



recipes and nutrition



NO POWER? NO PROBLEM!

Here are a few tips to keep your pantry prepared and reduce food waste during a power outage:

Stock up on items that don't require refrigeration or cooking. Pick a cool, dark place in your home to store food.

When the power is out: Inventory your fridge and prioritize eating your most perishables.

Get blocks of ice and double wrap them in a garbage bag to keep your fridge cold. It can act just like a cooler.

Purchase fruit and vegetables that store at room temperature; Melons, stone fruit, apples, citrus and avocados.

Cucumbers, tomatoes, peppers, and jicama also do well at room temperature.

Fresh fruits and vegetables purchased directly from local farms will last the longest without refrigeration.

Kale and green onions do well on the counter in a glass of water like a bouquet of flowers.

Foods that can be stored safely without refrigeration:

Canned and jarred foods (homemade or store bought) - nut & seed butters, honey, jam

Beans - garbanzo, kidney, black, white, lentils, pintos

Vegetables - corn, peas, green beans

Canned seafood - tuna, salmon, oysters, mussels, crab, sardines

Prepackaged foods - crackers, rice cakes, shelf stable non-dairy milk, granola, Tasty Bites entrée pouches, pre-cooked rice pouches

Preserved meats - salami, prosciutto, pepperoni

Dry goods - rolled oats, dried fruit, pasta, nuts, rice, pre-ground coffee

Hard cheeses - such as Parmesan and aged gouda

Tips from the Briar Patch Co-op, "Food too good to waste" project

RECIPE FROM THE FARM

Butternut and other winter squashes will be available through the winter months at IFM. Here is a new way to try it!

Roasted Winter Squash with Lentils and Spices

This vegetarian dish is fragrant with cumin, an Indian spice, as well as a hint of sweetness that brings the lentils and squash together into a hearty winter dish.

Ingredients: (Serves 4-6)

7 Tbsp. oil, divided
1/2 tsp. chili flakes
1 large celery stalk, diced
2 small carrots, diced
1 large onion, half finely chopped, half cut into 1 in. chunks
4 1/2 tsp. cumin, divided (or use curry spice blend)
1 tsp. thyme
2 tsp. Dijon mustard, divided
1 cup green lentils, sorted of debris and rinsed
About 3 cups chicken/vegetable broth or water
About 1 tsp. salt, divided
1 tablespoon honey or sugar or maple syrup
1 butternut squash (about 2 lbs.), peeled, seeded, and cut into 1-1 1/2-in. chunks
1/4 cup orange juice, optional
Sour cream, optional

Instructions:

Preheat oven to 425° F.

In a 5-6-qt. pot, heat 3 tbsp. oil over med.-high heat. Add chili flakes, celery, carrots, and chopped onion and cook, stirring often, until vegetables soften, about 5 minutes. Add 2 tsp. cumin and cook, stirring, about 30 seconds. Add thyme and 1 tsp. mustard; cook 1 minute.

Stir in lentils, 3 cups broth, and 1/2 tsp. salt. Cover and bring to a boil, then reduce heat and simmer until lentils are just tender, about 40 minutes, checking occasionally and adding more broth if needed so they're covered in liquid.

Meanwhile, in a 9" x 13" baking dish, whisk together honey; 1/2 tsp. salt; and remaining 4 tbsp. oil, 2 1/2 tsp. cumin, and 1 tsp. mustard. Add squash and toss until well coated.

Roast squash 15 minutes. Stir in onion chunks and cook until vegetables are tender when pierced with the tip of a knife, 15 to 20 more minutes.

Drain any excess liquid from lentils. Stir in orange juice (optional) and transfer lentils to a shallow bowl. Spoon roasted vegetables on top, serve with sour cream, and season to taste with more salt.

