



Hampden Park Co-op Mission: The corporation exists to serve its member stockholders and the surrounding community, promoting wholesome, healthful and ecologically sound food consumption, and permitting member involvement both in the procurement of that product and the operation of the corporation.

Hampden Park Co-op News

February/March 2006

Volume 17 Issue 1

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Co-op Hours:

Monday-Friday 9:00 a.m. – 9:00 p.m.
 Saturday 9:00 a.m. – 7:00 p.m.
 Sunday 10:00 a.m. – 7:00 p.m.

The co-op will be closed Sunday, April 16, 2006, and Monday, May 29, 2006.

Board Meetings:

The Hampden Park Co-op board meets monthly. See the HPC board bulletin board in the entryway for details, including meeting dates and locations.

Newsletter Deadline:

The deadline for the April/May issue is March 1. If you wish to write an article for the newsletter, contact Naomi Jackson at naomijx@juno.com, or leave a note in the Membership Coordinator envelope in the entryway.

HPC Web site:

<http://www.hampdenparkcoop.com/>

Sprouting: A Winter Garden in Your Kitchen

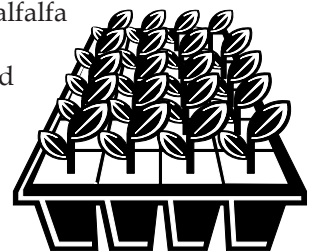
—by Maria Casler, HPC Member

It's deep into winter; as the snow piles higher, the cold grows harsher, and the price of fresh produce from California skyrockets, what's a Minnesotan to do? For those of us who aren't willing to subsist on meat, potatoes, and onions until May, there's a whole world of sprouting to explore. Sprouting in your kitchen doesn't take much work or equipment, adds fantastic nutritional benefits to your diet, and provides a desperately needed bit of green when you're missing spring the most.

Sprouts have enjoyed a spike in popularity over the past several years. Many restaurants serve sprouts with sandwiches or salads, and almost any grocery store offers boxed sprouts for sale. Still, sprouting is nothing new. Centuries ago, the Chinese learned that they could prevent scurvy on long sea voyages by sprouting mung beans on board. In Europe, beers have long been made from sprouted grains, and Russian kasha is usually made from sprouted buckwheat. There's evidence that, as long as 2000 years ago, grains were sprouted and ground to make bread. While our ancestors probably knew little about the nutritional benefits of sprouting, we now know that sprouts are truly some of the healthiest things we can eat.

The germination process of a seed creates a seemingly magical transformation. Once a seed has sprouted, it contains numerous vitamins, minerals, and enzymes that were not present in the dormant seed. The amount of vitamin C, B vitamins, and carotene increases dramatically. All seeds contain enzyme inhibitors that keep seeds dormant; sprouting neutralizes these inhibitors, thus providing enzymes to aid in digestion. Unsprouted grains (of which Americans eat enormous amounts) are difficult to digest, as they contain phytic acid—which inhibits the absorption of calcium, magnesium, iron, copper and zinc—as well as aflatoxins, which are potent carcinogens often found in grains. Sprouting grains neutralizes phytic acid and inactivates these aflatoxins, thus making the store of nutrients in grains more available to our bodies. In the face of such overwhelming evidence, you'll certainly be compelled to try sprouting on your own!

Most people are familiar with the now ever-present alfalfa sprouts. Personally, I think most people eat these just because they think they should. Once you've branched out and experimented, you may just abandon these no-frills sprouts altogether in favor of some new, delectable sprout you'd never heard of before. For salad sprouts, I like to use clover as a base, adding radish and broccoli sprouts for a spicy kick. I also



(cont. on p. 6)

Membership News

—by Naomi Jackson, Membership Coordinator

Wallet Cards

Is your wallet card getting decrepit? Is it the wrong color? Is your name spelled wrong? Now is the time to do something about it! At the cashier counter or in the entryway, you can pick up a yellow “New Card Request” form. Fill it out and leave it in the Membership Coordinator envelope in the entryway.

Just to clear up a common topic of confusion—if you are not volunteering and are under 65, pink is the appropriate color for your wallet card. You can continue to use your out-of-date volunteer wallet card; the bar code is the same whether or not you volunteer. However, it is easier for the cashiers if your card is the correct color.

If you are not volunteering and are 65 or older, you should have a light green wallet card that indicates you are eligible for a 15% discount. If you are a member and would like a senior discount card, fill out a new card request form.

