



PCFC Agenda – September 20, 2018
Gritman/Federal Building
Moscow, ID
11:30 am – 1:00 pm

Meeting Notes:

- 1. Welcome and Introductions:** Max Newland, Jessica Brierly, Ryan Lazo, Amanda Snyder, Nancy Chaney
- 2. Review and Confirm Agenda**
- 3. Review Action Items and Updates/Next Steps from July PCFC Meeting:**

PCFC Story Corps:

Action: Colette follow up with Amy and Ashley to get login / stories for existing PCFC Story Corps account. Colette reset login and updated PCFC profile. Ashley working on recovering and uploading stories recorded in 2017.

Action: Create PCFC Sub-committee – Colette, Amy (?), Misty in the off season, BYH volunteers might be interested – Misty will check

Update: Colette met with Adam Sowards, U of I History Professor about collaborating with PCFC on the oral history project. Adam will be building working with PCFC into his spring 2019 Environmental History course. Colette and Adam will touch base again mid-November.

Next steps: Need to solidify committee that will work with Colette and Adam on the oral history project November 1.

Talking about people's heritage around food on the Palouse – and having oral history recordings. Including community events, such as the Sausage Feed, the National Lentil Festival.

PCFC Local Food Blog

Action: Colette invite members to be guest bloggers. Done. No one has submitted a guest blog post to date. Guidelines included below. Those at meeting who offered to contribute:

Ryan will do one on jam and fruit from the Palouse – plume/blackberry/thyme jam recipe.

Jessica will also contribute.

Nancy is interested in blogging – possibly sharing how she has adapted Mediterranean recipes to use Palouse ingredients.

PCFC Instagram

Action: Iris will UI Extension Karen Richel does lunchtime series – may do a social media and technology workshop; will share that Josh King might be a good speaker/resource

Action: Colette follow-up with Marci about her interest/availability in being a workshop speaker

Action: Max will follow-up with Josh King about doing an advanced social media workshop in Moscow in October. **Done.** Colette in conversations with Josh about conducting workshop in conjunction with November PCFC meeting. Not confirmed.

Palouse-Clearwater Story Maps - we did not discuss

Rapid Market Assessments

Action: Colette will send people who want to join the assessment team a link to Sign-Up Genius to help with the event: Iris, Cynthia, Felix are interested in helping. **Done.**

Action: August 16, PCFC meeting will be a field trip to Plummer to tour the community gardens, orchard and perform an RMA of the One Sky, One Earth Farmers Market. Watch the PCFC website for details. **Postponed due to extremely poor air quality. Rescheduled for September 13.**

There was also a RMA in Moscow. Helps to gather together data on who is coming and what they are purchasing + what they are engaging in businesses around the market (not just within the market). Also shows the outcomes and why there may be benefits to those around the market (such as street closures). This also helps vendors recognize ways to improve marketing and be more successful.

4. Food Summit Committee Report - Amanda

Update: Food Summit desired outcomes, theme.

Action: Iris will talk to Fairgrounds about rental rate – Colette reserved Fairgrounds – all spaces for \$600. **Done.** **Waiting for final cost.**

Action: Colette will add committee members to elist and request days/times for meetings every two weeks. **Done.**

We are looking at what are the next steps from all the local Food Assessments that have been done, and bringing together these different groups. One main theme that arose from the planning committee is how to use story telling as a way to inspire. We would like to use storytelling to motivate the audience, and share stories from the local Food Assessments. The goal is to inspire people to become involved.

We discussed including hands-on opportunities for food and recipes, and possibly including campus student groups (multi-cultural groups) to provide a meal during the Food Summit. There is a suggestion to possibly have various student groups come together to create a food fusion of recipes, sharing how they use ingredients when cooking traditionally, and how a dish can be recreated/adapted to use local/regional ingredients.

We are uncertain of the timeline of the Latah Co. Fairgrounds Commercial Kitchen space. Perhaps there would be a nudge to have the Commercial Kitchen ready for the Food Summit where cooking class demonstrations could take place.

