

Central Vermont Localvore Challenge
August 2006
Dwinell-Yardley Family

Background:

We are Jane and Sky, plus Dana, age 19, and Sayer, age 15. The four of us live 3 blocks from the corner of State and Main in Montpelier in an energy-efficient house we designed and built ourselves. As a family of wheat and lactose intolerant people, we rely on spelt for bread and baked goods, and homemade yogurt (cultivated 24 hours -- vs. the 8 hours of commercial yogurt -- which "eats" all the lactose, and thus makes it tolerable for the lactose-intolerant). Dana considers the spelt grain, which we bake with and which comes from upstate NY, to count as local even though it's not within 100 miles. Sky, being pure -- Vermont only -- rejects it for this month. Jane does not eat any grain, starch, legumes or dairy products (besides the homemade yogurt and well-aged cheeses) due to intolerance, so the spelt decision is moot for her. Sayer, as a growing young man, does not want to participate in full, but is happy to eat what's in the house and cook for himself the foods the rest of us are not eating.

Thus our Wildcards:

The salt, spices, baking soda, powder and yeast Basic Wildcard for all of us. In addition:
For Jane, coffee.

For Jane and Dana, olive oil.

For Jane and Dana, almond flour (which is used as a substitute for starches in baking).

August 1, 2006

It's going to be a hot day -- 90s and high humidity. No one will want to eat much. Breakfast is the usual -- homemade yogurt (milk from friends in East Montpelier, starter from Butterworks Farm) and blueberries, honey for those who want it. Sky's yogurt and honey seems pretty sparse since he's used to putting coconut, oats, and raisins in it as well (and for some reasons doesn't choose to add the blueberries). Dana adds a piece of Zucchini Cake -- leftover from the Desert Potluck. (Cream 1/2 c. softened butter with 1 1/2 c. honey, beat in 2 t. vanilla, and 6 eggs. Mix together dry ingredients: 3 c. spelt flour, 1/4 t. baking soda, 1/2 t. salt and add to egg mixture. Add 1 c. yogurt and 2 c. grated zucchini. Bake at 350 degrees for 1 hour 20 min. [or until done] in greased 10 inch tube pan.)

Sky gives up coffee altogether (although he usually only has one cup of decaf), Dana forgoes her usual hot water and lemon for mint tea, but Jane sticks, happily, with her sole cup of regular, organic, free trade, from very far away, coffee.

Dana and Jane head to a pick-your-own berry place in Marshfield and come home with enough raspberries and blueberries to last for a while. 9 pints of raspberries are frozen, along with 6 quarts of blueberries, and enough fresh ones are left over to snack on all day.

Lunch for Jane and Dana is Gazpacho (place in blender 2 large chopped tomatoes, 1 med. cucumber, 1 small green pepper, 1/4 onion, 1 clove garlic, 1 T. olive oil, 1 T. apple cider vinegar, 1 T honey, and a splash of dill... blend and eat), with some slices of Cabot cheese and homemade Spelt Bread for Dana (soften 2 T baking yeast in 4 c. warm water, add a splash of honey or maple syrup. Mix in enough spelt flour to make a sponge [the consistency of thick pudding] and let rise 1 hour, add 1 T salt and enough flour to make a kneadable dough, knead until springy, let rise 50 minutes, punch down, let rise 40 minutes, punch down, shape into 2 loaves and place in greased bread tins, let rise 20 minutes and bake in preheated 375 degree oven for one hour) and lots of Mint Iced Tea with honey. Sky chooses to fry up some potatoes, garlic, and onion with melted cheese. Sayer is at a friend's house until tomorrow.....

Jane bakes some Almond Flour Crackers (Mix 2 eggs, 3 T. melted butter and 1/2 c. yogurt, add 1 c. chopped onion, 1 c. grated extra sharp cheddar, 3 c. almond flour, 1/2 t. baking soda, and 1/2 t. salt. Mix well. Bake at 325 degrees for 50 minutes in greased bread tins. When cool, slice thinly and dry in a 200 degree oven until crispy). They're great for snacks, plain or with cheese.

As dinner rolls around, and it's still too hot to eat much, so broccoli and green beans are steamed, and Dana throws together a Green Dressing for them (1 c. olive oil, 1/2 c. apple cider vinegar, 1/4 c. honey, 1 whole large scallion, some fresh basil and oregano leaves – blend until smooth). Those who are still hungry have salad (lettuce, carrots, cucumber, scallions) with grated cheese and Green Dressing. The hens don't like this weather so we're short of eggs, and today we're relying on Cabot Cheddar for protein.

The last of the berries are eaten, and more Zucchini Cake, and Mint Tea. We head to the Dog River to go swimming and hope we can sleep.

August 2

Another hot day. Thunderstorms during the night did nothing to cool us off. Usual yogurt and fruit breakfasts for everyone, and Sky makes another potato/cheese dish for an early lunch.

Jane heads to the store to stock up on butter, cheese, chicken and cornmeal. Dana makes Polenta with the cornmeal to help with the starch need (Combine 1/2 c. cornmeal with 1 c. cold water and 1 t. salt, mash into a paste. Bring 4 c. water to a boil and slowly add cornmeal paste w/ wire whisk, lower the heat and cook 10-12 minutes until thick. Add 1 c. grated cheddar. Eat as is, or pour into greased bread tin for cooling and use later.)

