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INTRODUCTION: ONE LITTLE FARM



WE HOPE THIS BOOK serves as a field guide to what is happening in the small-farm and local-sustainable agriculture movement across the United States and throughout the world. More poetry than politics, it offers the tale of Quillisascut Farm, in eastern Washington, as an allegory—one farm that could represent Anyfarm USA—for what can happen and *is* happening across the country in resistance to industrialized agriculture and to the fast-food trend that is consuming our culture. Here at the farm, and at countless other small farms, great things are happening: people

are connecting, planting and growing native foods, teaching each other and the next generation, saving seeds, caring humanely for animals, talking to their neighbors and friends about heirloom varieties and their grandmothers' and grandfathers' recipes, and enjoying the conviviality that comes from cooking and eating together.

In growing numbers, farmers, ranchers, and fisherpeople are transporting their harvests to more than forty-four hundred farmers markets (and counting) across the United States. Urban apartment dwellers are riding their bikes or walking to

these contemporary agoras to exchange wealth for beauty, flavor, and pleasure. Diners in restaurants are asking, Who grew these potatoes? Who caught this fish? Who made this cheese? Chefs and servers are answering with the names of their friends and colleagues, those dedicated souls who are passionate about food, wine, beer, cheese, beef, fish, oysters, fruits, nuts, and vegetables. They are willing to take the risks necessary to obtain the best possible products. Children are visiting farms and growing tomatoes in their school gardens. “Eaters”—we like to call them “eaters” or “coproducers,” as the eco-gastronomic organization Slow Food calls us, rather than “consumers,” because we are *all* contributing to our food system—are shopping at specialty stores and large “natural” markets, the subject of growing controversy. People are willing to pay more for the products of the delicate, complex, yet eye-opening simple food system that gives back so much more than a drive-through burger or a microwaved meal.

In cities across the country, people are eager to know more about the system that delivers their food. They want to become involved in this process, but not many of us have had the chance. As the “fermentation experimentalist” Sandor Ellix Katz wrote in his recent book *The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements*: “I feel lucky to have grown up in a household with a garden, to have watched meals form around ripe vegetables and not just shopping lists generated from abstract desires. I met so many people—people who love food and cooking—who are utterly clueless about what grows when and are completely disempowered in the green world of the garden.”

We hope that this book—organized by season and by the yearly cycle of the farm—can empower those who are eager to be a part of the unmicrowavable revolution. It's a handbook for the farmer, the foodie, and the fool alike. It's a record of one very small, if optimistic, part of the local and sustainable agriculture movement. The Quillisascut Farm School of the Domestic Arts, established and run by the farm's owners,

Lora Lea and Rick Misterly, is truly a community of farmers, chefs, food lovers, and eaters—from Rice, Colville, and Spokane in eastern Washington to Seattle, San Francisco, New York, France, and Italy. It grew from a simple idea, like a pebble dropped into nearby Lake Roosevelt rippling outward: that a farm is more than merely a place where our meals are “produced”; that a farm is a home, a place of teaching, a gathering place; and that experiencing a farm's life can change our own.

Quillisascut Farm—appropriately named from a Salish word meaning “place of scattered bushes,” since this area of bare, rolling hills and alpine stands is dry in summer and freezing in winter—has been transformed by Rick and Lora Lea into a fertile farm as well as a growing community of people who share a common fascination with the life and lessons of the source of their food. That, and getting up at five AM to milk the goats. Those who come here, from celebrity chefs at top urban restaurants to first-year culinary students, get their hands dirty—literally and willingly—to experience “the force that through the green fuse drives the flower,” as the poet Dylan Thomas wrote, the natural energy and passion behind the food and the life they have chosen.

Is it enough? Not at all. Much more local, regional, national, and global work and education needs to be done on many cultural, political, and economic levels to combat the processed, fast-food world that has become the norm in the United States and, alarmingly and increasingly, around the world. The road toward a completely sustainable food system in this or any other country is surely a long one. This book is an attempt to share the experiences from only one little farm and to show what one community is learning along the way. Please join us on this culinary and cultural adventure. We hope to see you at the farmers market discussing mushrooms, across an herb-bedecked balcony picking rosemary, or even at five AM in the milking shed at Quillisascut. The goats will be happy to see you, too.

WINTER PANTRY

Spelt Granola

MAKES 8 SERVINGS



Here is another great use for spelt. Serve this granola with milk, Quark, or plain yogurt. Top with poached dried fruits in winter and fresh fruit in summer, or simply eat it by the handful.

- ½ pound (2 sticks) unsalted butter
- ½ cup brown sugar
- ¾ cup snowberry honey or clover honey
- 1 teaspoon kosher salt
- ½ teaspoon vanilla
- ½ teaspoon freshly grated nutmeg
- 2 pounds rolled spelt

Preheat the oven to 350 degrees F.

In a small saucepan, melt the butter over medium heat. Add the brown sugar, honey, salt, vanilla, and nutmeg. Stir over medium heat until the sugar is dissolved.

Put the rolled spelt in a large mixing bowl. Pour the butter mixture over the spelt and toss until thoroughly coated. Spread the granola on a large baking sheet and bake for about 12 to 15 minutes, stirring and turning occasionally until lightly browned.

Let the granola cool on the baking sheet. Break up any clumps into smaller bits. Store in an airtight container in the pantry for up to one month.

Lamb-Potato Sausage

MAKES 10 POUNDS



This sausage is an ode to my Scandinavian roots; warm spice notes of coriander and nutmeg and the thrifty use of potatoes to help make the meat go farther. A little fennel is thrown in for the days that I wish I were Italian. The sausage will turn a shade of purple from the oxidation of the potatoes.

- 3 pounds lamb meat, trimmed and cubed
- 2 pounds pork shoulder, trimmed and cubed
- 1 medium yellow onion, peeled and grated
- 2 tablespoons kosher salt
- 2 tablespoons ground coriander
- 2 tablespoons ground fennel seed
- 1 tablespoon freshly grated nutmeg
- 15 large waxy potatoes (about 5 pounds),
peeled and grated
- 1 tablespoon olive oil

In a meat grinder, grind together the lamb and pork using a ¾ die. In an airtight container, refrigerate the meat for 1 hour. Combine the meat, onion, salt, coriander, fennel seed, and nutmeg in a large mixing bowl.

In another bowl, cover the potatoes with ice water. After a few minutes, drain and squeeze them in a dish towel until dry. Add the potatoes to the meat mixture and combine thoroughly. Heat the oil in a small frying pan until it slides easily across the pan. Form a small test patty and fry. Taste the patty and correct the seasonings if needed.

Having a pantry well stocked with home preserves is a key to eating local in winter.

