

The Spoon



The Quarterly Newsletter of Moonlight Kitchens

April 2017

Kitchen Hours: 24/7/365

**Office Hours: 10–4 M–F
& by appointment**

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So, what's cookin'?

April 15th First day Garden City Harvest gardens are open

April 18th First day of our [Food Biz Boot Camp](#) class @ *Moonlight Kitchens*

April 23rd Missoula Grain & Vegetable Co's [shelter-belt tree planting party](#)

April 30th Beltane Leafy Greens potluck & Meet-Your-Farmer dinner 5-7pm @ *Moonlight Kitchens*

May 6th First day of Missoula Farmers Markets (CFRM & XXXX)

May 24th "Drawn to Food" illustration class w/ Bethann Garramon Merkle @ *Moonlight Kitchens* — see over



FOOD BIZ BOOT CAMP

or "How to Start a Small Food Business in Missoula"



Rescheduled:

Tuesday evenings 6–8pm, April 18th thru May 23rd

Pre-registration required by April 16th - \$100/student. Limit 12

Is this the year you (or someone you know) is ready to jump into creating a small food business? Let Moonlight Kitchens help!

First of all, we have 2 fully equipped commercial kitchens and support facilities that meet the Health Dept.'s safety and sanitation requirements. Secondly, we are offering a 6 week series of classes on what it really takes to get things rolling. Check out the [list of topics and information about the presenters](#) on our website.

You can [register online](#), or give us a call at 926.2720.

Make connections in the local food system, hear what's new in the marketing field, and improve your general business savvy to help you get a head start on the season and save time, money, and energy.

Fun Food Fact:

Did you know elephant garlic isn't really garlic at all? It's an onion related to the garden leek & it tastes great!



SPRING TONIC SOUP

(Nettles & Kale Soup)

- 12 oz. fresh nettles
 - 2 medium yellow onions
 - 1 TBS. olive oil
 - 2 tsp. sea salt
 - 12 oz. Yukon Gold potatoes
 - 8 oz. leeks, white & light green parts
 - 4 cups water
 - 8 oz. Red-stem or Lacinato kale
 - 2 cups light vegetable broth
 - 2-3 TBS. fresh lemon juice
 - Freshly ground black pepper
- Garnish with cream, yogurt or crème fraîche.*



Wash & blanch your nettles (see below) - set aside. Coarsely chop the onions. Heat the oil in a skillet, add the onions & a sprinkle of ½ tsp salt. Cook, stirring often, until they are soft & golden, 25-30 minutes. Scrub and dice the potatoes and wash and chop the leeks. In a big pot combine the potatoes, leeks, 4 cups water, & remaining salt. Bring to a boil, lower heat and simmer for 10 minutes +/-.

Remove the kale from the stems (discard) & chop coarsely. Add the kale, nettle leaves, and onions to the pot and simmer for ½ hour or until the kale is completely tender.

Add the vegetable broth, lemon juice, pepper to taste and let cool slightly. Puree the soup in a blender in batches or with an immersion blender in the pot – do not over-blend or the potatoes will get gummy. Serve this with a swirl of heavy cream or a splodge of yogurt or crème fraîche.

ABOUT NETTLES - They sting but not permanently. Using gloves, dump your fresh nettle leaves, stems and all, in a pot of boiling water (blanch) and drain. No more sting! Strip the leaves off the stems and make your soup. Oh, and they're bright green - a nice surprise.

From: "Love Soup" by Anna Thomas. W.W.Norton & Co. 2009

Moonlight Kitchens are owned by Pat & Anne Little who have lived in Missoula for eight years. The purpose of the operation is to run a triple bottom line business that provides a space for cooks to connect local food with local people while supporting local farmers. Come learn from, work with, and be entertained by people who like real food! Grab a 2buckacuppa coffee while you're here.

Drawn to Food

Moonlight Kitchens is excited to present an evening class in drawing food, plants, and natural objects with Bethann Garramon-Merkle, an award-winning artist, and Choteau native, now living in Laramie.

Bethann's work is currently on display in the Sunrise Event Space adjacent to Kitchen #1. You can also see it online at commnatural.com

The class will be one evening, near the end of May. No experience necessary!

Stay tuned for details and registration information.

