

for a **NUTRIENT DENSE, SUSTAINABLY GROWN, DELICIOUSLY LOCAL CUISINE:**  
**On a Solar Powered Planet, Intrinsically Delicious !**  
**Chlorophyll Is the First, Best, and Most Intelligent Food**



LifeBoat Food Systems:  
a co-operative approach

**April 29, 2009 – 6 pm – Lane Fairgrounds OSU Extension Ofc.**  
***A Premier Event for Informing & Developing Public Opinion in Eugene -***  
***to Showcase the Debut of a Locally Made Wheat Grass Pasta with Basil and***  
***Garlic – which is proposed as paradoxically ideal for food bank distribution,***  
***sharing an experience of local foods innovation that will be extraordinary.***  
**(This is a research & development project for the public domain).**

**Promoting Living Local Sources of Food with Minimal Essential Processing (a sustainable ideal for kitchen uses and overwinter storage). Many steps away from hyperprocessed industrial food.**

It is fortunate that the very bottom and most plentiful basis of nature's food chain is Chlorophyll itself, which offers the highest 'quality' (of matter-energy structure) that any food substance on planet Earth will ever achieve. Of all green plant foods, nutrient dense dehydrated cereal *grasses* can be produced with the least cost and effort per yield. Cereal *grains* will necessarily be essential parts of future crop rotations for a Sustainable Agricultural Model in the Southern Willamette Valley.

**We'll Share with you such inspiring & delicious FOOD INNOVATIONS as --**

1. Wheat Grass **Fettucini** (or **Spaghetti**) with Basil and Garlic
2. Wheat Grass Pasta Soup or **Stew**, made with pasta shells containing Wheat Grass, Basil and Garlic
3. Wheat Grass **Pasta Salad**, shells with concentrated orange/ginger/balsamic vinegar dressing
4. Wheat Grass Pasta with Basil and Garlic (Sheets for **Lasaagna** and/or **Ravioli, vegetable pies**, filled baked **turnovers**, or filled and boiled as **dumplings** )
5. Wheat Grass **Smoothie**, Apple Juice, crushed pineapple & frozen banana - ( a classic **Energy Drink!** )
6. Chutney-style **Wheat Grass Pesto** (chopped raw onion + fresh ginger juice = mellow, potent & delicious)
7. **Pizza** with Wheat Grass crust and Wheat Grass Pesto
8. Green Salad with **Wheat Grass creamy salad dressing**
9. Wheat Grass **Tamales** (green outer corn layer, plus WG, Tofu/Tempeh filling)
10. Wheat Grass **Ice Cream**
11. Wheat Grass Indian or Middle Eastern **Confection**

**Hard to believe that it's true ?**  
**Try It and your discovery will reward you !**

We'll offer demonstrations of Counter Top, Handmade Wheat Grass Pastas (restaurant or home).

**You'll Experience a Wide Range of Uses, Applications, and Product Values relating to:**

- **Fine Dining** – Gourmet quality, our regional climate is ideal for growing and processing all ingredients in great abundance on our local Southern Willamette Valley croplands.
- **Household and Institutional Kitchens** – Ease and speed of preparation, that invites extensive, spontaneous additions of fresh vegetables, herbs, etc.
- **Food Bank Distribution** – As a dry product, locally produced Wheat Grass Pasta is ideal for storage over extended periods, offering extremely high nutrition benefits and beauty of food enjoyment for the most under served & under nourished populations – extremely affordable.

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**co-sponsored by** Willamette Valley Bean & Grain Project, FOOD for Lane County, HELIOS, Ten Rivers Food Web, Lane County Extension Office, Mazzi's Restaurant, Pasta Plus of Eugene, LCC Culinary Arts Program, The Lotus Project, and many individuals. **(Please consider joining this list).**