



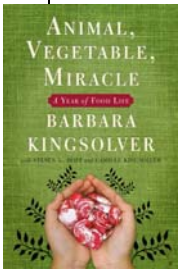
# The Good Food Digest

A publication of the Baltimore Food and Faith Project supported by the Johns Hopkins Center for a Livable Future

## ANNOUNCING THE NEW FOOD AND FAITH BOOK CLUB

As anyone who has seen our resource list knows, there have been a lot of books published about food, agriculture, and spirituality in the last decade. Each one examines its own topic—fast food, how to grow food, what to eat, saying grace—and all can help us learn more. But let's face it... many of us already have stacks of books we've been meaning to read for years, and many of us aren't sure where to start in selecting a book about the food system. So many of these books address important issues; how do you choose among them?

That's where we come in! We are creating a BFFP Book Club, to start this month, and will recommend a different book to read each season. Interested people can either form their own mini-club with folks they know, OR you can let us create a mini-club based on where you live. Either way, the idea is to read one book every three months and then get together with some others to talk about your thoughts, questions, and ideas. Of course, we *are* partial to the idea that sharing food be a big part of this—after all, the mind needs good nourishment to think well! — but logistics and the when, where, and how can be worked out by each mini-club with our help.



Our first selection, *Animal, Vegetable, Miracle* by Barbara Kingsolver, recounts one family's year-long experiment eating mostly home-grown and local foods in Appalachia. With tasty recipes and humorous and thoughtful stories, this book is an easy read, while also discussing some of the real problems we have with our food system.

## FOOD OF THE SEASON

Swiss chard is one of Maryland's most prolific greens, growing in the dog days of summer as well as in the middle of winter. (One of us actually has a love-hate relationship with this colorful veggie after spending seven months on a farm harvesting it twice a week, only to have it keep growing more! So be warned those of you thinking about planting chard in your garden this year. It's an excellent, affordable option, but since chard is the green that keeps on giving, but you probably don't need to plant a whole lot of it.)

Chard originally got its start on the Mediterranean island of Sicily, picking up "Swiss" when a botanist from Switzerland gave chard its scientific name.

Swiss chard is of the same species as the beet, although it's the leaves and stalks of chard we enjoy rather than the roots. Young leaves can be eaten raw in salads; older leaves are best cooked. With stalks that are red, white, or yellow, and leaves similar in texture to spinach, chard tastes slightly bitter and salty. For preventing digestive tract cancers, building strong bones, and maintaining good vision, you can't beat the 306% of your daily recommended value of Vitamin K, and 110% of your DV of Vitamin A that a serving of Swiss chard will provide. (From Whole Foods Market website)

**SWISS CHARD!!!**



WINTER 2009

Volume 2, Issue 1

### BFFP's mission:

To partner with Baltimore area faith communities and religious organizations of all faith traditions to promote a just, safe, and trustworthy food system that allows us to produce what is needed now and for future generations in a way that protects people, animals, air, land, and water.

## BEST WISHES AND WELCOMES

This month has seen many changes in our political landscape—for some, term limits have opened the door for others to serve, and the Advisory Committee of the BFFP is no different!! We have been privileged and grateful to have had the help and advice of two outstanding women since the very beginning—Rev. Alice Jellema and Maggie del Campo of the Church of the Guardian Angel—whose terms of service expired in December. We will miss them and wish them the best of luck in their new adventures.

Luckily, all is not lost for us! We have the great fortune to welcome Rev. Heber Brown III of Pleasant Hope Baptist Church to our group, and we are honored he has agreed to lend a hand. Rev. Heber has lots of experience, fresh perspectives, and ideas that are just waiting to be implemented. A sincere thank you goes out to him for his help!



## Sautéed Swiss Chard

from [Simply Recipes](#)

Knowing that people are short on time these days—but still wanting to eat healthy and seasonal foods—we've decided to share our recipe so far. One tip, though: make sure and buy the freshest chard you can find as the longer it's been on a shelf, the less delicious it is. Farmers' markets are a good spot to find newly harvested chard, so be sure and check those out. Bon appétit!

**1 large bunch of fresh Swiss chard**  
**1 small clove garlic, sliced**  
**salt**

**2 Tbsp olive oil**  
**2 Tbsp water**

**pinch of dried crushed red pepper**  
**1 teaspoon butter**

Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe. Roughly chop the leaves into inch-wide strips. Heat a saucepan over medium heat, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

### BFFP MEMBER SPOTLIGHT

Episcopal Church of the Messiah  
5801 Harford Road, Baltimore, MD 21214  
(410) 426-0709  
Interim Rector Reverend Stephen Swift



*The Episcopal Church of the Messiah has been promoting sustainable and healthy foods for 5 years now through their participation in [One Straw Farm's](#) [Community Supported Agriculture](#) program. Below, Senior Warden Ira Gooding shares how and why the church started this program, and how it has benefited their community:*

Messiah has a tradition of food ministries and has long considered the nourishment of its community to be an integral part of its mission in Northeast Baltimore. For many, Messiah's signature outreach event was a free Thanksgiving meal that served hundreds who found themselves without resources or companionship for a traditional celebration. In 2003, however, upon finding itself in transition, the parish prayerfully reexamined its mission and ministry and decided that the 2003 Thanksgiving meal would be the last. Nevertheless, the calling to physically and spiritually nourish the surrounding community was not abandoned, and a new incarnation began to emerge in the years that followed.

