

## TASTE

# In Season

## A calendar of food-related activities in Douglas County

To submit an event, send info to [food@nrtoday.com](mailto:food@nrtoday.com)

### WEDNESDAY

**Canyonville Farmers Market** — From 9:30 a.m. to 1:30 p.m., The Javelin Ormond Community Center, 110 SW Pine St., Canyonville. Local produce, artisans and musicians. Information: 541-375-0725 or [www.canyonvillefarmersmarket.org](http://www.canyonvillefarmersmarket.org). Accepts EBT and Supplemental Nutrition Coupons.

### THURSDAY

**Lookingglass Grange Farmers Market** — Closed. Returns Spring 2020. Information: Elee Hadley 541-530-3955.

### FRIDAY

**Sutherlin Farmers Market** — Closed until spring 2020. Information: 541-315-0553 or Sutherlin Farmers Market on Facebook.

### SATURDAY

**Umpqua Valley Farmers Market** — 9 a.m. to 1 p.m., First United Methodist Church, 1771 West Harvard Avenue, Roseburg. Locally grown produce/plants, handmade arts/crafts, prepared food. Information: 541-530-6200 or [www.uvfarmersmarket.com](http://www.uvfarmersmarket.com).

### TUESDAY

**Glide Farmers Market** — Closed. Returns spring 2020. Information: 541-430-8792 or Glide Farmers Market on Facebook.

## LEMONY SPINACH SOUP WITH FARRO

**Yield:** 6 servings

**Total time:** 1 hour 10 minutes

4 tablespoons unsalted butter or olive oil

2 leeks, white and light green parts, chopped

2 celery stalks, diced

3 garlic cloves, finely chopped

3 rosemary or thyme branches

2 bay leaves

1 pound potatoes, peeled and cut into 1-inch pieces (2 to 3 medium potatoes)

1 quart chicken or vegetable stock

1 1/2 teaspoons fine sea salt, plus more as needed

1/2 teaspoon black pepper

1 cup farro

1 pound baby spinach (about 20 cups)

1 cup cilantro leaves and tender stems (or use dill)

1 cup parsley leaves and tender stems

Juice of 1/2 lemon, plus more for serving

Extra-virgin olive oil

Flaky sea salt

Aleppo, Urfa, Turkish or other red-pepper flakes

Grated Parmesan or pecorino (optional)

1. Melt the butter or heat the olive oil in the bottom of a large, heavy-bottomed pot over medium-high heat. Stir in the leeks and celery. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in the garlic, rosemary and bay leaves; cook 1 minute more. Stir in the potatoes, stock, 2 cups water, 1 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil; reduce heat to medium and simmer, partly covered, until vegetables are tender, 30 to 40 minutes.
2. Meanwhile, bring a medium pot of salted water to a boil. Add farro and cook according to the timing on the package until just tender, about 20 to 30 minutes. Drain.
3. Discard rosemary branches and bay leaves from the soup pot. Add spinach, cilantro and parsley, and simmer uncovered until very soft, 5 to 8 minutes. Using an immersion blender, purée soup until smooth. (Alternatively, you can purée the soup in batches in a blender or food processor.) If the soup is too thick, add a little water. If it's too thin, let it simmer uncovered for another few minutes to thicken. Stir in lemon juice and more salt to taste. Stir in farro.
4. To serve, ladle the soup into bowls and top with a drizzle of olive oil, a few drops of lemon juice, flaky salt, red-pepper flakes and a little grated cheese, if desired.



LINDA XIAO/THE NEW YORK TIMES

**Ingredients** — including celery, leeks and herbs — for a lemony spinach soup with farro.

## SOUP

From page B7

good, flavorful broth, something you'd be happy to heat up and sip by itself from a mug on a freezing day. But even a bouillon cube will work. This isn't a fussy soup; it will forgive all kinds of substitutions and still taste excellent.

You can use other grains in place of the farro. I love its substantial chewiness and

almost bread-like flavor. But if you don't have any on hand, you definitely don't need to run to your nearest fancy market to find some. Simply leave it out for a thinner, lighter soup. Or use 2 cups cooked rice (brown or white) instead. Wild rice would be another great swap if you happen to have some in your cupboard, maybe leftover from that pilaf you made for Thanksgiving.

