

No doubt about it....Spring is really here and Summer just around the corner! We've been lucky with a spate of warm, dry weather and all the early crops – peas, lettuce, rhubarb, herbs – are making their presence known in our gardens.

Since our last Evening Meal, Sue Roundy has partnered with Sandy Bishop & Rhea Miller of LCLT to launch a three phase project close to our Locavore hearts called **Bounty: Lopez Island Farmers, Food, & Community**. Photographers Steve Horn, Robert Harrison, and Summer Moon Sriver and interviewers Marney Reynolds, Heather Gladstone, Pamela McCabe along with Sue have begun making the rounds of 26 participating farms. The end product of Phase I will be a color slide show to premier at the Harvest Dinner in October as well as the 2015 SJC AG Summit. The project is hoping to garner enough interest to fund the next two phases – an exhibit of framed black & white portraits of our farmers and finally, a book with text by Iris Graville. To contribute to this exciting project, contact the Locavores or LCLT or look for information on the *Bounty* website to be launched in June.

Mark your calendars for another visit from author and food activist, **Vicki Robin**, who will be coming to Lopez on **Tuesday, June 17<sup>th</sup>** to tour some of our landmark farms, potluck with the community, and talk about her new book, *Blessing the Hands that Feed Us: What Eating Closer to Home Taught Me About Food, Community, and Our Place on Earth*. Join Vicki at Sunnyfield Farm (6363 Fisherman Bay Road) for the potluck at 5:00pm and/or the Library at 7:00pm for her sure-to-be entertaining presentation.

Did you know that the Palouse, comprising parts of Idaho, Oregon, and Washington, is generally considered to be the best in the world for growing lentils, peas, and chickpeas? Indeed, tonight's Spanish Pardina Brown lentils for our Middle Eastern dish come from the PNB Farmers Coop in Eastern Washington. Lamb for the kebabs is of course, Lopez-grown as are all the ingredients for the Tabouli (including the Lopez wheat lovingly cracked by Marney Reynolds) and the Spring Greens Salad from Lopez Harvest. We have David Bill and Faith Van de Putte to thank for the donation of 45 pounds of rhubarb, Anne Karp for the strawberries, and Shannon Sternberg for the eggs to concoct our luscious Rhubarb Berry Custard Squares.

**As our round of meals comes to a close for another season (our sixth!), it's a good time to recognize the work of all those who make these meals possible.** Every dinner requires the help of many volunteers, organized under the watchful eye of Danah Feldman, to set up, greet, cashier, serve, bus, wash dishes, wrap silverware, break-down, and cleanup. The kitchen crew headed by Jean Perry, with assistance from Marney Reynolds, Sue Roundy, Christine Langley, Nancy Wallace, and an assortment of other committed cooks spend long hours on their feet washing, chopping, mixing, sautéing, and baking to bring us all this original, delicious, gourmet and best of all, local food. Thanks also to the Heller Family for contributions of muscle power for set up and breakdown, hundreds of vases of flowers from their garden, donations of produce, and other support too numerous to mention.

And profound thanks to all who gather with us to celebrate the delights of our local food movement. Grow bountifully and join us again in October!

**Thanks as always to all of our generous and committed volunteers and purveyors!**

Horse Drawn Farm	lamb, radishes, green onions & cabbages
Lopez Harvest	lettuce, spinach, chard, mint, frozen sweet corn, herbs, & parsley
Split Rock Garden (Marney)	Lopez wheat, garlic scapes, chives, & mint
Anne Whirlledge Karp	frozen strawberries & leeks
David Bill & Faith Van de Putte	rhubarb
Shannon Sternberg	eggs
Blossom	extra & forgotten ingredients
Vortex	bulk, wholesale, & extra ingredients

## **MIDDLE EASTERN SPICED LENTILS (Serves 6)**

3 large rainbow chard leaves  
2 Tbs. olive oil  
1 tsp. brown mustard seeds  
1 tsp. cumin seeds  
1 tsp. coriander seeds  
1 Tbs. grated or minced fresh ginger  
2 tsp. grated or minced garlic  
2 tsp. salt  
3/4 lb. rhubarb, trimmed and sliced into 1/2-inch-thick pieces (about 2-1/2 cups)  
For Serving: 6 Tbs. whole milk Greek yogurt  
3Tbs. chopped fresh cilantro & mint

1/4 tsp. ground turmeric  
1/4 tsp. ground cardamom  
1 medium onion, cut into 1/2-inch dice  
1 small jalapeño, minced (include seeds)  
1 cup lentils, rinsed and drained  
1 Tbs. packed dark brown sugar; more to taste  
5 cups water or veg. broth

1. Separate the stems from the chard leaves. Coarsely chop the leaves and slice the stems crosswise 1/2 inch thick.
2. Heat the oil in a 4- to 5-quart heavy-duty pot over medium-high heat. Add the mustard, cumin, and coriander seeds, stir to coat, and then cook until the mustard seeds begin to pop, about 1 minute. Turn the heat down to medium low and stir in the ginger, garlic, turmeric, and cardamom. Cook, stirring, until fragrant, about 2 minutes.
3. Add the chard stems, onion, and jalapeño, and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the rhubarb, lentils, brown sugar, 2 tsp. salt, and 5 cups of water. Bring to a boil and then simmer for 30 minutes. Add the chard leaves. Continue to simmer until the lentils are tender but not falling apart, about 5 minutes more.
4. Taste for seasoning adding salt and ground pepper if needed. Serve topped with a dollop of Greek yogurt and the cilantro/mint.

## **SPICED LAMB KEBABS (Serves 6)**

1-1/2 lb. ground lamb  
2 T. minced onion or chive  
1 tsp. ground coriander  
1 tsp. ground cumin  
1 tsp. ground ginger  
1/2 tsp. ground cinnamon  
1/4 tsp. ground clove  
2 T. packed fresh flat-leaf parsley

2 T. packed fresh cilantro  
2 T. packed fresh oregano  
2 T. mint  
1 small clove garlic, minced  
1/2 tsp. crushed red pepper flakes  
1-1/2 tsp. salt  
1/4 t. pepper  
1 Tbs. olive oil

Combine all ingredients. Let sit a few hours, refrigerated, to allow the spices to come together. Make patties, sauté in 1 T. olive oil 3 to 4 min. per side. Lamb patties can also be grilled on the BBQ.

## **TABOULI (featuring Lopez Wheat)**

1 cup Lopez wheat berries  
2 cups boiling water

1. On the LCLT Grain Mill, grind the wheat berries twice on the largest setting.
2. Sift to separate the cracked wheat from the flour and the bran.
3. Pour boiling water over the cracked wheat and let soak for 1-2 hours until tender. Drain off excess liquid.
4. Tabouli:  
1 part cracked wheat  
1 part chopped parsley  
1/2 part chopped green onions  
Optional: chopped red pepper and/or tomatoes
5. Dressing:  
2 parts oil  
1 part lemon juice  
Minced garlic, chopped mint, salt & pepper to taste  
Optional: chopped chives