If you haven’t volunteered for awhile and would like to get started again, fill out a new card request form and indicate whether you would like to volunteer at the 15% or 21% level, so I know what color to make your card.

Your shift and your shopping

We have a growing number of volunteers who are under the impression that their shift is two hours and fifty minutes long. When you sign up for a three-hour shift, we count on you for the full three hours. If you need to “just pick up a few things” at the end of your shift, please arrive ten minutes early so you can start your shift early. Or, you may shop before your shift and stash your purchases until you leave (the coordinator will tell you where). If you are making a habit of cutting your shift ten minutes short so you can shop, and you are a 21% volunteer, after nine months you will have shorted the co-op an entire shift. When you multiply that by a hundred or so volunteers, what seems like a little thing adds up to a very big thing. Please be conscientious about your shift! You play an important role in the success of our co-op.

Ad rates: \$15 per issue for camera-ready, 2½" by 3½" ad. Free to nonprofit organizations, at the discretion of the editor.

Welcome, New Members!

Mighty Oaks Chiro

Membership Information

Membership in Hampden Park Co-op involves a one-time purchase of one share of stock per household. The cost of a share is \$30. Stockholders can be eligible for dividends at the end of each fiscal year. You may sell back your stock share if you move away.

Volunteer Discounts

One or two non-senior adults in a household may earn:

- 15% discount for 3 hrs./month
- 21% discount for 6 hrs./month
- 28% discount for 12 hrs./month

Seniors

All seniors receive a 15% discount on the first Wednesday of the month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any coordinator. Senior working members start with a 15% base, plus time worked.

Food Shelf

Any shopper, member or non-member, receives a 28% discount on food shelf items. When you get to the checkout counter, let the cashier know that you have food shelf purchases.

Non-discountable Items

Certain items in the store are non-discountable. These include milk (quart & larger), eggs, non-organic frozen orange juice, baby food, brewed coffee, HPC hot soups, gift certificates, and some sale items. There is no discount on these items because the mark-up on them is intentionally low.



Celery, Upstairs and Downstairs

– by Kate Wagner, HPC Member

Celery Root and Apple Salad with Toasted Walnuts

2 medium celery roots, peeled and cut into matchsticks
 2 medium red delicious apples, cored and cut into matchsticks
 2 tablespoons fresh lemon juice
 3 green onions, thinly sliced
 1 bunch watercress leaves

Dressing:

2 tablespoons red wine vinegar
 1 tablespoon mustard seed
 1 tablespoon mustard
 1 tablespoon honey
 ½ cup vegetable oil
 salt and pepper
 1 cup walnut halves, toasted

Combine the celery root and apple in a bowl and sprinkle with lemon juice. Toss with the green onion and watercress. Whisk the vinegar, mustard seed, mustard, honey, and oil until well combined. Toss with the celery root mixture. Taste for salt and pepper and garnish with walnuts. (Serves 4 to 6.)

Mashed Medley of Winter Roots

1 celery root, peeled and cubed
 1 all-purpose potato, peeled and cubed
 1 rutabaga, peeled and cubed
 1 parsnip, peeled and sliced
 4 cloves garlic
 4 tablespoons butter
 ½ cup milk
 salt to taste
 1/8 teaspoon cayenne
 ¼ cup chopped chives

In a large pot of boiling water cook the vegetables and garlic until tender, about 40 minutes. With a slotted spoon, remove the vegetables to a food processor and puree with the butter and the milk. If the consistency is too thick, add some vegetable cooking water until you have the desired consistency. Season with salt and cayenne. Spread in shallow serving dish and sprinkle with chives. (Serves 6 to 8.)

Upstairs, downstairs is the relationship between celery and celery root. Celery is grown for its fat stalks, while its underground relative, celeriac, is a tuber with a mild flavor and texture, combining the crunch of celery with the smoothness of potatoes. Of these two sister vegetables, celery is the simpler one—easy on the eyes, popular, and not demanding of attention. The celery plant is gently stimulating, nourishing, and restorative; it can be liquefied, with the juice taken for joint and urinary tract inflammations. In the past, celery was grown as a vegetable for winter and early spring. Because of its antitoxic properties, it was perceived as a cleansing tonic, welcomed after the stagnation of a long winter.

