chard

S&S Homestead Farm: Kale and leeks

Brenna Nies: Parsnips, leeks, and kale

T&D Farms: Kale and eggs

Fieldstone Farm: Colorful eggs

Ivan Brown: Beets

Edi Blomberg: Jerusalem artichokes

Once again, our meal is made possible through many hours of volunteer efforts. We thank Danah Feldman for taking the time to coordinate numerous volunteers and their schedules. We are grateful for generous financial support in the forms of single contributions and donations at the door above the suggested minimum. Expenses in addition to basic food and labor costs include a gift to the school kitchen each month (an industrial food processor this month) and ongoing dinner supplies such as tea mugs and salt and pepper shakers.

Thank you for being a part of our second Community Evening Meal at the Lopez School. Future evening meals are planned for the last Thursday of each month through May 2008. Help with any aspect of Community Evening Meals is most welcome. If you would like to volunteer your time please sign up at the information table, the website, or contact Danah Feldman (#3642). Please contact Jean (Vortex #4740) or Kim (#4452) with any food contributions or menu suggestions for future dinners.

The wholesale cost of our food ingredients for the January meal was \$818.00. We fed approximately 250 people at a food cost of \$3.25 per person. Donations of food valued at \$340.00 reduced our cost to \$478.00 or \$1.90 per person. Food preparation required approximately 48 of paid labor and 20 hours of volunteer time in the kitchen.

Lastly, we'd like to thank all of those who graciously contributed their time, energy and ideas to the success our first Evening Meal at Lopez School. It was truly a celebration of community!

## **Potato Leek Soup**

Serves 4

2 Tbsp olive oil  
3 medium potatoes, washed, peeled, and cut into 1-inch cubes  
2 large leeks, well washed  
2 to 4 cloves garlic, finely minced  
4 cups water, vegetable or chicken stock  
Salt and Pepper to taste

### **Prepare Leeks**

Cut leeks in half lengthwise and wash well to remove all sand and dirt. Thinly slice white and light green parts and reserve. Slice darker green outer leaves and sauté in 1-Tbsp olive oil for 3 minutes. Cover with water and simmer until greens are tender and falling apart. When cool, puree in food processor or blender. Set aside.

### **Soup**

In a large, heavy bottomed soup pot, heat olive oil over medium high heat. Add thinly sliced leeks and sauté for 3 minutes. Add chopped garlic and sauté until fragrant, about 2 more minutes. Add cubed potatoes and stir to coat with oil. Add dark green leek puree, 4 cups water or stock and bring to simmer. Cook until potatoes are very tender, approximately 20 to 30 minutes. Season with salt and pepper to taste.

At this point, soup may be partially pureed or eaten as is. Be careful not to over process potato soups. Too much blending makes goey paste!

### **Note:**

Soup is best made a day or so before serving to let flavors blend.

## **Roasted Root Vegetables**

Serves 4 to 6

2 to 3 pounds assorted winter vegetables-any combination of beets, carrots, onions, whole garlic cloves, turnips, parsnips, rutabagas, celeriac, potatoes, Jerusalem artichokes, sweet potatoes...  
1/3 cup olive oil  
1/3 cup balsamic vinegar  
Salt and pepper to taste

Preheat oven to 375°. Cut vegetables into approximately the same sized pieces so that they cook evenly. Toss vegetables together with olive oil, balsamic vinegar, salt and pepper in a large bowl. Spread out vegetables in a single layer on a large roasting sheet. Roast for approximately 45 minutes or until well browned and tender. Stir vegetables half way through cooking to ensure even browning.

## **Sautéed Winter Greens**

Serves 4 to 6

2-bunches of winter greens-any combination of kale, mustards, collards, chard, beet greens, or spinach.

2 to 3 Tbsp olive oil  
2 cloves garlic, finely chopped  
Salt and pepper to taste

Wash leafy greens well. Cut greens into 1-inch thick strips. Preheat heavy bottomed skillet over medium high heat until almost smoking. Carefully add olive oil (it may spatter) and sauté garlic until fragrant-about 30 seconds (make sure garlic doesn't burn!) Add greens and sauté until wilted and crispy, stirring constantly. Taste for salt and pepper.

## **Bulgur Wheat Pilaf**

Serves 4 to 6

1 to 2 Tbsp olive oil  
1 medium onion or 2 shallots, small dice  
1 large leek, well washed, white and light green parts thinly sliced  
1 cup bulgur, rinsed  
1 ¼ cups water  
Salt and pepper to taste

In an 8-inch skillet, heat oil and sauté onions or shallots and sliced leek until translucent-3 to 4 minutes. Add bulgur and a pinch of salt and sauté for 1 more minute. Pour in water, bring to boil, cover, lower heat and cook for 10 minutes. Remove from heat and let stand for 5 minutes. Remove lid, fluff with fork and taste for salt and pepper.