

Munch ON THIS



Endings and Beginnings

*By Marcia Rae
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The thing is – you never know when the last time is that you do something. You think summer is gone and then it is 70 degrees again, fooling you. Just when you think summer will last forever, there is that last summer day and then overnight it is fall, all brown and blowy. You did not know in the moment – this is the last of it, like you did not know this is the last kiss, or the last time I will go fishing, or the last time I will hike into the wilderness and sleep under a full sky of stars.

Or in this case, the last Farmers Market. But the LAST Farmers Market it was, at least for this year. Bummer. Should have bought some greens, or more corn. Should have tarried longer, listened to the music longer.

But don't despair, Brownsvillians, you lucky Oregon folk. You, at least, still have WillametteLocalFoods.com. Just because our Farmers Market is done for the year does not mean we cannot enjoy local food. In fact, I think I will shop right now. . . . OK, so here is what I bought –

½ gallon organic whole milk from Noris Dairy (located in Crabtree, so delicious) norisdairy.com
1 bunch red beets from Sweetwater Farms
3 lbs of apples from C&H Farms
5 lbs red gold potatoes from Living Earth Farm, thelivingearthfarm.com
1/2 lb chanterelles from The Mushroomery, mushroomery.org
3 lb organic hard red wheat flour from Stalford Seed Farms
2 lbs grassfed stew meat from Sweet Home Farms, sweethomefarms.com
½ lb tri-color string beans from SweetHome.me
5 lbs frozen blueberries from Springbank Farm near Lebanon, springbankfarm.com

What I like about this food is what is NOT in it. No herbicides, pesticides, antibiotics, or hormones. But what I like best is what IS in it – taste and nutrition. Good health. Life. This food is alive. And local.

It is so easy to take things for granted, to think that this will always be because it always has been. But life can change in an instant and the only guard against that is to pay attention; savor the moment. Grab it. Milk it. Live it.

Munch on This – Carpe diem. Eat good while the eatin' is good.

PS – Talk about eating good, mark your calendar for the next Munch Night, November 5 at 6 p.m. at the Corner Café. Come and hear Jen Olsen of The Mushroomery discuss everything you always wanted to know about mushrooms. Enjoy a mushroom and local food buffet for \$12. Then stay for music with Tom Janssen, Cowboy Bob, Don Andrews, and Spencer Masterson. Mark the ending and the beginning.

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