As a salad plant, celery is difficult to digest. Celery has ‘negative calories’, as the effort to consume it burns more calories than it contains. It also possesses valuable diuretic properties. Both blanched and green it is stewed and used in soups, and the seeds can be used as a flavoring ingredient. Even after long immersion in broth, the stalks remain somewhat crisp, and are useful for adding texture to soup. Chopped, it is one of the three vegetables considered the holy trinity of Louisiana Creole and Cajun cuisine.

Celery root (also known as celeriac, soup celery, celery knob, and turnip-rooted celery) is grown for its well-developed taproot rather than for its stem and leaves. It is a special variety of celery, developed by gardeners during the Renaissance. The root is used when it is about the size of a large potato.

It is unfortunate that most cookbooks ignore celery root. It enjoys wide popularity in this country only in German communities, where it is pureed and used in stews. It is not as appreciated as it should be, very possibly owing to its garish appearance before cleaning. It has been described as “a vegetable octopus,” owing to the tangle of unsightly rootlets that grow at the base.

Celery root may be used raw or cooked. It is best to peel celery root before use, since the outer skin is tough and stringy. It has a celery-like taste, so it is often used as a flavoring in soups and stews. It can also be mashed or used in casseroles and baked dishes. In recipes calling for cauliflower, fennel, or cardoon, celery root makes an interesting substitute if not a surprising improvement. Also, the hollow stalk of the upper plant can be cut into drinking straw lengths, rinsed out, and used for tomato drinks such as the Bloody Mary. The tomato juice moving through the stalk is lightly permeated with the celery flavor.

Celery root statistics:

Celeriac has good keeping properties, and should last three to four months if stored between 0° and 5° Centigrade and not allowed to dry out.

When selecting celery root, choose a firm plant with no brown or soft spots. Sprouting tops should be bright green.

Availability: October through April.

Flavors to use with celery root: Nutmeg, garlic, cinnamon, cloves, and allspice.

Equivalents: 1 small celery root, sliced, equals 2 cups

Nutritional Value: Rich in phosphorous and potassium. There are 40 calories per cup.

Black Gold

—by Heidi Goar, HPC Member

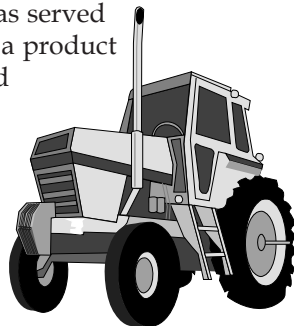
“Jed, that thar’s black gold, Texas tea...”

While some love to criticize SUV drivers for their lack of conservation of a critical natural resource—petroleum—this indignation might be misplaced. Why? Because we are all, in some way, part of our “serious petroleum problem.” I am referring to the fact that petroleum is everywhere in our world today. For example, while it may be obvious when one thinks about it, we forget that all plastic is made of petroleum. Maybe you knew that, but it is hard to remember when you are chewing on your plastic cocktail straw mesmerized by the lovely looking and rather chatty number that just sat down next to you at the bar.

Maybe I am overstating this. Only about 5% of petroleum used in America goes into petrochemical products such as plastics, vinyl, polyester for clothes and rugs, ingredients for household cleaners and fertilizers, etc. On the other hand, as a country we use a lot of oil, 840 million gallons daily, which means 42 million gallons of crude oil are used each day to make all the packaging, carpeting, socks, door handles, and blender covers we use every day. It’s interesting that petrochemicals are so prevalent in our world and yet we hardly notice.

If you have read some of my newsletter articles in the past year or so (“Honey, please pass the plastic” Oct/Nov 2004 and “Oh Fab, we’re glad you use Dial” June/July 2005), you know I am not a fan of petrochemicals (and who is, really, besides Dow?). But I sit here and look around my kitchen and dining room and realize that I wouldn’t recognize a world without them. Even more alarming is that the petroleum-based goods in my house are quite hidden from my casual glance. For example, during the bizarre hurricane season this year, the price of gasoline was nearly an obsessive topic. But my friend who is an upholsterer (a good one, too, so if you need one...) was doing some work for me and mentioned that the cost of the foam she uses in stuffing couches and chairs has gone up 50%! “Huh,” I thought, “of course it has; it’s made out of petroleum.” So is 20% of the “mohair” she is using to cover my 1920s chair (80% wool/20% polyester).

