



The Good Food Digest

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

Launching of The Good Food Digest

JANUARY 2008
Volume 1, Issue 1

Welcome to the first issue of the Baltimore Food and Faith Project (BFFP) newsletter! We thought that having a bi-monthly newsletter would help us to all stay in touch with each and give us an opportunity to better share with each other what's been going on with the Project. Each issue will provide a Project update and some regular features, too. For instance, we will provide a recipe for and some fun facts about a food that is currently in season in Maryland, and spotlight work being done by one of our member congregations and organizations.

The Good Food Digest will feature a calendar of events that lists different food and environment-related activities that the Center for a Livable Future and faith communities are hosting in the next month or two. We are pleased to post announcements about your events in our newsletter. Just send us an [e-mail](mailto:angelacfl@gmail.com) (angelacfl@gmail.com) with the details, and we'll include them in the next newsletter.

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, land, and water.

FOOD OF THE MONTH



It can be a challenge to eat seasonally in January in Maryland. What possibly grows this time of year when the days are short and the temperatures cold? The answer: **KALE!!**

Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts that contain health promoting, sulfur-containing phytonutrients. It's very high in calcium, and also gives you the most nutritional value for fewer calories than almost any food around!

Kale is easy to grow and is in season from the middle of winter to the beginning of spring. It actually tastes BETTER after a light frost because the cold encourages the plant to make more sugars. You can find it at the farmers' markets and at many grocery stores this time of year.

<http://www.whfoods.com/genpage.php?>

PROJECT UPDATE: Meet the BFFP Advisory Committee

The BFFP has been working hard to create an Advisory Committee that represents Baltimore's faith communities, help to conduct outreach with and recruit other congregations who might be interested in participating in the Project, and from time to time offer technical assistance, speak at gatherings, and review materials. The Committee is made up of both clergy and laypeople, farmers and community activists, and we are thrilled and honored that they have agreed to serve. A sincere thank you goes out to:

Rabbi Geoffrey Basik—*Temple Kol Halev, Baltimore*

Mr. Paul Beares—*Episcopal Cathedral of the Incarnation, Baltimore*

Rabbi Nina Cardin—*Baltimore Jewish Environmental Network*

Pastor Chris Chantelau—*Divinity Lutheran Church, Towson*

Ms. Maggie del Campo—*Church of the Guardian Angel, Remington*

Pastor Alice Jellema—*Supporting Lay Urban Ministry, Episcopal Diocese*

Mr. Jakir Manela—*Kayam Farm at Pearlstone Jewish Retreat Center*

Ms. Barbara Metz—*St. Matthew's Catholic Church, Baltimore*

Ms. Bonnie North—*Baltimore Eats Magazine*

Mr. John Shields—*Gertrude's Restaurant*

HEADS UP!



Our next interfaith workshop is being planned for the end of March. We will decide soon on a date and let you know ASAP!



Kale Potato Soup Recipe

from [Simply in Season](#)

Yields 6 cups

Preparation and Cooking Time around 30 minutes

1 large bunch kale (chopped)

Steam and set aside. (Don't try to cook it with the potatoes; the flavor will be too strong.)

1 tablespoon butter

1 large onion (chopped)

1 clove garlic (minced)

Melt butter in a large pot. Add onion and sauté until golden. Add garlic and sauté another minute.

2 large potatoes (diced)

2 cups hot water or broth

Add, bring to boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; purée the rest with the cooking liquid and return to the pot. Return reserved potatoes and steamed kale to pot. (Purée everything if a smooth texture is desired.)

3 cups water or broth.

1/2 teaspoon salt or to taste

pepper to taste

Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve.

BFFP MEMBER SPOTLIGHT

St. Matthew Catholic Church
5401 Loch Raven Blvd.
Baltimore, MD 21239
(410) 433-2300
Fr. Joe Muth, Pastor



Cardinal Sheehan School secretary, Yolanda Byrd, principle, Paula Redman, Baltimore Eats publisher, Bonnie North, and 3rd grade teacher, Ametria Smith, in front of the future youth garden site.

