

Welcome back to a new year of Evening Meals! Lopez Locavores first envisioned Evening Meals at School in January 2008 out of a passion to show families how delicious, local, seasonal, organic food could be prepared economically at home and to showcase the new L.I.F.E. garden. Now, almost four years later, we are serving our **25<sup>th</sup> meal** to the community. And the **L.I.F.E. Garden and Farm Program** just hired gardeners, Suzanne Berry and Valerie Yukluk, to produce yet more food for cafeteria lunches. Since August 1st, the school garden has produced 300 lbs of tomatoes and green beans, 60 lbs of tomatillos, and 30 lbs of carrots and beets to list just a portion of its bounty!

Although our weather yo-yos from fall to summer back to fall, our gardens tell us that Autumn is truly here. Tomatoes, green beans, and summer squash in all their luscious abundance inspired the Panzanella salad. The deep vivid colors of newly picked carrots and golden beets infuse our pureed soup. And what says “harvest time” better than the warm hominess of Apple Upside-Down Cake?

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 farm tours, sheepdog demonstrations, wood-fired pizza, contra dancing, pumpkin patches, Lopez Vineyard tours, and more. Watch for the Fall Farm Festival Calendar of Events or go to [www.sjcarc.org](http://www.sjcarc.org) for more information.

On Saturday, October 22<sup>nd</sup> at 5:30pm, join the Lopez Community Land Trust at the Lopez Center for their 13<sup>th</sup> annual **Harvest Dinner** potluck with prizes awarded for the most locally sourced food. Saskatchewan farmer, Percy Schmeiser will be on hand to speak about his experiences with Monsanto after his canola fields were contaminated with GMO Round-up ready canola. See the LCLT website at <http://www.lopezclt.org/percy-schmeiser-guest-speaker-at-harvest-dinner> for more details.

And please help us thank everyone who is wearing one of our recognition badges tonight. These are our **generous and committed volunteers and purveyors** who have made our 25 dinners possible. And thanks to all of you for joining us in this satisfying community endeavor!

The Locavores look forward to seeing you at our next three meals – January 26<sup>th</sup> (winter), March 29<sup>th</sup> (spring), and May 31<sup>st</sup> (summer). **Mark your calendars now!**

### Provisioning

Horse Drawn Farm	carrots, golden beets, green beans, red onions, & purple cabbage
Lopez Harvest	spinach & carrots
Blake Johnston & Julie Bottjen	carrots & tomatoes
Doug Benoliel & Tamara Buchanan	basil, golden beets, & parsley
Windy Bottom Farm	onions, garlic, greens, & summer squash
Sue Roundy	apples
Heller Family Farm	greens & flowers
Marney Reynolds	arugula & greens
Randy Waugh	Chicajoi sauce
Holly B’s	Pugliese bread (for the panzanella)
Jean Perry & Family	summer squash, sorrel, & herbs
Patty Ward	McCauley Farm apples
Blossom	extra & forgotten ingredients
Vortex	bulk, wholesale, and extra ingredients

## **Panzanella**

*Tomato, vegetable, and bread salad*

Serves 6

1 lb ripe tomatoes 1 med red onion, halved and thinly sliced 1 small zucchini, thinly sliced 1 lb rustic bread, preferably day old ¼ lb blanched green beans	10 to 12 basil leaves, roughly torn ½ cup extra virgin olive oil 3 to 5 Tbsp red wine 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 and zucchini in a bowl, sprinkle with a pinch of salt and a splash of red wine vinegar. Slice bread and rip into bite-sized chunks.

Put the tomatoes, drained onions and zucchini, green beans, and basil leaves into a bowl and dress with olive oil, several tablespoons of the drained tomato liquid, and 3 to 5 Tbsp red wine 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).

## **Soup of Puréed Carrots**

Serves 4

2 tablespoons olive oil 1 med onion, chopped 1 lb carrots cut into 1/2-inch dice 1 med golden beet, peeled and cut into ½-inch chunks A sprig of fresh parsley	2½ cups vegetable or chicken stock 1½ tsp cumin seeds 1 tsp fresh lemon juice Salt and freshly ground pepper
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Sauté onion in olive oil for 2 to 3 minutes, add carrots, beets, parsley sprig and cover with stock. Bring to a simmer over med-high heat. Reduce heat to maintain simmer and cook for 20 minutes or until carrots are fork tender.

Toast cumin seeds in a dry skillet until fragrant, cool and grind. Remove parsley sprig and purée soup with an immersion blender or carefully, in small batches, in a blender. Season with cumin, lemon juice, salt and pepper (white pepper is a lovely alternative to black).

## **Apple Upside-Down Cake**

Makes a 7 x 11-inch pan or a 9-inch round pan

<i>Fruit Layer:</i> ½ cup unsalted butter ½ cup packed brown sugar 2 apples, cored and cut into thin wedges	<i>Cake Batter:</i> ½ cup unsalted butter, softened ¾ cup packed brown sugar 2 eggs 2 tsp vanilla extract ¼ cup buttermilk or yogurt 1 cup flour ¼ cup cornmeal 1½ tsp ground cinnamon ½ tsp salt
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*Fruit Layer:* Melt butter in heavy bottomed saucepan and stir in brown sugar. Add apples and cook over medium heat, stirring often, until apples soften slightly, about 5 minutes. Remove from heat and set aside.

*Cake Batter:* Cream softened butter with brown sugar. Beat in the eggs, vanilla, and buttermilk or yogurt. Mix all dry ingredients together in a separate bowl. Fold dry ingredients into the wet ingredients until well combined. Preheat oven to 350°. Arrange fruit in the bottom of a well-buttered baking pan. Spread cake batter evenly over the fruit. Bake for 30 to 35 minutes, until a knife inserted in the center comes out clean. Cool cake in pan. When cool, run a knife around the edge of the pan and invert cake onto a platter.