

Nourish Ourselves

January 31, 2008

Nourish Our Community

Serving Community Evening Meals at the Lopez School is a very simple idea that can generate deeply sustaining ideals. There is the immediate benefit of a robust and delicious meal at a modest price. We also hope to support a number of diverse and interlocking interests that enhance the health and well being of Lopez Island.

Providing a satisfying meal using as much locally grown food as possible allows us to appreciate the bounty of this season, in this place, and to appreciate and connect with the farmers who have produced it for us. By gathering at the school we bring community into the educational institution and promote congenial interaction. In return for allowing us into their domain, Dana, Sam and the rest of the kitchen staff will receive an improvement to their kitchen for each meal we prepare there. The first contribution is two 40-quart stainless steel soup pots.

We will share recipes and practical preparation techniques (on the back side of this sheet) that encourage our use and enjoyment of local produce. We hope to showcase and reinforce the work of the Lopez Island Farm Education (LIFE) Program in the school and encourage community members to appreciate and become involved in this work. A community meal offers us the simple luxury of a respite from our own cooking and an opportunity for congregation, fellowship, or reflection at the quiet table.

Inspiration for our White Bean and Pumpkin Chili came from the large crop of pumpkins produced this year at T & D Farms. We thank them. The red onions, carrots, turnips, and rutabagas come from Horse Drawn Farm. Todd Kegerreis donated the garlic. Our slaw is made primarily of cabbage from Horse Drawn Farm with darker greens supplied by a number of small local gardens. Northfield Farm generously contributed the lamb sausage. Ivan Brown supplied the beets for the chocolate cake and the eggs are from the hens of Shannon Sternberg. Nancy and Blake Rankin contributed Choice Organic Peppermint Tea that was harvested within the state of Washington. We thank them and with this meal offer humble evidence of our appreciation.

Tonight's dinner was made possible through generous sponsorship along with the good will and efforts of many volunteers. Our hope is that in the future Community Evening Meals will be financially self-sustaining through continued sponsorships and donations that allow the meal price to remain affordable to all. At our next meal we will share the actual cost of producing this first meal.

Help with any aspect of ongoing Community Evening Meals is welcome. If you are interested in anything from sharing your seeds to wielding a mop, we encourage you to get involved. Lend a hand tonight or sign to help with future Community Evening Meals at the information table or at the website www.lopezlocavores.org. We hope to include as many island producers as possible in the evening meals, so please contact us with ideas, offerings, or thoughts for the future.

Thank you for being a part of our first Community Evening Meal at the Lopez School. Future Evening Meals are tentatively scheduled for the last Wednesday of each month. Please leave your contact information so that we can notify you of the exact date. We look forward to dining with you again.

"If every US citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week."

-Barbara Kingsolver