

The Fresh Pub.

Your resource guide for local food

Seasonal Publication. Vol. 1, #1, 2018

Photo Credit, Laid Dock Ranch

Find local farmers market information, Food Bank & WIC contacts, local nutrition consultants + nutritional facts, recipes with seasonal ingredients, local volunteer opportunities and more in this seasonal publication.



Fresh Food Hub collaborates with The Local Food Initiative

"The root primarily nourishes the head (nervous system)."

-Rudolf Steiner

Root veggies may include: beets, carrots, yams, parsnips, rutabagas, turnips, squash, Jerusalem artichokes

You have several choices every day, and that is what you put in your mouth. Sounds easy, but for many people this decision may be daunting. We are here to help.

Thank you for picking up the first copy of our seasonal local food resource publication, your guide to how to eat local, why it's important and just a few seasonal recipes to get your started. Our hope is that it will help you to fill your pantry with the most nutritious (local, seasonal) food possible. The Fresh Food Hub, in downtown Norwood, teamed up with the Local Food Initiative to make this publication possible. Consider it our gift to you for supporting local producers by shopping local. To find out more about the Local Food Initiative, visit the Fresh Food Hub's FB page and look for upcoming events, workshops and community endeavors focused around food security and growing a sustainable food economy in the San Miguel

Watershed. We'll also mention that the Local Food Initiative is funded by Telluride Foundation, The Kenneth Goldman Foundation, the Colorado Health Foundation, and two organizations committed to growing healthy communities in mind, spirit and body.

Eating well takes commitment; eating local takes a whole lot of heart. We encourage you to peruse our guide with an open mind. The San Miguel Watershed not only has the capacity (water and land) to grow all the food our community needs, but has dedicated and determined producers full of energy to get you the most nutritional food possible. Let's show them we care about our health, and most importantly that we care about growing a vibrant community,

-Melanie Eggers & Leila Seraphin

CONNECT to local food & support

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Eat organic, seasonal, nutrient-rich food

At the Fresh Food Hub, we like to practice Eating for Health®. We choose all organic produce for the store, and try to offer as many local and seasonal options as possible. We source non-local produce as close as possible, such as AZ and CA (not Mexico) because the nutritional value diminishes the farther your food has to travel. The best bang for your health and your buck is to eat nutrient-rich food right from your garden or from your favorite local farmers garden. In addition, eating local, grass-fed meats, dairy and eggs are the perfect way to enhance your health and at the same time help the environment. Grass-fed meats are rich in Omega-3 fatty acids, which do not alter your body's cell membranes—alteration of cellular membranes is the central factor in the development of virtually every disease! As for the environment, the more grass, the less water it takes to feed the animal, and if it's a local animal you are now helping reduce your carbon footprint by saving on food miles. Aside from increasing your intake of local, seasonal, fresh, and organic

foods...here are just a few more tips to follow when making food choices on a daily basis:

- Drink plenty of purified water and herbal tea each day.
- Minimize your caffeine intake to 50 mg or less (1 cup of black tea, 3 cups of green tea or ½ a cup of coffee or espresso).
- Eat protein by 10 a.m. to curb your sweet tooth. You may need to repeat 1-3 times daily. This essentially means eat less refined sugar!
- Eat fewer white-flour products, unnatural fats, pesticides, added hormones, preservatives and hormones (rBST free dairy products).
- Eat more monosaturated fats from avocados, almonds, and olives; less saturated fats from dairy, animal or coconut oil; and less polyunsaturated oil from corn, sunflower and soy.
- Eat 3 portions of vegetables in a meal to 1 portion of protein and 1 portion of fats.



