



A SWEET EVENT

with

Alice Waters



**Saturday, November 14, 2020
6:30PM**

A special thank you to our supporters for helping make this event possible!

Thank you!

Alice Waters

Taylor Boone

John Palacios

Rancho Gordo

Joni White, Volunteer Event Manager

Nancy Loshkajian

Naomi Brauner

Sustain in Place Series sponsors

New Leaf Community Markets

Soif Wine Bar and Restaurant & La Posta Restaurant

Mutari Chocolate



Pick up your gift bag...

Pick up a gift bag of New Leaf's private label Common Vines wine, bottled locally by Bargetto, delicious chocolate brownies from Mutari Chocolate and HGP's own hand-dipped beeswax candles!

Pick up at HGP's Downtown Store anytime from 12pm to 6pm on Friday, November 13 or Saturday, November 14.

The private video link will be released at 6:30PM. Please check for an email from Eventbrite at that time.

Proceeds support the programs of the Homeless Garden Project.



Welcome!

Introduction

Darrie Ganzhorn, HGP Executive Director

Keynote Address

Alice Waters

Voice of Experience

John Palacios, HGP Trainee

Sustaining the Homeless Garden Project

Nancy Loshkajian, HGP Fund
Development Committee Chair



"The garden has been therapeutic and given me a chance to reflect on my past, accept it for what it is, and now I can move forward and start a new life, be a better parent, husband, brother, and uncle."

—John Palacios, HGP Trainee



At the farm, we feel the change of seasons keenly. I've always loved Alice's recipe for Minestrone that honors the change of seasons, adapting the recipe to fit what's available in Summer, Fall, Winter and Spring. Alice has shared this recipe with you, and our friends at Rancho Gordo have provided Borlotti beans called for in the Fall recipe.



While this tasting provides a sweet dessert, wine and candlelight, we thought you might like to cook yourself a hearty soup in the mid-November, as we settle in to hear from Alice.

Darrie

Alice's Hearty Minestrone

A Soup of Many Vegetables



A hearty soup like minestrone is a deeply satisfying meal in itself. You can serve this soup throughout the year, changing the vegetables to reflect the seasons.

MINISTRONE MEANS “big soup” in Italian: a big soup of many vegetables. In order for them all to be cooked through at the same time, they're added in stages. First a tasty *soffritto* (a base of aromatic vegetables) is made, long-cooking vegetables are added and moistened with water or broth, and the soup is brought to a boil, at which point the more tender vegetables are added. Dried beans and pasta are cooked separately and added at the end. The recipe below is for a classic summertime minestrone, followed by seasonal variations.

The soffritto can be made of onions only but often includes carrots and celery. Fennel can be substituted for the celery when a more delicate flavor is wanted. Garlic is always added at the end of the cooking to ensure that it does not burn. Be sure to use a heavy-bottomed pot and lots of olive oil. For a more hearty soup, let the soffritto cook to a golden hue; for a less robust version, don't let the vegetables color at all. Either way, the vegetables should be cooked through to give the soup the full benefit of their flavors; this will take 10 minutes or more. They're done when they look and taste good enough to eat on their own.

The vegetables added after the soffritto—such as squash and green beans—are cut into pieces small enough to ensure that each spoonful of soup will contain a mixture. They're added sequentially, according to the length of time they take to cook through without getting mushy. Greens need to be cut into bite-size pieces, too; if they're cut in strips they can hang down and dribble hot soup on your chin or your clothes. Winter greens such as kale or chard take longer to cook and should go in with the first group of vegetables. Tender greens such as spinach will cook in just a few minutes and should be added towards the end of cooking. Salt the soup as it cooks; this will intensify and improve the flavor as a last-minute salting cannot.

Dried beans—and pasta, if you're using it—should be cooked separately before being added to the soup. Save the bean cooking liquid; it adds flavor and body to the soup. The cooked beans should be added during the last 10 minutes so they have a chance to absorb flavor, but not overcook. The pasta should be added at the very end so it doesn't overcook and get bloated and flabby.

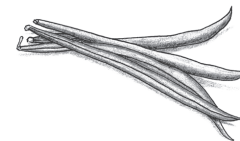
To preserve its fresh flavor, the garnish of olive oil and cheese should be added to the bowls of soup, not to the pot. I always pass a bowl of grated cheese and a bottle of olive oil at the table.

