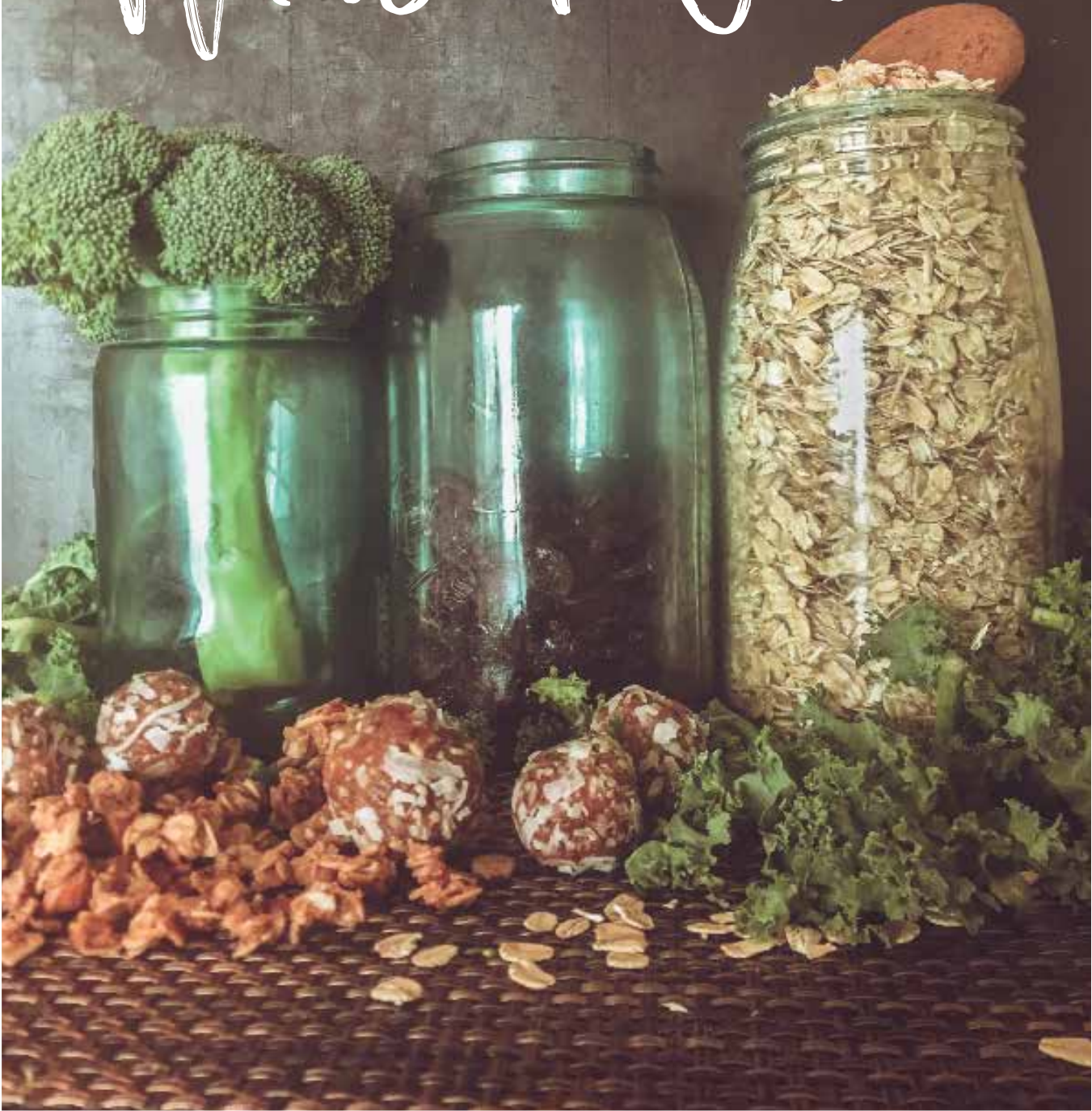



seasonal living quarterly

fall 2017

The Mason Jar





“Nothing would be more tiresome than eating
and drinking if God had not made them a
pleasure as well as a necessity.”
-Voltaire

OUR CONTRIBUTORS:

Laura Wright

Laura is a farmers - market lover, and country - girl - at - heart, living in the busy city of San Francisco, California. While she graduated from culinary school in 2014, Laura says that she learned considerably more about food and being in the world from working in restaurants and growing up with agriculture. Laura claims that she owns a staggering / embarrassing collection of cookbooks and food - related literature.

Ella Zehr

Ella works as a free-lance writer and food stylist. She currently resides in southern California. Her two greatest passions are getting off the grid (camping adventures), and creating delicious, wholesome recipes to share with her readers in *The Mason Jar*.

Kate Britton

Kate is a tree hugging gardener, vegetarian chef and health coach. She lives in a small cabin just outside of Napa Valley, California. Kate is always on the edge, working with ideas and information. She strives to bring forth the very latest of knowledge in the world of holistic health to share with her readers.

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Eat Seasonally

Written By: Kate Britton

1. CAULIFLOWER

Cook:

Raw, Roasted, Steamed, Sautéed/Stir Fried

Buy:

Look for cauliflower that is uniform in color without brown spots. The florets should appear crisp and tight while the leaves around the cauliflower should look fresh, not limp.

Store:

Wrapped in plastic, cauliflower will keep up to 7 days in the refrigerator. Cauliflower can also be frozen.

2. BUTTERNUT SQUASH

Cook:

Butternut squash is versatile and can be cooked whole or peeled and cubed. Peeled and cubed squash is great for roasting, steaming, or sautéing.

Buy:

Look for squash that's firm to the touch with a dull finish on the skin. Marks on the squash are fine but avoid squash with holes in the exterior.

Store:

Store in a cool, dry place in your house and the squash should last for two to three months (sometimes longer).

3. APPLE

Cook:

Apples are perfect for snacking and often used in baked goods such as muffins or pies. Savory apple chutneys make great fall or winter treats.

Buy:

Look for apples that are firm, not wrinkled, and without holes or deep cuts. A few bruises here and there are perfectly fine if you're baking.

Store:

Apples store well in the refrigerator and can last several months. You can also can apple butter, chutney, and jam or freeze apples.

4. BROCCOLI

Cook:

Raw, Roasted, Steamed, Sautéed/Stir Fried

Buy:

Look for broccoli with florets that are tight together, the entire head is an even color, and stems that are firm and crisp looking. Broccoli can be sold in heads or in florets. The size of broccoli doesn't matter.

Store:

Unwashed in the crisper drawer, broccoli can keep for a week. Broccoli can also be frozen.

