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PENINSULA WILD
FOOD CALENDAR

KENAI LOCAL FOOD CONNECTION



What Do You Think?

In many ways the global food system which has developed to protect people from the ebbs and flows of the seasons, as well as modern buildings which protect people so completely from the elements, have weakened our abilities to cope and adapt. Modern people are often quite stressed out. It is possible that we are not that relaxed living separately from the daily participation with our local

Eliza Eller wrote these thoughts about eating local whole, natural foods. Eliza can be found most summer days in the Ionia gardens: www.ionia.org

foods and fuel. It can be liberating to head in the opposite direction. Living in a home that experiences natural fluctuations in temperature, eating wild foods growing outside your door, knowing and shopping with your farmers and/or growing as much as you can syncs your system with your natural environment in ways that strengthen your immunity and gives you a more secure emotional and physical base. This is the way our ancestors ate for countless generations and it made them strong. Eating more stored roots in the winter time and fresh greens in the summer-time has an unmistakable energizing effect.

In each area there are the farmers and gardeners - they bubble up inevitably like water. Also, in every environment on earth - city, town, or countryside - surprise! - there are wild edible plants growing. There are knowledgeable wild foods traditions for each area. Here on the Central Kenai Peninsula of Alaska there are dandelions, nettles, fireweed, fiddlehead ferns, alaria kelp, spruce tips, mint, all kinds of berries, and mushrooms, just to name my favorites. These plants have thrived in our climate for centuries and have innate strength and robust qualities to share that no other foods can provide. It's easy to gather a few each year and even a small amount can lend us vigor and natural immunity stemming from our sense of place.

Moreover, we humans are social creatures. All of our ancestors for thousands of years of human development lived in tight knit social structures - villages, tribes, clans - which were intimately involved with each other and the land around them. Only in the past 200 years has technology advanced and cultures disassembled to allow people to live "alone". It is not our natural state. About daily meals, it is hard to separate from the culture around you. The food we eat must resonate with our circle of support for it to be sustainable and sustain us. Finding like-minded humans with whom to share our views and food experience is deeply needed for enduring change.

Creating a collection of people with quiet space in their lives to grow, gather, and eat local whole foods is HUGE, comparable to developing renewable safe sources of energy. Mental, physical and social health, as well as environmental stewardship, springs from these practices. Margaret Mead said, "Never doubt that a small committed group of citizens can change the course of history. Indeed, that is the only thing that ever has." I feel that when a small committed group of men, women, and children can eat regular whole foods meals which were locally grown, it will indeed change the course of history. ~ Eliza Eller

If every Alaskan spent \$5 /week on Alaska Grown, it would have an \$188 million impact.



What does Alaska grown include?

barley and other grain products, corn and beans, root, round, leafy and sea vegetables, berries and apples, fish, meat, dairy, poultry and eggs - and of course, wild foods.

SO MUCH VARIETY!

COMING THIS AUGUST:

3RD ANNUAL, BEST EVER HARVEST MOON LOCAL FOOD FESTIVAL

August 7-15

Great food events all week!

including
**A FULL schedule of fun
for the whole family:**

Guest Speaker Sandor Katz - renowned author of the Art of Fermentation, will speak at several locations around the Central Peninsula about the health benefits and social joys of ferments. This is our chance to ask the Fermentation Guru everything we ever wanted to know about the whys and hows of fermenting our food. Each talk will be distinct so attend both if you can!

Fermentation Workshops - in evenings throughout the week - learn to make sauerkraut, kimchi, miso, tempeh, sourdough, pickled fish, fermented berries, and pickles for kids.

Family Farm Tours - go visit animals and vegetables and berries with the kids - groups welcome!

“Seeds of Time” film at the Orca Theater - an in depth look at how changes in climate effect our food supply.

Local Restaurant Specials - look for them all around town!

Berry Hike - learn to find those elusive spots with treasures of juicy berries

Chef at the Market - fabulous local professional chefs show us how to make delicious dishes with the produce at the Saturday and Tuesday markets



**AND yummy
local food snacks
at all events!**

Join us for the detailed schedule of Harvest Moon events as they unfold on our website and Facebook page:

www.kenailocalfood.org

Peninsula Resident: BURDOCK

Burdock (also known as gobo in asian markets) is a delicious, deep growing hardy root vegetable with a taste

somewhere between carrots and artichokes. Burdock brings an earthy sweet flavor to stews and sautés and is a wonderful root vegetable which is known for its healing powers. Burdock has a very strong, dark brown, straight long root and broad, huge leaves. The leaves are medicinal but not edible. They make a healing poultice. The roots are amazing and have plenty of hardy strength to give us.

