



## EMBRACING THE JOY OF EATING SEASONALLY

by Ariel Agenbroad

This past week, as the weather turned so suddenly and we watched many of our crops wither and die, I consoled myself with memories of the week I spent early last October at the Quillisascut Farm School of the Domestic Arts.

Located in Rice, Washington, about 2 hours north of Spokane, Quillisascut is known across the Northwest for their exquisite, artisan goat cheeses, but in addition to caring for their herd of dairy goats, Lora Lea and Rick Misterly also raise a few cattle, chickens, turkeys, ducks and quail, tend gardens and orchards, and work tirelessly to promote sustainable agriculture and educate others. One of these projects is a summer culinary school program with genius Seattle Chef Kären Jurgenson.

Miraculously, I was selected to attend a special week-long program for Agriculture Professionals. I was the only student (future Ag professional?), but the group included Extension Educators from Idaho and Washington, leaders in food and nutrition, regional activists, and even a staffer from Farm Aid in Massachusetts.

That week was probably among my most meaningful experiences. For an entire week, we harvested, cooked, and ate three incredible meals a day with only fresh ingredients produced on the farm or procured from neighboring farms. We butchered a goat, planted garlic, harvested wild foods, visited with visionary orchardists and tenacious poultry producers, learned to tend bees, and (my favorite) rose at 4:00 am to milk the goats (later making homemade ricotta for gnocchi and cheesecake...).

What I am remembering most as I come to terms with the lifeless vines which last week held the promise of tender beans and more ripening tomatoes, is that eating with the seasons encourages a greater appreciation of each crop when they're at their best, and I needed only to bite into one of the frost-sweetened carrots to confirm this and to realize how much we still have to enjoy this season!

The following is reprinted from Lora Lea and Kären's brilliant and simple handbook, *Rethinking the Kitchen, The Sustainable Kitchen Handbook*. It is available in its entirety at the Quillisascut site: <http://www.quillisascutcheese.com/>

## THIS WEEK'S HARVEST:

- ◆ Cornell's Bush Delicata Squash
- ◆ Copra & Mercury Onions
- ◆ Marketmore & Lemon Cucumbers
- ◆ Assorted Patty Pan Squashes
- ◆ Caribe, Alby's Gold & Purple Magic Molly Potatoes
- ◆ Carrots
- ◆ Bull's Blood, Detroit Dark Red & Golden Beets with Tasty Greens
- ◆ Me Quing Choi Bok Choy

◆ At Farmstand: *More of the above!*

### ***"THE IMPORTANCE OF BEING GRATEFUL***

*In our rich history, our varied cultures have held food sacred. Rituals of thankfulness were valued. Native Americans thank the animal for giving its life to provide nourishment. The pilgrims held Thanksgiving to celebrate the rich bounty of America. Most modern religions give thanks at the table before eating. We celebrate the harvest and the return of the salmon. The thought of food as sacred embodies a spiritual connection to the earth, nourishing our bodies on multiple levels. Slow down, savor and be grateful for the bounty of the garden, the flavor of an heirloom tomato, the color of eggplants, the wonder of the oyster, the timelessness of spelt, the nutritional punch of quinoa...food heals you, sustains you and makes you joyful. Be grateful."*



## RECIPES INSPIRED BY THE SEASON

(Note: Apple season is here...our favorite sources: Moscow Farmer's Market, Otto's, WSU Orchard)

### FALL SALAD WITH BEETS, APPLES AND WALNUTS

#### *Salad*

- 1 lb. local seasonal greens mix
- 1 lb. beets, red or a combination of red and golden
- 1 large tart apple
- 2 shallots, thinly sliced
- 1/2 cup walnuts, roasted
- 6 oz. Gorgonzola, crumbled

#### *Walnut Vinaigrette*

- 3 Tbls red wine vinegar
- 1 Tblsp balsamic vinegar
- 2 tsp Dijon mustard
- 6 Tbls olive oil
- 6 Tblsp walnut oil
- 1/2 tsp salt & pepper to taste

Wash the beets and trim the greens (save for sauté). Steam or bake beets (covered) for 30-60 minutes depending on size. Peel when lukewarm and set aside to cool. When cool, cut into wedges, cubes or julienne.

