

Munch ON THIS



The Well-Stocked Larder

By Marcia Rae
April 21, 2010

Elin England, author of *Eating Close To Home, A Guide to Local Seasonal Sustenance in the Pacific Northwest*, was the featured speaker at Munch Night on Friday at The Brambles where Penny cooked up a memorable meal using local, seasonal food and Elin's recipes.

As part of her presentation, Elin provided us with her idea of the well-stocked pantry. Cooking nutritious, delightful food need not be time consuming. Having the right ingredients on hand makes it easy.

Here is Elin's pantry list. "*" means it is available locally; bold means she grows it in her garden.

Flours – whole wheat*, unbleached
Leavenings -- baking soda, baking powder, yeast
Sweeteners – white and brown sugar, honey*, molasses
Dried beans – black, pinto*, navy, split peas, lentils
Grains – long grain brown rice, brown basmati rice, short grain brown rice, quinoa, barley, corn meal, polenta, oats, wheat berries*, bulgur wheat
Fats – butter*, olive oil, canola oil
Cheeses – parmesan, feta*, cheddar*
Eggs*
Foundations – **frozen soup stock**, yogurt*, miso, tahini, tofu*, tempeh*, **frozen or canned tomato sauce**
Flavorings – dried herbs, spices, **garlic (fresh and roasted, pureed frozen)**, soy sauce
Pastas – spaghetti, variety
Vinegars – apple cider, balsamic, red, white
Nuts – sunflower seeds, almonds, walnuts*, hazelnuts*
Frozen – **green beans, peas**, corn*, **shredded zucchini, tomatoes, pureed tomatoes, apples, berries**, very ripe bananas, **peach slices, herbs, pestos (including cilantro, dill, parsley)**, meat,* chicken*, fish*
Fresh – **winter squash, potatoes, onions, apples**, mushrooms*
Condiments – **jams, chutneys, salsas, relish**, berry syrup*
Dried – **tomatoes, apples**, fruits*, mushrooms*

Notice how these foods do not require much packaging – many are available in the bulk section of the grocery, at our Brownsville Farmers Market, or at WillametteLocalFoods.com. Much of it we can grow and “put up” ourselves. Once you have your kitchen stocked with these items, you can make the most of local, seasonal produce and available fresh meats and fish with simple recipes. You do not even need to plan ahead. You can look at what is available on your shelves and from the Farmers Market, and then cook it up. Elin's book is a great place for ideas. Pick it up at Roots or the Brownsville Farmers Market.

Munch On This – What would it take for you to eat local, seasonal fare?

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Time to pick up starts for your garden. Pastured eggs, pastured chicken, and raab provide a great start for that simple, delicious, nutritious meal. Music by Tom Janssen.

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