Dana and Jane have salads for lunch with lettuce, carrots, scallions, cucumber, Green Dressing and hard boiled eggs, and some Almond Flour crackers with cheese and homemade Sweet Mustard (Mix 1/4 c. dry mustard, 1/2 t. salt, and 1/2 c. honey or maple syrup [up to 1 c. if you like it sweeter] in saucepan. Whisk in 3 eggs, one at a time, then whisk in 1 c. apple cider vinegar. Cook over medium-high heat, so it's always bubbling, stirring constantly until thickened. Makes 1 pint.). Dana has some of last year's canned applesauce for dessert, with a few fresh raspberries thrown in. Jane makes Raspberry Frozen Yogurt to celebrate the heat (Combine 3 c. yogurt with 1 c. raspberries in the blender, add maple syrup or honey to taste [1/4 – 1/3 c.] and pour into electric ice cream maker, run 15-20 minutes until done).

Mid-afternoon Sayer comes home and eats some very non-local hot dogs, and then launches into the frozen yogurt. There isn't much left for the rest of us. Luckily, Dana stops at her grandmother's on her way home from work to pick some blueberries.

Still too hot by dinnertime, but the hens finally cough up some eggs so Jane picks some chard and makes a Quick Crustless Quiche (Stir fry veggies of choice in a 10" cast iron fry pan [enough to fill half the pan when cooked] until done, cover with 1 c. grated cheese of choice and herbs of choice, beat 6 eggs with 1/2 c. water or milk, pour them over the whole thing, and bake for 1/2 hour at 350 degrees. Good hot or cold.) Berries and what's left of the frozen yogurt for dessert.

More swimming, iced tea, and bed.

August 3

Still humid but the heat seems to have abated. A slight breeze from the north makes things more pleasant. Light showers come and go.

Jane and Dana stick with the usual breakfast, but Sky tries the Polenta. He fries up a couple of slices with butter and garlic, and pronounces it tasty. In a couple of hours, finding himself hungry, he has some yogurt and honey.

Dana, off working for the morning at Wellspring Farm in exchange for our CSA share, arrives home with an abundance of food – scallions, fennel, potatoes, peppers (hot and mild), tomatoes (cherry and regular), cucumbers, summer squash and zucchini, parsley, cauliflower, carrots, and an eggplant. Jane and Dana finish off the Chard Quiche (with some Sweet Mustard on it), and Sky and Sayer have another potato/cheese concoction. Dana makes herself a small Greek-flavored salad – primarily cucumbers and tomatoes with the last of the Green Dressing. Jane picks some mint from the garden and dries it for more tea.

The afternoon gradually clears out, less muggy, and some sun. We snack on raw peas from the garden, cucumbers, and slices of cheese.

As evening comes and we celebrate the change in weather, Sky splurges and bikes to the Coop for a bottle of Vidal-Blanc Shelburne Farms wine, and Dana makes Fennel-Sausage Stew (Melt 3 T. butter in large pot, add 1 chopped onion, 1-2 cloves chopped garlic, 1 thinly sliced fennel, 1 chopped sweet pepper, and a few chopped fennel fronds. Place one package Winding Brook Farm breakfast sausage on top of vegetables. Add 2 large chopped tomatoes, and enough water or Vermont red wine to make it not stick. Bring to a boil and simmer until done, about 45 minutes). Dana also whips together some Hot Sauce for those who want it (1 T butter melted in saucepan, add 1 chopped onion, 2 cloves chopped garlic, 2 medium chopped carrots [optional], cook until carrots are soft. Put in blender with 3/4 c. apple cider vinegar, a dash of salt, and 2 c. roughly chopped hot and sweet peppers [choose your heat]. Blend until smooth.) Sky has his Stew with Hot Sauce and broiled Polenta, Sayer has his with rice, and we eat on the deck. No dessert, we're too full.

August 4

We have a discussion in the morning about what foods people miss, and what we're learning. Jane and Dana miss nut butters, and seasonal, non-local fruit but that's about it. Sky, who relies heavily on tamari and Tabasco, is doing OK with salt and the newly-made Hot Sauce. However, Sky realizes that he is headed out of the house all day for meetings, and will need to bring food if he wants to remain "local." He makes a salad, but then realizes that it will need salad dressing, which contains olive oil. He doesn't see another choice at the time, so goes with it, and calls it a "learning experience."

After his usual breakfast yogurt, Sky boils some potatoes and heads out the door with a big bowl of potatoes and Hot Sauce. Jane and Dana have their usual yogurt and fruit, but Dana craves something new, so makes Cornbread (Beat together 1 egg, 1 1/2 c. yogurt, 1/4 c. melted butter, and 1/4 c. honey or maple syrup. Mix together 2 1/2 c. cornmeal, 1/2 t. salt, and 2 T. baking powder. Mix wet and dry ingredients together, and pour into greased 8x11 baking pan. Bake at 400 degrees for 1/2 hour). Fresh from the oven with butter, she pronounces the Cornbread delicious and crispy.

Sayer has come down with a cold, so he spends the day eating comfort foods, forcing fluids, and watching Lord of the Rings movies.

Jane and Dana finish off the leftover Fennel-Sausage Stew for lunch, along with salads of tomatoes, cucumbers, and scallions with a drizzle of olive oil and a splash of apple cider vinegar. Dana snacks on Cornbread later in the day, while Jane finishes off the last of the applesauce with a few raspberries. They're both waiting for the fall apples to come in.

