

CHoW Goes to FRESH FARM Dupont Circle Market

Theme: "ELECTIONS"

By Beverly Firme

CHoW Goes to Market is CHoW's outreach to local farmers markets with a focus on historic recipes that are seasonal and local. On Sunday, September 18, Beverly Firme, Mark Collins, Laura Roler, Judith Newton, and Claudia Kousoulas, went to the FRESHFARM Dupont Circle Market to demonstrate some election-themed recipes in honor of this year's Presidential Election.

All recipes are taken from American politically-themed cookbooks. They demonstrated Banana Sweet Potato Bread (*Gray Panthers Cookbook*) and Pear Bread (from *The Val-Kill Cookbook* – Eleanor Roosevelt).

Thank you to Shirley Cherkasky for allowing the outreach team to use her collection of political fundraising cookbooks. Beverly said, "We would have never found such a great set of recipes if not for her generosity on this."

Recipes represent key groups present in American elections – the Press, Special Interest Groups, Conservatives and Progressives, and are for baked goods, which seem to go hand in hand with politics in America. Please enjoy the following recipes. More election-themed recipes can be found at www.chowdc.org

The Gray Panthers Cookbook (1984)

The Gray Panthers is an advocacy organization that confronts ageism and other social justice issues. Founded in 1970 by activist Maggie Kuhn, this cookbook – first published by the Gray Panthers of San Francisco in 1984 – contains simple, nutritious and seasonal recipes.

Banana Sweet Potato Bread

1/2 cup boiled sweet potato	
1/4 cup orange juice	
1/2 cup mashed ripe banana	
1/2 stick butter	Puree ingredients
2 large eggs	in blender, or mix
1/2 cup brown sugar	by hand until well
1 teaspoon grated orange peel	blended.

2 cups unbleached flour
 1/2 teaspoon salt
 2 teaspoon baking powder
 1/2 teaspoon nutmeg
 1 teaspoon baking soda

Combine dry ingredients with banana-sweet potato mixture, mixing well. Pour into greased 9-inch loaf pan. Bake at 350 degrees for 40 minutes, or until toothpick, inserted, comes out clean. Makes one (9-inch) loaf.



CHoW Members Judy Newton, Mark Collins, and Laura Roler; Chef Jose Andres and daughter Mira; Beverly Firme.

The Val-Kill Cookbook (1984)

This pear bread recipe comes to us from Eleanor Roosevelt, who had a standing date at the end of every summer with Elinor Morgenthau to pick pears on the Morgenthau's farm in Dutchess County, New York. The Morgenthau's farm was adjacent to the Roosevelt's Val-Kill. The two women would pick pears and then make pear bread for their afternoon tea.

Pear Bread

Grease and flour either one (9x5") pan or two 3 1/2" X 7" loaf pans. Cream 1/4 cup of shortening and 3/4 cup of sugar. Add one egg, lightly beaten. Add 1 1/2 - 1 3/4 cups of Pear Sauce (recipe below). Sift together and add 2 cups of flour, 1 teaspoon baking powder, 1 teaspoon soda, 1 teaspoon salt. Add a cup of chopped nuts, if desired. Bake about 45 minutes to an hour in a 350 degree oven.

Pear Sauce: Wash and remove the stems of "not-too-ripe" pears. (They are perfect for sauce when they have just fallen from the tree.) Remove any wormy portions, and cut into pieces, leaving skins and seeds. Cook, covered, on top of stove with an inch or two of water, depending on the amount of pears cooking. When the pears are soft, add a small bit of sugar and cinnamon. Grind the pears through a food mill and cool the sauce before making the bread.

Photo IDs. Left: Mark Collins, Beverly Firme, Laura Roler. Center: Mark Collins, Beverly Firme, Laura Roler. Right: Beverly Firme, Laura Roler. Photos by Judith Newton.