Minestrone

8 SERVINGS



Cut all the vegetables into bite-size pieces so that each spoonful will have a variety of tastes and textures.



Pesto is another

Prepare:

1 cup dried cannellini or borlotti beans (see page 78)

This will yield 2½ to 3 cups of cooked beans. Reserve the cooking liquid.

Heat in a heavy-bottomed pan over medium heat:

¼ cup olive oil

Add:

1 large onion, finely chopped

2 carrots, peeled and finely chopped

Cook for 15 minutes, or until tender. Add:

4 garlic cloves, coarsely chopped

5 thyme sprigs

1 bay leaf

2 teaspoons salt

Cook for 5 minutes longer. Add, and bring to a boil:

3 cups water

When boiling, add:

1 small leek, diced

½ pound green beans, cut into 1-inch lengths

Cook for 5 minutes, then add:

2 medium zucchini, cut into small dice

2 medium tomatoes, peeled, seeded, and chopped

Cook for 15 minutes. Taste for salt and adjust as necessary.

Add the cooked beans, along with:

1 cup bean cooking liquid

2 cups spinach leaves, coarsely chopped (about 1 pound)

Cook for 5 minutes. If the soup is too thick, add more bean cooking liquid. Remove the bay leaf.

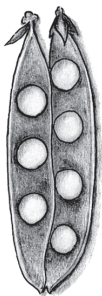
Serve in bowls, each one garnished with:



♦ **Fall Minestrone with Kale and Butternut Squash:** Follow the recipe, but add 2 finely chopped celery stalks to the soffritto and cook to a rich golden brown. Instead of thyme, add about ½ teaspoon chopped rosemary and 1 teaspoon chopped sage with the garlic. Borlotti or cranberry beans can be substituted for the cannellini beans. Omit the green beans, zucchini, fresh tomatoes, and spinach, and use instead 1 bunch kale, stemmed, washed, and chopped; 1 small can of tomatoes, drained and chopped; and ½ butternut squash, peeled and cut into ¼-inch cubes (about 2 cups). Cook the tomatoes and kale with the soffritto for 5 minutes, add the water, and cook for 15 minutes. Add the squash and continue cooking until tender, about 10 to 15 minutes, before adding the cooked beans.



♦ **Winter Minestrone with Turnips, Potatoes, and Cabbage:** Follow the recipe, but to the soffritto add 2 celery stalks, chopped fine, and cook to a rich golden brown. Cut up ½ head cabbage into bite-size pieces and cook until tender in salted boiling water. For the green beans, zucchini, and tomatoes, substitute 1 pound turnips and ½ pound yellow potatoes, peeled and cut into bite-size pieces. If the turnips have fresh greens attached, stem, wash, and chop them and add them to the soup with the turnips and potatoes. Towards the end of the cooking, add the beans and, instead of the spinach, the cooked cabbage.



♦ **Spring Minestrone with Peas and Asparagus:** Instead of carrot in the soffritto, use 1 fennel bulb, trimmed and cut into bite-size pieces. Do not let it brown. If green garlic is available, use 2 or 3 stalks, trimmed and chopped, instead of garlic cloves. Use 2 leeks instead of one. Add the liquid (half water, half broth, if possible), bring to a boil, and simmer for 10 minutes. Omit the green beans, zucchini, and tomatoes. Substitute 1 cup shelled peas (from 1 pound in the pod) and ½ pound asparagus, trimmed and sliced on the diagonal into ½-inch-thick pieces. Add with the beans and cook for 5 minutes before adding the spinach. If not serving this soup right away, cool it down quickly in an ice bath so the asparagus does not lose its bright green color.

In 2019...

100% of our trainee graduates secured jobs
78% secured housing

2,549 volunteers provided 18,573 hours of service in Homeless Garden Project's programs, building a strong, compassionate community.

We provided 23 weeks of harvest to the following nonprofits:

Hospice of Santa Cruz County
Monarch Services
Davenport Resource Service Center
Transition Age Youth (TAY) Resource Center - Encompass Community Services
VA HUD-VASH
Homeless Persons Health Project (HHPH) - County of Santa Cruz Health Services Agency
180-2020
Santa Cruz AIDS Project - Encompass Community Services
River Street Shelter

Thanks to your support, our trainees are part of the solution —growing organic food and flowers for those who can benefit the most.