5. CARROTS

Cook:

While you might be most familiar with raw carrots, cooked carrots can have an important role in cooking. Some of my favorite carrot recipes involve roasting, pan frying, braising, and even grilling carrots.

Buy:

Look for carrots that are firm. Carrots can come in all different shapes, sizes, and colors.

Store:

Fresh carrots can be stored in an airtight container in the refrigerator and will last a month or more.

6. PEAR

Cook:

Pears are great raw, roasted, sautéed, or used in baked goods. Like apples, different pears are good for different cooking applications.

Buy:

Look for pears void of cuts or bruises, and are firm when pressed. To tell if a pear is ripe, gently press where the stem meets the top of the pear. If it gives slightly, the pear is ripe.

Store:

To keep ripe pears fresh, store in the refrigerator and use within seven days.

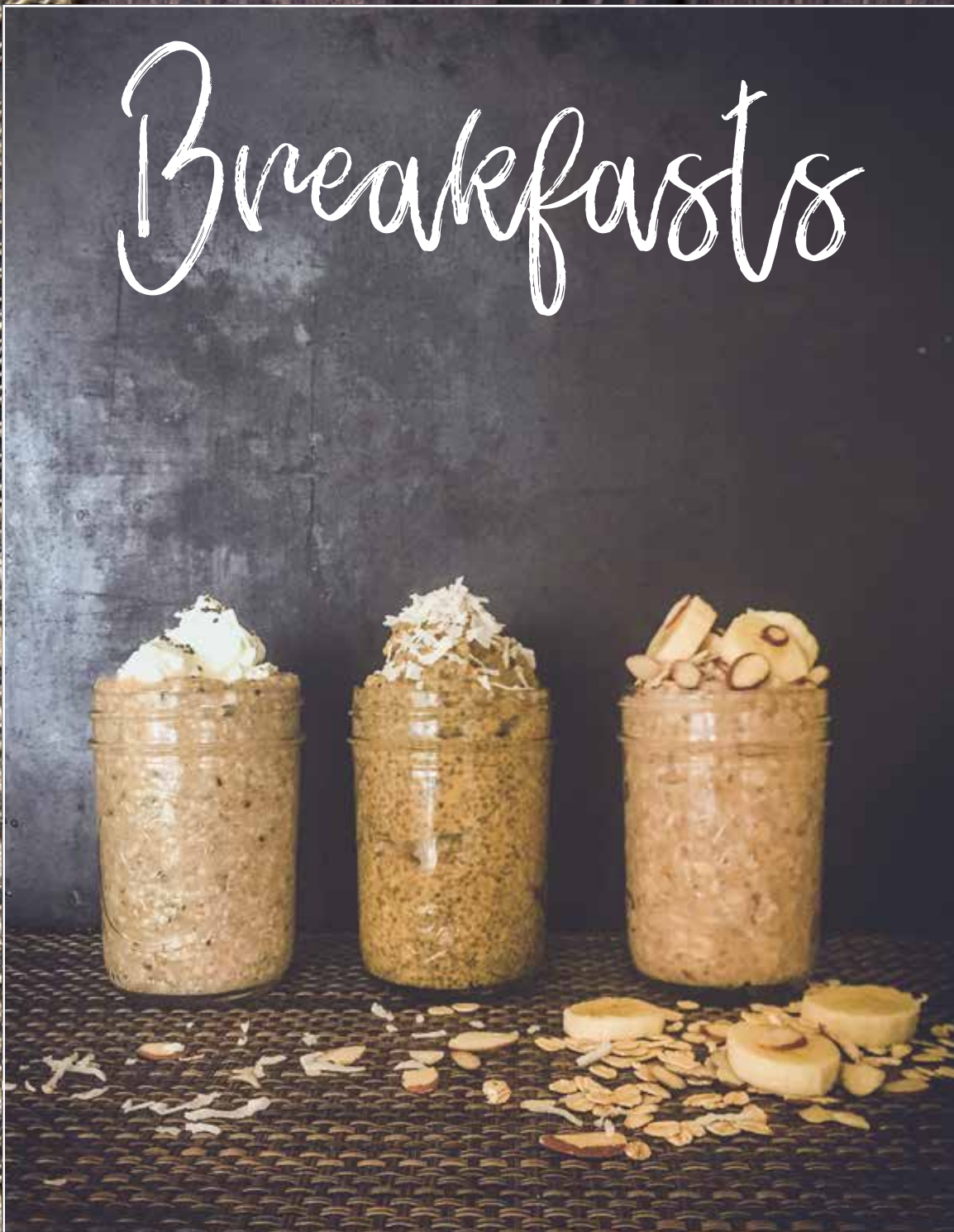


Why Eat Seasonally?

In-season produce is fresher and tastes better, sweeter and perfectly ripe. When fruits and vegetables are picked for consumption that have been naturally ripened on the vine or the tree and harvested at the right time, it will have much more flavor and nutrition. Produce purchased in season is more likely to be fresher, consumed closer to harvesting and higher in nutritional value, some anti-oxidants such as Vitamin C, folate and carotenes will rapidly decline when stored for periods of time. Locally in-season sourced fruits and vegetables will also appear brighter and more vibrant.

THREE OVERNIGHT

Breakfasts



CINNAMON-APPLE HEMP PUDDING:

3 tbs. hemp seed
1 tbs. flax meal
2 tbs. apple sauce
1/2 cup almond milk
1 tsp. cinnamon
2 tsp. coconut sugar (or your choice of natural sweetener)

Combine ingredients in a quart sized mason jar and shake well to combine.
Refrigerate overnight (or at least 3 hours).
Enjoy warm (microwaved for 1-2 minutes) or cold.
Top with (optional) coconut cream, chia seed, sliced apple, or chopped nuts.

PUMPKIN PIE CHIA PUDDING:

4 tbs. chia seed
3/4 cup almond milk
2 tbs. pumpkin puree
1/2 tsp. pumpkin pie spice
1 tsp. coconut sugar (or your choice of natural sweetener)

Combine ingredients in a quart sized mason jar and shake well to combine.
Refrigerate overnight (or at least 3 hours).
Enjoy cold topped with (optional) shredded coconut, coconut cream, sliced almonds, or chopped walnuts.

BANANA BREAD OATS:

1/2 cup oats
1 tbs. almond butter
1 tsp. cinnamon
1/2 cup almond milk
1 small, ripe banana

Mix and mash ingredients in a quart-sized mason jar
(a fork works well to mash the banana and combine the sticky almond butter).
Refrigerate overnight (or at least 3 hours).
Enjoy warm (microwaved for 1-2 minutes) or cold.
Top with (optional) sliced banana, sliced almonds, chia, or hemp seed.

