



# The Good Food Digest

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

## THE FOOD AND FAITH VIDEO LENDING LIBRARY

Our First Annual Summer Film Series was a big success this year. People gathered three times over the summer to watch films and talk about how we grow our food, how we share it with each other, and how we might be able to make some positive changes in both of these areas.

Of course, we know that summer is a busy time for a lot of people, and so some of you who wanted to come to a film weren't able to.

Not to worry! We have decided to create a lending library of our films so you can now check out what you missed before. Whether you watch one by yourself, or host a film screening of your own at home or at your congregation, just give us a call (410) 502-5069 or send us an e-mail [angsmith@jhsph.edu](mailto:angsmith@jhsph.edu), for more details on how to borrow one of our movies.

Current titles include: *Broken Limbs: Apples, Agriculture, and the New American Farmer*; *Fridays at the Farm*; *My Father's Garden*; *King Corn*; *Renewal*; *A Sacred Duty: Applying Jewish Values to Help Heal the World*; and *Shall We Gather at the River*.

For brief descriptions of each of these, please visit our website: <http://www.jhsph.edu/clf/programs/eating/VideoLendingLibrary.doc>

FALL 2008

Volume 1, Issue 4

### **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.

## FOOD OF THE SEASON

**BUTTERNUT SQUASH!!!**



Did you know that winter squash was such an important part of Native American diets that they used to bury it with their dead to give them nourishment in their final journey? Available from August to March (but best in October and November), squash provides lots of nutrients in this life, too! With 145% of our daily needed Vitamin A plus lots of Vitamin C, this food is a perfect winter staple for keeping healthy and well. (From Whole Foods Market website)

## TRICK OR TREAT — GOBBLE, GOBBLE

Many of us start to think this time of year about celebrating Halloween and Thanksgiving—two quintessentially American holidays which revolve largely around food! What better time to put our values into action and purchase treats, produce, and turkeys that help promote a more just, humane, and sustainable world.



**HALLOWEEN:** How about giving out some fair-trade chocolate this year? Doing so will ensure that the farmers who grew the cocoa receive fair wages, and fair-trade chocolate is melt-in-your-mouth *delicious*—YUM!

There are lots of organic options with kid-appeal out there, too. Check out these websites for ideas: <http://www.globalexchangestore.org/holiday2.html> and <http://www.thegreenguide.com/doc/92/candy>



**THANKSGIVING:** This year, think about getting your yams, potatoes, and pumpkins from a winter farmers' market nearby ([http://www.mda.state.md.us/md\\_products/farmers\\_market\\_dir.php](http://www.mda.state.md.us/md_products/farmers_market_dir.php)). They'll be grown closer to home, reducing your carbon footprint and giving you fresher food, while also supporting our neighbor farmers.

Also, order a pastured or free-range turkey (these have had plenty of space to move around and/or lots of time outside) or a heritage turkey (picture the kind the pilgrims ate! These are being raised by farmers trying to keep old breeds alive in order to promote genetic diversity). Some helpful websites to find these wonderful birds are:

<http://www.localharvest.org/organic-turkey.jsp> and <http://www.whitmorefarm.com/turkey.html> and <http://www.southmountaincreamery.com/home.php> (orders being taken starting 10/1/08)



## Butternut Squash Soup

Adapted from Kerry Dunnington, (In [baltimore eats](#) Magazine, October 2007)

We absolutely love this dish! In fact, we were very excited to see the first butternut squashes appear at the Farmers' Market last weekend as we've been waiting for winter squash season to roll around again just so we could enjoy this tasty, satisfying, nourishing soup. Easy to make and a sure crowd-pleaser. Enjoy!

**4 tablespoons butter**

**3 leeks**, white part only, thinly sliced

**2 large onions**, diced

**2 teaspoons curry powder**

**5 cans (14.25 ounce) regular or low fat free-range chicken broth** (*veggie broth works, too*)

**4 large Idaho baking potatoes**, peeled and cubed (*local russets are just as good, we've found*)

**2 medium butternut squash**, peeled, seeded, and diced

**Salt and pepper** to taste

**Green onion**, thinly sliced for garnish (*optional*)

In a very large pot, melt butter over medium heat and sauté leeks and onion until glossy. Add curry and sauté until fragrant, a minute or so. Add chicken or veggie broth, potatoes, and butternut squash. Bring mixture to a boil, reduce heat, and simmer for 1 hour or until vegetables are fork tender. When soup has cooled some, puree (in batches) in a food processor or blender until it has the consistency of heavy cream. Serves 12 to 15 people. Goes very well with a hearty bread and a green salad.

## BFFP MEMBER SPOTLIGHT

Divinity Lutheran Church  
1220 Providence Road, Towson, MD 21286  
(410) 823-8293  
Reverend Christopher Chantelau



Divinity Lutheran Church



Divinity Lutheran Church in Towson has been doing a lot of thinking about food this year. In fact, one of our Center for a Livable Future colleagues belongs to Divinity and says that Pastor Chris has been talking from the pulpit quite a bit about our food system in some really thought-provoking and inspiring ways. We asked Chris to share a little from one of his sermons to learn how he's been starting and extending the conversation with his congregants.