The other day, I was at a party and was served on a Styrofoam, or polystyrene, plate, a product made of 5% petroleum by-product and 95% air. At my day job (sociology teacher at a community college), the food service uses exclusively Styrofoam plates, bowls, and cups. I am shocked about it, but no one else seems to mind; and I am the only one who says anything about it as we order our daily specials.



I am sitting in my dining room writing this in an atmosphere soothed by lovely paraffin-based candles. Another petrochemical in my home! I had heard there was something about paraffin-based candles, but until recently, I did not know that paraffin

... is a by-product of the petroleum refining process. It is inexpensive and adaptable for use in candle production, and for these reasons it basically governs the marketplace. The soot given off from the burning of paraffin candles is essentially the same as that given off by burning diesel fuel. Some of the air contaminants in paraffin fumes include toluene, benzene, methyl ethyl ketone (MEK) and naphthalene.... (<<http://www.methodhome.com/support/faq.php#candles>>)

As I look around my bathroom, and believe me, I am nearly obsessed with removing this stuff from my life, I see petrochemicals everywhere. Every product except one has at least one ingredient that contains “prop,” warning you that it is a petroleum product. While the “prop” term (used as prefix or part of a compound word) is a clue that the ingredient is petroleum based, that doesn’t mean that ingredients that don’t have “prop” are *not* petrochemicals.

[O]ver three thousand different ingredients are used in the manufacture of cosmetics, derived from petrochemical, animal, vegetable, and mineral sources, and there is no easy “rule of thumb” to give you to identify the natural ones. The best advice ... is to start reading labels and looking up the ingredients in books such as Ruth Winter’s *A Consumer’s Dictionary of Cosmetic Ingredients*....Two nonrenewable petrochemical derivatives that are practically inescapable—even in natural cosmetics—are methylparaben and propylparaben. (<<http://www.worldwise.com/beautygprod.html>>)

These “parabens” found in cosmetics are used as preservatives and help maintain the freshness and integrity of the product. They are added to kill bacteria and ensure a minimum of a three-year shelf life. However, I don’t know about you, but whenever they say something is not good for pregnant women, but fine for the rest of us (fish from northern Minnesota lakes, for example) I am suspicious.

Propylene glycol, a petroleum product used in place of glycerin, is common in lotions, hair care products, mascara, and even baby lotion. It’s a moisture-carrying ingredient, keeping the extracts that are good for the skin on the skin until they are absorbed. Other products that contain propylene glycol include antifreeze, laundry detergent, paint, shampoo, and conditioner.

(cont. on p. 5)

(*Black Gold* cont. from p. 4)

You might have wondered why so many people are “uptight” about fragrances; one sees signs announcing that anyone wearing perfume should not enter. A friend of mine was on a plane when a woman in front of her put on perfume (sprayed it liberally so it showered everyone in a ten-foot radius!). My friend said something, but the woman was offended and, I suppose, wondered why my friend didn’t like “Charlie” or “White Shoulders.” But my friend has allergic reactions to the chemicals in the perfumes.

Elizabeth Lee Vliet, in *It's My Ovaries, Stupid!*, says that "[e]xcept for very few, very expensive perfumes that use only plant-based compounds, over 95% of the chemicals used in today's scented products are derived from petroleum-based compounds." (Vliet 2003: 346). The nine major chemicals for synthesis of aroma chemicals are turpentine oil, C2-C5 petrochemicals, benzene, phenol, toluene, xylenes, cresols, naphthalene, and cyclopentene. (<http://www.fpinva.org/Summary/fragrance_materials.htm>) You will probably not find this on the label as they can be listed as “fragrance.” Phthalates, another type of petrochemical that are suspected of causing health problems, make the scent linger longer. (<<http://users.lmi.net/wilworks/actnletr/ab2823bw.htm>>)

Fabric softeners are laden with petrochemicals as they have both fragrance, often made from petroleum, and they need to latch onto the cloth, very effectively achieved using petroleum-based chemicals. They offer a double whammy because the chemicals are not only on the clothes, but they are also airborne through the venting systems in dryers.

Fertilizers, herbicides, pesticides, and fungicides used in agri-business are primarily petroleum-based. While oil-based products have been in use since the 1940s, the practice was not widespread until giant farms began to take over the industry in the 1970s and '80s. The reason fertilizers, herbicides, pesticides, and fungicides are made from petroleum is the same reason petroleum is in your body lotion. It attaches to the things you want to stay put, so they don't evaporate. So, a pesticide such as atrazine needs to stick to the corn stalk in order to work, and petroleum does the job nicely. It also sometimes kills the bugs, too (when it isn't making them stronger). The good news is, research is being done on using vegetable oil in herbicides instead, a shocking concept!

