

SPECIAL
FEATURE

50 EASY WAYS TO EAT GREEN P. 68

bon appétit

FEBRUARY 2009



CHIMICHURRI
STEAK WITH
GREEN BEANS
ROASTED
RED POTATOES

bonappetit.com

EAT MORE CHOCOLATE
 BOIL ONCE, COOK TWICE
 FILL UP YOUR FREEZER
 DON'T READ THE OMNIVORE'S DILEMMA
 MAKE A BISON BURGER
 ASK YOUR FARMER THESE QUESTIONS
 DON'T OPEN THAT DOOR
 BUY A SIDE OF BEEF
 COOK MORE OFTEN
 ROAST A WHOLE CHICKEN
 BECOME A HUMAN FOOD PROCESSOR
 EAT ALASKAN WILD SALMON
 SAVOR SARDINES
 GET THE SCOOP
 PLANT AN HEIRLOOM VEGETABLE GARDEN
 LEARN HOW TO READ A CARROT...
 BUY BARRAMUNDI
 BE YOUR OWN BARISTA
 TREASURE YOUR TRASH
 MAKE STOCK...
 MAKE YOUR OWN CEREAL
 JOIN A CSA
 EAT AMERICAN CHEESE
 TEXT FISHPHONE
 VEG OUT
 TURN OFF THE LIGHT...
 CLEAN GREEN
 START COMPOSTING TONIGHT
 EAT GRASS-FED BEEF
 BECOME AN URBAN FORAGER
 EAT SUSTAINABLE SHRIMP
 EAT FREE FOOD
 GET BLASTED
 EAT SUSTAINABLE SUSHI
 BECOME A LOCAVORE
 BIKE TO THE MARKET
 SUPPORT YOUR LOCAL GREEN RESTAURANT
 GO BENTO
 EAT MORE TOFU
 STOP WHISTLING
 USE YOUR DISHWASHER
 BAG IT
 MIX YOUR DRINKS
 TAKE THE LEFTOVERS
 PACK YOUR OWN LUNCH
 SUPPORT YOUR LOCAL WINEMAKER
 READ FRITZ HAEG'S EDIBLE ESTATES
 KEEP THE GREENS
 PLAN YOUR PAPER USE
 RECYCLE THIS ISSUE...

EASY WAYS TO

EAT GREEN

THE BON APPÉTIT GUIDE TO COOKING UP A GREENER WORLD

TEXT BY HUGH GARVEY

RECIPES BY JEANNE THIEL KELLEY

PHOTOGRAPHY BY KANA OKADA AND CRAIG CUTLER

43/ MIX YOUR DRINKS

We'll never give up the bottle... wine, that is. But consider working boxed wine into your regular rotation—it generates half as many carbon-dioxide emissions in transport, and has recently risen in quality. Already popular in Europe, Australia, and New Zealand, boxed wine is gaining ground here. Three Thieves California wines come in recyclable one-liter "Bandit" Tetra Paks (threethieves.com).

44/ TAKE THE LEFTOVERS

Sure, the restaurant will probably wrap the leftovers up in paper or plastic, but more fossil fuels went into the production of your chicken *piccata* than into the production of that doggie bag (some people go so far as to tote a freezer bag in their purse, but that's really a lifestyle choice that's up to you). Take the whole thing to work the next day for lunch, and all will be right with the world.

45/ PACK YOUR OWN LUNCH

It's a simple way to greatly reduce your consumption of take-out and processed foods.

HUMMUS AND FETA SANDWICHES ON WHOLE GRAIN BREAD

MAKES 2/

These sandwiches are portable and keep well in a lunch box. The hummus should be thick for the sandwiches, but if you want to enjoy the leftovers as a dip, thin slightly with a little extra olive oil.

HUMMUS

- 1 14- to 15-ounce can organic garbanzo beans (chickpeas), drained

- 1 garlic clove, peeled
- 3 tablespoons (or more) fresh lemon juice
- 3 tablespoons tahini (sesame seed paste)*
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons minced seeded jalapeño chile

SANDWICHES

- 4 5x3-inch slices whole grain bread
- 1 Persian cucumber or one 4-inch piece English hothouse cucumber, thinly sliced
- 8 fresh mint leaves
- 4 fresh cilantro sprigs
- 4 ounces feta cheese, cut into ¼-inch-thick slices

HUMMUS/ Using on/off turns, finely chop garbanzo beans and garlic in processor. Add 3 tablespoons lemon juice and remaining ingredients; process to coarse puree. Season to taste with salt and pepper and more lemon juice, if desired. **DO AHEAD** Can be made 1 week ahead. Transfer to airtight container and chill.

SANDWICHES/ Spread 2 tablespoons hummus over each bread slice. Top 2 bread slices with sliced cucumber, mint, and cilantro, dividing equally. Arrange slices of feta atop cilantro. Top each with second bread slice and press gently to compact slightly. Cut sandwiches in half.

*/Available at some supermarkets and at natural foods stores and Middle Eastern markets.

47/ READ FRITZ HAEG'S EDIBLE ESTATES

To open your mind about what a garden (or, for that matter, front lawn) can be, read this book, which calls for America's fallow lawns to be turned into productive

vegetable gardens. It includes case studies, plans, and photographs of lawns that were transformed as part of Haeg's ongoing art project (\$16; amazon.com).

48/ KEEP THE GREENS

Beet greens are the most nutritious part of the plant, but they often just get dumped in the trash. Instead, use them as you would spinach or kale.

FARFALLE WITH GOLDEN BEETS, BEET GREENS, AND PINE NUTS

4 TO 6 SERVINGS/

You can use red beets if golden beets are unavailable, but your pasta will turn pink.

- ½ cup pine nuts
- 4 tablespoons extra-virgin olive oil, divided
- 2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 3 garlic cloves, minced
- 2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
- 12 ounces farfalle (bow-tie pasta)
- ½ cup grated Parmesan cheese plus additional for serving

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about

30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Meanwhile, cook beets in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer beets to medium bowl. Return water to boil. Add pasta to beet cooking liquid and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by ¼ cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in ½ cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

49/ PLAN YOUR PAPER USE

Scale down your paper towel use (and buy only recycled brands) and scale up your cloth dish towel use for drying vegetables and cleaning up minor spills. Save paper towels for potential cross-contamination spills, like eggs or raw meat and poultry.

Mü Kitchen makes colorful dish towels from a mix of organic bamboo and cotton. Go to mukitchen.com for retailers.

50/ RECYCLE THIS ISSUE...

...by passing it along to a friend, of course. /■

Hugh Garvey is Bon Appétit's features editor. Contributing editor Jeanne Thiel Kelley is the author of the cookbook Blue Eggs and Yellow Tomatoes.



SUPPORT YOUR LOCAL WINEMAKER

With wineries in every state in the union, a local winemaker is never far away. You're already familiar with the major growing regions of Washington, California, and Oregon, but some of the wines produced in other parts of the country are worth checking out. Here are a few of our favorite wineries in places considered off the beaten path.

NORTH FORK, LONG ISLAND, NEW YORK
Lenz

FINGER LAKES REGION, NEW YORK
Red Newt Cellars

MICHIGAN
Black Star Farms

VIRGINIA
Barboursville Vineyards

NEW MEXICO
Gruet

COLORADO
Garfield Estates

TEXAS
Becker Vineyards