The seed for this was planted during a May 2004 parish brainstorming meeting when a farmer's market was proposed and perfunctorily added to the whiteboard before moving to the next idea. Seemingly dormant, that seed began to germinate in the heart of Sarah Miranda, a new vestry member exploring ways for Messiah to take its tradition of food ministries in new directions. Feeling called to tend this particular seed, Sarah began exploring possibilities with fellow parishioners and hit upon the idea of getting Messiah involved in community-supported agriculture (CSA).

Unbeknownst to the people at Messiah, the Spirit was also working in the heart of fellow-Episcopalian Joan Norman of One Straw Farm. Joan had been experimenting with CSA for a couple of seasons and was praying for a chance to expand that part of her business in a way that was consistent with the sustainability and stewardship principles she holds dear. When Joan heard from Messiah, she knew this was the call she had been waiting for and agreed to make a Messiah CSA pickup site a reality for the 2005 season. The seed was beginning to sprout.

Committed to making CSA more than just a weekly transaction, but a ministry of physical and spiritual nourishment, a site beneath a sprawling shade tree on Messiah's grassy front lawn was chosen over the rear parking lot for distribution of the weekly shares. Neighbors share conversation as they choose their veggies and linger for a few moments to share recipes and exchange ideas. This has all happened on 97 afternoons over the past four seasons, and the fifth season is already in the works, making this ministry both more sustaining and more sustainable than the once-a-year Thanksgiving Dinner.

The seed that was planted at the brainstorming session nearly five years ago has borne considerable fruit in Messiah's corner of God's garden. Messiah distributes One Straw Farm bonus shares through the Harford Senior Center in Lauraville and passes along produce as needed to the Caroline Center Food Service Training Program. Connections forged while choosing vegetables have led to new ministries, including the 2008 opening of Arts & Ideas Elementary, an open and democratically operated school, in Messiah's parish hall. What a blessing!

## FOOD FOR THOUGHT



*"We think it's terribly important that you meet the people responsible for the food you're eating tonight."*

© By Edward Koren at the New Yorker, 10/8/07

## CALENDAR OF EVENTS

1/29/09 to 1/23/09, Various Times

Loyola College in Maryland  
Various locations on campus  
4501 N. Charles St., Baltimore, MD 21210

**Communing with Food: Humanities Symposium 2009.** Since it started 20 years ago, Loyola's Humanities Center has been sponsoring a series of events related to a particular text for students, faculty, friend of the College, and the Baltimore Community. This year's text is the *Omnivore's Dilemma* by acclaimed food system expert, Michael Pollan. For two months, you have the opportunity to view films, hear lectures, attend tastings, and experience art shows and theatrical performances all pertaining to our current food and agriculture system. March 10 will be the keynote address, *American Cuisine: A Revolution and an Identity Crisis*, presented by Lynne Rosetto Kasper, host of "The Splendid Table®" from American Public Media.

For a complete listing of events, locations, and additional details, please visit: <http://www.loyola.edu/symposium/09/events/>. FREE.

Saturday, 2/7/09, 10:00 AM to 2:00 PM

Solid Rock Apostolic Faith Church  
523 North Schroeder Street  
Baltimore, MD 21223

**Growing Food, Growing Faith: Creating a Vegetable Garden with Your Faith Community.** Please join us as we tour three community vegetable gardens, learn about how your own faith community can create a garden in a variety of spaces, and brainstorm ways to use the garden to feed ourselves and our neighbors, promote sustainability, and encourage partnerships. Lunch will be served. Visit [http://www.jhsph.edu/clf/PDF\\_Files/events/GardeningWorkshop\\_Flyer09.pdf](http://www.jhsph.edu/clf/PDF_Files/events/GardeningWorkshop_Flyer09.pdf) for complete flyer and agenda. Please RSVP at (410) 502-5069 or to [angsmith@jhsph.edu](mailto:angsmith@jhsph.edu). FREE.

Tuesday, 2/24/09, 5:30 PM to 7:30 PM

Church of the Messiah  
5801 Harford Road  
Baltimore, MD 21214

**Shrove Tuesday Pancake Supper.** Shrove Tuesday is the day before Lent begins and eating pancakes is an old custom from the British Isles – a way of using up all of those decadent ingredients, like butter and eggs, that traditionally were not allowed during Lent. And this year, pancake races will also be held! Proceeds to benefit Boy Scout Troop 161. \$5 for ages 12 and older; \$2.50 if between 6 and 11 years. For more info., call: (410) 426-0709 or visit [www.messiahbaltimore.org/shrove\\_tuesday\\_pancake\\_supper.htm](http://www.messiahbaltimore.org/shrove_tuesday_pancake_supper.htm)

Tuesday, 3/3/09  
4:00 PM to 6:00 PM

Sheldon Hall (W1214)  
Bloomberg School of Public Health  
615 N. Wolfe Street  
Baltimore, MD 21205

**2009 Dodge Lecture by Vandana Shiva: Agriculture, Environment, and Health.** Please join world-renowned environmentalist, physicist, and author, Dr. Shiva, as she discusses the relationship between how we grow our food, environmental sustainability, and health. A reception will follow the talk. For more info., call (410) 502-7579 or visit <http://www.jhsph.edu/clf/events>.

To remove your name from our mailing list, please reply with "Unsubscribe" in the subject line. Questions or comments, please [e-mail](mailto:angsmith@jhsph.edu) us at [angsmith@jhsph.edu](mailto:angsmith@jhsph.edu), or call 410-502-5069.