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edible EVENTS

This list of events and ideas is brought to you by Serena Bartlett, writer, explorer, grower of green beans, and publisher of GrassRoutes Urban-Eco Travel guides. Let her know what's up by writing to events@edibleeastbay.com.

Tour:

Oakland Library Battery Recycling

Now, at last, the City of Oakland has made it easy to safely dispose of those spent household batteries you've been saving from the landfill. Battery collection is now happening at all city library branches. And consider buying renewable or rechargeable batteries—lithium-ion (Li-ion) or nickel-metal hydride (NiMH)—rather than alkaline ones, since even the rechargeable alkaline batteries are pretty nasty when they land in the landfill. Save 'em up and drop 'em off whenever you're near the library. More info: Oakland Recycles, 510.238.7283

Taste:

Bay Area Meat CSA

At a "Meat and Greet" event in January, potential members of the Bay Area Meat CSA learned that the only commitment they need to make is to stock their freezers with sustainably produced beef, pork, or chicken. Each season, members will have the opportunity to buy and divide amongst themselves a whole animal, which is butchered at the appropriate time, frozen, and delivered to a specified drop-off point. This is a great way to buy from farmers who are true stewards of their land and who treat their animals according to humane treatment standards. Buy as much or as little as you like. More info: bamcsa.pbwiki.com, tamareadler@earthlink.net

Read:

The New Seaweed Cookbook: A Complete Guide to Discovering the Deep Flavors of the Sea, by: Crystal June Madeira (North Atlantic Books, 2007)

Fad or not, eating seaweed has been a part of edible culture for thousands of years, and for good reason. Each of the five main varieties of seaweed—kombu, dulse, nori, arame and wakame—contains healing minerals that have been associated with weight maintenance, lowering blood pressure, abating inflammation, detoxifying, and increasing the body's immune responses. This book focuses on the diverse ways seaweeds can become a part of your regular eating routine. The recipes vary greatly, from creamy desserts to traditional Japa-

nese preparations, plus some surprisingly tasty creative entrées. You'll learn about harvesters working around the world as you get educated on seaweed varieties and properties. Try the Summer Chicken Soup with Sea Palm to uplift a grumpy August afternoon; Sautéed Wakame and Green Beans to bring to a potluck; Baked Figs and Honey Lemon Thyme Sorbet for a sweet tooth craving. The author has worked with people of all backgrounds and dietary concerns, and her words resonate with flexibility and understanding. Take another look at the vegetables of the sea.

Ongoing

Volunteering at the Food Banks

Alameda County Community Food Bank
7900 Edgewater Dr, Oakland
Food Bank of Contra Costa and Solano
4010 Nelson Ave, Concord

Remember that not all East Bay residents have enough healthy food to eat. Lend a helping hand at the food banks by organizing donations, putting together bags, handing out food, working behind the scenes, or just donating. More info: accfb.org, 510.635.3663; foodbankccs.org, 925.676.7543


Making Cheese and Drinking Wine

At her blog, vindalatable.blogspot.com, *Edible East Bay* wine writer Kirsten Jackson-Ellis regularly updates us on her latest food and wine pairing discoveries. Lately, she's into cheese-making and so is inviting readers to "Guess the Cheese" and win a copy of *The Home Creamery* by Ka Farrell Kingsley. She also hopes you'll join her for Making Cheese and Drinking Wine, her first event in a monthly series she plans to hold here in the East Bay.

Fruit Tree 101

Plums, peaches, apples, pears, and cherries are going to be ripe for the picking at Hayward's Tennyson High School in years to come. That's because students helped out planting fruit trees last October through a program called Fruit Tree 101. Made possible by Stretch Island Fruit Co. and the Fruit Tree Planting Foundation, Fruit Tree 101 creates outdoor classrooms where botany, ecology, and sustainability come to life. The Foundation donates these trees and shrubs to schools nationwide to encourage environmental stewardship and proper nutrition. The foundation is currently accepting applications for 2009 plantings from East Bay schools and other eligible organizations. Contact the Fruit Tree Planting Foundation at info@ftpf.org or visit ftpf.org to learn more.

