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## Local Flavors: If you love this area, you'll have to eat it

### Recipes included below

Katy Budge  
Special to The Tribune

Do you know how many of your food dollars stay within the local community? Central Coast Grown is hoping to push the percentage as close to 100 percent as possible.

A marketing outgrowth of the Central Coast Agricultural Network (CCAN), Central Coast Grown is an ambitious new effort seeking to foster awareness of local foodstuffs and make people aware of how their choices affect their community. By buying food grown on the Central Coast, consumers help support their neighbors and also help preserve the agricultural heritage of the area.

"Our motto is, 'If you love this view, you'll have to eat it,' " explained Debra Garrison, who handles membership services for Central Coast Grown. "Our job is to get out and educate the consumer and show them the benefits of buying local." At this point, the focus of the effort is going toward a labeling program that producers can use to indicate their foodstuffs are raised in San Luis Obispo County; the labels feature a Central Coast spin on the classic California fruit-crate art genre.

"That's the only program we have in place right now," said Garrison, "but we're also going to develop a speakers' bureau that will help educate consumers — including chefs — about the importance of eating seasonally. The next phase will be a Food Guide so members will know who has what and what's in season."

In addition, Central Coast Grown/CCAN has future plans to construct a processing plant, delivery system and a retail outlet.

The ultimate goal of Central Coast Grown is to sustain the local agricultural economy, but Garrison noted that the concept will also help foster a sense of community as people "start getting to know the farmers and ranchers, start having dialogues with their food producers. Plus, you'll get the added bonus of having food that tastes a lot better and is a lot better for you."

--Katy Budge is a freelance writer from Atascadero. If you have a favorite "Local Flavor" you'd like to see featured, e-mail your suggestions to [ktbudge@sbcglobal.net](mailto:ktbudge@sbcglobal.net).



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Debra Garrison of Central Coast Grown helps sustain the local agricultural economy.

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**Eating local never tasted so good**

Pork stew meat is available from several local meat producers, such as Charter Oak Beef in Templeton.

Windrose Farms in Paso Robles produces dried chipotles, and although not many spices are grown locally, you can buy them from a local business — The Secret Garden Organic Herb Shop in San Luis Obispo.

Garlic and vegetables are available at numerous farmers' markets throughout the Central Coast, and great cilantro is available from Rutiz Farms in Arroyo Grande.

The amount of heat in this dish can be toned down by omitting the jalapeño and using less paprika, but keep the chipotle for its rich smoked flavor.

This recipe is adapted from "Home Cooking Around the World" by David Ricketts, with permission from the author.

**PORK STEW WITH CHILIES**

**Makes 4-6 servings**

For pork marinade:

- 3 cloves garlic, peeled
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cloves
- 1 tablespoon red wine vinegar
- 2 pounds lean pork, cut into 2-inch cubes

In a mortar and pestle, crush together the garlic, salt, pepper, cumin and cloves to make a paste.

Transfer to a large non-reactive bowl and stir in vinegar.

Add pork, cover and marinate at least three hours or overnight.

For stew:

- 1/2 hot water
- 1 dried chipotle chile
- 1 fresh jalapeño chile, cored, seeded and chopped
- 3-4 tablespoons vegetable oil
- 2 teaspoons hot paprika
- 1 teaspoon turmeric

- 2 Yukon Gold potatoes, diced (peeled, optional)
- 2 yellow onions, peeled and finely chopped
- 1 sweet red pepper, cored, seeded and chopped
- 3 cloves garlic, finely chopped
- 1 teaspoon salt
- 3-4 cups chicken or vegetable broth
- chopped cilantro for garnish

**Soak the chipotle in the hot water for about 15 minutes until it has softened, then core, seed and chop chipotle.**

Puree chipotle, the soaking water and the jalapeño in a food processor.

In a large saucepan, heat 2 tablespoons of the oil, along with the paprika and tumeric for about 1 minute. Be careful not to burn the spices.

Working in batches, add pork and sauté until browned, about 5 minutes per batch and removing pieces to a plate as they brown.

Add the rest of the oil, add potatoes and sauté until lightly brown, about 2 minutes.

Add the onion and red pepper and sauté, scraping brown bits from bottom, until softened, about 8-10 minutes.

Add garlic and sauté 1 minute, then stir in chile mixture and cook until liquid has evaporated, about

2-3 minutes.

Stir in salt.

Add broth and bring to a boil.

Add pork, cover pan and gently simmer until pork is tender, about 1-1/2 hours, occasionally stirring.

If you want a thicker stew, mash some of the potatoes against the side of the pan and stir in just before serving.

Serve topped with chopped cilantro.



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