

Here's what Merv Coover (Chef Supreme) says about the Earth Day Lunch

I served four simple soups - Minestrone, Pea, French Onion and Asparagus - using seasonal and relatively local ingredients. The options for fresh ingredients are somewhat limited this time of year but will explode in number from here on through the summer and fall. One can still stay within the state of Washington during winter and early spring by emphasizing use of "keepers" like potatoes, onions, winter squash and others. Then there are frozen and canned foods. I lost interest in canned foods long ago but frozen is pretty close to fresh. So the peas in the pea soup were grown in WA and packed in Pasco. Onions and potatoes for the onion and minestrone soups respectively were also grown in WA and packed in the Tri-cities area. Then there is asparagus (Yakima), the finest of early spring vegetables and harbinger of more good things to come.

The bread came from Great Harvest in Factoria just down the road from the church.

Here are a ideas for some locally grown food fun:

1. Plant a vegetable garden of course.
2. Buy boxes of fresh locally grown produce and have a canning/freezing party. Asparagus and beans are great for both. And the fruit!! The church kitchen is well equipped for this enterprise.
3. Revisit the local theme and celebrate the abundance of our food choices with a harvest party in the fall.