



## **Back to Our Roots: Cooking the Fall Harvest**

*with* **Chef Katherine Deumling**

**A ZOOM cooking class to benefit the Community Outreach Farm Clinic**

Learn to cook the fall bounty while supporting medical care for the farm workers who produce it.

100% of your ticket will go to purchase equipment & supplies to expand services of the Farm Clinic.

Here's our menu:

- Winter Squash butchery

- Weeknight Fall Vegetable Curry
- Beet Dip with Herbs & Feta
- Warm Brussels Sprout Salad
- Roasted Winter Squash with Spicy Yogurt, Seeds, Herbs

You will receive the recipes plus special cook-along instructions by email 3 days prior to the event.

**November 12, 2020, 5 pm PST**

**Buy TICKETS here**

### **The Cause**

When ER physician Dr. Gabriel Ledger moved to the Willamette Valley fifteen years ago, the wonderful bounty of our local farms inspired him to learn more about the production of that gorgeous produce, and ultimately, to found the Farm Clinic. A collaboration between Community Outreach Inc. of Corvallis, Gathering Together Farm, Mary's River Grange, and local volunteer healthcare providers, the Farm Clinic has provided much-needed on-site health care to farm workers. Services range from blood pressure and blood sugar checks, to full physicals and urgent care visits. Physical therapy, and even chiropractic, osteopathic, and acupuncture services are offered as well.

The rural location of farm sites and long work days can limit farm workers' access to medical services. The Covid19 pandemic and recent fire and smoke hazards have made maintaining health even more challenging in agricultural settings. The Farm Clinic is responding by adding telemedicine services, and, with funds raised by Slow Food Corvallis, hopes to expand in-person and remote services to other local farms, so that all farm workers can have access to healthcare and health education resources regardless of where they work.

### **Why Slow Food?**

Slow Food USA advocates *for good, clean, and fair food for all*. A **FAIR** food system provides access to medical care for the people who work hard every day to get produce from the field to your fork. In a time of national focus on justice, this initiative supports Slow Food USA's [Equity, Inclusion and Justice Manifesto](#).

### **Our Chef**

Katherine Deumling is the founder and CEO of **Cook with What You Have**. She shares her passion for food and food as a tool for systemic and lasting health for people and planet with clients far and wide through cooking demos and her digital Seasonal Recipe Collection. Katherine has called the Willamette Valley home for the majority of her life. She feels particularly rooted in this place because of her relationships with farmers, food producers and advocates for a robust and equitable regional food system. Katherine is a long-time member of

Slow Food. For more about Katherine and **Cook with What You Have** visit: [Cook with What You Have](#).

## **The Event**

From tips for breaking down winter squash, to hearty salads, and quick curries, we'll celebrate the variety and beauty of fall vegetables. Cook along with Katherine or just relax and observe as she takes us through several recipes to inspire you to get the best out of fall vegetables, just in time for Thanksgiving. When you purchase your ticket, you will receive a Zoom invitation to the event. Several days before the event, you'll receive a set of recipes and instructions by email.

100% of your \$25 ticket will support the purchase of needed equipment to expand services of the Farm Clinic.

**WHAT: Cooking class to benefit the Community Outreach Farm Clinic**

**WHERE: Online with ZOOM**

**WHEN: November 12, 5 to 6 pm PST**

**TICKETS: \$25 + service charge available at Brown Paper Tickets. [Buy tickets here.](#)**

If you're unable to participate but would like to support the Community Outreach Farm Clinic, you may donate directly **Donate Here**.