## STEPS

From page B7

Just remember to set goals that are attainable and small that work toward your larger resolution for the year.

If your resolution is to run a marathon or to just start working out, take into consideration where you are now and where you want to be in the end. If you do not do any physical activity, start by doing 10 minutes a day for the first two weeks, then build up to 10-minute workouts twice a day for several more weeks. Next, put the time together for 20 minutes at one time. Try adding more physical activity every other week to work toward building your endurance and becoming accustomed to physical activity.

If your goal is to be healthier in 2020, remember you need 30 minutes of physical activity most days of the week and strengthening activities at least two times a week for your major muscle groups. Small step really make a big difference for your overall health. Remember life changes happen slowly. Start this year to

## GINGER ALMOND ASPARAGUS

### Ingredients

3/4 pound asparagus, washed and trimmed (2 1/2 cups sliced)

1 teaspoon oil

3 Tablespoons slivered almonds

1/4 teaspoon salt

Pinch of black pepper

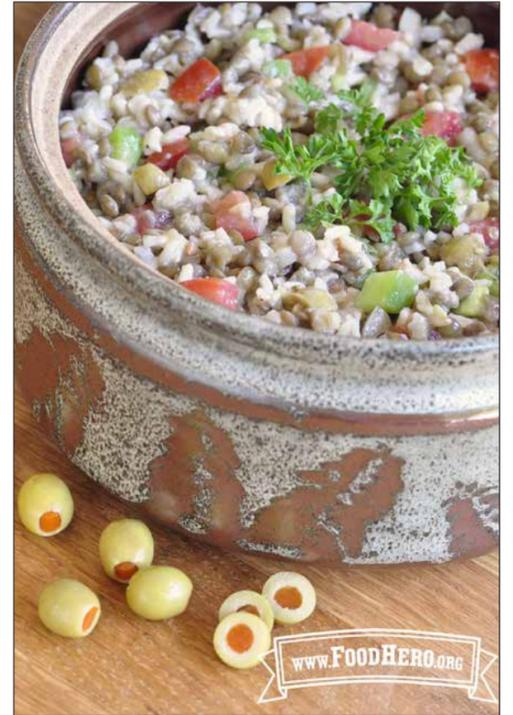
1/4 teaspoon sugar

1/8 teaspoon ginger powder

### Directions

1. Slice the asparagus diagonally into pieces about 3/4 inch long.
2. Heat oil in a large skillet over medium heat. Add remaining ingredients. Stir and sauté until asparagus is a brighter green, 3-5 minutes.
3. Reduce heat to medium-low; cover and cook until the asparagus is just fork-tender. Avoid overcooking. Shake the pan occasionally to prevent sticking or burning.
4. Refrigerate leftovers within two hours.

make small changes to your health. It can be as easy as drinking less soda pop, eating more vegetables or working out an extra day a week. Mainly, keep changes



WWW.FOODHERO.ORG

Lentils, such as the ones found in this Lentil Confetti Salad, are low in calories, rich in iron and folate and an excellent source of protein.

small so you do not let your big goals side track you from the important goal of being healthier this year.

One of my favorite things to do is try new recipes, so I have included some recipes with fun ways to utilize vegetables. Foodhero.org has so many great recipes that incorporate fruits and vegetables.

Give one a try this week as part of your steps to health in 2020.

*Mandy Hatfield is the Nutrition Education Program Senior Instructor for OSU Extension Service of Douglas County. Mandy can be reached by e-mail [mandy.hatfield@oregonstate.edu](mailto:mandy.hatfield@oregonstate.edu) or phone at 541-236-3017.*

## LENTIL CONFETTI SALAD

### Ingredients

1/2 cup dry lentils

1 1/2 cups water

1/4 teaspoon salt

1 cup cooked brown rice

1/2 cup italian dressing

1/2 cup tomatoes, seeded and diced

1/4 cup green peppers, seeded and chopped (about 1/2 a small pepper)

3 Tablespoons chopped onion

2 Tablespoons chopped celery

6 sliced pimento-stuffed green olives

2 teaspoons chopped fresh parsley (optional)

### Directions

1. Wash and drain lentils. Place in saucepan, add water and salt.
2. Bring to boil, reduce heat and simmer, covered about 20 minutes. Do not overcook. The lentils should be tender with skin intact. Drain immediately.
3. Combine the lentils with cooked rice, pour dressing over mixture and refrigerate until cool.
4. Add rest of ingredients, except parsley, mix well.
5. Garnish with parsley before serving (optional).
6. Refrigerate leftovers within two hours.