The Truth About GLUTEN

Written By: Laura Wright

Do we all need to be quite as militant in our avoidance of gluten as we are?

What is gluten?

Gluten is a general term that describes the proteins found in grains such as wheat, rye and barley, which act as a sort of glue to bind gluten-containing foods together. Gluten is what gives bread its pleasant bounce, crunch and chew, and what gives pastries, pie crusts, cookies and pastas their hallmark textures. While gluten originates from these particular wheat-containing grains, it's often found in some unexpected places thanks to cross-contamination in the food industry. While oats processed in a facility that also processes gluten-containing foods may not naturally contain gluten, people suffering from celiac disease could experience a negative reaction simply from those oats being in the proximity of the gluten-containing foods processed at the same plant. So while it's probably unnecessary for a bottle of water to boast a gluten free label, for someone with celiac disease a GF label on a canister of oats could be the difference between painful side-effects and living a normal life. But even if one isn't afflicted by celiac, gluten can still wreak on the system if you happen to have a sensitivity.

What foods contain gluten?

Beer, Pasta, Breads, Pastries, Cereals, Crackers, Cookies, many Sauces, Flour Tortillas, & Crusts

How do I know if I need to avoid gluten?

Even though gluten sensitivity is far more common than celiac disease, it's important to bear in mind that there's a whole host of other foods than can cause similar symptoms. Alcohol, sugar, dairy, other grains, and even legumes (yes, beans too) can all cause intestinal permeability, brain fog, systemic inflammation and joint pain. The best way to find out whether these foods negatively affect you? Eliminate them from your diet completely for a set period of time and then intentionally add them back in and recording the results. If you suspect you may have an honest to goodness allergy or be suffering from celiac disease, it's best to consult a doctor.

Gluten has earned itself an unnecessarily bad rap over the past several years. While it can wreak havoc on a small percentage of the population, the foods that contain it also boast a variety of benefits, including dietary fiber, vitamins, minerals and micronutrients, and it's important to remember that other foods, even the ones we deem the best of the best (coconut oil, anyone?) can cause issues for those unlucky enough to be allergic to them. As for me, I believe strongly in moderation. Through several Whole 30's I've learned that I can tolerate gluten without pain, but it does have a tendency to leave me feeling bloated and tired. I won't be cutting it out completely, but it's now reserved for only the most incredible foods and the occasional baking endeavor.



THE BEST HIKING SNACKS

Written By: Ella Zehr

For those of you who are into hiking, you understand the hunger you get after hours on your feet. I always make sure to pack multiple protein bars and bags of trail mix when I hike. The problem is — Cliff Bars, Kind Bars, and Larabars are expensive and when you're on the trails for hours (or hitting the gym multiple times a week), these protein-packed snacks add up. These energy bites and totally customizable granola are the perfect solution to get your protein-fix while on your feet. They're both super easy, nutrient-packed, gluten-free and taste amazing.

- 1 1/4 cup raw walnuts
- 1 cup firmly packed dried unsweetened mango
- 10 pitted medjool dates
- 2 tbsp chia seeds
- 1/3 cup unsweetened finely shredded coconut

Mango and Coconut ENERGY BITES

1. Preheat oven to 350°F and arrange nuts on a baking sheet. Toast for 5-8 minutes, or until light golden brown. Set aside.

2. In the meantime, add dried mango to a bowl and cover with warm water (don't skip this step or they'll be too tough). Let soak for 5-7 minutes, or until soft and pliable, but not too soggy. Then drain and lay on a towel and pat off excess moisture. Set aside.

3. Add nuts to a food processor and mix into a fine meal. Remove from bowl and set aside.

4. Add pitted dates and soaked, dried mango to the food processor and mix until a rough paste/sticky dough forms.

5. Add nut meal back in, along with chia seeds, and shredded coconut. Mix until it forms a moldable dough. (Add more coconut or chia seed if it feels too sticky or wet. Add more dates if it's too dry.)

6. Scoop out rounded tablespoon amounts and roll into little balls in the palms of your hands. Then roll in more coconut.

7. Enjoy immediately. Store at room temperature up to 3-4 days, the refrigerator 1 week, or in the freezer up to 1 month.





Build Your Own GLUTEN-FREE GRANOLA



- 4 cups gluten-free rolled oats
- 1 tbs. each of your favorite spices (cinnamon, pumpkin spice, cardamon, cloves)
- 3/4 cup raw nuts/seeds (sliced almonds, chopped pecans, sunflower seeds, pumpkin seeds)
- 1/2 cup chopped dried fruit (raisins, cranberries, blueberries, apple, apricot)
- 1 cup coconut flakes
- 1/2 tsp. salt
- 1/4 cup oil (melted coconut oil, olive oil, avocado oil)
- 2/3 cup sweetener (honey, maple syrup, brown sugar)
- 1 1/5 tsp. vanilla extract

1. Combine wet and dry ingredients in large mixing bowl.
2. Spread on tray lined with parchment paper.
3. Bake at 300 °F until golden (approx. 30 min)

5 THINGS YOU MAY NOT KNOW ABOUT KOMBUCHA

Written By: Kate Britton

1. Unlike soda, kombucha is a naturally effervescent beverage. This means, when it's made the old-fashioned way, it is not forced carbonation, instead, the bubbles develop naturally during the fermentation process.

2. All kombucha is made with sugar. The SCOBY (Symbiotic Culture Of Bacteria and Yeast) breaks down and eats the sugars during the fermentation process so there is significantly less once the brew is complete.

3. You can make various condiments using “old” kombucha. As the kombucha ages, it will slowly take on a vinegar-like taste, allowing for delicious dressings and dips such as salad dressings and ketchups. You can find recipes in the *Big Book of Kombucha* or by doing a quick Google search.

4. The SCOBY has become quite a phenomenon in recent years. People have come up with many uses for old or “dying” SCOBY. The options are endless, ranging from lawn fertilizer and dog treats, to face masks and toners.

5. Most people look surprised to hear this, but kombucha makes a great cocktail mixer. There are tons of recipes out there, ranging from kombucha bloody marys to kombucha mimosas! Or you can add fresh fruit to your non-alcoholic kombucha for a burst of flavor.





CORNMEAL CREPES

2/3 cup fine yellow cornmeal
1/3 cup oat flour
1 tbs. organic cane sugar
1 tbs. baking powder
pinch sea salt
1 cup unsweetened almond milk
2 tbs. melted coconut oil

1. Add cornmeal, oat flour, cane sugar, baking powder and sea salt to a medium to large mixing bowl and whisk to combine.
2. Pour almond milk into a large liquid measuring cup, then add the melted coconut oil and whisk to combine.
3. Add wet ingredients a little at a time to the dry ingredients and gently, slowly stir until just combined. You may not use all of the liquid – you're looking for a semi-thick batter. Small lumps are fine - try not to overmix. Let set for 10 minutes.