Wash and dry the greens. Cut the apple into quarters, remove the core and thinly slice or julienne.

To assemble, prepare the vinaigrette by combining the vinegars and mustard and then mix in the oils. Season with salt and pepper. Toss the greens with a little vinaigrette and arrange on a platter or individual plates. Toss the beets and sliced shallots with vinaigrette and sprinkle over the greens. Toss the apple with remaining vinaigrette or just enough to coat the slices and sprinkle over the beets. Top with roasted walnuts and crumbled Gorgonzola.

### APPLE, POTATO AND ONION GRATIN

- 12 tablespoons (1 1/2 sticks) butter, divided
- 2 pounds onions, sliced
- 2 tablespoons (packed) chopped fresh thyme
- 4 teaspoons fine sea salt, divided
- 2/3 cup water
- 2/3 cup dry white wine
- 4 teaspoons sugar
- 2 1/2 pounds Yukon Gold, yellow Finn, or German Butterball potatoes, peeled, cut into 1/4-inch-thick rounds
- 2 pounds tart apples (such as Granny Smith, Pippin, or Pink Lady), peeled, halved, cored, cut into 1/4-inch-thick slices

Preheat oven to 400°F. Butter 13x9x2-inch glass or ceramic baking dish. Melt 6 tablespoons butter in large nonstick

skillet over medium heat. Add onions, thyme, and 2 teaspoons salt; sauté until onions are translucent, about 10 minutes. Increase heat to medium-high; sauté until onions are tender and begin to color, about 8 minutes longer. Remove from heat. Add remaining 6 tablespoons butter, 2/3 cup water, wine, and sugar to skillet; stir and swirl skillet to combine. Bring to boil. Combine potatoes, apples, remaining 2 teaspoons salt, and onion mixture in large bowl; toss gently to blend. Transfer to prepared baking dish, spreading evenly. Cover dish. Bake gratin until potatoes are tender, about 55 minutes. Uncover and bake until top browns and juices bubble thickly, about 20 minutes longer. Let gratin stand 15 minutes before serving.

### CARROTS IN CUMIN BUTTER

- 1 pound carrots
- salt to taste
- 1/4 teaspoon ground cumin
- 2 tablespoons fresh cilantro, chopped

Peel the carrots, trim the ends, and slice into 1-inch thick slices. Bring a pot of salted water to a boil and simmer the carrots until they reach desired doneness, 10-15 minutes. Drain the carrots, add the butter, cumin and cilantro and toss well. Season with salt and pepper to taste and serve.

### CHEZ PANISSE RED AND GOLDEN BEETS WITH BLOOD ORANGE, ENDIVE, AND WALNUTS

- Serves 4 to 6
- 2 pounds red and golden beets
- 1/2 cup shelled walnuts
- 2 blood oranges
- 2 tablespoons red wine vinegar
- 2 tablespoons orange juice
- Zest of 1/2 orange
- 1/4 cup olive oil
- Salt and pepper
- 1/4 pound Belgian endive

Preheat the oven to 400°F. Trim and wash the beets and roast them, tightly covered, with a splash of water. While the oven is on, put the walnuts on a baking sheet and toast them in the oven for about 5 minutes. With a sharp paring knife, trim off the top and bottom of each orange. Pare off the rest of the peel, making sure to remove all of the pith. Slice the oranges into 1/4-inch rounds.

Make a vinaigrette by mixing together the vinegar, orange juice, and the zest, finely chopped, and stirring in the olive oil. Season with salt and pepper. When the beets are cool enough to handle, peel them and slice into rounds. Toss them gently with the vinaigrette, and arrange the beets on a plate with the orange slices and Belgian endive leaves. Drizzle over any vinaigrette remaining in the bowl, and garnish with the toasted walnuts.