# Cacio e pepe, hold the cheese

## ALEXA WEIBEL

The New York Times

Cacio e pepe pasta — quite literally, cheese and pepper pasta — is as defined by its ingredients as peanut butter and jelly.

Like many classic Italian dishes, it requires just a few good-quality items (pasta, cheese and pepper) and attention to technique (emulsifying grated cheese and starchy pasta water into a silky, salty sauce). But it turns out that the cheese isn't entirely fundamental: Cacio e pepe's flavor is dominated by pepper and salt, not specifically cheese.

The combination of "salinity and pepper is the flavor that jolts you," said Brooks Headley, chef-owner of Superiority Burger, a vegetarian restaurant in the East Village of Manhattan.

Unlike vexing bait-and-switch concepts like a cauliflower steak or pork-free mushroom bacon, this vegan take on cacio e pepe is shockingly similar to the original, delivering a result that is so uncannily similar, in both mouthfeel and flavor, that the people you feed might not realize it lacks dairy.

The secret lies in a combination of nutritional yeast, miso and

cashew butter that packs a salty, complex funk to rival pecorino or Parmesan.

Many vegan recipes for creamy pasta imitate the richness of cheese with soaked nuts, especially cashews, whirred into cream. Instead, store-bought cashew butter provides heft and creaminess to this dish in an instant.

Once limited to the realm of health food stores, the condiment is now widely available, and its subtle taste is less pronounced than that of other nut butters, imparting the necessary fat without flavor.

The requisite salt and funk come from both the miso, earthy and high in sodium, and the nutritional yeast, which adds tang. (A staple in many vegan pantries, flaky nutritional yeast is a vitamin-rich seasoning that is often used to add cheesy flavor and bolster health benefits to a variety of dishes, from roasted vegetables to popcorn.)

Then, there's technique, elevating all the elements, in just three primary steps: Cook your pasta, toast your peppercorns in olive oil, then toss in your pasta with its starchy water and its flavorings.

## CREAMY POTATO LEEK SOUP

### Ingredients

3 leeks (about 3 cups diced)

3 potatoes (about 3 cups diced)

2 Tablespoons butter or margarine

4 1/2 cups chicken broth

1/4 cup 1% milk

2 garlic cloves, minced or 1/2 teaspoon garlic powder

1/2 teaspoon black pepper

### Directions

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes well; cut into small cubes.
3. Melt butter or margarine in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within two hours.

## VEGAN CACIO E PEPE

### Ingredients:

**Yield:** 4 servings

**Total time:** 30 minutes

Kosher salt

1/3 cup nutritional yeast

1/4 cup cashew butter

2 tablespoons white miso paste

1 tablespoon whole black peppercorns

16 ounces dried spaghetti

1/4 cup extra-virgin olive oil, plus more for drizzling

1/2 lemon, squeezed as needed (optional)

1. Bring a large pot of lightly salted water to a boil over high. (Go easy on the salt here, since the miso paste added in Step 4 is high in salt.) Add the nutritional yeast, cashew butter and miso to a small bowl and stir into a thick paste. Crush the peppercorns using the flat side of a knife. (Alternatively, you can roughly chop them or use a pepper grinder set to a coarse setting.)
2. Add the pasta to the boiling water, reduce the temperature to medium, and cook, stirring occasionally, about 2 minutes before al dente according to package instructions. Reserve 2 1/2 cups pasta cooking water, then drain the pasta.
3. Add 1/4 cup olive oil to the empty pot and heat over medium. Add about two-thirds of the crushed black peppercorns and toast, stirring frequently, until fragrant, 2 to 3 minutes.
4. Add the miso mixture, and stir, then whisk in 1 3/4 cups reserved pasta water until sauce is smooth. Add the pasta to the sauce and cook over medium-high, tossing it constantly and vigorously with tongs, until the sauce is glossy and the pasta is fully al dente, 1 to 2 minutes. Add an extra splash of reserved pasta water to keep the sauce glossy, if needed.
5. Divide among bowls. Drizzle with olive oil, sprinkle with remaining crushed pepper and serve immediately.

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