Braised Root Veggies with Lentils & Red Wine Sauce

Serves 6

1. Cover the porcini with 1 quart of warm water and set aside. Heat the oil in a wide soup pot. Add the vegetables, garlic, aromatics. Cook over medium-high heat, stirring occasionally, until vegetables are well browned, about 20 minutes. Season with 1 tsp. of salt and a pinch of pepper.
2. Stir in tomato paste & flour, then pour in the wine + dried mushrooms and soaking liquid. Scrape the bottom of the pot to work in the juices, then bring to a boil, lower the heat, and simmer, covered, for 45 minutes. Strain veggies and reduce further until you have about 2 1/2 cups, 15 to 20 minutes. Add soy/tamari sauce, then salt and pepper to taste. Whisk in butter. Serve with lentils and/or mashed potatoes (see below).

Mashed Potatoes:

Place 2.5 lbs (6 large) potatoes (cut into medium sized pieces) into a large pot, and cover with water salted with 2 T of salt. Bring to a boil, reduce heat to medium-low, cover, and simmer until tender, 20 to 25 minutes. Mash the potatoes with a potato masher twice around the pot, then add 4 T of grass-fed butter and 1/3 cup of milk. Continue to mash until smooth and fluffy. For whipped potatoes use a stand mixer.

Recipe adapted from Deborah Madison's Local Flavors

Health Information

Black Lentils:

Inexpensive and high-protein legumes that are high in manganese, folate, iron and phosphorus. Great source of fiber that helps stabilize your blood sugar, and the most alkaline protein that you can eat.

Parsnips:

High Vitamin C content, which helps decrease your risk of Macular Degeneration. Fiber-rich food helping with digestion and constipation. ½ cup of parsnips gives you 1.1% of folate needs, so especially beneficial for pregnant moms.

Garlic:

Did you know that the anti-oxidant value of cooked garlic and raw is the same? Up the benefits of garlic by letting it sit for 10 minutes after chopping or crushing it. Chopping activates the beneficial allinase enzymes.

Ingredients for Red Wine Sauce:

- 1/3 cup dried mushrooms
- 1 T olive oil
- 1 large onion, diced
- 1 large carrot, diced
- 2 celery ribs, diced
- 5 mushrooms
- parsnip tips and cores
- 4 garlic cloves, smashed
- 2 thyme sprigs
- 1 bay leaf
- 1 (2 inch) rosemary sprig
- sea salt & pepper
- 1 T tomato paste
- 2 T all-purpose flour
- 2 cups of Merlot
- 1 T soy sauce or tamari
- 1 T unsalted butter

Lentils:

Cook on a stovetop, using 3 cups of liquid (water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.

**Please modify and experiment with ingredients to fit your dietary needs.*



One Pot Roasted Chicken

Serves 4 people

Remove the giblets from cavity (if any):

Sprinkle inside and out with

1 ½ tsp. salt

¼ tsp. of pepper and ¼ tsp. of paprika.

Put a few tender sprigs of thyme or rosemary in the cavity and/or under the skin before roasting. Add half a lemon to the cavity too, and slide a few garlic cloves under the skin.

Cover loosely and refrigerate.

Remove 1 hour before cooking and spread ½ stick of melted butter on the outside of the bird, breast side up.

Preheat oven to 400°F. Roast chicken for 20 minutes at 400°F and turn down to 375°F for remaining of roasting.

Flip the bird over and repeat after 20 more minutes.

To add Roasted Root Vegetables to your dish: Toss the below veggies with 1 T of oil, then salt and pepper:

2 carrots

3 potatoes or yams

2 onions

2 celery stalks

Fennel, squash, turnips, parsnips (optional)

Place vegetables under the chicken to roast.

Roast for 20 minutes (at 400°F), turn the bird breast side down, and cook for another 20 minutes. Then turn breast side up again and roast until done, another 10-20 minutes. Let rest for 10 minutes before carving.

Adapted from "Alice Waters: The Art of Simple Food"

Choose a local pastured chicken for a more flavorful meat.

Roast in a dish that's about same size of chicken...it will cook more evenly.

Make bone broth with the carcass...