Sky arrives home in time for a dinner of Baked Cauliflower (Steam 1 head of cauliflower, broken into florets, until tender. In the meantime, melt 2 T. butter, and sauté 2 chopped cloves of garlic, and a handful of chopped parsley until garlic is golden. Grate 1/2-1 c. of strong cheese [depending on your cheese preference and the size of the head]. When the cauliflower is done, toss it with the cheese and place in greased baking dish. Sprinkle 1

c. breadcrumbs [your choice – we used Almond Flour Cracker crumbs, but cornbread would work] over the top, and then drizzle the garlic/parsley mixture over all. Bake at 375 degrees for 15 minutes), salad with Mustard Vinaigrette Dressing (Blend 1 c. olive oil, 1 c. apple cider vinegar, 1 T. Sweet Mustard, 1 T. honey or maple syrup, 1/4 c. chopped onion or scallion, 1 clove garlic [opt.]), and Cornbread. Sky confesses that he was so hungry when he arrived at his late day meeting, and there was a bag of potato chips on the table, that he ate several handfuls.

Everyone is learning.

August 5

This morning, Sky decides to try a cup of mint tea, while Jane sticks with coffee. Cornbread and yogurt for breakfast. Dana heads to the Farmer's Market to see if they have early apples yet, and comes home with some melons instead – and a big bag of string beans for Jane to can. Sayer is still pretty sick, and spends the day on the couch again. The Spelt Bread has gone moldy, between Sayer's cold, and Sky not eating bread.

Sky, Jane and Dana talk with Sky about his experience being at a meeting the day before where snacks and sandwich-fixings were served, and he chose to eat his homemade salad instead. He says he has more understanding and sympathy for them (who always bring food to such events due to not eating grains/wheat), and other people with food allergies and limitations. And he realized that nothing served was local – and that he normally would have grazed on everything without thinking.

Dana throws together a Stir-fry for lunch (peppers, green beans, zucchini, summer squash) that she and Jane eat with hard-boiled eggs and Mustard Vinaigrette Dressing. Sky fries up some Polenta, covers it with grated cheese, hot sauce and sliced tomatoes, and when it's all hot and melted, he and Sayer have it for their lunch. Everyone works together to polish off a melon – delicious!

Jane cans 7 pints of Basil Beans – the white vinegar is not local, but everything else is – garlic, basil, and beans.

After lunch, Dana prepares a large salad for the dinner potluck going-away-to-college party everyone is attending – lettuce, scallions, carrots, cucumbers, tomatoes, peppers, grated cheddar and Mustard Vinaigrette Dressing – and heads to Burlington for the party. Jane and Sky stay home and get some things done, and arrive at the celebration at the dinner hour. Sayer stays home, still too sick to socialize.

We all talked before the party, and know that we can't stay local for this, but Jane and Dana find nothing they can eat but their own salad – all the other dishes have grains, primarily wheat. Sky is happy to eat everything. Later, Jane and Dana discover a small bowl of olives hidden away and eat a few, and then a watermelon comes out for dessert. Dana spends the night at her soon-to-be-leaving friend's house. Sky and Jane head home.

Jane, still hungry from her slim dinner, snacks on some cheese and Almond Flour Crackers before bed.

August 6

No mint tea for Sky today – he's off to walk the dog and get the Sunday paper. Jane enjoys coffee in bed, and they both eat their usual breakfast.

Lunch rolls around, and Jane makes little sandwiches with Almond Flour Crackers, slices of cheese and tomatoes, and a bit of Sweet Mustard. Dessert comes from a fresh batch of Raspberry Frozen Yogurt. Sky fries up more Polenta with garlic, cheese, hot sauce and sliced tomatoes. Sayer rolls out of bed after lunch, and promptly falls back asleep. He's still sick.

After an afternoon stacking wood and kayaking on Wrightsville Reservoir, Jane roasts a Misty Knolls chicken, thins the beets and stir-frys some beet greens, and steams some baby beets along with a handful of green beans from the garden for dinner. It's simple and delicious along with the rest of the bottle of the Shelburne Farms wine. Dana comes home just before bed and eats some leftovers while she tells us about her weekend.

August 7

We wake up to more steamy weather. Usual breakfast. The kids pull out of bed mid-morning – Sayer feels better, but now Dana is coming down with the cold. The Cornbread and the Polenta are gone, so Dana bakes Corn-Zucchini Muffins (Beat 3 eggs with 1/4 c. melted butter and 1/2 c. honey or maple syrup. Grate a medium-size zucchini [approx. 1 c. or so packed] and stir in. Add 3 c. cornmeal, 1 t. baking soda and 1/2 t. salt. Stir, and pour into greased muffin tin, or 8x11 pan if you're feeling lazy. Bake at 375 degrees for 30 minutes). Dana pronounces them too dry, but Sky says they are delicious and eats several for lunch with butter. Everyone else has leftover chicken and beets for lunch, along with some sliced cucumber.

After Dana drags herself off to work, Jane makes Chicken Soup with the carcass – after she cooks the bones in water to cover and a few springs of thyme and a bay leaf for an hour and then strains the whole thing, she adds some chopped garlic, a couple of chopped carrots, and the last of the peas from the garden. It's ready if anyone wants it.

In the middle of the afternoon, Jane heads to the landfill with the monthly bag of trash, and boxes of recycling. She realizes that with eating locally that their can-and-bottle recycling will be virtually non-existent. That's a good thing, and another positive side effect of this adventure.