St. Matthew Church has been engaging in a variety of different activities over the past several months. The parish has been learning much about food and is putting their new knowledge into action. Barbara Metz, St. Matthew's Social Ministry Director, shares the following thoughts about their work with *The Good Food Digest*:

"The introduction of the BFFP was serendipitous for us here at St. Matthew Church. A few months before, we had launched plans for a series of parish educational events called, "***Come to the Table***", to address the role of You guessed it – *FOOD* – in our personal and communal lives. In late November, holistic health counselor, Lucas Seipp-Williams, led 15 participants in a discussion on personal food choices and wellness, all while sharing a delicious home-cooked meal. Next, we'll gather in mid-February to learn more about small farmers in the region, and the benefits of "eating seasonal/eating local." (See *Calendar of Events below for more information*)

St. Matthew is blessed with ample grounds, so another idea in the works is the creation of various gardens here on parish property (hopefully growing vegetables with our school children at Cardinal Sheehan School, raising ornamentals for use on our altar, and expanding a peace and unity garden around our labyrinth). Finally, we're hoping to establish a collaborative venture with an area farmer to grow foods fundamental to the diets of our numerous immigrant parishioners.

We're amazed at how quickly our original idea has grown and, while most things are just in the planning (or dreaming...) stage, we're encouraged by the interest shown within our parish community and in the potential of the Baltimore Food and Faith Project . Hope to see you at the next BFFP meeting !"

FOOD FOR THOUGHT

Every issue of the BFFP newsletter will include a short reading about food, agriculture, hunger, and other related topics, to give us something to reflect upon as we go forward learning about our food system and its myriad aspects. If you have any quotes or passages that you think would be good to share, please e-mail (angelacfl1@gmail.com) them to us.

This month's Food for Thought passage comes from Barbara Kingsolver's book, *Small Wonder*, p. 118:

"My grandfather Kingsolver used to tell me with a light in his eyes about the boxcar that came through Kentucky on the L&N line when he was a boy—only once a year, at Christmas—carrying oysters and oranges from the coast. Throughout my own childhood, every year at Christmastime while an endless burden of wants burgeoned around everybody else, my grandfather wanted only two things: a bowl of oyster soup and an orange. The depth of his pleasure in that meal was so tangible, even to a child, that my memory of it fills me with wonder at how deeply fulfillment can blossom from a cultivated ground of restraint."



What meanings are carried in special meals in your family? Are there memories that you wish to pass on which could be expressed through food?

(Questions from Just Eating? Practicing our Faith at the table)

CALENDAR OF EVENTS

2/10/08
1 to 2 PM in the Church Hall

St. Matthew Catholic Church
5401 Loch Raven Blvd.
Baltimore, MD 21239

For info, call: (410) 433-2300,
ext. 104

The second of St. Matthew's Come to the Table gatherings, The Chesapeake Bay-Friendly Table will feature a discussion with John Shields, chef-author, and the public television host of *Chesapeake Bay Cooking* and *Coastal Cooking*. John will lead a talk about how our food and recipe choices affect the well being of our families, communities, and the overall health of the Chesapeake Bay.

This one hour discussion will include an overview of **local food sources** (from cheese making to farmers markets to back yard gardens), **seasonal menu planning** and **shopping tips**. John will serve a sampling of two "Bay-Friendly" recipes from his restaurant, Gertrude's, at the Baltimore Museum of Art.

2/12/08
Noon to 1:30 PM in Room W3008
Johns Hopkins Center for a Livable Future
615 N. Wolfe Street
Baltimore, MD 21205

For info, call: (410) 502-7579
<http://www.jhsph.edu/clf/events>

Mark Winne, author of *Closing the Food Gap: Resetting the Table in the Land of Plenty*, talks and signs books.

Closing the Food Gap tells the story of how we get our food: from poor people at food pantries, corner stores, and convenience stores to the more comfortable classes, who increasingly seek out organic and local products. Refreshments will be provided.

2/21/08
4 to 6 PM in Sheldon Hall
Johns Hopkins Center for a Livable Future
615 N. Wolfe Street
Baltimore, MD 21205

For info, call: (410) 502-7579
<http://www.jhsph.edu/clf/events>

Screening and Q&A with director of the documentary, *King Corn: You are What You Eat*

Two college friends move to the heartland and, with the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America's most-productive, most-subsidized grain on one acre of soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat, how we farm, and what we're really made of.