Burdock grows easily in Alaska and it's a smart vegetable to grow yourself because it is very expensive to purchase. The roots are so deep growing that you need a pitchfork to harvest them, but it is well worth it.

To cook burdock:

- ~ Sauté with a little sesame oil and shoyu (soy sauce) with or without a bit of grated ginger.
- ~ Add to soups and stews at the beginning with onions, carrots, celery, and potatoes.
- ~ Steam and eat plain.

To grow burdock:

- ~ Plant the seeds 1/2 inch deep and 4 inches apart into well-drained, sandy soil as soon the soil can be worked in the spring.
- ~ Weed once or twice until the leaves get high enough to take care of themselves.
- ~ Harvest in the fall: dig deep down with a pitchfork and loosen the soil well before pulling up the root from the middle of the earth.
- ~ OR harvest in the spring after over-wintering.

To find burdock:

- ~ Burdock lives at the Ionia gardens in Kasilof and Fischer's Fresh Farm Produce, also in Kasilof. We are unaware of any other homes on the Peninsula at this time! What a shame!
- ~ Burdock also lives at the asian markets in Anchorage - however, these plants are imported from the Lower 48 and Hawaii, so they just don't have the same tender sweetness as homegrown. (Sorry about that, but the truth must be told.)



Know Your Farmer: End of the Road Farm



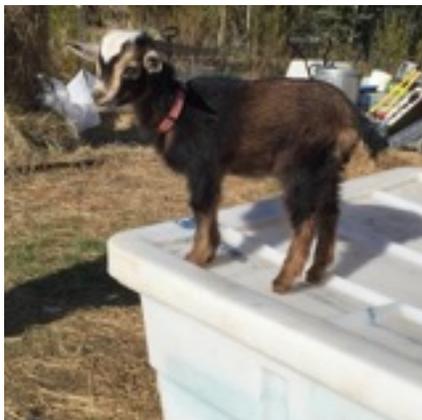
End of the Road Farm in Sterling is owned by Tricey Katzenberger and her husband. Together they have six children, three boys and three girls from the ages of eight up to fourteen. Tricey was raised hunting and fishing in Southeast Alaska logging camps. Her family also kept chickens and pigs and grew a garden on the Peninsula.

They wanted to pass on that lifestyle to their children, so in March of 2013 they started their farm with a few chickens picked up at a garage sale. Shortly after that they got their first goats (a mother and son). Since then their farm has grown to about 50 chickens, 8 rabbits, 21 ducks, 2 geese, and 16 goats.

Their chickens provide enough eggs for their family as well as enough extras for regular customers. Recently they have begun offering goat herd shares. End of the Road Farm's goat herd shares allow people to purchase a portion of their herd, pay a weekly husbandry fee that covers the cost of the care and the cost of the herd, and then in turn allows them to enjoy fresh milk from their goat.

You can find End of the Road Farm on their Facebook page <https://www.facebook.com/eotrfarm/timeline>.

You can also reach them by phone (907) 398-7320 or by Email endoftheroadfarm2014@gmail.com



HOW IT'S DONE

Every year I look forward to the start of farmers markets. I love the colors of the produce arranged on the tables, the smells of the fresh herbs picked only hours before, and the friendliness of the farmers selling their wares. I like to walk up and down the aisles looking at each farmer's table admiring the huge bunches of dark red rhubarb, or the size of the cabbages. There are so many ways to make local food a part of your everyday life. You can hunt, fish, forage, raise animals, or grow a garden, all of which are great ways, but one place you can start is by shopping at our local farmers markets.

Have you ever seen a kohlrabi? It's a round orb of a vegetable that can be green or sometimes purple. They almost look like turnips growing out of the soil instead of under it. It's one of my favorites! You usually can't find any at conventional grocery stores but you can find them at the farmers markets. Have you ever wondered what people do with bee pollen or what different types of edible flowers taste like? Ask a farmer selling them and they are happy to explain or give you recipes.

I don't think there is anything fresher and more delicious than food grown right here on the Peninsula. There are many local farmers growing fresh vegetables and fruits, and raising animals for meat, milk, and eggs. One of the best places to connect to those growers is at your local farmers market. Buying locally grown food can have a huge impact on the State of Alaska. We at the Kenai Local Food Connection challenge you to support our local farmers by making a farmers market one of your regular stops this summer.

