Pickling: Ra participates in the North Coast Food Web





CLOCKWISE FROM TOP: Pints of pickled beets sold by 9th & Q. A large batch of red beets from Glory B Farms during the pickling process. Ra's plant-based Chickpea Salad combines bread and butter pickles on kale, with toasted pumpkin seeds. The dish is a vegan version of an egg salad.

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and prepared food with others.

"People really need to get reconnected to where food is coming from," she said. "I'm passionate about connecting food to community."

Much of the produce Ra uses in her recipes are sourced from organic, local farms around the coast.

"The quality from these smaller farms is just so much better than what you'll get elsewhere, even your local co-op," she said. "I think it's very powerful as far as physical and mental health."

Ra also has a young daughter, a massive fan of her mom's homemade granola. Ra hopes she will one day learn how to grow her own food, too.

She participates in the North Coast Food Web, a local organization dedicated to fostering healthy communities through food and agriculture. Ra has sold online through the food web in the past.

Four major varieties have

become popular among Ra's customers: red beets, pink onions, turmeric cauliflower pickled with fresh ginger and garlic and bread and butter pickles. "I feel like I can pickle

pretty much any vegetable at this point," Ra said.

The red beets, Ra's personal favorite, are the most labor-intensive vegetable she works with. Other vegetables are easy to process raw, but beets have to be poached, peeled, chopped and brined.

"They're definitely a labor of love," she said.

Ra says her pickled produce has a long shelf life: it can live for months in the refrigerator.

"There's a basic recipe I follow as far as vinegar to sugar to water rations and then it's just been learning as I go with spices and blending different kinds of vinegar," Ra said. "It's a lot of experimentation."

9th &Q's dips, some of

which are vegan, are also popular. Ra also started building cold, grab-and-go style salads into the rotation that incorporate vegetables she pickles. One of her recent creations included beets, kale, goat cheese and pumpkin seeds.

9th & Q is on a brief hia-

tus from pickling, but Ra anticipates diving back into it with new recipes once the holiday seasons pick up.

Zoë Buchli is a contributor for Coast Weekend and The Astorian.





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