We are so dependent on petrochemicals in food production in America that we would, according to some, experience a fairly serious food shortage if we didn't use these products. “The ‘green revolution,’ which has enabled the Earth to support so many more people now than in the past, is a combination of genetic engineering in plants, mechanization, and the petrochemicals provided by oil and natural gas.” (<<http://dieoff.org/page171.htm>>) These thoughts are

echoed in George McGovern's critique of the left in *The Third Freedom*, in which he suggests that we in the West are unconscious of what it takes to produce enough food for 6 billion people and that our critique of argibusiness is in some ways elitist. “If the fertilizers, partial irrigation [in part provided by oil energy], and pesticides were withdrawn, corn yields, for example, would drop from 130 bushels per acre to about 30 bushels.” (Fleay 1995 from <<http://dieoff.org/page171.htm>>)

Then there are the clothes on our backs: Dacron, Gore-Tex, nylon, polyester.... I did a little “post-holiday” shopping for a new bathrobe. Have you shopped for nightwear lately? Frankly, I wouldn't be surprised if Dick Cheney was in cahoots with Karen Neuburger, based on the polyester ratio of most of the lingerie. There was not one single 100% cotton bathrobe besides terry cloth in the massive store I was wandering through. But it's remarkable what they can do with petroleum these days! It's so soft and comfy; definitely a wolf in sheep's clothing.

Let's not forget all the plastic in your car, in your cupboard, in your office. Our city streets are all made from petroleum. Unless you are living in the lap of luxury and can afford wool wall-to-wall carpeting, your carpet is petroleum based. Your computer is encased in plastic, and it takes approximately three quarts of oil to produce one new printer ink cartridge. (<http://www.signonsandiego.com/uniontrib/20051228/news_lz1c28crude.html>) And what about your phone, your space heater, your toddler's toys, and the handles on your garden tools? We're surrounded by petroleum!

I don't really have much advice for you here except the obvious: read, read, read. Some good news is that research is being done on using corn and soy to produce a version of plasticizers. If they can pull that off, they will probably be able to use the same process to make other kinds of chemicals so they can make all these lotions and lipsticks and toilet bowl cleaners we think we need. Still, that day is pretty far off. And the chemical companies have been fairly successful in claiming that, while petrochemicals do enter our bodies, they are quickly broken down and eliminated. The best you can do is try to use as few of them as you can, and...drink a lot of water to wash that Texas Tea out of your system.

Additional Sources:

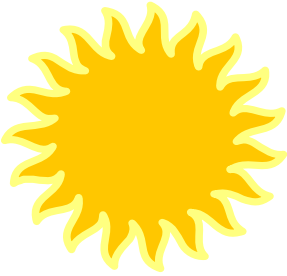
Fairley, Josephine. *Organic Beauty*. 2001: DK Publishing, London.

Vliet, Elizabeth Lee. *It's My Ovaries, Stupid!*. 2003: Evans and Company, New York.

For a complete listing of chemicals found in common household products, as well as the effects of these chemicals, go to the Seventh Generation Web site (<<http://www.seventhgeneration.com>>) and search for their “Chemical Glossary.”

(Sprouts cont. from p. 1)

sprout a mixture of lentils, adzuki, and mung beans to be used as a nutty addition in sandwiches, burritos, and salads. Sunflower sprouts are probably my favorite, with a sweet taste (as sprouts go) and crunchy texture. I've gotten into the habit of soaking and sprouting nuts to make them more digestible—these can then be dried in a dehydrator to make them crunchy again. I also make a delicious, granola-like cereal from sprouted buckwheat. For the more brave and adventurous, wheat can be sprouted and made into bread, garbanzos sprouted to make raw hummus, quinoa to make flavorful salads and tabouli. The possibilities are endless. However, you might want to start small and work your way up to such feats of sproutdom.



With any method of sprouting, the seed or grain is soaked, usually overnight, and then rinsed and drained two or three times a day until the sprouts are ready. The length of time to maturity varies depending on the seed or grain; some only need a day or two, while some need up to a week. Room temperature and humidity will also play a part in how fast your seeds will sprout.

