

10.29.2009

This month marks the return of the Evening Meals to Lopez School as well as shorter days, longer nights, cold wet winds, and burrowing.

The school kitchen has been in a state of disruption (read torn apart) for the last week and a half and we are deeply grateful that the ongoing work was accelerated so that we could produce a dinner this month. A very special thank you goes to Dana Cotton in the kitchen and Linda Martin, our new superintendent, for ensuring that we could use the kitchen this week.

We also thank the rest of the kitchen staff, Sam, Carla, and Jody, for graciously making way for us each time we invade to prepare this community meal. The Evening Meals truly could not happen without the cooperation of the school and the use of their kitchen. We are happy to continue this partnership that delights and benefits so many members of our community.

With time short, we made use of many extra hands in the kitchen. In the past we have been primarily assisted by the ever-capable Nancy Rankin. For this dinner we amassed quite a crew: Sue Roundy, Ande Finley, Ben Kercksmar, Wendy Westervelt, Deborah Bonnaville, and Rita O'Boyle. All helped out to make preparation of this meal possible in one night instead of two. We thank you all!

Tonight's meal uses more local ingredients than any meal so far! For this achievement we wish to thank Horse Drawn Farm for onions, carrots, squash, peppers, tomatoes, spinach, cauliflower, celeriac, and broccoli. T&D Farms provided potatoes, squash, kale, beets, and garlic. Lopez Harvest provided fennel and mixed greens, and the green cabbage came from Nikola and the Birkemeier's garden. Jan Scilipoti harvested the apples at the Curry's orchard. Jones Family Farm provided the ground beef. Lorri Swanson picked tomatoes, kale, chard, and mizuna from the school garden. The Hellers brought lettuce and flowers, Jean brought Asian pears, celery, and sorrel, and Kim brought parsley. Thank you to Nikola for the warming herbal tea, and thanks as always to our stunning and valiant volunteers, and you, our happy eaters. Salut!

## FOOD RELATED EVENTS

**Sunday, November 8**

**FOOD, INC.**

Multiple showings: 3:00 & 5:00 (running time: 1 hr. 33 mins.) at the Lopez Library  
Admission Free

A film featuring Eric Schlosser (Fast Food Nation) & Michael Pollan (The Omnivore's Dilemma).  
"You'll Never Look at Dinner the Same Way"

**Thursday, November 5, 1:00 pm**

Tune in to KLOI 102.9 FM for a rebroadcast of  
Michael Abelman's presentation at the Lopez Community Land Trust 2009 Harvest Dinner  
Don't miss this amazing opportunity to hear an engaging presentation about  
sustainable agriculture & island life!

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## Farmstand Shepherd's Pie

This recipe is easily adapted to use any fresh vegetables available. The pie can be embellished with meat stock, and dairy in the mashed potatoes. We kept it simple.

Serves 6 to 8

2 lbs potatoes or combo of potatoes and roasted winter squash

2 to 3 Tblsp olive oil

1 large onion, diced

2 carrots, diced

2 stalks celery, diced

4 cloves garlic, finely diced

1 bunch kale, roughly chopped

1 small head cabbage, thinly chopped

1 small head celeriac, peeled and diced

1 small head cauliflower, broken into small florets

1 large tomato, roughly chopped

One-quarter cup chopped parsley

2 Tblsp chopped assorted fresh herbs: thyme, oregano, fennel, etc.

Optional-1 lb ground meat

Salt and pepper to taste

Cube potatoes, cover with salted water, and bring to a simmer over med heat. Cook until tender. Set aside.

If using ground meat, brown in a sauté pan and season with salt and pepper, set aside.

In a soup pot over med heat sauté onions in olive oil for 3 minutes. Add carrot, celery, garlic, and celeriac and sauté until vegetables begin to soften, stirring often so they don't stick. Add tomatoes, cabbage, kale, and cauliflower and stir until tomatoes release their juices providing enough liquid to prevent stew from sticking. If tomatoes are on the drier side add water or broth. Season with chopped herbs, add optional browned ground meat and pan juices and simmer gently until vegetables are just tender. Stew should not be too wet-use extra juice in mashed potatoes. Taste for salt and pepper.

While stew simmers, mash potatoes and roasted squash using some potato cooking liquid or juice from the stew to produce a smooth mash. Season well with salt and pepper.

Preheat oven to 375°. Butter or oil a large casserole dish. Using a spatula smear a one-half inch thick layer of mashed potatoes in bottom of casserole. Spoon in stew on top of potatoes and top stew with remaining mash. Bake in oven for 30 minutes. May be finished under the broiler for nicely browned potatoes. Cool for 15 minutes before serving.

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## Apple Spice Cake

Makes an 8" by 8" pan

1 cups whole wheat pastry flour\_

1 tsp baking powder\_

1 tsp baking soda

one-half tsp salt\_

1tsp ground cinnamon

one-half tsp ground allspice

one-half tsp ground ginger

one-quarter tsp ground cloves

two-thirds cup oil\_

1 cup brown sugar or rapidura sugar\_

2 eggs

2+ cups sliced apple

Preheat oven to 350°. Grease an 8" by 8" baking dish. Whisk together flour, baking powder, baking soda, salt, and spices. In the bowl of a standing mixer or by hand, beat together eggs, oil, and sugar and beat until batter is smooth and satiny. On low speed add dry ingredients and beat until just combined. Fold in apples by hand. Scrape batter into prepared dish and bake for about 25 to 30 minutes or until top is puffed and nicely golden brown. Cool and cut and enjoy!

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