We also talked about using the Regenerative Model from the Palouse Tables Project and sharing some of the take-outs for our afternoon session.

One idea of a local story would be to include the background, history and development of the new Edible Food Forest in Moscow.

5. Statewide Food Coalition Network –

Update: Misty and Colette participated in an interview with Lauren Golden, U of I Extension Blaine Co., about PCFC's history, structure and programs. One of the questions asked was whether there was interest in/need for a Statewide Food Coalition. We would like PCFC members input on this question. (services that could be provided by a statewide network discussed on the call included: webinar series; listserv connecting coalition members across the state (not just coalition leadership); hybrid in-person/webinar statewide food coalition conference.

Discussion: Is there interest in / a need for a Statewide Food Coalition or Network? If yes, what would the role of that Coalition / Network be? *(We did not discuss – Misty and Colette could not attend this meeting to give further input)*

6. PCFC Structure – Is there a need for a Steering Committee?

Update: At one time, PCFC had a three or four person Steering Committee that set meeting agendas and over saw the administrative aspects of the Coalition. Over the past year, this has functionally evolved to U of I Extension providing the majority of administrative support for the Coalition with Colette, functionally, "chairing" the Food Coalition and she and Amanda providing administrative support. Agendas are set by Colette and Amanda reviewing past meeting notes including ongoing projects. Additional items are added by Coalition members at monthly meetings.

Discussion: Does the Coalition want to return to a Steering Committee model, proceed with the current model of U of I Extension providing administrative support, or develop another model? *(We did not discuss – will wait for feedback from Misty and Colette)*

7. Roundtable Updates

- a. **Poverty on the Palouse** (Jessica Brierly)
 - i. Meets regularly, on the 3rd Thursday at 5:30 PM at City Hall – upstairs in the Council Chambers. The steering committee for POP meets the last Friday of the month from noon - 1pm.
 - ii. There is a lot of passion, but there needs to be some streamlining of focus, as well as focusing the description of the group.
 - iii. Looking at the Palouse as a whole. Starting small by tackling little pieces – such as Moscow and Pullman for a support system for finding information and what is being offered – the Palouse Resource Guide needs more regular updating. They are putting together a Google Docs of what is currently available. Would like to help create partnerships with other programs – possibly housing in the same place (a central location) to make it easier for people to find and use available resources.

- iv. Only the steering committee is meeting this month. The next community meeting will be on October 18 at 5:30 PM at Council Chambers at Moscow City Hall. They may move to will schedule a bi-monthly community meeting.
 - v. Five subgroups have been identified
 - vi. Looking at how to fund and keep the project going
 - vii. Nancy may know of a potential donor and location for housing the project, and would like to stay included
 - viii. League of Women Voters is doing a special panel discussion focused on four aspects of poverty (housing, food insecurity, wages, and childcare). They are meeting on Oct. 24 from 12-1pm in the Art Room. This is open to the public.
 - ix. Latah Human Needs Committee might also be a good contact
- b. Pullman Co-op is moving forward. They have set-up a Board of Directors + structure for their Co-op. They will be having an ownership drive coming up in October.
 - c. Food Security Form – October 11-12, 2018. Day two will focus on the Focus Security Form. www.wacampuscompact.org
 - i. The 11th is geared toward faculty and departments with getting students involved in projects
 - ii. The 12th has a focus on Food Insecurity
 - d. If there are any project ideas of need, let Ryan know for the WSU CCE
 - i. Possibly help with Food Pantries and deep cleaning. The Moscow Food Co-op could also help with finding volunteers. Amber at the UI Center for Volunteerism and Social Action.
 - e. Jessica noticed several apple trees in a neighborhood that could possibly be gleaned. She left a card about Backyard Harvest so that the owners could call if they are interested in having BYH glean.
 - f. There is a naming contest for the Edible Food Forest that will be developed in Moscow. More info: <https://www.kxly.com/news/top-stories/city-of-moscow-accepting-name-suggestions-for-edible-forest-park/793984409>
Submissions need to be sent by Oct. 10:
<https://www.ci.moscow.id.us/DocumentCenter/View/10264/Edible-Forest-Nomination-Form>