Saturday Morning Brunch

- CORNMEAL CREPES
- 3 ALTERNATIVES TO MAPLE SYRUP
- & THE PERFECT CUP OF TEA

4. Preheat your griddle or cast iron skillet over medium/medium-low heat. You want it warm but not screaming hot. Oil should not smoke when added to the pan.

5. Once hot, drizzle the surface with oil or vegan butter and use a paper towel to wipe away excess. You don't want any pools of oil. Then scoop scant 1/4 cup measurements onto the griddle or pan. Cook until bubbles appear and the sides are beginning to dry – about 3-4 minutes. Cook for another 2-4 more minutes on the other side.

6. Place pancakes on a large plate and keep warm in a 200°F oven until ready for serving – you should have six pancakes total.

1. PEANUT BUTTER & BANANA

Drizzle 1 tbs. of peanut butter over pancakes and top with sliced banana

2. COCONUT CREAM & STRAWBERRIES

Drop 1 tbs. of whipped coconut cream over pancakes and top with sliced strawberries. Sprinkle with chia seeds.

3. BLACKBERRY COMPOTE:

- 2 1/2 cups fresh or frozen blackberries
- 1/4 cup orange juice
- 3 tbs. maple syrup
- 1/4 cup shredded coconut

Add blackberries, orange juice and maple syrup to small to medium skillet or saucepan and bring to a simmer over medium heat. Then lower heat and simmer for 5 minutes, stirring frequently, or until blackberries are soft. Drizzle over pancakes and sprinkle with shredded coconut.



3 Alternatives to
Maple Syrup



DRINK: GREEN TEA

Because: It helps to boost your metabolism, aids in weight loss, improves brain function and is very high in catechins. Catechins are antioxidants which help to prevent cancer, heart disease and overall cell damage. Its caffeine content also can help to give you a much needed jolt of energy in the morning.

I recommend: Green sencha, and matcha tea. While there are many types of green teas and fusions to choose from, my personal favorites are these three. Sencha is by the far the best iced. Matcha is great with almond milk as a latte.

DRINK: CHAMOMILE TEA

Because: It promotes sleep, soothes stomach aches, and can help in calming muscle spasms. Chamomile tea has even been proven to promote healthy skin.

I recommend: Hot chamomile tea. Best sipped right before bed. Feel your eyelids fall heavy after a delightful cup, and slip into a restful slumber.

DRINK: ROOIBOS TEA

Because: It is anti-inflammatory, aiding in preventing heart related illnesses, good for promoting healthy bones and teeth, and can give a boost to the digestive tract. Rooibos is a lesser known tea, but reaps some of the most benefits due to its rich content of minerals, including calcium, iron and magnesium.

I recommend: Vanilla rooibos tea. This is one of my all-time favorite drinks. It is best hot and naturally embodies a hint of sweetness.

DRINK: BLACK TEA

Because: It can help lower cholesterol and boasts a considerable amount of caffeine if you are looking for an alternative to coffee. It comes from the same plant as green tea, so it has similar levels of antioxidants that help to prevent cancer.

I recommend: Earl Grey. This is a common black tea, and for a good reason. It possesses a slightly bitter flavor, which I personally enjoy, but also tastes amazing with a splash of milk and teaspoon of honey stirred in.

The Perfect
Cup of Tea



Written By: Ella Zehr

DRINK: MINT TEA

Because: It helps to reduce stress, cures bad breath, aids in digestion and can help boost the immune system.

I recommend: Peppermint. It is the one of the most common mint teas and my personal favorite. It is best when imbibed hot. I tend to reach for peppermint tea after a meal as it helps to soothe my stomach and digest the food with more ease.

FEATURED FOOD BLOGGER:

Minimalist Baker

est. 2012

Minimalist Baker is a website devoted to simple cooking. All recipes require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare. Dana, along with her husband, John, founded Minimalist Baker in 2012. The couple is currently situated in Portland, Oregon.

The Recipes:

Most of Minimalist Baker's recipes are special-diet friendly, specifically plant-based and gluten-free. This is for three reasons:

1. Dana is lactose intolerant and began experimenting with dairy- and egg-free baking in 2010.
2. Many of Dana and John's friends were gluten-free so the recipes started to go more in that direction to accommodate their needs.
3. Dana and John believe that everyone can benefit from incorporating more plants into their diets, and that's a message they love to promote.

Dana and John post new recipes every three days, with a mixture of savory and sweet. When you sign up for their newsletter, expect everything from desserts and breakfasts to healthy entrées and sides.



The Journey Here:

Dana and John say about their blog:

"While this has never been a strictly vegan or gluten-free blog, most new recipes fall into these two categories. This is simply because we enjoy eating and cooking this way and love making food everyone can enjoy. We don't subscribe to any one diet (nope, we're not vegan!), but plant-based cooking and baking has become the focus for this blog with our top priority always being on simple, delicious food."

No Sponsored Content:

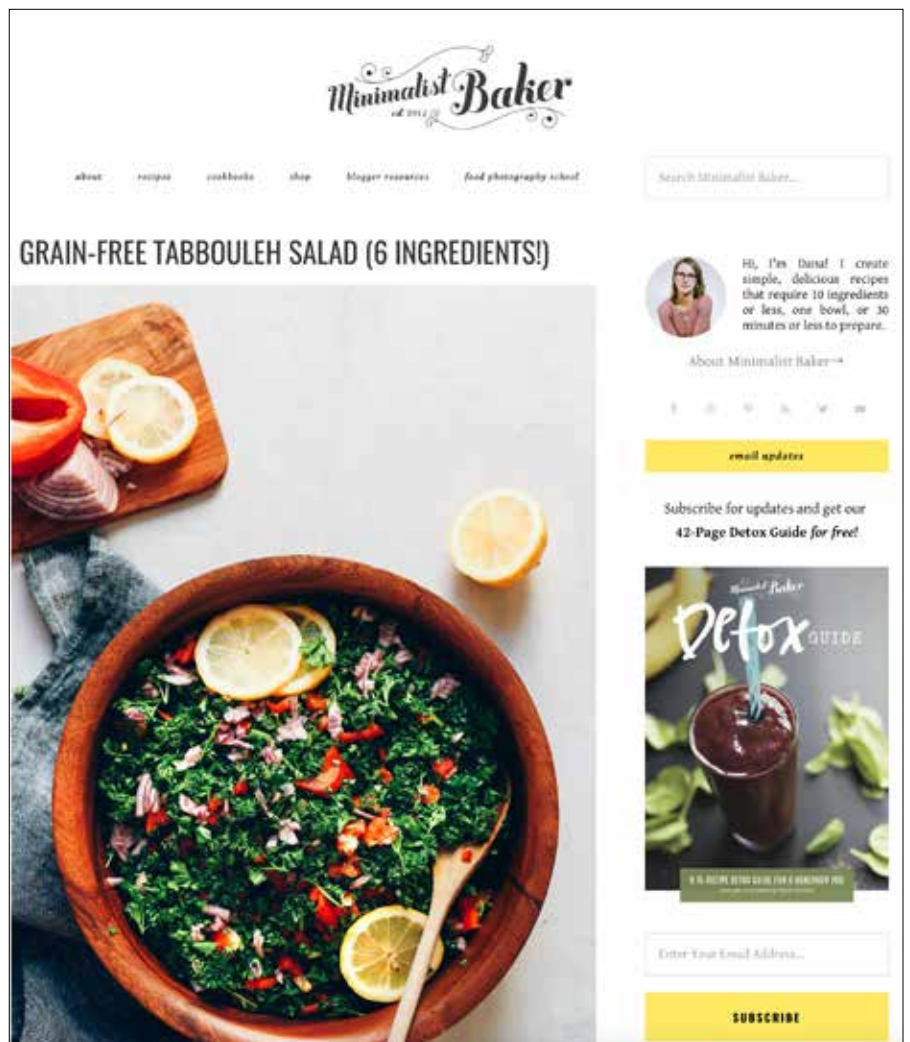
"We don't accept free products or do sponsored content on Minimalist Baker. This is because we value our readers' trust above all and aim to keep our content pure and honest. While we have worked with brands we love in the past, it's something we've chosen not to practice moving forward. We want our audience to know we aren't being paid to say or promote anything – period. Every new post is original, valuable, and unsponsored."

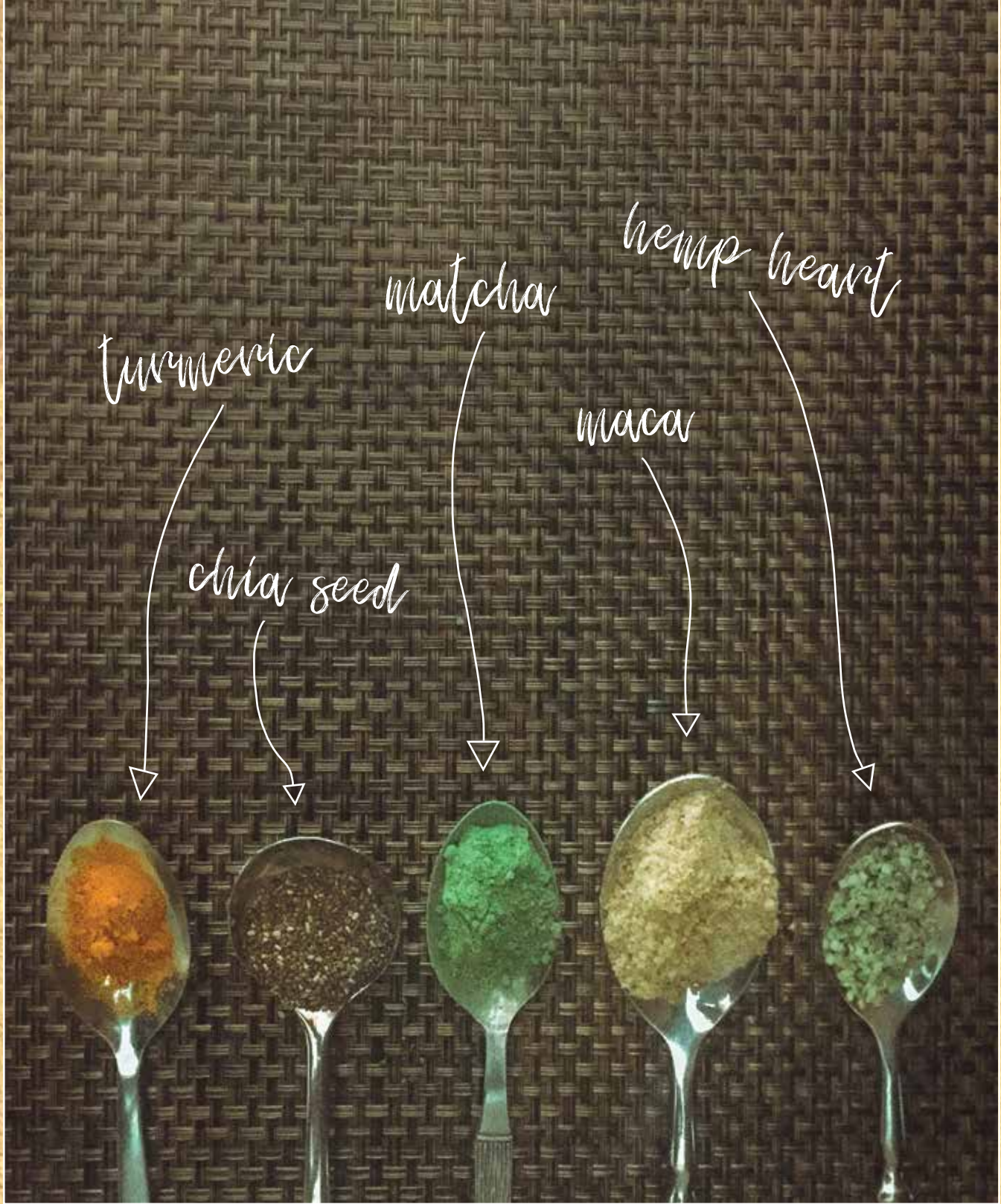
About Dana:

Dana is the recipe developer, content creator, and food photographer behind Minimalist Baker. She has been blogging in some form since 2010 and developed a deep love for recipe experimentation and food photography in the process. She is the author of *Minimalist Baker's Everyday Cooking*, *31 Meals Cookbook* and co-creator of The Food Photography School and the Essentials of Building a Great Food Blog Course. She's also an exercise enthusiast, green smoothie addict, and aspiring wine and coffee aficionado. Her achilles heel is an almond milk latte.

About John:

John handles all-things technical, design, branding, and product development. He writes blogging tips and creates tutorials on our Blogger Resources page. He's also an airline miles-earning badass, lover of the finer things in life (i.e. wine, craft coffee, and San Pellegrino), and traveler extraordinaire.