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Vegetarian Dinner Concerts

Oakland

Vegetarian chef and shakuhachi player Phil Gelb offers a monthly feast with live music. Gather your friends and sign up for one in the series of great meal/concerts or cooking classes. On February 8 there's a modernized Tu B'Shevat celebration. Storytelling and wines from Sonoma's Wild Hog will add to the textures and flavors of the menu, which includes: cauliflower and watercress miso soup, grapefruit avocado salad, roasted root vegetable cakes, and pears poached in Pinot. If you miss this one, sign up for the February 28 feast with Pamela Z, voice and electronics, or March 7 with Shira Kammen (violin) and Bon Singer (voice). For more information or to make reservations contact Phil Gelb at phil@philipgelb.com or 510.393.6096.

Sunday Herbal Studies Walks

Various locations

Join the Ohlone Center of Herbal Studies on their monthly walks and learn all about our native healing plants and how to recognize them. You'll be going to some extraordinary places around the Bay, such as Oakland's Huckleberry Preserve, Berkeley's Tilden Park, and Point Reyes National Seashore. More info and class brochure: ohlonecenter.org, 510.540.8010; \$40 (free for students with proper ID)

Upcoming

Friday, February 27, 10 a.m to 1 p.m.

Berkeley Youth Alternatives Garden Volunteer Day

2141 Bonar St at Bancroft, Berkeley
 Pull on your overalls and head into Berkeley for a few hours of mentoring in the garden with Berkeley Youth Alternatives. There's plenty to do, and Kim, the garden program manager, will be happy to get you started creating a new bed. If you have a good time you can make a regular thing of it—the plan is to have the program open for volunteers every Friday through 2009. 510.845.9066, byaonline.com

Saturday, Feb 28, 6:30 and 8:45 p.m.

Drumming and Chips

A bowl of salsa from Café Valparaíso is the ideal spicy accompaniment to the flowing rhythms coming from Linda Tillery, Carolyn Brandy, and their drumming ensembles. It's a night of celebrating women drummers of all ethnicities. Save \$5 by calling ahead to purchase tickets. La Peña and Valparaíso, 3105 Shattuck Ave, Berkeley, 510.849.2568, lapena.org

Wednesday, March 18, 6 a.m.–8 p.m.

Sunday, March 15, 7 a.m.–4 p.m.

Almond Festival, Esparto

At Capay Valley's annual Almond Festival, you can buy almonds direct from the farmers while reveling in farming community fun. espartoregionalchamber.com/AlmondFestival.aspx

Rolls and Wraps

Women's Cancer Resource Center, Oakland

Chef and nutritionist Sandy Der leads the WCRC Cooking Club through easy, healthy recipes in this series of classes. This time the focus is on wrapping up healthy tasty food for handy transportation. Learn how wraps are used in various parts of the world as you construct slivered turkey lettuce wraps, Vietnamese rice noodle wraps, nontraditional nori rolls, and tortillas stuffed with Indian flavors. Info: wrcr.org/calendar.htm; register by emailing margo@wrcr.org or calling 510.601.4040 x111

Saturday, March 21

Zero Waste Zone Celebration

Saturday Berkeley Farmers Market

Join the Ecology Center for phase one of their campaign to make the Saturday Farmers Market into a Zero Waste Zone. "It's a goal that we will need to be evolving toward for a long time and not something we can just declare and have it be a reality," says Kirk Lumpkin, Special Events & Promotions Coordinator for the Berkeley Farmers Market. "In the long run, we are hoping not only to have done this for our markets and our community, but that it will be a model that others adopt." The first step will be for all of us to "bag plastic," and other single-use packaging, and use the new biodegradable bags being made possible by a grant from the Alameda County Waste Management Authority. (The biodegradable bags are great for lining those little food scrap pails.) Don't forget to bring your own canvas tote—each step will make a big difference as our markets gain new ground on green practices. Watch for updates at ecologycenter.org.

Sunday, March 22, noon

Vegetarian Cooking Classes

When I need to get my frustrations out I have been known to buy a baby coconut and chop away through the tough husk to the milk and

meat. Better that I should attend this class and see the right way to do it while learning how to make green papaya salad, lemongrass coconut soup with fried tempeh, and sticky rice with mango. The class is taught by Phil Gelb and is part of his ongoing series of vegetarian cooking classes. On April 5 in his Passover cooking class you can learn how to make matzoh ball soup, as well as cauliflower kugel with pistachio topping, collard leaves stuffed with fava bean purée, roasted beets with horseradish, and *charoses*, a traditional salad of apples, nuts, honey, and wine. More info and registration: contact Phil Gelb at phil@philipgelb.com or 510.393.6096

Saturday, April 11, 11 a.m.–4 p.m.