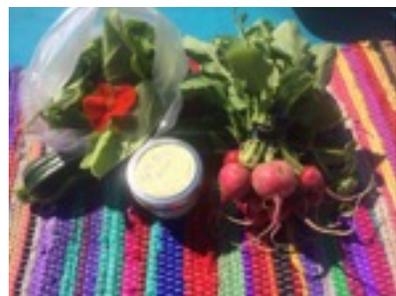
~ Alasha Brito

Farmers Fresh Market: *the only all food market- Tuesdays from 3-6 pm in the Kenai Peninsula Food Bank parking lot*

Central Kenai Peninsula Farmers Market: *local produce, food, arts & crafts- Saturdays, 10 am-2 pm in the Soldotna Elementary bus turn-around, corner of Spur Hwy/E. Corral Ave.*

Kenai Farmers Market: *arts & crafts, jam, jelly, honey, some produce- Saturdays, 10 am-5 pm at the Kenai Visitors Center*

Soldotna Wednesday Market: *arts & crafts, jam, jelly, honey, some produce- Wednesdays, 11am-5 pm at Soldotna Creek Park*



Local Wild Food Calendar: JUNE - JULY

Walking on nearby trails, fishing and harvesting from the ocean and fishing the local rivers and lakes during the months of June and July one can find many tasty, wild edible foods that are healthy and easy to prepare. Look in areas off the road and make sure you identify the plant correctly before you harvest and consume!

Berries

Cloudberry: Mid-July this berry plant can be found growing in bogs, woodlands and moist tundra. Eat the berries raw and use to make jelly and jam.

Red Raspberry: In July these berries can be found in clearings, dry meadows and edges of woods. Eat them raw and use to make jelly, jam, juice, desserts and liqueur.

Salmonberry: In late July these berries can be found by stream banks, moist coastal meadows and alpine slopes. Eat them raw or make jelly and jam.

Wild Strawberry: The berries can be found in July in dry open fields. Eat raw and use to make jelly, jam and pies.



Flowering and Leafy Plants

Common Mustard: This flower is found in waste places and blooms in July. The seeds can be ground for mustard seasoning and the leaves are edible and delicious.

Northern Yarrow: This plant flowers in July and can be found along roadsides, fields, open woods and alpine meadows. The leaves make a soothing tea.

Pineapple Weed: Blooming in July, this plant is sometimes called wild chamomile and is found in waste places. The flowers make a flavorful tea.

Common Plantain: In the summer, this plant is found in fields and waste places. Harvest the leaves and use in salads, as a side vegetable or cooked in soups.



Fish

Salmon: Omega 3 Fatty Acids, Protein, Amino Acids, Vitamins A, D, B6, B, E and Minerals

Halibut: Omega 3 Fatty Acids, B12, B6 and Potassium

Trout: Omega 3 Fatty Acids, B12, B6, A, D and Minerals



Seaweeds/Aquatic Plants

Harvest seaweeds during the lowest tide of the month. Seaweeds die back in the early summer and fall. This is when the seaweed is at its prime. The entire Kenai Peninsula, including Turnagain Arm, Knik Arm, Cook Inlet, Kachemak Bay and Seward is closed to the taking of aquatic plants, except 3 remote locations:

-The shorelines of the Kenai Fjords National Park (Bulldog Cove east to Yalik Point).

-The shorelines of the lower Kenai Peninsula and the North Gulf Coast west from the longitude of Jakolof.

-The shorelines of West Cook Inlet between the Chuitna River to Granite Point.

For more information about harvesting kelp and other aquatic plants in South-Central Alaska visit www.sf.adfg.state.ak.us.

Helpful information and fishing regulations can be found at state.ak.us/adfg.

~ Desiree Bell

References:

Alaska's Wild Berries, Verna E. Pratt

Alaskan Wildflowers, Verna E. Pratt



The Kenai Local Food Connection's

MISSION IS TO SUPPORT LOCAL FOOD BY FOSTERING HEALTHY EATING

contact us on E-MAIL:

kenailocalfood@gmail.com

find out more:

www.kenailocalfood.org

learn more about our events on

*Facebook:***[kenailocalfood](https://www.facebook.com/kenailocalfood)**



Alaska currently imports 98% of our food. This is a not safe, nor good for our health or economy. Let's grow the 2% of our food sourced locally to 3% , 4% and eventually all the way to 98%... one meal at a time.

look out for our upcoming special issue featuring all the details for our 3rd annual, best ever

HARVEST MOON LOCAL FOOD FESTIVAL