Rule of Thumb:

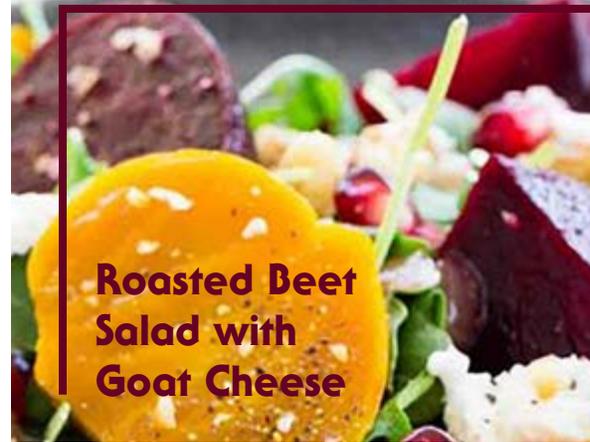
20 minutes up

20 minutes down

20 minutes up

3 ½ lb – 4 lb chicken takes about 50 mins.

Insert meat thermometer in thickest part of thigh. Should register 165°F.



Roasted Beet Salad with Goat Cheese

Serves 4 people

1 pound beets, about 2 1/2 to 3 inches in size

3/4 cup extra-virgin olive oil, plus more for roasting

1/8 tsp. kosher salt, plus more for roasting a pinch of black pepper,

for roasting and seasoning

1/2 cup pomegranate juice

2 Organic Apple Cider Vinegar

2 tsp. minced garlic or shallot

1 tsp. dijon mustard

2 tsp. pure maple syrup

5 ounces baby arugula, about 4 cups

1/4 cup goat cheese

1/4 cup pomegranate arils (seeds)

1/4 cup chopped walnuts

1. Place the oven rack in the center position. Preheat oven to 400°F.
2. Trim the tops off the beets, leaving 1/2 inch of the stem. Wash and scrub dirt from the beets and dry well.
3. Place beets on a piece of foil large enough to make a pouch. Drizzle with enough olive oil to coat the beets, then sprinkle with salt and pepper. Wrap the beets tightly in the foil and place on a sheet tray.
4. Roast the beets until fork tender, about 40 to 60 minutes, time will vary depending on the size of the beets. Check every 20 minutes for doneness.
5. Allow beets to cool, peel and cut into 1/2-inch wedges. Set aside.
6. Add pomegranate juice, apple cider vinegar, shallots and maple syrup to a blender. Blend on medium speed until smooth, about 15 seconds.
7. Slowly add in 3/4 cups of olive oil to the running blender until the dressing has thickened and is emulsified. Season with 1/8 teaspoon salt and pepper to taste. Adapted from Jessica Gavin
8. To serve, top the arugula with sliced beets, goat cheese, pomegranate arils and chopped walnuts. Serve with pomegranate dressing.

You can grate peeled, raw beets into your salad any time, no need to roast!

Health Information

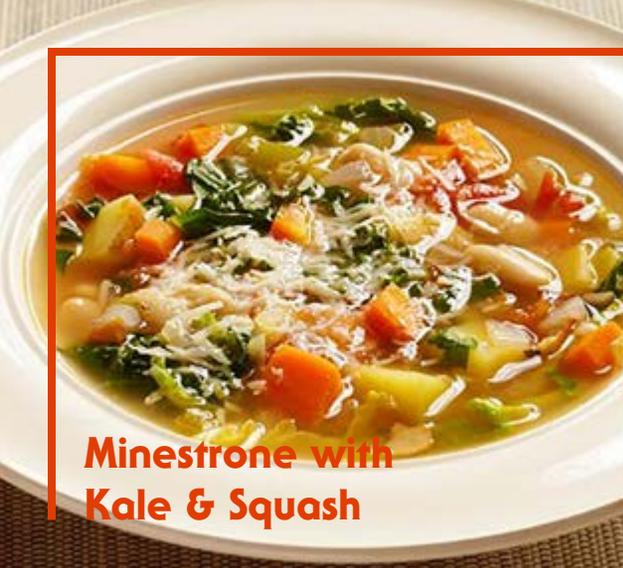
Arugula:

Is a mustard-like powerful green. It is high in Vitamins A & C, folic acid, manganese, calcium, and magnesium, also a good source of zinc, potassium, copper, and iron.