Wildflower Festival

Sunol Regional Wilderness, Geary Rd, Sunol
Colorful wildflowers are botanically engineered to attract the birds and the bees, but isn't it interesting that they attract us as well? In fact, the study of wildflowers is considered ethnobiology because it includes the knowledge of indigenous peoples. At this annual festival, hikes, talks, and slideshows will be augmented by a special noon-hour presentation by Senator Ellen Corbett. More info: ebparks.org/news

Saturday, April 18, 10 a.m.–3 p.m.

Regional Parks Botanic Garden

Annual Spring Plant Sale

Tilden Regional Park

Wildcat Canyon Rd and South Park Dr

Pick up your perennials, shrubs, grasses, bulbs,

edible MARIN & WINE COUNTRY
Celebrating the Local Food and Wine of Marin, Napa and Sonoma Counties

In June, *Edible East Bay* will have a new neighbor to the north. *Edible Marin & Wine Country* (EM&WC) will tell the stories of the people who produce the bounty of food and wine in Marin, Sonoma, and Napa counties. EM&WC publisher, Gibson Thomas, who has led the Marin County-Petaluma Convivium of Slow Food since 2002, sees her magazine as a beautiful, dynamic, informative, and tangible addition to her mission to spread the word about the sustainable food producers in her community. Visit ediblemarinandwinecountry.com for updates on the June launch and to find out how to get a copy.

groundcovers, and annuals along with advice about which plants best suit your patch of soil and which can adapt best to our current drought conditions. Info: nativeplants.org

Saturday, April 25

Earth Day

Berkeley: Gather at Allston and Milvia from noon to 5 for this renowned annual celebration, with live music, speakers, and resources. hesternet.net/events/html

Danville: The celebration begins at the farmers market as neighbors help elderly residents clean up their yards. Register at danville.ca.us.

Livermore: Pitch in at the Arroyo Clean-up and then get in line for the BBQ! Robertson Park, 3200 Robertson Park Rd. Starts 9 a.m.

Oakland: "Clean it Green it Mean it" is just one of the slogans to rally a huge city-wide volunteer effort. Sign up for a project in your favorite neighborhood and get busy for betterment: oaklandearthday.com, oaklandpw.com

April 26

Sheep Shearing Day

Ardenwood Historic Farm, Fremont

Watch the sheep get rounded up and readied for their yearly haircut as unruly clouds of lanolin-scented wool go flying. Highly recommended! Celebrate the passage of the seasons together with these wooly beasts. 34600 Ardenwood Blvd., Fremont. 510.791.4196, ebparks.org/parks/ardenwood

May 16 and 17

Fermentation Festival

Osmosis Day Spa Sanctuary, Freestone, CA

North America's only cedar enzyme bath spa and its historic hometown of Freestone will be the scene of this exciting festival. Join with this tight-knit farming community devoted to all things fermented for a rare behind-the-scenes peek at the transformative processes involved in gourmet wine- and bread-making. Also included will be educational presentations, performances by the Freestone Samba Dancers, and tours of the Salmon Creek School's LEED-certified building. More info: osmosis.com.



La Fleur de Lyon

Spécialités en croûte

Delicious Vegetable Brioches, Pies & Galettes

Ashkenaz, Berkeley Bowl, and Star Grocery in Berkeley

The Junket in El Cerrito

Dean & DeLuca in St. Helena

Planet Organics: planetorganics.com

Oakland's Grand Lake and Montclair farmers markets

San Rafael's Civic Center Farmers Market

Concord Farmers Market

lafleurde lyon@yahoo.com



Join us in supporting the local farms in our community



The Brentwood Agricultural Land Trust works with local farmers and our community so that future generations in the Bay Area will have a local source of food.

Brentwood Agricultural Land Trust
Phone: 925.634.6738
www.brentwoodaglandtrust.org