

Clear Creek Food Co-op

May 2011

What is Real Food?



What is "Real Food"?

food [food] n 1. something that nourishes, sustains, or supplies.
real [ree-uhl, reel] adj 1. true and actual; not artificial



So what is a real food? It is food which truly nourishes producers, consumers, communities and the earth. It is a food system--from seed to plate--that fundamentally respects human dignity and health, animal welfare, social justice and environmental sustainability.

Some people call it "local," "green," "slow," or "fair." We use "Real Food" as a holistic term to bring together many of these diverse ideas people have about a values-based food economy (see our Real Food Wheel).

This is about more than super market labels. The Real Food Challenge has developed an innovative Real Food Calculator, which provides in-depth definitions of "real food" and a tracking system for institutional purchasing. With this tool, "real food" is broken down into four core categories: local/community-based, fair, ecologically sound, and humane.

Check out: realfoodchallenge.org for more information

Recipe of the Month

Vegan Oatmeal, Walnut & Date Cookies

These cookies are seriously delicious, one of my all time favorites. Their buttery flavor deceives their vegan ingredients, all of which can be found at the co-op. From: <http://www.granvilleonline.ca/>

Ingredients

- 1 cup quick-cooking rolled oats
- 3/4 cup unbleached all-purpose flour
- 1/3 cup brown vegan sugar
- 2 tsp baking powder
- 1 tsp fine sea salt
- 1/3 cup maple syrup
- 1/2 cup safflower oil (or canola oil)
- 1 tsp vanilla extract
- 1/2 tsp molasses
- 1/4 cup chopped dates
- 1/4 cup finely chopped walnuts

Instructions

- Preheat oven to 350° F. Line baking sheet with parchment paper.
- Combine oats, flour, sugar, baking powder, baking soda and salt in a large bowl. In a separate bowl, combine syrup, oil, vanilla extract and molasses. Add the wet ingredients to the dry ingredients, and stir to combine. Fold in the dried dates and nuts.
- Using your hands, roll tablespoon-sized scoops of dough into balls. Place the balls onto the prepared cookie sheet, and press down slightly to flatten. Bake for 8–12 minutes or until lightly browned.
- Transfer cookies to a baking rack to cool completely.



Upcoming Events

- Sunday, May 1, Lemonade Day
- Wednesday, May 4, 10:30-11am
Toddler Time, Co-op
- Wednesday, May 11, 10:30-11am
Toddler Time, Co-op
- Sunday, May 15, 6:00pm
100 Mile Radius Potluck, TBA
- Tuesday, May 17, 6-7pm
Cooking with Jen Ferrell, Co-op
Creative Uses for Dried Beans

Class Review

Cheese making in the home, perhaps a dwindling art, but not for all! In our cooking class last month we learned how to make yogurt cheese, paneer (Indian) cheese and ricotta. The process is simpler than one may expect and a sure fire way to impress your guests. Stop in next month for creative uses for dried beans.

A Good Read

Farm City: The Education of an Urban Farmer
by Novella Carpenter