

Around The Farm

Eat with the Moments: From Farm to My Table

by Hsin-Yu “Maggie” Huang, UW Farm Dani Elenga Urban Farming and Environment Intern, Medical Anthropology/ Food System, Nutrition, and Health Major



(Fruit wines and jams I made with UW Farm's fruits)

We are what we eat. What do we eat? What makes us eat what we eat?

Eat with the season, and stop when the season is over. Eat what is at the height of its flavor. Eat what the land offers. That is how our ancestors used to eat when there wasn't refrigeration and air-freight and mass monoculture and [CAFO\(Concentrated Animal Feeding Operation\)](#) . Nowadays, modern industrialized food systems offer us a large abundance of everything all the time, breaking the limits of time and space. No more negotiations and compromises needed to be made with the weather, people, and landscapes. We can have everything we want all the time. The world is our oyster.

Therefore, we no longer care about the flavors and seasons and the natural cycle. We no longer get excited about the local strawberry season because we can find California-grown ones on the shelves all the time. We no longer appreciate tartness, bitterness, pugnacity, and astringency because we can have fruits and vegetables that are as sweet as cotton candy. We no longer spend time stewing those hard, fibrous parts because we can buy bags that only have soft leaves. We no longer care what we're eating and why.



(UW Farm's tree cherries besides CUH tool shed/ Tree cherry coffee cake/ Tree cherry jam)

The real flavors of seasons and lands are sensitive, delicate and constantly shifting. They can not be duplicated through machines and factories. There are so many tastes that only belong to very particular moments, and that's what makes them so precious and beautiful. Eating with the moments is beautiful, and I believe that shouldn't be forgotten. Working on UW Farm makes me witness and learn a lot more about this.

It's beautiful to be able to cook and eat things you grow and harvested with people. It makes you better see how close you are with the land and others. That is a very intimate relationship we all hold a fundamental part of. Pioneer of the [slow food](#) movement, [Alice Water](#) said that "beauty is the language of care," caring for other people, caring for the planet, and caring for yourself and your food.



(UW Farm's Japanese plums in front of the CUH wash pack/ Plum wine/ Plum and apple jam)

To be honest, my favorite part about working on UW Farm is all the produce I can have. From rare varieties to extremely seasonal things, I am constantly amazed by all these tastes and textures that change continuously. I find it very exciting to cook with them. It's a game of following the flavors. We have a cherry tree right next to the CUH tool shed. You can make cakes and jam with the tree cherries. I love its taste. The cherries would be gone in just a few weeks. Then, the plums start to come out, sour and juicy. A pot of plums can be made into plum wine, or stew with pork belly. Then, their moments end, and the apples start to turn red. Farming, cooking and eating with this flow of moments makes me learn a lot of new things in the relationships between me and my food. I learned how fulfilling seeing the tomatoes

turning red could be. I learned how therapeutical slowly cooking down a pot of apple jam could be. I learned how rich and sensual eating could be.



(UW Farm's garlic scapes from Mercer Court/ Stir fried lemon garlic pork with scape/ Scape and scallion pancakes)

The world is fast now, and sometimes moments pass in a snap that we often don't have time to really feel them. If you happen to have some time, try paying attention and spending time on the moments when you eat. It doesn't have to be complicated things like starting your own garden or making fancy, exquisite meals, just start with putting down your phone during dinner and really chew and taste every bite of that moment. You might find something different between you and your food.



(UW Farm's raspberries/ Different flavors of raspberry wine)