



## **Lee Sustainability Advisory Committee Meeting**

**APPROVED Minutes March 5, 2019 3:15 PM**

**Oyster River High School L-150**

This is the second meeting of a task force to plan the event formerly known as the Zero Waste Dinner. LSC is joining with ORCSD groups and hopefully town groups and UNH to make an Earth Day community dinner and expo at ORHS, April 22, 2020, 5-8pm.

This was also an announced public meeting of the LSC as a quorum of LSC members were present and planning to participate in the meeting.

**LSC Members present:** Paul Gasowski (chair), Chuck Cox, Dean Rubine

**LSC Members absent:** Jennifer Messeder

**Public Present:** The public here are the other members of the task force who attended:

Maggie Morrison, ORCSD Sustainability Coordinator

Jean Nelson, Parent Representative, Oyster River Parent Sustainability Committee

Jonathan Gagne, UNH Sustainability Institute

Five students, names omitted, ORHS Sustainability Club

### **I. Call to Order 3:20pm**

### **II. Preliminary Actions**

#### **A. Introductions N/A**

#### **B. Approval of Agenda**

Approved by group

### **III. Public Comments**

N/A

#### **IV. Discussion Items/Updates**

##### **A. Sust Club: Possible names for the event**

The Sustainability Club members present discussed possible names for the event and chose:

##### **Sustainability Community Suppa' and Expo**

[I originally wrote Supper but Paul seems to have chosen the regional form so I'm going with it because he was at that part of the meeting and I wasn't.]

##### **B. Sust Club, Chuck, All: Setting Menu**

##### **MENU**

Three possible menus were generated with the idea that they will be presented to Director Demers who would choose what's practical at the price point we're aiming at which is \$7/meal, \$20/family. Food Service will determine the price; we should remind Doris there's money available from the Lee Sustainability Committee and possibly the ORHS Sustainability Club (\$500 max) and that might be used to subsidize food.

The consensus was for a generally vegetarian meal with a meat option. We hope to use almost all locally sourced food.

We had local farmer and Lee Sustainability Committee Chuck Cox advising on what food is expected to be locally available for the date. It's likely not necessary, but Chuck is available as a resource to Director Demers should she seek input on sourcing. Both Chuck and Doris have access to Three Rivers Farmers' Alliance to get local food.

Here are three possible menus, presumably we could mix and match as Doris sees best.

##### **1. Mexican**

The thinking was folks could have burritos filled to order.

Salad (Salad greens, ingredients as locally available)

Tortilla chips (nachos?)

Burritos:

corn Tortillas (Chuck's farm supplies these to Vita Tortilla / Vita Cantina restaurant)

cheese (appropriate, locally available)

scallions

onions  
various peppers (may be difficult to get local)  
sour cream  
beans (pinto, black or other dry)  
rice? (not local)  
salsa (local?)  
local hot sauce  
tomatoes (available locally?)  
Meat Option: sliced beef

## 2. Vegetable Stew

Salad  
Cornbread with local honey  
Vegetable Stew:  
carrots  
potatoes  
onion  
peas  
garlic  
green beans  
squash  
Other stew vegetables as appropriate (celery?)  
herbs

Meat option: Beef stew

## 3. Latkes with Roasted Root Vegetables

Latkes:  
Potatoes  
Onion  
Flour  
Cooking oil  
Applesauce  
Roasted Vegetables:  
Potatoes  
Sweet Potatoes  
Carrots  
Onion  
Parsnips

Beets  
Other?

Meat option: not specified

## **Dessert**

Dessert ideas to choose among, not particularly paired with the rest of the meal.

Chuck says rhubarb and apples should be locally available.

Apple crisp  
Apple pie  
Apple tart

Strawberry rhubarb pie  
Strawberry shortcake

## **Other Ideas**

A student suggested we eat insects. The committee thought that it would be best if a local insect vendor was invited as an exhibitor, rather than officially include insects as part of the meal.

Soup was another suggestion, similar to the stew idea. Curry was also suggested.

Discussion notes [distilled into the meals above but might have additional useful information.]

MM: Students work with Doris

PG: Not until proposed menus are generated

CC: Three Rivers (Farmers') Alliance supplies local food to restraints and institutions, S Maine, Rockingham. Corn meal, frozen local items. Doris can source food from Three Rivers.

CC: I supply corn (meal?) for tortillas for Vita Cantina and Vita Tortilla. More demand than I can handle. Getting other growers involved. Flint corn, better than cattle intended dent corn.

PG: Wife and I find local carrots and squash at Wentworth Greenhouse.

CC: It's the end of winter squash. Parsnips?

CC: Three Rivers defines local as a 50 mile radius

PG: We have to work with what's available

MM: The club students who went to Youth Climate Leaders Academy in Fairlee, Vermont had great vegetarian food. Curry with chick peas.

Meal ideas: Meat stew, potatoes, eggplant lasagna (CC: eggplant not fresh), rhubarb, maple, early for asparagus

CC: Dry beans available locally

Rice? CC: no. Rye? CC: I should have brought brochures from Three Rivers Alliance; check website.

MM: We may have to adjust and get rice anyway.

Locally sourced heavy cream, butter.

Desserts:

Strawberry Rhubarb Pie

Shortcake

Rhubarb bars

Apple Tart / Apple Crisp

Local Ice Cream

Burritos with local tortilla, sliced beef - make your own

Local tomatoes – Backyard farms

Salad

Scallions

Burrito [summarized above in menu]

Latkes [above]

Idea to add insects to Mexican meal. Jon: Cricket flour baked goods. Committee thinks insect food vendor would be a good exhibitor.

Dean will type up and email notes to everyone for comment; Jean will collate and discuss with Doris.

Jon: Slow food

### **C. Sust Club: Support Staff for dinner / NHS Support**

Didn't ask Ms. Best to grant volunteers NHS credit. Will soon.

#### **D. Sust Club/Dean and All: Exhibitors and Invitees to Expo**

Dean: I made a Google Sheet with names of possible invitees. If you want to invite one please write your name in the appropriate column and generate the letter or email according to Paul's template. Update the spreadsheet as you hear back. Here's the link:

[https://docs.google.com/spreadsheets/d/10uqTumigeebeI-r39QX\\_r6OITGC\\_MgJx475j1UxeUYE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/10uqTumigeebeI-r39QX_r6OITGC_MgJx475j1UxeUYE/edit?usp=sharing)

#### **E. Kay: NH Peace Action Grant N/A**

We ran out of time so the rest got pushed.

#### **F. All: Program N/A**

#### **G. All: Layout N/A**

#### **H. Other N/A**

[see above]

#### **V. Closing Actions**

##### **A. Agenda Planning – leave to Paul**

#### **VI. Adjournment**

4:05 pm