As the day hits 88 degrees, Jane comes home hungry and bakes some Blueberry Pan-Muffins (Beat 3 eggs, 1/4 c. melted butter, 1/2 c. honey. Add 3 c. almond flour, 1 t.

baking soda, and 1 t. salt. Mix well. Pour into greased 8x11 pan, and spread batter over bottom. Cover with blueberries until they are well-scattered, 1 c. or so. Bake at 325 degrees for 30 minutes). When they come out of the oven, she has one with a slice of cheddar, and Sayer eats one out of the middle of the pan.

At the dinner hour, no one wants to eat much, so it's salad all the way around (so Jane freezes the Chicken Soup for another time). The vegetables are thinning out, so it's lettuce, a few ratty scallions, grated carrot, the final ripe tomato, and grated cheese with Mustard Vinaigrette dressing topped off with bowls of Raspberry Frozen Yogurt and slices of the last melon from the Farmer's Market. We sit on the deck until it cools off, and then head to the Vermont College Green to play Frisbee.

August 8

The humidity seems to have cleared, and it promises to be crisp and more seasonable. The usual breakfasts all around, though Dana is feeling worse and Sayer is nearly recovered. Good thing there's plenty of mint tea for everyone.

Jane throws together some Ketchup now that tomatoes are in season (Puree 12# plum tomatoes with 2 large green peppers and 2 large onions. Add 1 c. apple cider vinegar, 1 c. honey or maple syrup, 1 t. salt, 1 t. pepper, and 1 t. ground allspice. Cook for several hours on low until reduced by half.) She calls Ellie's Farm Market to see if they have any early apples yet, but no, not for a couple of weeks. Another blueberry-picking trip will need to happen in the near future.

Lunch is a mish-mash -- leftover beet greens, cucumbers, salad, cheese, Zucchini-Corn Muffins, and Blueberry Pan-Muffins. Everyone fend for themselves. Jane makes some Almond-Honey Frozen Yogurt to top things off (Blend 1 quart yogurt with 1 t. almond extract and 1/3 c. honey. Freeze in ice cream maker.) By afternoon the Ketchup is ready to be canned -- 8 pints, and some leftover for immediate use.

By evening, Jane picks a bunch of chard, sautes it, gathers eggs, and makes another Quick Crustless Quiche, while Dana slices and quarters the Eggplant, tosses it in olive oil, salt and pepper and bakes it on a cookie sheet at 400 degrees for 20 minutes. That, plus salad, and the remaining Raspberry and Almond-Honey Frozen Yogurt tops off the day.

Sky heads to the Savoy for the late show, and settles into his seat with his usual popcorn, butter and brewer's yeast. As he takes his first bite he realizes -- oops! Where does this popcorn come from anyway? Not wanting to waste it, he eats it anyway. Just another moment of consciousness raising.

August 9

Jane wakes up with the cold, but hopes for the best. The usual breakfasts, along with plenty of butter on the now-very-dry Corn-Zucchini Muffins, and the end of the Blueberry Pan-Muffins. Dana sleeps until 10:30 and gets all messed up on her meals – but she feels better.

Lunch is a catch-as-catch-can affair. Jane sautees some fennel in butter and steams the handful of green beans in the garden. Along with a slice of cheese and some Frozen Yogurt, that covers her. Sky has some cold Crustless Chard Quiche, and salad. Dana has a piece of cheese and a handful of berries as she heads out the door for work.

As the afternoon goes along, Jane bakes some more Almond Flour Muffins, this time Raspberry/Blueberry (recipe as above with the fruit evenly divided). Dinner becomes a mishmash, too, with leftover Quiche and salad the primary ingredients, though Sky boils what's left of the potatoes and has them also. Not much energy today – or food – it's Dana's farm day tomorrow. We're ready for an onslaught of new veggies.

We go to the Localvore meeting – where is everyone?

August 10

Dana drags herself out of bed early to go to the farm – spelt bread toast for her, and yogurt. Yogurt and fruit for Jane and Sky. Jane feels worse, and has mint tea to keep her throat soothed. She tries a new cornbread recipe, searching for a moist cornbread that uses all cornmeal and no wheat or spelt flour. She finds it in their old tried-and-true Three-Layer Cornbread recipe (Combine 1 egg, 3 c. milk [or 2 c. yogurt plus 1 c. water], 1/4 c. melted butter, and 1/4 c. honey or maple syrup. Add 2 c. cornmeal, 2 t. baking powder, and 1 t. salt. Mix well. The batter will be runny. Place in greased 8x11 greased baking pan, or 10" cast iron pan, and bake at 350 degrees for 50 minutes). Jane heads down the street to see if the blackberries are in season yet, but only find a handful. More to come. Just before Dana is due to arrive home, Jane sautees some tired looking summer squash left in the fridge from last week, with some peppers picked from the garden. With a little grated cheese, and handful of basil leaves, that's her lunch.

Dana comes home – we're inundated! There's corn-on-the-cob, tomatoes (cherry and regular), beets and beet greens, mesclun mix, potatoes, onions, garlic, cucumbers, string beans, carrots, kale and chard. Sky cooks up the corn for himself, Sayer, and his friend that is visiting. Dana has some of the summer squash sauté, and a cucumber sandwich. Jane takes a nap.

