



NEWSLETTER

Farm to Table Festival 2010

Conference brings chefs and farmers together



Chef Bob Perry slices American Grass-Fed Beef Steamship Roast at the Saturday evening banquet. Whoever thinks grass-fed beef is dry, tough, or gamey has not had it prepared properly, or masterfully as in this case!

If you want to eat the best food prepared in the most fantastically creative ways, go to a conference organized by chefs who are committed to getting good, local food from farmers into their restaurants and institutions.

I had that opportunity this past weekend, and I can tell you that Farm to Table Festival 2010 at the University of

Missouri was a feast for both the mind and the body. Here were chefs, farmers, and educators from the region and beyond discussing and strategizing how to build more effective connections between chefs and farmers to help rebuild the same infrastructure of local foods that CSA's like Rolling Prairie are part of.

Renegade Lunch Lady

When you think "lunch lady," Chef Ann Cooper is probably not the image that comes to mind. But she is definitely the kind of person you want in charge of preparing school lunches for your kids.

Chef Ann started working a decade ago to make public schools the center of a movement to transform the way that kids eat from the current model, which is based on cheap and empty calories, to one that is based on healthy eating and sustainable agriculture.

She has refined her model in public school systems from New York to Berkeley to her current gig in Boulder. Each time she has had to deal with local, state, and federal bureaucracies, each of which have their own ways of contributing to the obesity epidemic among children and the long-term threat to their health in the bad food habits schools encourage. She is an effective writer and speaker, as she showed at the Festival in Columbia. Visit <http://www.chefann.com/> for more about her and her fantastic work.



KALE AND WHITE-BEAN SOUP adapted from *Lunch Lessons* by Ann Cooper & Lisa M. Holmes

Both are excellent sources of calcium.

½ pound (about 1 cup) dried cannellini beans
1 ½ cups diced onion (1 ½ medium)
1 ½ tablespoon extra virgin olive oil
½ teaspoon minced garlic (½ clove)
1 qt. vegetable stock (extra to adjust liquid)
1 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 bay leaf
½ teaspoon freshly ground black pepper
½ teaspoon roughly chopped fresh rosemary
2 cups carrots (4 large), diced medium



7 cups chopped kale (2 to 3 bunches)
¾ cup grated Parmesan cheese

1. Cook beans in large pot until tender. Drain and set aside.
2. In a 6 or 8-quart stockpot, saute onions in oil for 5 minutes or until soft. Add garlic and cook a minute more.
3. Add the cooked beans, stock, salt, pepper, bay leaf, and rosemary and simmer for 10 minutes.
4. Add the carrots and cook another 5 minutes.
5. Add the kale and cook about 12 minutes or until kale is tender. Add more vegetable stock if you soup needs more liquid.
6. Check seasoning, adjust as needed, and remove the bay leaf. Serve sprinkled with grated Parmesan. 8 servings