

PHOTO BY TODD COOPER



KALE SALAD

FROM ELIN ENGLAND, AUTHOR OF
*EATING CLOSE TO HOME: A GUIDE TO LOCAL
SEASONAL SUSTENANCE IN THE PACIFIC NORTHWEST*

Elin England is working on a follow-up to her 2009 book of local, seasonal recipes with a book about locally grown beans, grains, nuts and seeds called *The Fourth Cornerstone*. Expected to publish in March or April, the book represents the “fourth cornerstone” in the platforms that support our locally sourced food. Local bean and grain growers approached England because they wanted people to feel comfortable using their products.

go out to the garden and chew on them. This salad will change as the season changes.”

England takes simple recipes like this and varies them. Try the kale raw. Try it with other greens. And rather than soy sauce and sesame oil, try olive oil and lemon juice. Orange, lime and lemon juice and zest can be frozen for use anytime. England’s new book will be available at Tsunami Books, as well as through Lulu.com, Amazon.com and EugeneLocalFoods.com

“People who are eating seasonally can get discouraged if they try to make everything taste like it does in summer,” England says. To her, the key is to be flexible in your palette of what you work with in winter. “Really get into how good kale is now, because it’s so sweet when we have a frost. Really embrace how rich the root vegetables are, and celebrate them right now.” And enjoy the changes in the vegetables over the season. “Right now we’re eating the leaves that came in the summer and fall,” she says. “Toward spring the kale plants will start putting out the new growth, and the young leaves and the blossoms will be sweeter. I just

1 bunch kale
1 1/2 tbsp soy sauce
1 tbsp sesame oil
1 clove garlic, pressed
1-inch chunk of ginger, grated

Rinse a bunch of kale. Cut out the tough inner ribs, then slice the leaves into ribbons. Steam until the kale is slightly wilted, about 3 to 5 minutes. When cool, toss with a mix of 1 1/2 tablespoons soy sauce, 1 tablespoon sesame oil, 1 clove garlic (pressed) and a 1-inch chunk of fresh ginger (grated). Serve at room temperature. During summer when it is in season, you can do the same thing with chard.



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