



The Good Food Digest

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

GOOD FOOD DIGEST GOES ON MATERNITY LEAVE

This season's *Good Food Digest* is coming a little earlier than usual, and is a little bit shorter as well. As many of you know, our Food and Faith Project's fearless leader, Angela, is soon headed out on maternity leave (due date: April 6th!), and we wanted to get out some version of the newsletter before she left for the next three months. While we don't have a Member Spotlight or Food for Thought column this time around, we did want to make sure and leave you with another good recipe for spring—soon we will be able to feast on asparagus, strawberries, and tender peas! - and to let you know about a number of great events in our area that are coming up that you won't want to miss.

Also, we wanted to let you know who to contact about the Project while Angela was away. Whether you have questions about our Small Grants Program, want to volunteer at a school garden, or need someone to speak at one of your events (<http://www.jhsph.edu/clf/programs/eating/foodfaith/involved.html>), we'll have folks available to help. You can contact Anne Palmer, Director of our Eating for the Future Program, with any questions. Her e-mail address is: ampalmer@jhsph.edu, and her phone number is (410) 502-7577. Please don't hesitate to call.



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BFFP's mission:

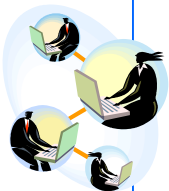
To partner with Baltimore area faith communities and religious organizations of all faith traditions to promote a just, safe, and trustworthy food system that allows us to produce what is needed now and for future generations in a way that protects people, ani-

BFFP LAUNCHES NEW WEBSITE

We promised folks that this day would soon come, and so we are most pleased to announce the launching of Baltimore Food and Faith's new web pages, finalized just a couple of days ago!

We asked people what kinds of information would be helpful to post and we took their ideas and put them to screen. Whether you're interested in finding worship resources, practical advice for how to eat locally, sustainably, and humanely, want to find out what your denomination has to say about food and agriculture, or learn how to get more involved with the BFFP, you'll find information about these things and many others.

The website address is: <http://www.tinyurl.com/baltimorefoodandfaith>. Check it out and let us know what you think!



FOOD OF THE SEASON

It's been all over the news—the Omabas will grow some of their own organic food on the south lawn of the White House (http://www.nytimes.com/2009/03/20/dining/20garden.html?_r=2&hp)!! We were so excited to hear about this and to find out what they're planning to grow—lettuce, spinach, broccoli, peas, herbs, and flowers. Truly, this is exciting for all of us involved in promoting sustainable and healthy foods!



BEETS!!! We must confess, however, to being somewhat disappointed in learning that President Obama doesn't like beets, and so beets will be left out of the new garden. Admittedly, despite their yummy sweet taste, many of us took some time to discover the joy of beets, but people who have always loved them and recent converts alike will admit that once you've gotten a taste for them, they're wonderful. And so this season we honor the beet, and hope that they will soon get the executive recognition they deserve!

What exactly is so terrific about beets? For one, the whole plant is edible—one can pick the leaves of young beets and add them to salads (don't bother with the big leaves of older plants; those tend to be tougher and not as tasty) and enjoy the roots that we know as beets as well. For another, beets come in all sorts of colors that can add beauty to any table—stripped, rainbow colored, golden yellow and, for those of you with little ones who are worried about staining, white. Beets also have powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer. And just as important—they're easy to cook with and they store well (2 to 4 weeks in the fridge) which is great for those of us with busy schedules. Long live the beet! (*From Whole Foods Market website*)



Roasted Beets with Goat Cheese and Walnuts

Angela discovered this recipe a few years ago from a friend of hers up in Providence, Rhode Island. It was the first time she had tried roast beets and was an instant convert. (Her husband is not the biggest fan of beets either, but he does enjoy them like this, so this recipe will be a sure crowd pleaser. And it's easy, too!)

One bunch of beets (any kind)
Olive oil

About 3/4 cup of goat cheese (or as much as you would like)
About 1/2 cup of walnuts (or as much as you would like)

Preheat oven to 375 degrees. Cut off the leaves and stems of the beets and wash them thoroughly to remove any soil that might be on them. Take a fork and punch some holes into each beet, similar to how you roast a baked potato. Brush each beet with olive oil and place them on a baking rack. (If you have some beets that are bigger than others, you might need to cut them in half to ensure that they'll cook in the same amount of time as the smaller beets.) Place beets in preheated oven and cook for 45 to 60 minutes, or until beets are soft, but not squishy. The skins can be a little wrinkly, but not too much. Meanwhile, chop up the walnuts into smaller pieces and place them in a frying pan on the stove to toast. Stirring constantly for about 5 minutes over medium-high heat, toast the walnuts, being careful not to burn them. Remove beets from the oven and, being careful not to burn yourself (pot holders help), slice them into 1/4 inch slices. Spread the slices onto a serving platter and sprinkle with crumbled up goat cheese and toasted walnuts. Serve immediately and enjoy!

CALENDAR OF EVENTS

Friday, 4/17/09
7:00 PM to 10:00 PM

St. John's Church
2640 Saint Paul Street
Baltimore, MD 21218

Visit <http://baltimoreurbanag.org/content/urb-ag-gala> for flyer and more information.

Urb Ag Gala. Join the Baltimore Urban Agricultural Task Force at its first annual Urb Ag Gala, a waste-neutral celebration that will include delicious local food, art-work and entertainment in the setting of an old church transformed into a wildly lavish green atmosphere. Guests will be able to mark their gardens on a giant map of Baltimore, sign up to casually speak about their growing project in an open mic style storytelling and song circle that will include local musicians.

The event will enable those intrigued by the "growing" movement to become more involved; connect and offer resources to those already involved; get growers, eaters, and those in between fired-up for the 2009 season; and make a statement about the inspiring and practical effects that growing food locally can have on individuals, families, communities, and the state of our planet at large.

A \$5 donation is being requested.

Saturday, 4/25/09
8:30 AM to 2:00 PM

Cathedral Church of the Incarnation
4 East University Parkway
Baltimore, MD 21218
(410) 467-3750

Engaging the Powers: Faith vs. Politics is the theme of the 7th Annual Green Gathering event held by the Episcopal Diocese of Maryland. Kim Coble, Maryland Executive Director of the Chesapeake Bay Foundation, Rev. Fletcher Harper, Executive Director of Greenfaith (those of you who have seen the film *Renewal* might recognize Fletcher), and Chris Haw, co-author of "Jesus for President" will be featured speakers.

To RSVP for the vegetarian lunch, make a \$35 check out to "Episcopal Diocese of Maryland" and send to Shelley Klinefelter at the cathedral by April 18, 2009. You can also pay \$10 at the door to hear just the talks. \$5 for students and seniors with a valid ID; children under 12 free.

Various dates from April to Oct.
1:00 PM to 3:00 PM

Kayam Farm
in Max's Moadan Bldg., behind
Fidler's Grove
5425 Mt. Gilead Road
Reisterstown, MD 21136

Organic Cooking Classes at Kayam. Certified Holistic Health Counselor, Richele Henry, will teach how to cook delicious, farm-fresh produce using wholesome, healthy recipes, while creating community with like-minded individuals. Classes are offered in beginning, intermediate, and advance cooking and will be held 4/19, 5/31, 6/14, 7/19, 8/30, 9/13, and 10/25. Classes are \$30 each, or \$20 per class if you come to two or more. To register, contact becca@pearlstonecenter.org, (401) 429-4400, ext. 232.

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