After her nap, Jane makes some Salsa with the tomatillos (Chop tomatillos, and tomatoes if you like, to make 2 c., put into medium-size refrigerator container, along with a small amount chopped onion and green pepper, a clove or two of garlic, 1 T olive oil and vinegar, salt, cumin, oregano, and pepper to taste. Mix well. Adjust seasonings to your preference. It tastes better after it sits for a while.).

Dinner is salad – in abundance. Dana throws together more Mustard Vinaigrette Dressing, this time with a selection of herbs from the garden.

August 11

Dana wakes up and cooks up a storm. First, it's Pancakes for breakfast with a honey-raspberry sauce -- no maple syrup in the house. (2 eggs, 1 stick melted butter, 1 c. yogurt, 1 1/4 c. spelt flour, 2 t. baking powder, 1/2 t. salt. Mix well and cook on hot griddle. Heat some honey and raspberries to taste.) Sky won't eat them, but drizzles some of the sauce on his Cornbread. Jane has yogurt.

A Carrot Cake is next (Mix together 1 egg, 1/2 c. honey, 1 c. melted butter, and 1 c. grated carrot. Mix together 1 1/4 c. spelt flour, 1/2 t. cinnamon, 1 t. baking soda, 2 t. baking powder. Mix together wet and dry ingredients. Pour into greased 10" tube pan, Bake at 350 degrees for 45 minutes). While the cake is baking, she makes a Beet-Potato Salad (Steam 2 # cubed beets until done, slip skins. Boil 1 1/2 # potatoes, cubed or bite-size, until done. While beets and potatoes are cooking, mix together 1 c. yogurt or sour cream, 2 T. olive oil, 1 T. apple cider vinegar, 2 T. fresh dill, 2 chopped scallions or one small onion, and 1-2 cloves garlic. Toss beets and potatoes in dressing and chill. Hard-boiled eggs may be added if desired).

She and Sky are all set for lunch now. Jane eats some beets that don't get put in the salad and a sliced tomato and cucumber. With her cold, she doesn't have much appetite. Lots of mint tea is in order.

In the afternoon, Sky thins the basil and Jane makes Pesto – the walnuts are not local, but everything else is, and besides the 7 pints she makes are put in the freezer for later use. (In a food processor, combine 4 c. basil leaves, 2-4 cloves garlic, 1/4 c. olive oil, and 1/3 c. walnuts. Freeze as is or eat fresh. Parmesan cheese can be added at the time of eating.)

For dinner, everyone heads to a family gathering at the Wildflower Inn in Lyndonville. No one expects to eat locally, but we are pleased to see that the menu indicates where the food is from – Misty Knolls chicken from Vermont, and beef from Maine and NY State (along with foods from further away). We indulge in seafood, wine from Oregon and South Africa, and exotic desserts.

August 12

Now Sky has come down with the cold, and Jane had a terrible night. More mint tea, and not much appetite. Yogurt and fruit for breakfast, and salads for lunch. Dana goes to the Farmer's Market and comes home with a watermelon, and cantaloupe, some onions, and

several pounds of string beans (which Jane turns into more Basil Beans). The watermelon and the Raspberry Frozen Yogurt disappear as the afternoon progresses.

Jane thaws out the Chicken Soup from the other day. Perfect with the cold. Dana tries some Roasted String Beans (Snap/cut beans into 1-2 inch pieces, toss with olive oil and salt, place in 8x11 pan and roast in 400 degree oven for 15-30 minutes until done. Cooking time depends on your doneness preference and the age of the beans) which turn out to be better the next day. No one wants to eat much – now Sky feels like he is getting sick.

August 13

Dana heads to Burlington to spend a couple of days with her friend, and Sky and Jane stay in bed most of the day as they are both pretty sick. Today's intake is mostly mint tea, and water, and the last of the Chicken Soup. Jane bakes some more Almond Flour Crackers. Sky makes an onion-pepper-summer squash stir-fry for dinner. Jane and Sky look forward to getting their appetites back.

August 14

Another bad night, but Jane feels a bit better in the morning. After the usual yogurt and fruit, she makes a Crustless Quiche with a variety of greens for lunch. Sky isn't interested in eating. Dana comes home from Burlington and has a big salad for lunch. Sayer continues to subsist on rice, tortillas, and popcorn in rotation, and a jar of Basil Beans a day.

Dinner is another catch-as-catch-can meal. Dana has quiche and a tomato/cucumber salad (the tomatoes are coming in fast now!). Jane thaws out chicken soup for Sky, and Carrot Soup for herself (Melt one stick of butter in a small soup pot, add 1 large chopped onion and 1# chopped carrots. Cook for 20-30 minutes on medium heat until veggies are well browned. Add 1 t. ground allspice and 2 t. dill plus water to cover. Cook until all is tender, then blend until smooth. Serve with diced chives and a dollop of yogurt or sour cream, if desired).

August 15

Jane and Sky sleep well, and feel better. Things are looking up. Breakfast as usual. The blueberries are almost gone; it's time to pick again. Dana calls Ellie's but no apples yet – maybe next week. Dana picks blackberries on the road, and gets a pint, so Jane makes Blackberry Frozen Yogurt.

Jane picks the last of the fennel from the garden and fries it with onions and butter and has it for lunch. Dana has another salad, and Sky the last of the Quiche with tomato

slices on top. He says he's looking forward to having tamari back. For dinner, Jane finds some cubed Misty Knolls chicken in the freezer and tosses it in with the leftover fennel, and shares it with Dana. Some sliced tomatoes and the rest of the melon rounds things out.