5 SUPERFOODS

with amazing health benefits Written By: Laura Wright

TURMERIC:

Benefits:

- Anti-Inflammatory
- Boosts effectiveness of the body's antioxidants
- Improves brain function
- Lowers the risk of heart disease
- May help prevent certain forms of cancer
- May help relieve certain aspects of depression

Uses:

Using fresh turmeric is as easy as throwing it into your juicer or adding a slice to your morning smoothie. Turmeric powder lends itself well to hot dishes, especially curries, soups, and stews.

MATCHA:

Benefits:

- High in amino acids—most notably theanine, which has been shown to aid in cognitive function, stress-relief, menstrual pain, and sleep maintenance
- High in antioxidants,
- Rich in fiber
- Rich source of vitamins and minerals, including vitamin-C, zinc, magnesium, and chromium
- Has been shown to lower blood pressure and cholesterol

Uses:

Matcha is traditionally prepared as a tea using a bamboo whisk and a tea bowl.

Matcha can also be used to:

- Flavor desserts, like green tea ice cream
- Added to smoothies and smoothie bowls
- Mixed in to baked goods
- Consumed as an iced drink
- Flavor savory dishes, like soba noodles

CHIA SEED:

Benefits:

- Rich in antioxidants which fight the production of free radicals that can damage molecules in cells and contribute to aging and diseases like cancer
- High in fiber and protein
- Rich in calcium, magnesium, and potassium
- Improves exercise performance

Uses:

Add a tablespoon or two to:

- Smoothies
- Yogurt
- Juices
- Baked Goods
- Soak overnight to make puddings

MACA:

Benefits:

- Balances hormones
- Improves skin and hair
- Energy booster
- High in calcium, iron, and magnesium
- Reduces stress

Uses:

Add a teaspoon or two to:

- Smoothies
- Raw Desserts
- Tonics
- Coffee & Tea

HEMP HEART:

Benefits:

- One of the densest sources of plant protein
- Omega 3 & 6 support brain, skin, and a balanced metabolism
- May reduce the risk of heart disease
- Reduces inflammation

Uses:

Mix into:

- Smoothies
- Yogurt
- Cereal
- Salads
- Baked Goods



8 AMAZING USES OF Coconut Oil In Cooking

Written By: Kate Britton

1. Cooking at High Heat:

Coconut oil is great for cooking at a high heat because of its high smoke point. Many other oils like olive oil can oxidize when heated but because coconut oil is made up of healthy saturated fats it remains stable under high temperatures.

2. "Buttering Your Toast":

For breakfast in the morning, try spreading coconut oil on your sprouted grain bread, instead of conventional butter. The slight coconut flavor, more pronounced in the unrefined coconut oils, lends a lovely aroma and taste to your toast.

3. Topping For Baked Potatoes:

Put coconut oil on baked sweet potatoes in place of conventional butter and then sprinkle on cinnamon. Also, use it for baked sweet potato french fries with some rosemary and sea salt.

4. Boost Nutrients in Smoothies :

Add 1 to 2 tablespoons of coconut oil to any fruit smoothie for a boost of cholesterol fighting compounds. It improves the texture of smoothies, while adding healthy fats to your diet.

5. Creamer for Your Coffee :

Adding a spoonful of coconut oil to your coffee can give you an extra boost of energy and replace dairy creamer. If you put your hot coffee in a blender, with the coconut oil and your favorite natural sweetener, and blend, you will be amazed at the rich creamy flavor, without adding any dairy.

6. Natural Throat Lozenge:

Use coconut oil in place of store-bought lozengers that are usually made using artificial flavors and colors. Try swallowing 1 teaspoon of coconut oil up to 3 times daily to ease the pain of a sore throat.

7. Replace Unhealthy Fats When Baking:

Use the same amount as butter or vegetable oil called for in the recipe. For biscuits, pie crusts, and other preparations where the fat is to be cold, freeze the coconut oil prior to using. Use coconut oil to grease baking sheets and cake pans, and your baked goods will simply slide right out.

8. Healthy Popcorn Topping:

Pop organic corn kernels in coconut oil and then drizzle with just a touch more melted coconut oil and some sea salt.



A COZY FALL DINNER

Soup, Cookies, & 3 Salads

INDIAN LENTIL-CAULIFLOWER SOUP:

Written By: Laura Wright

Why is it that the homeliest soups tend to taste the best? This soup is so quick and easy because there aren't many vegetables to chop (just garlic and onion—that's it!) and it relies mostly on pantry staples. It takes 15 minutes prep time (that includes getting the ingredients out), and then it's hands off while it cooks. Talk about easy! While this soup contains a lot of spices, it's not what I would call "spicy" or "hot." If you do want a kick of heat feel free to add some cayenne pepper or red pepper flakes. Also, feel free to change up the baby spinach for other greens like stemmed kale or chard.

1 tbs. coconut oil
1 yellow onion, diced
2 large cloves of garlic, minced
1 tbs. minced, peeled fresh ginger
1-2 tbs. curry powder, to taste
1.5 tsp. ground coriander
1 tsp. ground cumin
6 cups vegetable broth
1 cup uncooked red lentils
1 medium cauliflower, chopped
1 medium sweet potato, peeled and diced
2 large handfuls of baby spinach
3/4 tsp. fine-grain sea salt, or to taste
freshly ground black pepper
chopped fresh cilantro or kale

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for 5-6 minutes, until translucent.

2. Stir in the ginger, half of the curry powder, coriander, and cumin and sauté for 2 minutes more, until fragrant.

3. Add the broth and red lentils and stir to combine. Bring the mixture to a low boil, then reduce the heat and simmer for 5 minutes more.

4. Stir in the cauliflower and sweet potato. Cover and reduce the heat to medium-low. Simmer for 20-25 minutes, until the cauliflower and sweet potato are tender. Season with the salt and pepper, and add the rest of the curry powder. Stir in the spinach and cook until wilted.

5. Ladle the soup into bowls and top with cilantro or kale.

PEPPERMINT CHOCOLATE TAHINI COOKIES:

This magical flavor combo of these cookies is something to be studied. From the chocolate to the tahini to the peppermint and even coconut – don't skip even one of these elements in order to experience the true magic of the cookie. They store great in the freezer and even taste amazing straight out of the ice box.

