

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

with **Chef Katherine Deumling**

A ZOOM cooking class to benefit the Community Outreach Farm Clinic



November 12, 2020, 5 pm PST

Slow Food Corvallis was pleased to have the opportunity to collaborate with Community Outreach Inc. (COI), of Corvallis, its Farm Clinic, and Katherine Deumling to offer a Zoom cooking class entitled “Back to Our Roots: Cooking the Fall Harvest.” The event raised funds to support needed equipment purchases to expand and enhance the Farm Clinic program.



When ER physician Dr. Gabriel Ledger moved to the Willamette Valley fifteen years ago, the bounty of our local farms inspired him to learn more about the production of that 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 health-care 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 farmworkers’ access to medical services. The Covid19 pandemic and recent fire and smoke hazards—farmworkers at Gathering Together kept harvesting through last summer’s smoke—have made maintaining health even more challenging in agricultural settings. The Farm Clinic has responded 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 farmworkers can have access to health care and health-education resources regardless of where they work.



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 equity and justice, this initiative supports Slow Food USA’s Equity, Inclusion and Justice Manifesto (<https://slowfoodusa.org/about/eij/>).



Katherine Deumling is the founder and CEO of **Cook with What You Have**. Through cooking demos and her digital Seasonal Recipe Collection, Katherine shares her passion for cooking, and for food as a tool for lasting health for people and planet, with clients far and wide. Katherine is a long-time Slow Food member who has served on Slow Food governance bodies at every level. For more information about Cook with What You Have, visit <http://cookwithwhatyouhave.com>.

Katherine's cooking lesson included tips for cutting winter squash and recipes for weeknight vegetable curry, beet dip with herbs and feta, warm Brussels sprout salad, and roasted winter squash with spicy yogurt. Participants cooked along with Katherine or just relaxed and observed as she demonstrated preparation and cooking techniques. During the event, Dr. Gabe Ledger gave an inspirational introduction to the Farm Clinic, and COI provided an opportunity for additional donations via the organization's website. Slow Food Corvallis sold 67 tickets to individuals all over the United States. In all, the event raised more than \$5,200 to support the Farm Clinic. The money will be used to purchase needed equipment, support the expansion of the clinic's activities, and help those in need to purchase medical supplies.