Jane and Dana head out to Cate Farm where they meet Sky and harvest some oats and wheat. About 20 people showed. Sky crammed the car full of wheat, and Jane and Dana harvested a pail full of oat kernels. At home, Sky is happy to discover that the localvore bread came today from Red Hen. He makes a pepper-zucchini-onion stir fry with cheese and a slice of bread for dinner. Jane opens a bottle of Pear Wine from Grand View Winery to celebrate feeling better. It's OK, but a bit too sweet for her taste. Sky isn't crazy about it either.

August 16

Another nice day after a light rain in the night. The frozen blueberries are nearly gone – Jane and Dana discuss going berry picking, perhaps tomorrow. The usual breakfasts, plus the end of the Carrot Cake, and some localvore bread.

Jane makes another batch of Gazpacho as the tomatoes are cranking up. In the afternoon, she bakes some Zucchini-Carrot Almond Flour Pan Muffins, and some more Three-Layer Corn Bread since the localvore bread will be gone by the end of the day. She then heads to Shaw's to replenish their supply of Cabot cheddar – and there are Vermont apples -- tart, crisp, and juicy Paulareds. Hooray!

Dinner is a mess of Misty Knolls Chicken Drumsticks (pan-fried and marinated in herbs, Sweet Mustard, and the end of the Pear Wine) and salad, topped with apples and Blackberry Frozen Yogurt. The chicken bones and scrapings from the pan will be cooked with some water for a very intense stock for later use.

August 17

Farm Day! We celebrate with apples in our yogurt, and Dana heads out to harvest and organize produce. She comes home with a big, juicy seedless watermelon – plus salad greens, eggplant, peppers (hot and sweet), tomatoes (cherry and regular), tomatillos, zucchini, corn, leeks, cucumbers, basil, parsley, and flowers. Jane prepares the basil and parsley for drying, and freezes the sweet peppers – there are so many already in the garden.

Dana makes a zucchini-pepper-onion-basil stir-fry for lunch, and with cornbread (or pan-muffins) and hard-boiled eggs, that's plenty. Everyone makes short work of the watermelon as the afternoon wears on.

Dinner is another mish-mash – salads, cornbread, leftover Gazpacho. No one is in the mood to cook.

August 18

Yogurt, apples and blueberries to start the day. Dana and Jane want to go berry picking, but repeated phone calls find no one there. Thank goodness for apples.

Lunch is salads, steamed green beans, corn-on-the-cob, and cheese... along with what's left of the watermelon.

Jane makes Raspberry Frozen Yogurt in the afternoon as the day heats up, and then a Tomato Basil Tart for dinner (Chop 4 large tomatoes and 1/2 c. fresh basil, mix, and place in colander over bowl for one hour so the tomatoes can drip. In the meantime, make (and pre-bake) your favorite pie crust or try this one: Mix together 2 beaten eggs, 1 medium grated zucchini, 1/2 t. salt, 1/2 c. almond flour or cornmeal, 1 t. baking soda and pour into greased pie plate. Bake for 30 minutes at 350 degrees. When crust is done, cover with grated cheese of choice, a layer of tomato-basil, another layer of cheese, another layer of tomato-basil, and some cheese on top. Bake at 350 degrees for 30 minutes). You know it's high summer when there are enough tomatoes for a Tomato-Basil Tart! Jane and Sky open a bottle of North River Winery Pear Wine, but this wine, too, is disappointing, though better than the Grand View Pear Wine.

August 19

The weather is getting hotter and stickier in anticipation of rain, so we get prepared as well – by spending the day splitting and stacking wood. Dana found some Vermont Jacob Cattle Beans at the Coop, so Jane makes Refried Beans with them (Soak 2 c. beans overnight in water to cover, drain, re-cover with fresh water and cook until tender. In the meantime, sauté [in butter or olive oil] several chopped cloves of garlic, a large chopped onion, a large chopped green pepper, 1 T. dried oregano, 1 t. salt, and hot pepper to taste. Drain cooked beans and mix with cooked veggies). Sky has his beans with cornbread and Tomatillo Salsa, but Dana makes a Mexican Salad with greens, refries, salsa, and corn scraped from the last leftover ear of corn.

Dana goes to the Farmer's Market for onions, garlic and more string beans, and picks up a few more bags of apples at Shaw's because there aren't any at the Farmer's Market yet.

In the afternoon Jane makes some Apple Almond Flour Pan-Muffins and Tomato Soup (Melt 1/2 stick butter in small soup pat, add 1 chopped onion, and 1 chopped green peppers, cook until soft, add 8-10 chopped tomatoes, 1/4 c. honey, some chopped basil, and water to cover. Cook until all is soft, then blend and serve).

August 20

A rainy day for staying inside and reading the Sunday paper. Dana makes 2 Eggplant Pizza for lunch -- Sky has relaxed his no-spelt policy -- (Dough: Combine 1 1/2 c. warm water and 1 T. dry yeast. Let sit until yeast is softened. Add 4 c. flour and 1 T salt -- stir until able to knead. Knead 5-10 minutes until springy. Let rise, covered, in a warm place for 45 minutes. In the meantime, make the Sauce: Melt 3 T. butter [or use olive oil] and sauté these chopped veggies -- 1 large onion, 1 large green pepper, 4 garlic cloves, 1 and eggplant until soft. Add 3 large chopped tomatoes and a handful of chopped basil and cook until soft. Run the sauce through the blender if you like your sauce smooth. After the dough has risen, punch down and form into 2 balls, and spread out in 2 pizza pans or cookie sheets. Spoon sauce on top and cover with grated cheese. Bake in a preheated 450 degree oven for 15 minutes or until cheese is bubbly and crust browned). There's enough pizza for lunch and dinner, and even Sayer eats it. Jane makes do with the leftover Tomato Soup, and Apple Pan-Muffins, and lots of tea. It's one of those days.