Like cruciferous veggies, arugula contains a group of anticancer compounds called glucosinolates, stimulators of natural detoxifying enzymes in the body.

Beets:

Beets are best for your blood so eat them if anemic to help your heart and circulation. They purify the blood, alleviate constipation, aid the liver and promote menstration in women. Beets are an excellent source of folate.



Minestrone with Kale & Squash

Serves 6 to 8 people

Prepare 1 cup of cannellini beans (canned is fine).

Heat in heavy-bottomed pan:
¼ cup olive oil

Add, and cook for 10 minutes (until tender):
1 large onion, finely chopped
2 carrots, finely chopped
2 celery stalks, finely chopped

Add, and cook for 5 minutes:
1 bunch of kale, stemmed, washed & chopped
1 small jar of whole tomatoes, drained and chopped

Then add and cook for additional 5 minutes:
4 garlic cloves, coarsely chopped
½ tsp. rosemary, chopped
1 tsp. sage, chopped
1 bay leaf
2 tsp. salt

Add, bring to boil:
2 cups of water (or chicken bone broth)
& cook for 15 more minutes.

Add, and cook for another 10-15 minutes (or until tender):
½ of a butternut squash, peeled and cut into ½ inch cubes (about 2 cups)
Taste for salt and adjust.

Add:
1 cup of beans & cooking liquid from beans. If using canned beans, add one more cup of water/stock. Cook for 5 minutes. Remove Bay leaf & garnish w/ 1 Tablespoon of grated Parmesan or Pesto.

Recipe adapted from Alice Waters

Make sure to chop your vegetables fine so every bite is bursting with flavor.

Add local Italian sausage for a heartier minestrone and more protein + flavor.

Health Information

Kale:
Kale eases lung congestion and is a specific healer for the liver and immune system. Protects eyes from macular degeneration, protects against colon cancer. Exceptional source of chlorophyll, calcium, iron and Vitamins A & C

Squash: Warming food that is medicinal to spleen, pancreas and stomach; improves energy circulation. Beneficial for diabetes and digestive issues; high in pre-vitamin A and carotenoids, which are anticarcinogenic (carrots & sweet potatoes are too, so good substitutes).

Broth:
Rich in collagen, gelatin, glucosamine, chondroitin and hyaluronic acid. Good for your joints, bones, nails, skin, & hair. Also, high in amino acids, calcium and magnesium.



Why Buy Organic & Local

Feed your body nutrient-dense foods.

Nutritionally speaking, you and your family will reap the benefits from unadulterated, organic fruits and vegetables, including grass-fed meats, pastured eggs and dairy from cows grazing on grass. Studies show that organic foods contain significantly higher amounts of minerals and vitamins as well as higher amounts of flavonoids and carotenoids (cancer-fighting compounds). Conventional-grown fruits and veggies are typically grown in mineral-deficient soil. Local producers have no need to irradiate their food (a radiation process to delay ripening, extend the shelf life of fruits and inhibit sprouting of veggies such as potatoes) destroying beneficial nutrients.

Keep your community thriving.

Why should you buy products grown locally and sold small scale? Since you are reaping the benefits nutritionally, then why not put money into your neighbor's pocket...it's a win-win situation for your community. In reality, you get charged a premium for food in conventional grocery stores since the product you buy is often less nutritious. When a consumer buys local, significantly more of that money stays in the community. In fact, for every \$100 spent at a

local business, \$68 remains in the community. Also, supporting local producers gives a community something unique to hang their hat on—preserving uniqueness about their community. Finally, “know thy farmer.” Whether you shop at the farmers market or buy a CSA share, know where your food is coming from—get connected in spirit and body.

