

Introduction

Body, mind and soil are inextricably linked. It is in their interconnectedness that we find a root formula for global well-being.

The soil is where it all begins. Nutrition fuels human existence, and well-nourished humans are able to grow their minds. Intelligence, spirit, creativity, wisdom, accomplishment, compassion and love are the flowering of the human species.

THAT BEGINS THE introduction from our 2003 best-selling *Hollyhock Cooks*. It remains the DNA of Hollyhock, flowering richly as we move into our fourth decade of inspiring and nourishing those who make the world better.

That first collection of secrets from the imaginative Hollyhock kitchen artists of food has become a classic in many homes. Our bellies and our beings exult in real food, real love and the sacred act of making meals. *Hollyhock, Garden to Table* invites you further into a very practical world of garden and ocean-sourced goodness. You can do this at home, whether you grow your own or shop for fresh ingredients at your local markets.

These collections make it tasty and fun to eat better.

The Hollyhock garden has been lovingly tended since our 1982 founding by Nori Fletcher. She is the godmother of a French-intensive biodynamic-influenced confluence of intoxicating perfume, unimaginable color and happiness ingredients that infuse the Hollyhock table with its memorable aromas and palate pleasers. Nori represents an intentional life of meaning and purpose.

Nori was drawn by instinct to preserve knowledge of organic diversity and complexity. What may have been revolutionary when she began is now a prolific vanguard of new agrarians. They intend to shift global monocultural industrial agriculture to its next regional evolution. Nori's daily engagement with the vitality of soil and seed serves aspiring urban and small farm growers, now called to restore garden-to-table wisdom.

Renowned for unique lifelong learning opportunities, Hollyhock feeds thousands of everyday leaders and change agents, hungry for contemporary

experiential education. Our island campus jewel is nestled between extraordinary gardens over fifty years old and an expansive white sand beach. Massive oyster beds remind us why Native peoples spent summers here, sharing, learning and considering the future. We are grateful for their welcome to their traditional territory.

Hollyhock campus is a timeless sanctuary of consciousness and human advancement. Our Vancouver program is flourishing, with an interactive peer learning curriculum, growing generative culture and connection across sectors, empowering emerging stewards of a new vision that sees economy, planet, the commons and the long-term future as interconnected parts of a whole.

From our land-inspired “healthy human = healthy organizations = healthy society” whole-person pedagogy, HollyhockLife.ca anchors our global presence online. We see next a powerful aggregation of carefully curated educational and crowd-sourced offerings that can extend and share a philosophy and practice of interdependence.

Hollyhock is planning for its long term with the Forever Fund. Generous gifts by founders and friends set us on the way to removing debt and permanently protecting the land legally for non-profit educational use. Our next phase will support our Program, Campus and Scholarships. We invite you to be part of this lifelong learning organization with social impact and benefit that reaches through British Columbia, Canada, the US and beyond.

Garden to table is both metaphor and practical resilience. Hollyhock is a feast. You are guest and family at our table. The times are changing. Humanity needs the wisdom of nature. New solutions emerge. Garden to table is an eternal rhythm. Fun, flavor and friendship flow.

Welcome into our kitchen.

*JOEL SOLOMON, HOLLYHOCK BOARD CHAIR and
DANA BASS SOLOMON, HOLLYHOCK CEO*

Welcome to Hollyhock and Cortes Island

ON YOUR FIRST visit to Cortes Island, you probably have no idea what you're in for. It starts with a ferry ride—or two—into the heart of Desolation Sound. The boat cuts through the velvet Salish Sea while a pod of orcas or white-sided dolphins follow alongside. You are surrounded by pristine jade seawaters with land that is defined by jagged, majestic bluffs, blanketed in dense, shockingly green moss. All this and you haven't even docked yet. It's at about that same moment you completely lose cell reception. That's right. Things are going to be a little different where you're going.

Affectionately referred to as “The Rock,” Cortes Island is undeniably a unique and spectacular place. Maybe it is the delicate arbutus trees that jut out from cliffsides or perhaps it is clear blue lakes bordered by sand that resembles confectioner's sugar. Whatever it is, there's something about this rock that gets under your skin. It's not uncommon to meet people who planned a weekend visit and never left.

