

Eat Your Spinach...

and your asparagus, beans, beets, corn, peas, broccoli, peppers, tomatoes, cauliflower, celery, squash, mushrooms, etc.

Course #	20SEA
Format:	Seminar
Moderator(s):	Katy van Geel, Nina Scott
Date and Time:	Wednesday, 9:30-11:30 10 weeks, starting Feb. 26, 2020
Location:	Members' Homes, TBA
Maximum number of participants:	8
Auditors accepted:	No

Purpose: Chef José Andrés said, "The world can be changed through the power of plants." The purpose of this seminar is to see if we agree, by learning more about vegetables.

Description: As passionate cooks who love sharing food with others, we plan to take turns hosting meetings in our homes. We live in an area where fresh, local vegetables abound, why not enjoy them together!

We encourage participants to be adventurous as they consider recipes. Using more than one vegetable, adding meat, eggs, or fish is fine. You may want to report on any herbs or spices you use. Remember legumes: chickpeas, lentils, cranberry beans, black beans, pinto beans, kidney beans, navy beans, peanuts. And with so much discussion of climate change in the news these days, we would be remiss not to discuss and if possible taste Pat Brown's Impossible Burgers and Ethan Brown's Beyond Burgers, the new plant-based "beef" now available in grocery stores (plant-based chicken, pork, lamb, dairy, and fish are still in the works).

Role of participants: Participants will choose a vegetable, research it, tell us about its history, origin, where it grows, its nutritional values, and whatever other interesting facts they find in their research and preparation. On a hosting day, participants will prepare several dishes that highlight their vegetable (e.g., soup, salad, side/main dish).

Resources: We are not recommending any central text. Two recent books by famous chefs are *Ultimate Veg*, by Jamie Oliver and *Vegetables Unleashed*, by José Andrés. We will distribute a longer bibliography to the participants. And of course participants can consult their own cookbooks or use library resources.

About the Moderators: This is the fourth food-related seminar that Nina and Katy have moderated. Each one has been enlightening and fun, with new recipes prepared by brave participants.

Nina has a background in colonial Spanish-American literature, and knows a lot about the Columbian exchange. Katy has a lifelong love of following the season, picking and then preserving fruit, making jams, jellies, and canned fruit.