



COMMUNITY NEWS

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Members' Musings

(an occasional column by Community Harvest members)

by Michele Marchetti

When I spotted the peppers, my mind jumped to what was waiting in my freezer: Andouille sausage from Over the Moon Farm. I bought those sausages a month ago, with the knowledge that Tait peppers and celery would eventually come home with me, too. Jambalaya was in my future.

The meal lived up to the anticipation. Ditto the summer squash that I tossed with pesto and the string beans that added crunch to our stir-fry. And the cucumbers that are my official snack of summer. (Not to be confused with flacid grocery store cucumbers, which I'd just as soon put on the next truck back to the interstate.)

It's Christmas in August and the gifts are abundant. This summer of local eating is especially fun. I have a new eater in the house: a 1-year-old who consumes twice as many calories as her 4-year-old brother. Kale, chard, the girl eats it all with gusto. (Probably *not* what you had in mind, Tait, but your hummus makes perfect baby food.)

Another highlight of my summer is a Web site I co-founded, **HomegrownHappyValley.org**. It'll fill you in on local farms, food, businesses, artisans and entrepreneurs, while providing you with a forum for sharing information—say, a tip on a great local baker, or an endorsement of a farm that hosts a summer camp for kids. To celebrate our favorite time of the year, we launched our inaugural Local Food Challenge, which we hope will inspire you to pair your Tait veggies with local fruit, meat, dairy, and bread.

You can find us in the community, too. We're teaming up with the State Theatre to present a panel that will discuss the issues raised in "Food Inc.," a new movie that takes a critical look at our nation's food industry. The panel, which will follow the 4 p.m. screening on Saturday, August 22 at the State Theatre, will feature Kim Tait and other members of the local food community.

So check out the site, fire up the crock-pot for some jambalaya (you'll find the recipe on our site), and enjoy the season.

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Cook's Column

By Steve Spanelli

Celery, Stilton, and Walnut Soup

From the "Cookshelf Vegetarian"



4 tablespoons butter	1¼ cup milk
2 shallots, chopped	1½ cup Stilton blue cheese, crumbled
3 celery sticks, chopped	2 tablespoons walnuts, chopped
1 garlic clove, crushed	2/3 cup unsweetened yogurt
2 tablespoons flour	salt and pepper
2½ cups vegetable stock	chopped celery leaves to garnish

- ~ Melt the butter in a large sauce pan and sauté the shallots, celery, and garlic for 2-3 minutes. Stir in the flour and cook for 30 seconds.
- ~ Gradually stir in the vegetable stock and milk and bring to a boil. Reduce the heat to a gentle simmer and add the crumbled Stilton and walnuts. Cover and simmer for 20 minutes.
- ~ Stir in the yogurt and heat for another 2 minutes without boiling. Season with the salt and pepper. Serve at once.

Brown Rice, Vegetable, and Herb Gratin

From the "Cookshelf Vegetarian"

1/3 cup brown rice	2 small eggplants, sliced
2 TBS butter	2 TBS sunflower seeds
1 red onion, chopped	3 TBS mixed herbs, chopped
2 garlic cloves, crushed	1 cup grated mozzarella cheese
2 carrots, cut into matchsticks	2 TBS breadcrumbs
1 zucchini, sliced	salt and pepper

- ~ Cook the rice in boiling salted water 20 minutes. Drain well.
- ~ Lightly grease an oven safe dish.
- ~ Heat the butter in a sauté pan and add the onion, cook for 2 minutes. Add the garlic, carrot, zucchini, and eggplant and cook for another 5 minutes, stirring.
- ~ Mix the rice with the sunflower seeds and mixed herbs and stir into the vegetables.
- ~ Stir in half the mozzarella cheese and season with salt and pepper. Transfer mixture into the baking pan, top with the bread crumbs and remaining cheese. Bake at 350°F for 25-30 minutes or until golden brown.

IN THE GREENHOUSE Huge Garden Sale!

**50% off Campania
pots, statuary, benches**

**60% off Plants
perennials, roses, natives,
fruits and more**

Summer Hours

Mon-Fri ~ 9am to 6pm

Sat ~ 9am to 5pm

Sunday ~ 10am to 5pm

Harvest Shop (814) 466-3411
taitfarmfoods.com

COMMUNITY CALENDAR

Local Foods Week

August 1 - 8, 2009

A weeklong celebration showcasing those who support local food and local farmers.

Farm Tour

August 8, 2009

12:30 pm - 5 pm

Visit local farms meet the farmers and see how your food is grown.

Information: buylocalpa.org/centre

Community Harvest members receive a 10% discount on Harvest Shop purchases. (excluding consignment & sale items)