Sustainability News

Recent Developments

Real Food Challenge
October marked the end of our first full year of using the Real Food Calculator to track our sustainable food purchases. Over the past twelve months, a significant amount of our food purchases qualified as "real" meaning they were local, fair, humane, and ecologically sound. The Real Food Challenge urges universities to reach 20% Real Food by the year 2020, and we are well on our way to reaching that goal. Keep your eye out in our dining locations and try to spot items you think would be considered "Real Food"!

Sustainability Week
Dining Services participated in Sustainability Week this October, along with several other campus clubs, groups, and organizations. Our Sustainability Intern tabled at the Sustainability Info Fair in the MPR as well as in the Viking Commons during the Farm-to-Table lunch on Food Day.

The Farm-to-Table lunch featured an outstanding menu of fresh, local and organic food. The Columbia River-raised steelhead salmon was the star of the show and had many people coming back for seconds...and thirds! Local produce, cheese, Field Roast sausages, bagels and others were just some of the sensational treats that had people lining up for more.

Waste Less
If you eat in the dining commons on campus, you may have noticed a new addition to each of the tables. Our sustainability intern designed a new napkin holder insert to get people thinking about food waste at each meal. Our "Waste Less" campaign is part of our personal sustainability commitment as well as Western’s push for zero waste. Our Weigh The Waste events in the past showed us just how much food is sent back on the dish belts each day, so we want to share some tips on how to eat more responsibly and waste less food.

10 local and seasonal foods we’re using:
- Apples
- Bok Choy
- Braising Greens
- Carrots
- Chives
- Dill
- Mushrooms
- Onions
- Potatoes
- Squash

...Look for these items in the dining commons and campus markets this month!

Coming Up...

We are always trying to find new opportunities to get more sustainable food on campus. Our intern recently contacted one of our distributors and worked with the Executive Chef to start ordering all local egg products for the dining commons. Our new eggs will be coming from a farm in Yelm, Washington. These local eggs will cut down on transportation costs while supporting a Washington farm.

Another local product you will start seeing in the dining commons is Draper Valley chicken! In the past, we have used this chicken for special event meals, but we will soon be seeing it in regular rotation.
Locals Only Recipe of the Month:
Savory Stuffed Pumpkin

Serves: 6-8, Start to finish: 2 hours

Ingredients:

- 3 lbs whole pumpkin, sweet pie variety (Terra Verde, Everson)
- 1 Tbsp butter (Brekinridge Farm, Everson)
- 1/2 cup onion, chopped (Full Bloom Farm, Lummi Island)
- 1 clove garlic, minced (Half Acre Farm, Ferndale)
- 1/2 lb. ground beef (Second Wind Farm, Everson)
- 1/2 cup chopped apple (BelleWood Acres, Lynden)
- 1/2 cup cheese, grated (Pleasant Valley Dairy, Ferndale)
- 2 pieces stale bread, cubed (Avenue Bread, Bellingham)
- 1/2 tsp fresh ginger, grated (Terra Verde, Everson)
- 1/2 tsp dried sage (Half Acre Farm u-pick, Ferndale)
- 1/2 tsp dried thyme (Half Acre Farm u-pick, Ferndale)
- 1 tsp salt (optional)

Instructions:

- Cut off top with knife at 45 degree angle. Carefully cut a hole large enough so you can get your hand inside the pumpkin easily. Save the top to use later. Remove seeds and stringy center of pumpkin, using a metal spoon or some other curved tool to scrape the seeds out.
- Preheat over to 350 degrees F.
- Melt butter in a skillet over medium high heat. Sauté onions until browned, about 3-5 minutes, then add garlic and sauté another minute. Remove from heat and set aside in mixing bowl.
- In same skillet, and brown ground beef. Add meat mixture to mixing bowl with onions and garlic. Add apple, cheese, bread, ginger, and herbs. Mix filling well.
- Season the inside of the pumpkin with salt. Stuff with the filling mixture. Replace pumpkin top, and put the pumpkin on a baking sheet covered with parchment (or in a buttered casserole dish or Dutch oven). Put into oven and bake for about 90 minutes.
- Remove cap, and cook for another 20-30 minutes until top of stuffing is browned and crispy.

Recipe derived from whatcomlocavore.com

Here’s what some students had to say about the Farm-to-Table lunch…

“The Farm-to-Table lunch today was fantastic!”

“Great lunch! Loved the field roast and quinoa.”

Questions or comments?

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