Nutritious food for everyone.

The Food and Agriculture (FAO) defines food security as “when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.” If you can, grow more food for yourself and your family, or support others growing food for their community to make a shift toward security. With the amount of water, land and sun on Wright's Mesa, coupled with new technologies, our community has the potential to grow food for the entire watershed. Wendy Peters Moschetti said it best in her article “Food Environments, Health, and Local Policy”: “Go deep with the food environment you have” and “Support sustainable, money-making, feed-the-whole-damn city farming.”



Photo Credit, Laid Back Ranch

Grass-Fed Food: The Benefits

Why do we choose grass-fed beef, grass-fed poultry and eat eggs, milk and butter produced from animals that were grass-fed? These products not only have higher nutritional value, but help out the environment by conserving the water it takes to feed them grain and hay. It reduces your carbon-footprint and benefits your health.

Increase Your omega-3s by eating grass-fed beef.

Omega-3 fatty acids are known mostly for their ability to contribute to heart health but also they boost memory and eye health. The amount of omega-3s in beef depends on the animal's diet and breed, however, a 3.5-ounce serving of grass-fed meat averages about 80 milligrams of omega-3s—twice as much as conventionally grown beef. But, one of the best reasons to eat grass-fed beef is that the cows are typically raised with no antibiotics. And when pastures are well managed, beef production is less energy-intensive, less polluting, and more humane than feedlot operations.

Buying pasture-raised chickens is good for you and them!

It's not just the cows... eating any animal that was raised in its natural habitat comes with plentiful benefits. Many small farms use slow-growing heritage breeds for their pastured chickens, which have significant nutritional advantages. Also, the omega-6 to omega-3 ratio in conventionally grown birds is too high. More importantly, organic chickens can only eat certified organic feed and aren't allowed be given antibiotics or hormones, which can disrupt hormones in your body if consumed regularly. Pasture-raised hens are happier and are often raised more humanely.

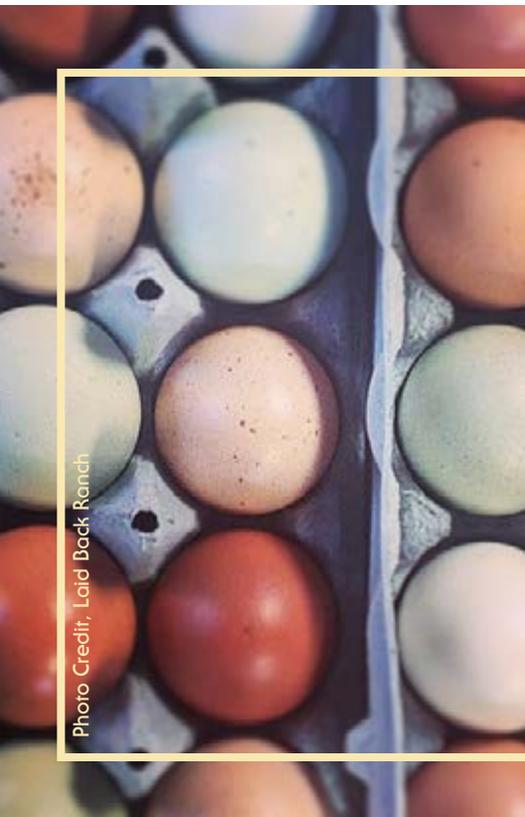


Photo Credit, Laid Back Ranch

Eating organic eggs from pasture-raised hens is better for you. Local pasture-raised eggs are more nutritious than eggs from conventionally raised hens (see below). More importantly, contrary to popular belief, the cholesterol in an egg has virtually no impact on the cholesterol level of your blood. So, eat the egg yolk because yolks are rich in choline—essential for all cells, but in particular your brain cells. The FACTS: 1/4 less saturated fat; 2/3 more Vitamin A; 2x more omega-3 fatty acids; 3x more Vitamin E; 7x more beta carotene.