“One of the challenges issued by the Food and Faith Project that I have undertaken in my own work as a preacher is incorporating faithful messages about food in the sermons my congregation hears. What I have found is that simply participating in Food and Faith Project programs has heightened my own food awareness, and that by changing my own food practices, the opportunities to integrate a more faithful food message into my sermons have revealed themselves in creative ways.

My first use of new food understandings came into play in the sermon I preached on Pentecost Sunday, 50 days after Easter when Christians commemorate the outpouring of the Spirit upon Jesus' disciples. That same week, my neighbor, a tremendous vegetable gardener, provided me with the first fruits of her plot – rhubarb. Not having had much contact with rhubarb I did some research to discover that most of the plant is inedible and the rest mostly so only with copious amounts of sugar. I also discovered that the supermarket only had a few stalks, which lead me to say in my sermon:

*But that's where it hit me. Both rhubarb and Pentecost. I mean, there were those few stalks of rhubarb surrounded by pineapples and apples, oranges and grapefruits, bananas and pears, and every other conceivable vegetable, even corn on the cob! With all that, who needs rhubarb? But, without all that, it's a different story. Without an extravagantly global food system delivering every season's food all year we get a new perspective on rhubarb. It would be a welcomed harvest from the spring garden as you reach the tail end of stretching whatever you could through the winter. To have something fresh and nutritious would be worth working for. Worth avoiding the leaves and roots and cooking out the bitterness or masking the bitterness or even enduring the bitterness, because having this first fruit of the garden, this hint of things to come would be so sweet no matter what. You might even be inclined to give thanks to God for rhubarb. Which is what made me think of Pentecost . . . and how the gift of the Spirit must be appreciated in the proper context for us to be able to thank God for it and through it properly.*

I am thankful for the experiences with Food and Faith which, among many other things, have also opened a host of new images for being more organic preacher.”

Editorial Note: We're pretty sure that Pastor Chris may have just coined a new phrase there — “organic preacher” — and we love it!!

## FOOD FOR THOUGHT

This issue's Food for Thought section is about **sharing** and **thanksgiving**. We decided not to ask any reflection questions this time around—we think these passages and prayers speak for themselves and provide plenty to think about without any help from us!

“There is no such thing as “my” bread. All bread is ours and is given to me, to others through me, and to me through others. For not only bread, but all things necessary for sustenance in this life are given on loan to us with others, and because of others and for others and to others through us.” — *Adapted from Meister Eckhart, a 14th century Christian theologian*

“If beings, as I know, the result of giving and sharing, they would not eat without having given, nor would they allow the stain of meanness to obsess them and take root in their minds. Even if it were their last morsel, their last mouthful, they would not enjoy eating without having shared it, if there were someone to share it with.”

— *Teachings of the Buddha (5th century)*



## CALENDAR OF EVENTS

Wednesday, 10/1/08  
12:15 PM to 1:30 PM

Feinstone Hall (Room E2030)  
Bloomberg School of Public Health  
615 N. Wolfe Street  
Baltimore, MD 21205

For directions, see [http://www.jhsph.edu/erc/Directions\\_revOct2005.doc](http://www.jhsph.edu/erc/Directions_revOct2005.doc)  
(*Note: Enter the school from Monument Street, and bring your ID to sign in at the front desk.*)

**Why Our Industrial Food System is Not Sustainable** by Fred Kirschenmann, Distinguished Fellow, Leopold Center for Sustainable Agriculture, Iowa State University. The fourth talk in the Center for a Livable Future's Health and Sustainability Series, Fred will discuss how today's modern food system has been designed as an industrial enterprise. Such enterprises subscribe to the same industrial principles as any industrial operation---simplification, concentration, maximum production, and short term return. While these principles have proven to be very effective in efficiently producing short term products, they are dependent on the unlimited natural resources which fuel all industrial systems and they ignore all ecological and social costs. We are now about to reach a series of thresholds which will make our industrial food system dysfunctional and we need to begin redesigning new food systems that are resilient and self-renewing.

Folks who saw *My Father's Garden* at the August Food and Faith Film Screening will recognize Fred as the eloquent farmer from N. Dakota.

Monday, 10/6/08  
4:00 PM to 6:00 PM

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

For directions, follow link above.

**“World of Soy”: Its Contribution to the Future of Food and Eating Habits**  
A discussion of the book “World of Soy” brings together two expert food specialists to discuss important issues central to soy production and consumption: genetically engineered soybeans, increasing soybean cultivation, soy food marketing techniques, the use of soybeans as an important soil restorative, and the rendering of soybeans for human consumption. Light reception will follow in the courtyard.

Monday, 10/6/08  
5:00 PM to 7:30 PM

Episcopal Church of the Messiah  
5801 Harford Road at White Avenue  
Baltimore, MD 21214

Please RSVP at (410) 426-0709.

**BSA Meets CSA: A Musical Community Potluck for Northeast Baltimore**  
will celebrate One Straw Farm Community Supported Agriculture (CSA) and the Baltimore Songwriters Association. Members from Baltimore Songwriters will be providing music during this celebration of veggies and the 2008 CSA season. CSA Shareholders, BSA Musicians, and interested members of the community are all invited to come and share some local food—spread the word!

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