3/4 cup light spelt flour
1/4 cup raw cacao powder
1 tbs. arrowroot powder
1/4 tsp. baking soda
1/4 tsp. baking powder
1/4 tsp. fine sea salt
pinch of ground cinnamon
1/4 cup coconut oil, melted
1 tsp. vanilla extract
3 tbs. plain nut milk
1/4 cup light tahini
1/2 cup coconut sugar
whipped coconut cream
crystalized ginger



1. Preheat the oven to 350°F. Line a baking sheet with parchment and set aside.
2. Warm the coconut oil in a small saucepan until completely melted, remove from the heat and add the nut milk, vanilla, tahini, and coconut sugar. In a medium mixing bowl combine the dry ingredients (listed spelt flour through cinnamon) and mix well with a fork. Add the wet ingredients from the saucepan to the dry and stir well. Once mixed, set aside to thicken while you chop the toppings.
3. Chop roughly 1 cup of coconut ribbons into smaller pieces and set aside. Now chop the mint dark chocolate bar into small chunks (about 1/2 cup total).
4. Using a 2 tablespoon cookie scoop, portion 10 rounded spoonfuls of dough onto the parchment lined baking sheet (or double up on your scoops to make 5 large cookies, leaving plenty of space for them to grow). Press down on each cookie to form a thick disk so they cook evenly. Top with a hefty spoonful of chopped mint dark chocolate, followed by a generous topping of the coconut ribbons.
5. Bake cookies for 10-12 minutes in the oven. Let cool on the cookie sheet on the counter before serving. The cookies will be soft. Store leftovers in an airtight container in the freezer, and if you are like us – enjoy them straight from the ice box as-is.

THREE Seasonal Salads

BROCCOLI AND BARLEY SMOKED PAPRIKA SALAD

1 cup pearly barley, rinsed	1 tsp. smoked paprika
1/2 large crown broccoli cut into florets	3 tbs. sherry wine vinegar
1/2 large crown cauliflower cut into florets	Kosher salt and freshly ground black pepper
1/4 cup olive oil	2 big handful baby arugula
3 large cloves garlic, chopped	3/4 cup cubed manchego cheese (6 ounces)
1/2 cup whole raw almonds, chopped	

1. Add barley to boiling salted water and cook until tender, about 30-45 minutes. Add the broccoli the last 3 minutes of cooking and cook until tender yet still slightly crisp. Drain both in a colander in the sink and rinse under cold water to stop the cooking. Drain well then add to a large mixing bowl.
2. Add olive oil to a medium skillet over medium high heat. Once hot, add the garlic and almonds and stir until the garlic and almonds are fragrant, about 1 minute. Turn off heat, sprinkle in the smoked paprika, season with salt and pepper, and stir for 30 more seconds. The residual heat will toast the paprika.
3. Carefully stir in the vinegar. Pour the dressing over the broccoli and barley and toss well all together. Finally add in the arugula and the cheese, taste for seasoning, and adjust as necessary.

KALE BRUSSELS SPROUT BROCCOLI SALAD

2 cups baby kale	4 tsp. Dijon mustard
2 cups of shaved fresh brussels sprout, about 12	3 tsp. chia seeds
2 cups of shaved fresh broccoli, a large head	1/2 tsp. kosher salt
1 cup of sliced and diced red cabbage	1/4 tsp. black pepper
6 tbs. apple cider vinegar	6 tbs. of extra virgin olive oil
4 tbs. honey	

1. Add kale, brussel sprouts, broccoli and cabbage to a large bowl.
2. Add all remainder of ingredients to a medium bowl and whisk together to make dressing.
3. Before serving toss whisked dressing over top of greens and toss to coat evenly.



BALSAMIC PEAR SALAD

3 cups baby greens
1 sliced pear
1/4 cup dried cranberry
1/4 cup blue cheese
1/3 cup chopped pecans
3/4 cup extra-virgin olive oil
1/4 cup balsamic vinegar

1. Toast chopped pecans in 350°F oven for 10 minutes until fragrant.
2. Mix greens, pear, cranberry, cheese and toasted pecans in a large bowl.
3. Combine the olive oil and balsamic in a jam jar or other container with a good-sealing lid. Add a big pinch of salt and a few grinds of black pepper. Screw on the lid and shake vigorously. Adjust the salt, pepper, or the proportion of oil and vinegar to taste.
4. Before serving drizzle dressing over top of greens and toss to coat.



Written By: Ella Zehr

WASTE LESS FOOD

Helpful tips to help you save more food . . . and money.

Food waste is more of an issue than most of us know. I recently read an article in National Geographic and was shocked to learn how much food we throw away. I am certainly guilty of wasting more than necessary, and feel it's time to make more of an effort.

“Across cultures, food waste goes against the moral grain. After all, nearly 800 million people worldwide suffer from hunger. But according to the Food and Agriculture Organization of the United Nations, we squander enough food — globally, 2.9 trillion pounds a year — to feed every one of them more than twice over. Where's all that food — about a third of the planet's production — going? In developing nations much is lost post-harvest for lack of adequate storage facilities, good roads and refrigeration. In comparison, developed nations waste more food farther down the supply chain, when retailers order, serve, or display too much and when consumers ignore leftovers in the back of the fridge or toss perishables before they've expired.”

“Supermarkets have always been free to set their own standards, of course, but in recent years upscale grocers have started running their produce departments like beauty pageants, responding to customers, they say, who expect only platonically ideal produce: apples round and shiny, asparagus straight and tightly budded....It's all about quality and appearance,” says Rick Stein, vice president of fresh foods at the Food Marketing Institute. And only the best appearance will capture share of the consumer's wallet.” Some of the produce that doesn't capture share will be donated to food banks or chopped up and used in a supermarket's prepared meals or salad bar, but most of US grocers' excess food is neither donated nor recycled.”

This is just a small glimpse of how much food is really being tossed out. Globally, 46 percent of fruits and vegetables never make it from farm to fork, just because it's oddly shaped, imperfect or “ugly”. The US alone wastes 30 to 40 percent of its food. Our supermarkets' cosmetic standards are a little ridiculous, yeah?

- Shop often and small. Produce isn't meant to last for much longer than a week. It's fresh, without preservatives, and alive. Be conscious of how much produce you think you are really going to eat. You might have to stop at the store more than once a week if you've used up all your veggies, but it's worth it to make the trip for freshness rather than letting things go bad and tossing them—and your money.

- Freeze food. Many perishables can be frozen. Like bread, desserts, tortillas . . . Make extra of what you're already cooking and freeze it for another time! Soups, stews, sauces, pies, chilis and meats all freeze well. If you know you won't be eating it within the next few days, store it properly and put it in the freezer.

- If you think your food is past its prime, it might still be good for soups, sauces, pies and smoothies!

- Shop at farmer's markets.

- Choose loose vegetables and fruit over pre-packaged produce to better control the amounts you need and ensure fresher ingredients.

- Separate your ripe fruits from very ripe. Fruits give off natural gases as they ripen, making other produce spoil faster.

- Eat leftovers and take leftovers home from a restaurant.

- Ask the waiter to hold bread and butter if you know you won't be eating it.