To store sprouts, place in a plastic bag or airtight container and put in the refrigerator. I like to put a clean cloth napkin or paper towel in with the sprouts to soak up extra moisture and make the sprouts last longer.

The method you choose for sprouting is entirely up to you. Three of the most common methods are jars, bags, and baskets. The most widely used method of sprouting is in a wide-mouth quart mason jar covered with a screened lid or a piece of cheesecloth and rubber band. Seeds are soaked and then the jar is turned upside-down at an angle to drain after rinsing. Some people use sprouting bags, made of either hemp or a nylon mesh. The seeds are soaked and then the bag is hung over the sink to drain between rinsings.

My favorite method is sprouting in baskets. Baskets can be found at second-hand stores for practically nothing, and basket sprouts are less susceptible to mold, get more sunshine, and drain better than jar sprouts. (If you live in a very dry climate, however, some types of sprouts may dry out too fast with this method.) Sprouting baskets should have a tight weave, so seeds don't fall through, and have no paint or varnish. They can be sterilized either by dipping in boiling water or by soaking in water with a tiny amount of bleach (rinse very well; bleach will kill your sprouts!). This method is probably the most fun to do with kids, since the seeds wind their roots through the basket weave, and the thick sprouts look like a miniature forest!

One exception to the methods listed above is sunflower sprouts. These I sprout in soil spread in a cafeteria-type tray. The sprouts are soaked overnight and then spread over the soil, watered well, and then a second tray is placed upside-down over the first. When the sprouts begin to lift the tray on top, I remove it and then water daily until the sprouts are ready.

The humble sprout is a great addition to any diet. Proponents of a raw food diet may eat sprouts in different forms at every meal, for snacks, and folded into all sorts of recipes; while a traditional eater may stick to the more familiar salad and sandwich terrain. Whether you choose to dive into the realm of the serious sprouter or simply grow your own alfalfa sprouts, sprouting—especially in the dead of a Minnesota winter—can do wonders for your physical health and your state of mind. You no longer have to wait until spring to see green.

Resources:

Sprout It! and *Kitchen Garden Cookbook*, by Steve "Sproutman" Myerowitz
Raw, by Juliano
Nourishing Traditions, by Sally Fallon

Salad Sprout Mix

1 tablespoon clover seeds
 1 teaspoon radish seeds
 1 teaspoon broccoli seeds

Soak the seeds overnight, then pour into jar/basket/bag. Rinse twice daily for 5 to 7 days or until the sprouts have two tiny leaves. When leaves are open, place in a sunny window for the last day or two to enhance the green color and increase nutritional value.

Nutty Lentil Mix

2 tablespoons each lentils, adzuki, and mung beans

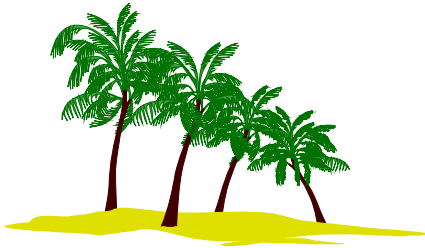
Soak beans overnight, then pour into sprouter. Rinse two or three times daily—these dry out more quickly. They are usually ready after only a day or two of sprouting, or as soon as sprout tails are ¼ inch long.

Raw Sprouted Hummus

2 cups garbanzo beans (chickpeas)
 4-5 cloves garlic, chopped
 ½ cup water
 ¼ cup tahini
 ½ teaspoon sea salt
 juice of 1 to 2 lemons
 ½ cup chopped parsley
 olive oil to taste
 1 teaspoon cumin

Soak beans for 24 hours, then sprout for two to three days. Combine beans, garlic, and water in a food processor or blender and mix well. Add other ingredients and blend until smooth.

(Cont. on p. 7)



(Sprouts cont. from p. 6)

Sprouted Quinoa Tabouli

2 cups quinoa (before sprouting;
this will be about 4 cups
when sprouted)
¼ to ½ cup chopped parsley
juice of ½ lemon
¼ cup olive oil
1 large tomato, diced
1 to 2 teaspoons sea salt, to taste
4 green onions, chopped
20 mint leaves (approximately)

To sprout quinoa, soak for 4-8 hours, drain and rinse well. Sprout for another 18 hours or so, rinsing every eight hours. Chew a sprout to test; it should be firm but not too crunchy.

