

Munch ON THIS



Ideas

By Marcia Rae
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Well, by golly, the Brownsville Great Bread Bake-Off certainly was the best food fight I have ever seen. Two tables loaded with yummy delights, people four deep with elbows flying, jockeying for a chance to taste that one and then that one. What started as a bag of locally grown Stalford Seed organic flour became a community event, connecting us even deeper into our agrarian roots and the common bond that food represents.

I know we think that somebody had the "idea" to have a bread bake-off, but maybe we don't actually have ideas; maybe they have us. Somewhere an idea is brewing, like yeast, and when the time is ripe it finds the person to bring that idea forth into the world. Maybe wheat and flour and bread was an idea and 11,000 years ago, it found the right person to bring it into human consciousness. Maybe the bread bake-off was just the latest chapter of this idea that is *BREAD*. *BREAD* wanted a party, and so an idea popped into somebody's head and the next thing we know we are enjoying the Main Street Band in the pouring rain and sampling delectable breads. And *BREAD* wins again. We all win.

The winner of the yeast bread category, Steve Posavatz, showed us once again his earned status of local premier chef with a bread that was at the same time the most nutritious on the table and the tastiest. And from what I could tell, the easiest. He uses a no-knead bread recipe that involves mixing a few ingredients and then giving them time to work their own magic. So who ever had the idea that you have to spend a bunch of time kneading bread to have a great loaf? And then who had the idea that you don't have to knead the bread? At least three of us – Steve, Bob Anderson, and me – bake bread using no-knead methods. And all three were pretty darned tasty. With a little luck, Steve will share his bread know-how and next year we can all be bread winners.

Winner of the Everything Else category was our own favorite, Donna Nelson. It is no wonder that patrons flock to her Farmers Market booth each week to select her delectable delicacies. She won with a Gravenstein Apple and Hazelnut Cake recipe passed down by her grandmother. Here it is –

Preheat oven to 325 degrees and oil and flour bunt pan or large loaf pan.

Premix dry ingredients in a separate bowl – 3 cups Greenwillow Grains (Stalford's brand) pastry flour, ½ cup regular ol' white flour, 1 teasp salt, 1 ¾ cup organic sugar, 1 teasp cinnamon.

Start with a large bowl. Into 2 ½ cups of hot gravenstein applesauce (made from Nelson Farm apples), stir 1 cup of canola oil. Mix with a wire whip until well incorporated. Add 1 teasp vanilla. Then whip 4 teasp soda into hot mixture. (Mixture will foam up.) Stir in ¼ cup local meadowfoam (Laford's) honey from Nelson Farm.

Add all dry ingredients all at once and mix well with a spoon, but do not overmix.

Add Nelson Farm roasted, chopped hazelnuts, or Nelson Farm walnuts as desired. Add raisins if desired.

Spread additional nuts in bottom of pan. Turn batter into pan and bake for 1 hour or until done with a toothpick test.

Munch on This – Got any ideas trying to use you? Wake up. Pay attention.

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Support your local farmer. Music is Jazz Foolin.

PSS – We took \$53.65 in bribes at the BV Great Bread Bake Off. Thanks to all who participated. This money benefits CFA and allows us to keep the Community Garden growing food for our community.

PSSS – Munch thanks to Stalford Seed/ Greenwillow Grains for growing organic wheat for us. And milling it.

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