



**is for GLEANING**

### Gleaning Soup

Gleaning refers, on a literal level, to hand-collecting the crops which remain after harvest, letting nothing go to waste. These crops are gathered gradually, piece by piece, leftover fruits, grains, and vegetables carried in bags or folded into a glaneuse's long skirts. This ancient tradition is referenced in the books of Deuteronomy, Leviticus, and Ruth, and remains common today despite capitalistic insistence that food only be available to those who can purchase it. People who are in need or simply thrifty track down dumping grounds for discarded produce, sustaining themselves and their communities despite a hegemonic economy. In addition, salvaging clothing, furniture, or art objects may also be understood as gleaning.

Laws, fences, and private property attempt to keep gleaners out of fields. Meanwhile, to stop urban gleaners, the dumpsters behind grocery stores are often locked, and companies slash holes and pour bleach on unsold clothing. Yet gleaners persist, working to salvage, repurpose, conserve, and equalize. For example, Montreal

is home to thriving communities of dumpster divers, sharing routes through The Montreal Map 3.0 ([www.tinyurl.com/themontrealmap](http://www.tinyurl.com/themontrealmap)), salvaging foods that would be otherwise wasted. Montreal blogger “Garbagefinds” ([garbagefinds.com](http://garbagefinds.com)) lives on resources others have discarded, selling and trading these finds, which include trading cards, jewelry, fine art, electronics, and furniture. Facebook groups such as Bunz and Montreal Trade Hole support a barter system, allowing members to trade for what they need in order to reduce waste and encourage community support. I share these resources because they are meant to be shared. Through gleaning, people of all classes can find creative ways to repurpose what would otherwise be discarded, challenging the wastefulness of capitalism and the restrictiveness of classism, calling on us to see the world with greater attentiveness, creativity, and openness to surprises.

This soup aims to honour the spirit of gleaning and of Agnes Varda, leaving space for literal and metaphorical errancy (wandering). As such, it is never the same twice.

### **Ingredients (this time)**

- 3 cups vegetable scraps (carrot peel, onion skins, rosemary stems, red pepper insides, garlic skins, celery)
- 1 tbsp olive oil
- 1 large yellow onion
- 5 cloves garlic
- 3 cups sliced carrots
- 12 cups water
- 2 bay leaves
- 1 tsp each parsley, thyme, rosemary
- 1 tsp each salt and pepper
- 3 cups diced potatoes
- 2 red peppers
- 1 chopped cabbage

1. Begin by collecting. Stems of herbs, seeds of peppers, onion skins, carrot peel, fragments of celery and sage. The scraps that remain when you cook something else – as long as they are clean and not too bitter (avoid broccoli or cabbage). Let these fragments accumulate in a container in the freezer, gradually adding to the mixture until it comes time to use it.
2. When the time comes, heat a tablespoon of olive oil in a large pot on low heat.
3. Chop approximately 5 cloves garlic, one large onion, and 2 pieces of celery into the mix, stirring the mixture so it does not burn.
4. When all ingredients are softened, add the water and vegetable scraps. Season with salt, pepper, and herbs.
5. Boil then bring to a low heat. Let the broth cook for at least one hour.
6. Strain the broth and let cool. Freeze and save what you will not use for now.
7. Use as much broth as you desire to make a fresh soup. Add potatoes, peppers, cabbage, carrots, onion, and/or any fresh or frozen ingredients you desire. Combine in a large pot and bring to a boil, then simmer until all vegetables are tender. This should take at least 50 minutes. If you have the time, longer, lower heat is better to bring out the flavours.

8. Share with others.



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**is for UNDERGROUND**

### **Underground: Slow Roasted Root Vegetables, Eaten Blindfolded**

The earth beneath our feet is political. As we eat today together on the Concordia campus, let us keep in mind that it is the unceded land of the Kanien'kehá:ka nation on which we stand. History is the soil in which we grow, bones and stories laced with rootworks of power relations, growing into the world we perceive.

*“Those who have a memory are able to live in the fragile present moment. Those who have none don't live anywhere,”* speaks Patricio Guzmán in the 2010 documentary, *Nostalgia de la Luz*.

How does the past structure our present reality? What paradigms lurk beneath the surface of the commonplace? Perhaps attentiveness is itself a kind of historiography.

This meal is to be eaten slowly and blindfolded. Think of all these underground processes, this unseen history, which gave flesh and form to these vegetables you now consume, the memories of the minerals stored within them. We may not see this history, but it shapes our every moment.

### **Ingredients**

- 1 cup parsnips
- 1 cup rainbow carrots
- 1 cup beets
- 1 cup red and yellow potatoes
- 1 cup sweet potato
- Half red onion
- 6 garlic cloves
- 3 tbsp thyme leaves
- 1 tsp rosemary leaves
- 3 tbsp olive oil
- Sprinkle of salt and black pepper

1. Preheat oven to 220 Celsius and line baking sheet with parchment paper.
2. Cut vegetables into approximately 2.5 by 2.5 cm chunks (1 square inch) and mix all ingredients in a bowl until evenly seasoned. Set on paper and bake for 25 minutes, then turn over. Check on the vegetables again after 20 more minutes.
3. At this point, the vegetables should be beginning to turn golden brown, but not yet black. If the vegetables are not yet browning, leave them in

a bit longer, checking on them every two minutes. Remove from oven and let cool.

4. One person puts on the blindfold and eats the vegetables, one piece at a time. Another person reads to them:

Savour each bite, chewing slowly, thinking of the underground processes which took place to form this substance you now take inside you. Think of the minerals in the soil, the sunlight which has been crystalized from energy to matter, becoming the flesh of the root. Think of these unseen processes which little by little form this world beneath our feet. The memory of earth, unseen and generational, that makes up each instant.

Think of the 8 minutes and 20 seconds it takes light to travel from the sun to the earth, so that by the time we see it, we are seeing the past. Think of the 65 days it takes this light to grow into a beet, the 120 days for light to become a potato. The millennia of minerals which have been rearranged into this food. This history above and below us, how we are always taking it in. How the present is all we can touch, but by the time we perceive it, even that is now the past.

Chew on this depth of earth and time that together form an instant. Taste. Take this history into your mouth and hold it.

Now swallow it into the dark.