- Give uneaten food a second chance. Transform leftovers by adding them to a soup, a casserole, omelets, throw an egg on top, or make a salad.

- Blend bruised produce into a smoothie.

- Buy imperfect fruits and vegetables.

- Adapt. Modify recipes to your needs and resources. Learn to adjust your meal and use what's in your fridge. Base your meals around produce that needs to be eaten so it won't go to waste.

- Learn to cook. It's fun, rewarding, expressive and does excellent things for your health and our Mother Earth.

- Be grateful. Everyone has to eat. Most of us are lucky enough to have choices and the ability to purchase what we enjoy. Appreciate your food and the benefits will be bountiful. It's harder to waste your food if you love it.

COFFEE SHOP HIGHLIGHT:



SWITCHBACK COFFEE ROASTERS

330 N Institute St Colorado Springs, CO

We believe all people are meant to belong—and in our unique differences—we are better together.

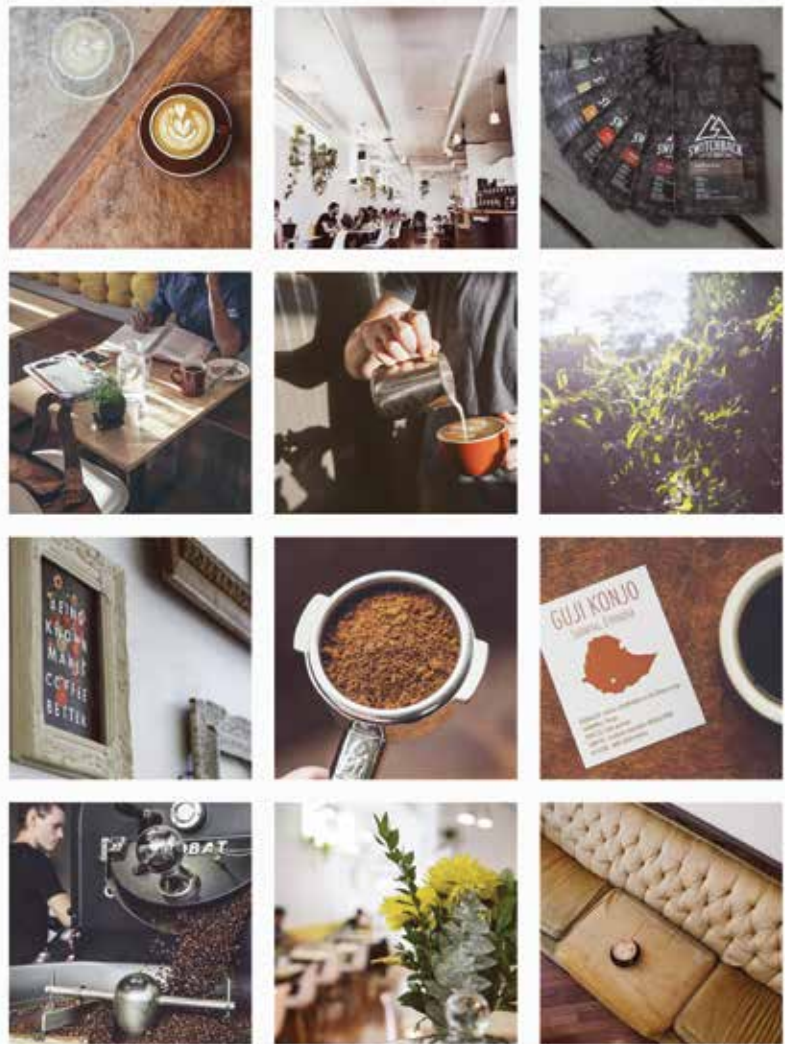
It is their mission, to create a genuine sense of belonging that encourages intentional conversation between diverse communities. It is their hope, that these connections will inspire honest and selfless living that unites their neighborhood, their city, and beyond their borders.

Switchback Coffee Roasters was started by two friends in a garage in 2010. Since then, Switchback has moved from the garage, to a warehouse, to a retail space and eventually to the thriving roastery that exists today. They supply many local businesses in Colorado Springs, from coffee shops to law firms and have recently expanded to supply several places across the country. Switchback's heart has always been the same; they love coffee and love engaging in the community and creating a space where great conversations can happen.

With that, in early 2014 Switchback Coffee acquired Fifty Fifty Coffee House from their friends who they had partnered with for the past few years.

The whole journey has been exciting for them as they pursue their passion for coffee and people. Join them in the journey.

www.switchbackroasters.com
@switchbackroasters



FALL ROUND-UP

Written By: Kate Britton

INGREDIENT OF THE SEASON: MILLET

It's easy to be fooled by millet if you've ever looked at a scoop of bird seed and thought, "How can humans and birds possibly eat the same thing?". Millet has many applications in feed for animals, but is also a wonderful gluten-free grain with which we can cook. Like quinoa and amaranth, millet is actually a seed that cooks like a grain. Millet can be prepared like rice, substituted for potatoes when cooked with more liquid, and make a great addition to grain bread. It also makes a great bed for roasted vegetables, curries, and stews. Lightly roast millet before cooking to enhance the earthy, nutty flavor. Leftover millet can be tossed in salads or added to your morning eggs.

In the cookbook *Everyday Whole Grains* by Ann Taylor Pittman, Ann makes a cream out of millet which is shared below. This cream is great to add to soups or morning porridges. More unique recipes with millet can be found in the *Everyday Whole Grains* cookbook which is sold on Amazon.

MILLET CREAM RECIPE:

In a small pot, combine 1/4 cup of millet and 1 cup of water. Bring to a boil, reduce to a simmer, cover, and cook until the millet is overly soft, 30 minutes. There should still be liquid leftover. Place the millet and liquid in a blender and puree until smooth, adding more water, around 1/2 cup or so, to reach the consistency close to cream.



Purchase on: bobsredmill.com

PRODUCT OF THE SEASON: BEE'S WRAPS

I'm always on the eternal quest to rid my life of non-reusable items (especially plastic). A few months ago I picked up some of these Bee's Wraps and they have been wonderful. I use them to wrap lunch sandwiches, top bowls for storage, and store hunks of cheese. They are reusable and easily washable!



Purchase on thrivemarket.com

KITCHEN-WARE OF THE SEASON: EARLYWOOD SPATULAS

I use a lot of different products in my kitchen but none seem to draw as much attention as my wood spatulas. They are a multi-use tool good for scraping, stirring, and frying. Plus, they are beautiful, functional, and do not tear up your pans like metal utensils. I have this flat saute set but they sell individual sizes based on your needs.



Purchase on earlywooddesigns.com

