



RULES FOR A LOCAL ECONOMY

By Wendell Berry

Supposing that the members of a local community wanted their community to cohere, to flourish, and to last, they would:

- (1) Always ask of any proposed change or innovation: What will this do to our community? How will this affect our common wealth?
- (2) Always include local nature - the land, the water, the air, the native creatures - within the membership of the community.
- (3) Always ask how local needs might be supplied from local sources, including the mutual help of neighbors.
- (4) Always supply local needs first. (And only then think of exporting their products, first to nearby cities, and then to others.)
- (5) The community must understand the ultimate unsoundness of the industrial doctrine of 'labor saving' if that implies poor work, unemployment, or any kind of pollution or contamination.
- (6) If it is not to be merely a colony of the national or the global economy, the community must develop appropriately scaled value-adding industries for local products.
- (7) It must also develop small-scale industries and businesses to support the local farm or forest economy.
- (8) It must strive to produce as much of its own energy as possible.
- (9) It must strive to increase earnings (in whatever form) within the community, and decrease expenditures outside the community.
- (10) Money paid into the local economy should circulate within the community for as long as possible before it is paid out.
- (11) If it is to last, a community must be able to afford to invest in itself: it must maintain its properties, keep itself clean (without dirtying some other place), care for its old people, teach its children.

(12) The old and the young must take care of one another. The young must learn from the old, not necessarily and not always in school. There must be no institutionalized 'child care' and 'homes for the aged'. The community knows and remembers itself by the association of old and young.

THIS WEEK'S HARVEST:

- ◆ Green & Purple Bunching Onions
- ◆ Marketmore & Lemon Cucumbers
- ◆ Gold Bar, Black Beauty & Costata Romanesco Summer Squash
- ◆ Assorted Patty Pan Squashes
- ◆ Green, Red, Savoy & Napa Cabbages
- ◆ New Girl Tomatoes
- ◆ Mixed Red Beets
- ◆ Hungarian Hot Wax & Early Jalapeno Peppers
- ◆ Sweet Basil
- ◆ Applegreen & Dusky Eggplant (Bushels only this week)

- ◆ *At the Farmstand: More of the above plus fresh cut flower bouquets, lettuces, and cherry tomatoes. Add some extra tomatoes or fresh flowers to your share this week!*

(13) Costs now conventionally hidden or 'externalized' must be accounted for. Whenever possible they must be debited against monetary income.

(14) Community members must look into the possible uses of local currency, community-funded loan programs, systems of barter, and the like.

(15) They should always be aware of the economic value of neighborliness - as help, insurance, and so on. They must realize that in our time the costs of living are greatly increased by the loss of neighborhood, leaving people to face their calamities alone.

(16) A rural community should always be acquainted with, and complexly connected with, community-minded people in nearby towns and cities.

(17) A sustainable rural economy will be dependent on urban consumers loyal to local products. Therefore, we are talking about an economy that will always be more co-operative than competitive.

These rules are derived from Western political and religious traditions, from the promptings of ecologists and certain agriculturalists and from common sense. They may seem radical, but only because the modern national and global economies have been formed in almost perfect disregard of community and ecological interests.

(From *Resurgence*, Ford House, Hartland, Bideford, Devon EX39 6EE, tel 01237 441293; fax 01237 441203).

A recent book by Wendell Berry is entitled 'Sex, Community Freedom and Economy'

FOR THE LOVE OF CABBAGE...

Pick your favorite, and then pick a recipe...

SWEET AND SOUR RED CABBAGE

1 head red cabbage, shredded
2 sour apples, cut in sm. wedges
4 slices bacon, diced and fried
4 tbsp. brown sugar
2 tbsp. vinegar plus same amount sweet pickle juice
Salt and pepper

Fry bacon. Leave fat and bacon in skillet. Add rest of ingredients. Cover tightly and get it hot, then turn down heat and let it cook slowly until tender. May be fixed ahead of time and reheated on Christmas Eve.

FARFALLE WITH SAVOY CABBAGE, PANCETTA, THYME, AND MOZZARELLA

10 strips pancetta or lean bacon, thinly sliced
Olive oil
1 clove garlic, finely chopped
1 good handful thyme, leaves picked from the stem
1/2 large Savoy cabbage (outer leaves removed), quartered, cored, and finely sliced
Handful grated Parmesan cheese
1 pound dried farfalle or other pasta
Salt and freshly ground black pepper
Extra-virgin olive oil 7 ounces fresh buffalo mozzarella, cut into 1/2-inch dice
2 handfuls pine nuts, lightly toasted
Instructions

In a pan fry off pancetta in a little olive oil until lightly golden. Add garlic and thyme and cook until softened. Add the Savoy cabbage and Parmesan, then stir and put the lid on the pan. Cook for a further 15 minutes, shaking every now and again, while you cook farfalle in salted boiling water until al dente. When the cabbage is nice and tender, season and loosen with some nice peppery extra-virgin olive oil. Toss the drained farfalle into the cabbage and at the last minute mix in mozzarella and pine nuts. Serve immediately.

GREEN CABBAGE COLESLAW

1 medium head green cabbage, finely chopped
1 medium carrot, shredded
1/2 to 1 teaspoon celery seeds
1/3 cup granulated sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup milk

1/2 cup real mayonnaise
3 tablespoons buttermilk
1 tablespoon plus 1 teaspoon white vinegar
2 tablespoons plus 2 teaspoons lemon juice

Combine prepared cabbage and carrot in a large bowl. Toss with celery seeds. Combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice; whisk or blend until smooth. Mix into cabbage mixture; blending well. Cover and refrigerate for at least 2 hours before serving.

Serves 6 to 8.

CHINESE NAPA CABBAGE SALAD

1 (3 ounce) package chicken flavored ramen noodles
1/4 cup butter
1/2 cup sesame seeds, toasted
1/2 cup blanched slivered almonds
1 large head napa cabbage, shredded
6 green onions, chopped
1/4 cup vegetable oil
1/4 cup rice wine vinegar
1 tablespoon soy sauce
1 tablespoon sesame oil
1/8 cup white sugar

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Crush noodles, place them in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Add seasoning mix from noodles and cool. Toss in a large bowl with cabbage and onions.

Prepare the dressing by whisking together the vegetable oil, rice vinegar, soy sauce, sesame oil and sugar. Pour over salad, toss and serve.

AND BASIL...

3 cups fresh basil leaves
3 tablespoons grated Parmigiano-Reggiano cheese
2 tablespoons pine nuts
2 garlic cloves, minced
1 cup extra-virgin olive oil, plus more for storing

Pulse basil leaves, cheese, pine nuts, and garlic in a food processor until finely chopped. With the machine running, pour in olive oil in a thin, steady stream, blending until the mixture is well combined and emulsified. Serve pesto with a long, thin pasta such as fettuccine or spaghetti. Store in an airtight container covered with a thin layer of oil (to preserve color) in the refrigerator for up to 1 week. May be frozen.