August 21

There hope that the weather will straighten out, but it's damp and chilly most all day. Breakfast is the usual, and lunch is leftovers -- Tomato Soup, Refried Beans, and the Cornbread. Sky boils some potatoes and makes another potato-garlic-onion-cheese dish for himself.

As the skies clear, Dana and Jane go to Fruitlands in Marshfield again, and come home with 18 quarts of blueberries to freeze.

As dinner rolls around, Dana picks some summer squash and peppers, and makes some Summer Squash Boats (Saute in olive oil or butter some leeks, and sweet peppers, finely chopped. Cut in half lengthwise one summer squash or zucchini for every 2 people being fed [at least 10-12" long], scrap out the inside leaving 1/2" of flesh at the edge, chop finely and add to the sauté. When veggies are done, (throw in some chopped green herbs for good measure), spoon into squash boats, and cover with grated cheese. Bake 30 minutes at 350 degrees). They're delicious, but Jane and Sky open a bottle of North River Winery Fruit Table Wine (made from apples and raspberries) and are very disappointed. It's the worst stuff they've ever tasted -- a great aroma but vinegary taste -- so the whole bottle goes down the drain. After dinner, they head out to the Black Door -- it's Vermont Beer night, so Sky has some beer and Jane has some excellent non-Vermont wine. They've about had it with the Vermont wine, but there's one more bottle to try some evening.

August 22

Jane finds a new cornbread recipe this morning – one that has all cornmeal in the original recipe (previous Cornbreads have called for both flour and cornmeal, but just cornmeal has been used). This Southern Cornbread is different, but good. Sky and Dana pronounce it the best of all the Cornbread recipes so far. (Combine 4 c. corn meal, 2 t. salt and 2 t. baking soda. In another bowl combine 4 eggs, 4 c. buttermilk [or yogurt and water] and 1/2 c. butter. Combine wet and dry ingredients and mix until smooth. In the meantime, preheat oven to 450 degrees and place a 12 inch greased cast iron fry pan in oven to get hot. Pour batter into hot pan, and bake for 35 minutes until done). She also throws together more Onion-Cheese Almond Flour Bread and puts it in the oven when the Cornbread comes out. She's ready to make more Sweet Mustard, but the honey is all gone.

Jane goes to the Co-op for honey, and finds some ripe Rose Hips on her way, and picks them. At home, she dries them for tea later in the year.

Lunch is salads, and cornbread. Dinner is another stir-fry with onions, peppers, and summer squash. Oh well, the season for these things is only so long. Some cheese, and yogurt and blueberries for dessert round out the meal. Sky decides to open the Woodland Red Wine from North River Winery (made from apples and blueberries), and likes it. Jane says it tastes like vinegar, and refuses to drink any more Vermont wine.

August 23

It's a busy day, and Sky makes breakfast, and lunch to go. He won't be home until late. Yogurt and fruit, cornbread and salad. Jane goes up to Morse Farm after breakfast and buys 10# of Paula Reds and Macintosh. It's good to have apples in the house again. When she comes home, she discovers that Dana has made Blueberry Almond Flour Pan-Muffins.

Mid-day Jane picks the green beans and makes Vegetarian Chopped Liver (Saute 1 chopped onion in 2 T. butter, and 1/2 c. chopped parsley or celery tops, until soft. Steam 3-4 c. green beans until crisp-tender. Mince 2-3 hard-boiled eggs. Mince beans when they're done, mix with eggs and onion/parsley. Add salt and pepper to taste. Serve on crackers or bread) and snacks on it all afternoon.

About 5 o'clock, Jane picks chard and puts together a Crustless Chard Quiche. The hens have really picked up production, so the egg dishes are overflowing. Dana makes Sweet Mustard since there are eggs, and plenty of honey. There are plenty of apples for dessert.

August 24

Farm Day! Jane prepares for the produce inundation by blending up the last 2 cucumbers from the week before with some cider vinegar. She freezes this concoction for next summer's early Gazpacho. Then Sky picks the peppers, and she freezes 7 quarts.

Lunch is leftover Quiche, and Vegetarian Chopped Liver.

Then Dana comes home -- with potatoes, beets, carrots, cabbage, salad greens, hot peppers, cherry and regular tomatoes, purple beans, cucumbers, and another watermelon. It's time to can.

Jane turns the abundance of beets into 6 pints of Pickled Beets (Cook beets until skins slip, remove skins and slice. In the meantime, heat to a boil equal parts of cider vinegar and honey or maple syrup. [Plan on 1/2- 3/4 c. per pint] Cover hot beet slices [in pint jars] with hot liquid leaving 1/2" headroom. Process in a boiling water bath for 30 minutes). She then turns to the cucumbers and turns them into 7 quarts of Bread and Butter Pickles (Slice 18 c. cucumbers, place in large bowl and sprinkle with 3 T salt. Let sit three hours, then drain. In the meantime, heat to a boil 6 c. cider vinegar and 4 c. honey or maple syrup plus 3 T. pickling spice. Pack cucumbers into jars, and cover with liquid, leaving 1/2" headroom. Process in a boiling water bath for 5 min. for pints, 10 min. for quarts). In the midst of all this, she makes Spelt Bread.

