

A Year of Eating Locally

Together with her family, Barbara Kingsolver set out to spend one year eating almost exclusively locally produced foods. To our benefit, she, her husband and her daughter documented their experiences, together with some of the social and political issues surrounding their choices in their book, *Animal, Vegetable, Miracle*.

Accompanying the book is a web site at www.animalvegetablemiracle.com where you can read excerpts from the book, find recipes and news related to local food issues, and share your own experiences. The website continues to be updated as Kingsolver's family continues their efforts to eat locally.

Rounding out the multimedia experience, you can listen to an interview with Barbara Kingsolver from the May 4th episode of the radio program *Living on Earth*. The interview is available to download at

[http://www.loe.org/shows/shows.htm?
programID=07-P13-00018](http://www.loe.org/shows/shows.htm?programID=07-P13-00018)

A written transcript is also available for the aurally disinclined.

Sugar Snap Peas with a Single Herb

(Adapted from Mollie Katzen's Vegetable Heaven)

Sugar snap peas are simple and tasty sign that summer is here. They are so good on their own that it is difficult to find a way to prepare them that rises to the level of complexity of a "recipe", but we'll try.

1 pound fresh sugar snap peas
2 teaspoons butter
1-2 tablespoons minced fresh savory,
tarragon, mint, majoram, or thyme
(pick one)
Salt and pepper to taste

Remove the tops from the pods and pull off the strings.

Melt the butter in a skillet at medium high heat. Add the peas, keeping the heat high. Cook for about one minute, add the salt, pepper, and herb of your choice. Continue to cook for about one minute longer. Avoid overcooking to retain some crispness. Serve promptly.

Serves 4 to 6.

Stay in Touch Online

Like any good locally based organic agricultural community, Sweet Meriam's CSA has an "Internet presence". You can keep up-to-date with farm happenings online in two ways.

Our web site: Sweet Meriam's has a web site at www.sweetmfarm.com featuring recipes, photos, and membership information. You can check a chart to see what sort of vegetables to look for in your boxes in the weeks ahead. You may also want to casually leave the site up on your monitor while you host a dinner party featuring Sweet Meriam's produce to help steer the conversation.

Our email list: Yahoo hosts an online group/ mailing list for Sweet Meriam's at tech.groups.yahoo.com/group/sweetmfarm/. A free Yahoo account is required to sign up. A low volume (16 messages so far this year) mailing list allows members to share information of general interest to the group.

Community Work Days

Sweet Meriam's community work days are scheduled for

Mondays from 5:00 to 8:00 PM

Thursdays from 8:30 to 11:30 or 1:30 to 4:30 PM

1st and 3rd Saturdays from 9:00 AM to Noon

Please email Heather at peacelovegreen@gmail.com prior to attending a community work day so that she can make appropriate plans.

Closing Thoughts

"If every U.S. citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. That's not gallons, but barrels. Small changes in buying habits can make big differences. Becoming a less energy-dependent nation may just need to start with a good breakfast."

Steven L. Hopp, *Animal Vegetable, Miracle*