Combine all ingredients in a large bowl and mix well. Let sit for at least one hour to allow flavors to meld.

Sprouted Buckwheat Granola

1 cup almonds, soaked overnight
1 cup sunflower seeds or pumpkin seeds (or combination), soaked 6-8 hours
3 cups buckwheat, sprouted 1 to 2 days (you could substitute half oat groats, but these take about an extra day to sprout)
1 cup pitted dates, soaked overnight

Cut almonds into slivers and toss in a bowl with buckwheat and sunflower seeds. Put dates, along with a little of the soak water, into a food processor or blender and blend to a thick puree. Pour date mixture over other ingredients and mix well. Spread granola onto a solid dehydrator sheet and dehydrate at 95 degrees for 18-24 hours, or until dry and crispy. (If you don't have a dehydrator, you can put the oven on the lowest setting and put a wooden spoon in the door to keep it from getting too hot.) Store in a glass jar at room temperature, or for longer storage, in a plastic container in the freezer. Enjoy!

Cooking in Haiti

—by Kjersti Hanneman and Nate Paine, HPC members

The two of us met while serving as Peace Corps volunteers in Haiti in 2001–2002. We served in a rural area in the South East Department, 60 miles from the capital, Port au Prince. Haiti is a small country, but the roads and communication networks in this mountainous country are so underdeveloped, those 60 miles took four hours to cover in a truck.

Despite these barriers, there is a degree of homogeneity in the Haitian diet. One of the most common meals Haitians of all classes and locations eat is a dish called *Sauce Pois*. Our neighbors ate *Sauce Pois* several times a week, and so did we. Although at times we tired of eating this dish, looking back on our experience, it is a meal rich with memories.

Sauce Pois is bean sauce made with almost any kind of bean: red, black, pigeon, butter, split peas, or whatever is available. People in our village made *Sauce Pois* with black beans or red beans because that's what they grew. Peasants eat this bean sauce on top of corn mush, again because they grow corn. Wealthier Haitians who can afford to purchase food eat bean sauce with rice.

The number of beans one uses in *Sauce Pois* is an indication of one's wealth. Peasant bean sauce is quite thin because the peasants must sell a high percentage of their crops and therefore try to use as few beans as possible for their own consumption. Unfortunately, in the area around our mountainside village, the beans never lasted until the next season. There was always a lean month or two while waiting for the harvest.

Haitians who can afford it often have a breakfast of fried spaghetti or bread with peanut butter. The primary meal is consumed in the early afternoon, which is when *Sauce Pois* is consumed. When the sun goes down, most Haitians have a simple meal of wheat or corn porridge, or nothing at all.

Making *Sauce Pois* in Haiti is time consuming. Our village had no running water or electricity. Women cooked over open fires. Firewood is collected in the morning and the cornmeal is cooked into a mush and set aside. The beans are cooked with plenty of water and set aside. In the meantime, a small child climbs a tree to retrieve a coconut. The coconut is cut open with a machete and the meat is grated into pulp. The pulp is soaked with water and squeezed repeatedly to obtain coconut milk. With all of these ingredients prepared, a cube of salty flavoring is fried with hot pepper, onions, garlic and A LOT of oil. Then, after reserving some of the whole beans, the beans are smashed or passed through a food mill. The pureed beans are mixed with water, the whole beans, and coconut milk and served atop rice or corn mash. Cooking over an open fire, this dish took me four hours to complete! Here is a recipe adapted from *Extending the Table: a World Community Cookbook*, for first world kitchens.

Puree in blender:

cooked bean mixture
2 cups bean broth

Return pureed sauce and reserved whole beans to saucepan. Add:

1 hot chili pepper, chopped, or
¼ teaspoon ground red pepper
salt to taste
1 tablespoon margarine
1 can of coconut milk.

Bring to a boil and simmer, uncovered, until thickened to consistency of gravy. Serve over rice or thick cornmeal mush. Garnish with avocado slices.

How to Make Sauce Pois

In a large saucepan, soak overnight:
1½ cups dried beans

Before cooking, add:

3 cloves garlic, diced or mashed
8 whole cloves
½ teaspoon pepper
½ cup onion, diced
1 tablespoon oil

Bring to a boil, reduce heat, cover, and simmer until beans are tender. Drain off liquid and reserve for later. Set aside ½ cup cooked beans.