Dinner is salad, fresh bread, and watermelon.

August 25

After the busy day of canning yesterday, Jane finishes up by making another batch of Hot Sauce with this week's hot peppers and freezes 4 pints. Dana and Sayer head out for an afternoon of rock climbing, and bring cheese and Sweet Mustard sandwiches and apples with them. Jane and Sky eat whatever's around – more leftovers, and a potato-cheese-onion-garlic lunch on Sky's part. Dinner is more salad, and Sky finishes up the Woodland Red wine.

August 26

It's a cold day, so Jane makes Borscht since there are beets and cabbage (Melt butter in soup pot and sauté 1 large chopped onion, 1-2 chopped cloves garlic, 3 medium chopped and peeled beets, 3 medium chopped carrots, and 1/2 head thinly sliced cabbage. Add 1 T. dried dill, 1/4 c. apple cider vinegar, and 1/4 c. honey or maple syrup. Add water to cover and cook until veggies are tender. Serve with a dollop of sour cream or yogurt. Can be eaten hot or cold). She also makes Apple Almond Flour Pan-Muffins. Dana goes to the Farmer's Market for onions and apples. She reports that utility apples are in, and Jane ponders making applesauce, but would like a break from canning for a while.

Jane buys some non-Vermont wine, and they eat on the deck. Everyone is feeling that they've learned a lot from eating locally, and that everyone is looking forward to September as a way to reintroduce the foods that are missed the most – for Sky, tamari,

for Jane, peanut butter, and Dana is debating between lemon juice, peanut butter and granola.

August 27

So much for a break from canning. Jane bought 40# of New Jersey peaches when they were on sale at Shaw's 3 days ago, and today they are ripe. She and Dana set about canning them, and then Dana decides to make a peach dessert with the leftovers – an initial break from totally local food. It's a Peach Pie (with oats and lemon juice in addition to the peaches that are non-local items), and it disappears pretty fast.

Meals are leftovers – Borscht, Cornbread and salad.

August 28

More canning – peach butter with what's left of the peaches.

Lunch is a mixed stir-fry with what's kicking around the fridge (beans, broccoli, summer squash, onion, and carrots), and sliced tomatoes. Almost enough to can.

Dinner is salads since the day finally turned warm.

August 29

Jane makes a clear broth Veggie Soup for lunch with what's in the garden -- beans, chard, peppers, onion, and carrots. The last of the Cornbread and Apple Muffins, with some cheese and hard-boiled eggs, round out the meal. Sky has a big cheese and tomato sandwich – he eats the spelt now as the month winds down, but holds out for the mayo on Sept. 1.

Dinner is Roast Chicken with Roasted Root Veggies (carrots, beets, onions) and Potatoes, and Sliced Tomatoes with Chopped Basil and a drizzle of olive oil. A wonderful summer-into-fall meal.

August 30

Breakfast and lunch are the usual yogurt-fruit, and leftovers – chicken, Veggie Soup, sliced tomatoes, root vegetables. In the afternoon, Jane picks what's ripe – broccoli, peppers, onion, beans – and picks the carcass bare for a Chicken Stir-Fry. In the meantime, the tomatoes are exploding, so she cans her first round of tomatoes for the season.

August 31

The final day, and it's Farm Day, too. Jane makes Chicken Stock with the bones, and makes a batch of Spelt Bread. Jane, Dana, and Sky have a conversation about what they'll eat tomorrow, and how their eating habits have changed – or not. Dana wants to go back to have lemon juice and warm water in the morning instead of mint tea. She looks forward to granola, nuts, and nut butters. Sky looks forward to his first cup of decaf and local cream. He also looks forward to oats or granola in his yogurt, and eating spelt flour products without guilt. Jane looks forward to nut butters, but realizes she doesn't miss olives the way she thought she would, so doesn't plan on eating them on a regular basis anymore. Since they already made all their condiments, and baked and cooked from scratch without buying prepared foods, this month has not seemed that different for them.

Dana comes back from the farm with potatoes, onions, garlic, beets, lettuce, parsley, tomatoes, hot peppers, cucumbers, watermelon, cantaloupe, broccoli, string beans, and edamame beans. Jane makes more hot sauce and freezes it, then turns to tomato sauce and freezes that as well.

The meals of the day are the usual – salads and steamed-whatever's-fresh – along with hard-boiled eggs and cheese for those who want it.

September 1

Sky adds oats to his breakfast yogurt, but skips his formerly-usual raisins in preference to local fruit. He highly enjoys his decaf and cream, as Dana enjoys her warm water and lemon juice. Right after breakfast, Dana launches into making a batch of Oatmeal Raisin Chocolate Chip Cookies. Jane makes Almond Flour Apple Pan-Muffins, but today adds a handful of raisins.

After the cookies and the muffins are done, Dana makes Pizza with what's left of the tomato sauce that Jane froze. Salads round out lunch and dinner. Sky has a Vermont beer with dinner (made in Vermont, not grown in Vermont), and Jane has some Chilean wine.

The Localvore Challenge is over. Things are the same, and yet not the same.