



PCFC Local Foods, Local Flavors Blog Guidelines

<https://www.pcfoodcoalition.org/blog>

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

