

Eco Eating at Fall Sessions, November 1-3, 2019

Proposal accepted from EcoEating Task Group for Fall Sessions 2019 by NERM Fall Sessions Task Group teleconference call on March 11, 2019. This was in concept approved by NYYM Earthcare Working Group and then presented and approved at Witness Coordinating Committee at January 2019 Coordinating Committee Weekend.

The EcoEating Task Group for Fall Sessions 2019, under the umbrella of the NYYM Earthcare Working Group, has been formed to carry out tasks related to this proposal. If approved, tasks include close collaboration with Powell House (particularly the chef) in preparing the menu, sourcing ingredients, arranging timelines for deliveries, coordinating menu options form with registrations committee.

In order to keep costs for ingredients at the usual level for Powell House events, the Task Group will source vegetable donations (from Quaker farmers and gardeners among others), high quality seconds, and fairly priced products from local farmers.

All vegetables, herbs, mushrooms, fruit, grains, beans, seeds, meat, eggs, and dairy served at the 2019 NYYM Fall Sessions shall have been grown and processed within New York, New Jersey, and/or New England states. Potential ingredients might include Long Island-caught fish or locally farmed trout, if price allows. Strong preference shall be given to organically or sustainably grown foods. Minimal use may be made of essential ingredients that do not meet these criteria, for example, nonlocal fair trade and organic: coffee, chocolate, tea, sugar, nuts, tamari, coconut oil, olive oil, certain spices, salt, baking powder, baking soda, gluten-free flour, and yeast.

The menu would consist predominantly of seasonally available foods such as root vegetables such as carrots, potatoes, parsnips, rutabagas, celeriac, beets, turnips, onions, leeks, and garlic; squash; apples; grains and legumes. Some out of season local ingredients may be used, such as frozen blueberries or frozen rhubarb. Fish or grass-fed, grass-finished meat, which are ordinarily frozen, may be incorporated as minor ingredients in an entree.

Breakfasts might feature:

- Hawthorne Valley Yogurt
- Eggs
- Whole grain muffins from wheat, oats, buckwheat, corn

Main dishes could include:

- New York-grown corn polenta w/ ratatouille (frozen tomatoes, fresh peppers, eggplants, onions, garlic, herbs)
- Garlicky greens
- Baked potatoes
- Quiches (could include locally grown and produced meats)
- Roasted root veggies

- Squash soup
- 3 sisters soup (with corn from the white corn project and local dry beans)
- Bean (and beef) chili
- Vermont grown rice
- New York grown and produced tofu
- Salads will include fresh local greens

Desserts could include:

- Apple crisp
- Pumpkin pie
- Items made from frozen berries and rhubarb

Snacks could include:

- Freshly popped New York grown Popcorn
- Apples
- Pears
- Pumpkin seeds

An invitation letter to Quaker farmers and gardeners could be prepared by the Eco Eating Task Group for Fall Sessions 2019 to go out shortly encouraging people to “plant a row for Fall Sessions”, and to donate for Fall Sessions their greens, root vegetables, squash, onions, garlic, and more.