

# Journey School Food Community Newsletter

## Week Thirty-Eight: October 6<sup>th</sup>, 2007

We often talk about nutrition and diet choices in our newsletters. This week, CSA Community member Meg Gluckman has a special treat. Sponsored by Sustainable Vashon, Meg and Janie Starr are offering a pilot project of the Low Carbon Diet (LCD). This "30 Day Program to Lose 5000 Pounds" is a fun, accessible, easy to use guide that will show you, step-by-step, how to dramatically reduce your CO2 output in just a month's time. Grounded in over two decades of environmental behavior change research, this illustrated workbook offers much more than a list of eco-friendly actions. It walks you through every step of the process, from calculating your current CO2 "footprint" to tracking your progress. By making simple changes to actions you take every day, you'll learn how to reduce your annual household CO2 output by at least 15%. And, for those who are more ambitious, you'll discover how you can help your workplace, local schools, and community do the same.

Meg and Janie will conduct a team leader training October 16th 6-9 pm at Café Luna (free scrumptious locally grown dinner provided) and will offer on-going support as leaders form and meet with their chosen groups. You'll learn how to:

- > Calculate your CO2 footprint with our easy-to-use "carbon calculator"
- > Create "cool household systems" that save the Earth while saving you money
- > Take on "cool lifestyle practices" that reduce CO2 emissions without cramping your style
- > Purchase carbon offsets to become "carbon neutral"
- > Form a Low Carbon Diet "EcoTeam" with friends, colleagues, co-workers or your faith community

The team leader training is free and the only cost to participants is the workbook (\$15 suggested donations to Sustainable Vashon). For more info:

<http://www.empowermentinstitute.net/lcd/index.html> Contact Meg at [megabucks28@yahoo.com](mailto:megabucks28@yahoo.com) if you'd like to participate - I'd love to carpool with you!

Lisa and I have always suspected canning to be less energy intensive than freezing. Now thanks to Truitt Brothers cannery and IERE we now know that canning on an industrial scale has a significantly lower carbon footprint than frozen foods. In fact, "When the overall rates of consumption were tallied up, the frozen product was estimated to contribute to 75 percent more fossil fuel depletion, 39 percent more global warming and 100 percent more emissions of acid gases..." On the home scale, savings should be even higher. The most energy intensive part of the canning process is making the can so I am assuming that reusing our canning jars drastically reduces energy needs for preservation and reduces the recycling stream. For the full report from IERE go to <http://www.truittbros.com/news.htm>.

You have three pounds of potatoes in your share this week - enough to make both

recipes.

## Potato and Tomato Stew with Pancetta

½ pound sliced pancetta or lean bacon  
2 tablespoons olive oil  
1 medium onion, thinly sliced  
1 large garlic clove, minced  
3 large tomatoes, chopped  
2 pounds potatoes, peeled and cut into ½ inch cubes  
salt and freshly ground pepper to taste  
½ cup chopped fresh basil leaves

In a 10-inch saute pan or skillet over moderate heat, saute the pancetta until golden. Drain on paper towels. Pour fat from pan and return pan to moderate heat. Add olive oil and heat until rippling; stir in the onion and garlic and saute until transparent, about 4 to 5 minutes. Add the tomatoes with their juice, the potatoes, salt and pepper, and cook, stirring occasionally, for about 20 to 25 minutes or until potatoes are tender. If the stew gets a little dry, add a few tablespoons of hot water or stock. Just before removing from the heat, fold in the basil. Serve hot.

## Mashed Potato Dinner Rolls

1 envelope active dry yeast  
½ cup lukewarm water  
½ cup hot mashed potatoes  
8 tablespoons plus 1 teaspoon unsalted butter  
3 tablespoons sugar  
1 ½ teaspoons salt  
1 large egg  
½ cup lukewarm milk  
3 cups all-purpose flour  
2 or 3 tablespoons caraway seeds, dill seeds, poppy seeds, or minced onion for garnish

Combine the yeast and warm water in a small bowl. In the large bowl of an electric mixer, beat the hot mashed potatoes with 5 tablespoons plus 1 teaspoon of the butter, the sugar, salt, and egg. When beaten well, beat in the yeast mixture. Add the warm milk and the flour alternately, and beat well. Turn the dough out on a lightly floured surface and knead by hand for 5 minutes, adding only enough flour to prevent the dough from becoming overly sticky.

Put the dough into an oiled bowl and turn to coat completely, cover with plastic wrap or a dish towel, and set aside in a warm place to rise until doubled in bulk, about 1 ½ hours. When the dough has risen, remove the wrap and punch down the dough. Place it on a lightly floured surface and divide into 2 pieces. Roll out 1 piece of the dough ½ inch thick. Cut into rounds with a 2 ½ inch cutter or glass tumbler. Repeat with second piece of dough.

Melt the remaining 3 tablespoons butter and pour it into a shallow soup plate or bowl. Dip one side of each round in the butter, fold the dough over, buttered side in, to make a half-round. Place the rolls, seam side up and touching each other slightly, in two 9x9 inch baking pans. Sprinkle the garnish over the rolls, cover them with plastic wrap, and let stand until doubled in bulk, about 1 hour. Preheat the oven to 375 degrees. When the rolls have risen, place them on the middle rack of the oven and bake for 18 minutes, or until golden. Serve warm.