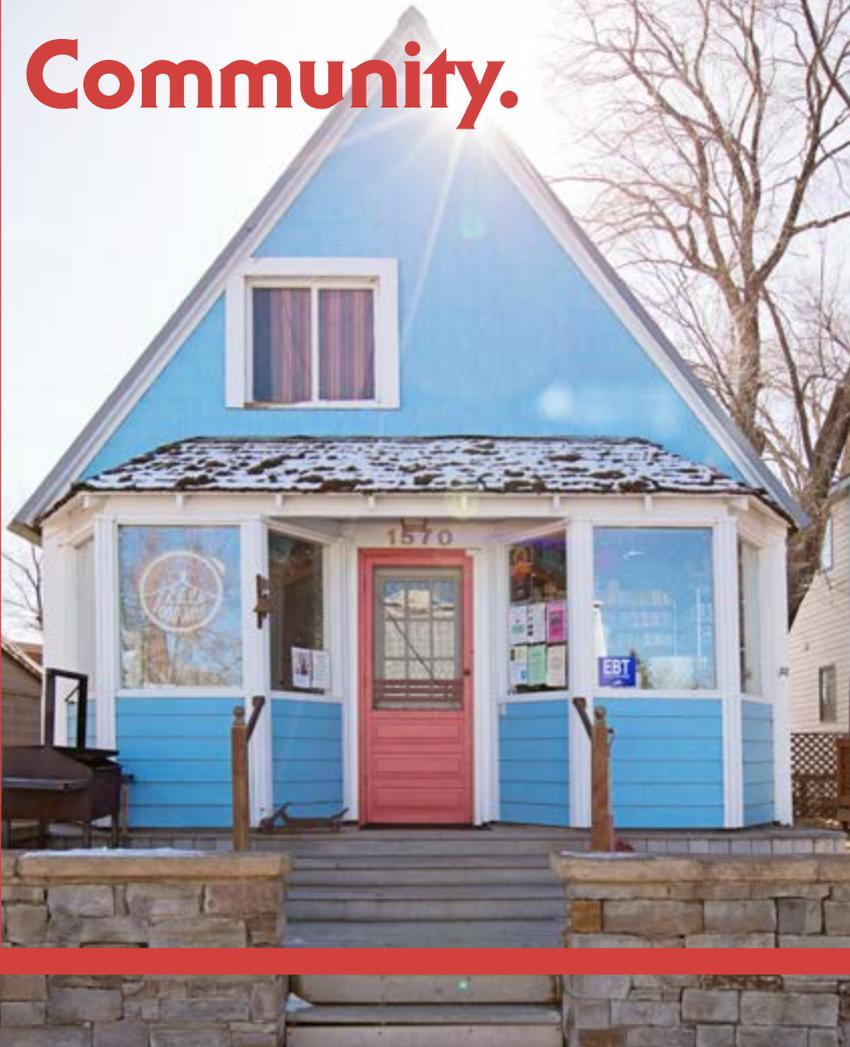


Got raw milk? Why it's better for your microbiome.

Because it's not pasturized, raw milk is more nutritious. Pasturizing milk essentially destroys all its enzymes and alters the lactose, amino acids, lysine and tyrosine, making the entire complex of proteins less available. Raw milk contains more lactic-acid producing bacteria that protects against pathogens. Pasturizing the milk destroys these beneficial bacteria, which are very good for your microbiome—enhancing your immune system. Ask your local CSA or food delivery service if they deliver farm fresh raw milk*!

**Carefully research your supplier.*

Fresh. Local. Community.



Do you want to volunteer for a local food project?
Contact us today & we will connect you with a
non-profit or producer that best suits your desires.
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