Action: Iris will look into getting a wide angle camera for use in the Gritman/Federal building meeting room so we can Zoom in members who cannot attend meetings in person. **Done.**

Next Meeting: October 25 at the Daily Grind Café in Pullman (230 E Main St, Pullman, WA 99163)



PCFC Local Foods, Local Flavors Blog Guidelines

<http://pclocalfoodlocalflavor.wordpress.com>

Length: 200-400 words (on average)

Format: Word document

Author Bio: 1-3 short sentences

Hyperlink Regional Assets: farms, unique terms, restaurants, suppliers, retailers, etc. – website or Facebook pages

Photos: 3-6 photos featuring ingredients, food preparation, final product; photos must be high quality

Submission: Provide content by email or Dropbox link to cdephelps@uidaho.edu

Publishing Deadlines:

- Monday noon for Wednesday posting
- Wednesday noon for Friday posting
- Friday noon for Sunday posting

Sample:

Locally grown spinach in February! Fresh from the Eggert Family Organic Farm on the Washington State University Campus. A delight we found at the Moscow Food Co-op this week along with local onions (and a variety of local root crops, but that is another story!). Spinach is such a treat when the temperature is below freezing, there is snow on the ground and you are starting to dream of spring and seeds and your CSA basket.

Wanting to warm up, we decided to make a simple spinach curry with tofu (you can use another protein if you prefer, like paneer, chickpeas or organic chicken, turkey or free-range pork). This recipe takes about 30 minutes to make and serves 4.

Deliciously simple ingredients

½ pound fresh local spinach
1 small local onion, chopped
2 cloves local garlic, minced
1 tablespoon minced fresh ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon turmeric
⅛ teaspoon cayenne, or to taste
1 cup diced tomatoes, include juice if canned
1 cup coconut milk

2 tablespoons coconut oil
1 pound firm tofu
freshly ground pepper
Freshly chopped cilantro for garnish

For a dry tofu (our preference), squeeze excess water out of the tofu. Place in a sealed container and freeze overnight. Thaw. Dry with a paper towel or clean cloth. Cut into ½ inch cubes.

If you prefer a softer, moist tofu, skip the above process and use a fresh firm tofu.

Heat coconut oil in a cast iron wok (or large saucepan) over medium-high heat. Add the tofu (or paneer) and spread out in a single layer along the bottom and sides of the wok. Cook, stirring occasionally, until it is lightly browned on all sides. Remove from the wok and set aside.

Place onion, garlic and ginger in the hot wok and cook until they begin to soften, about 2 to 3 minutes. Add cumin, coriander, turmeric and cayenne and cook, stirring about another minute until spices are fragrant.

Add tomatoes and their juices. Stir in coconut milk. Sprinkle with salt and pepper. Bring to a boil and then reduce heat and simmer for 8 to 10 minutes. Add spinach and cooked tofu (or other protein). Cook until spinach wilts and proteins are warmed through.

Garnish with cilantro and serve immediately. If you are looking for a few more carbs and calories, serve over rice or rice noodles.

About the Author: Colette DePhelps is, above all, a local food enthusiast. At home or abroad, she searches out and enjoys preparing and eating local, seasonal cuisine. Writing PCFC Local Foods, Local Flavors blog posts has become a family endeavor – with “Wait, I have to get a picture!” a common household phrase. In her free time, Colette is a Community Food Systems Area Extension Educator with University of Idaho serving Idaho’s ten northern counties.

Please Note: Upon submitting content for the PCFC Local Foods, Local Flavors blog, the author acknowledges and agrees to blog content and pictures becoming the property of the Palouse-Clearwater Food Coalition. PCFC retains permission to use blog content and photos in other PCFC social media and printed publications. PCFC agrees to provide photo and author credit, according to generally recognized standards.

Questions? Call or email Colette DePhelps, 208-885-4003, cdephelps@uidaho.edu