Cortes Island, home to some of the most ancient and diverse forests in the region, is a melting pot of environmentalists, homeschoolers, “activists,” loggers, fishers and shellfish workers, old-timers, artists, woodworkers and wild-crafters, beachcombers and back-to-the-landers. Most topics of conversation revolve around the weather, the tides, the garden's harvest and the kids; this community of proud and somewhat eccentric locals would open their doors to one another in a heartbeat.

Situated on the southern end of Cortes and nestled in the haven of the region's rain shadow, Hollyhock is perched facing the mainland snow-capped mountains and the rising sun. Walking Hollyhock's grounds, one is greeted by a panorama of forest, sea and sky. The lodge looks over miles of ocean, and low tide reveals an expanse of soft sand.

Hollyhock's forty oceanfront acres are home to a one-acre French-intensive, bio-dynamic garden that has been tended for thirty years, since Hollyhock's inception, with Nori at the helm. It's this lush garden that provides much of the produce used by the Hollyhock chefs and enjoyed by guests each season. The garden and kitchen share one heartbeat.

A charitable organization, Hollyhock is moving boldly into its fourth decade of connecting people with the world's top teachers of wisdom, well-being, creativity and movement practices: artists, musicians, authors and naturalists. It is a hub for those working toward social justices and innovative leadership in the world.

Hollyhock is simultaneously a place of respite, an oasis and a gathering spot for those who want to move in the world with more impact. It is a place to recharge your cells: to unplug, upload and find both solace and motivation. And, of course, it is a place to eat some of the most fresh and gorgeously prepared meals of your life!

It takes time to unwind. It's not until your third morning at Hollyhock—upon waking—you can tell by the way the light hits the trees outside your room, you still have some time before the breakfast bell. Maybe it's early enough for meditation in the Sanctuary or a quiet dip in the hot tub. Whatever time it is, you are regenerating the most essential part of your nature: the consequence of living a more informed and empowered life.

Garden to Table

Eat Food. Not too much. Mostly plants.

– MICHAEL POLLAN

AT THIS CURRENT juncture, no one will argue that the way we choose to eat directly affects the planet. There's no debate. Choosing foods that are cultivated organically and grown close to or at home is imperative. It's time to pull up our sleeves and get 'er done.

I'm not talking about digging up every green inch of your yard. Although tempting to some, this may not be realistic for many. I'm talkin' baby steps. Inch worm steps. Start where you know you will succeed: a couple of dill or basil seeds in a pot on a window ledge. A dense scattering of salad mix in a planter box. A few potted tomato plants on the balcony. It doesn't take much, and you will be bowled over by the bounty of food that can flourish in a very small area.

Plan your week so that you do most of your shopping at the farmer's market or sign up for a CSA (community-supported agriculture) box from a local farm. These things are affordable and have high impact. You are supporting your local economy and sustainable farming practices that benefit everyone. It's a win-win.

OK, so we're clear on this.

Now what people don't seem to talk about, however, is that this means we need to learn how to cook. Turning away from a prepared-foods lifestyle suggests making changes in our lives. The state of the Earth demands that we get creative and skilled and fall in love with making our own food.

I won't lie. Eating from your own garden and farmer's markets takes some know-how. There's a reason it's called "slow food." Eating this way takes time and forethought. And, to boot, there are vast periods of the year in our region when the farm stand is reduced to fourteen types of winter squash, some bunches of chard and kale and free-range eggs. Preparing food takes some skill. But, it's not rocket science. What you'll find is that most fresh foods need very little altering to be rendered utterly delicious.

And...you're not alone. The farmers are here, and they've got your back. They are circling the wagons, sharpening their shovels and tending the earth in and around our urban sprawl. Farmers are also very generous with sharing recipes and growing tips. Don't forget to ask.

And with fair warning, you *will* become "one of those people" who talk about their vegetables like they're your children. "Look how big and tall you're getting!" You'll nurture and coddle them, and burst with pride at the first sight of a bud. You'll probably post pictures of them on Facebook. And then, from your backyard or window box, you will set about creating like the cooks in Hollyhock's kitchen have been doing for decades. Let these recipes and your own fresh harvest be your inspiration to create.

Is this too much tough love? Well, we're in a whopper of a pickle here folks, and the sooner we make these changes, the longer we'll be guests on this planet.

It's going to take time. We've got repairing to do. We've got relearning, reducing and revisioning to do. But we'll get there. One locavore at a time.

So pick up your shovels, your chef knives and your britches. We're building the Earth back up to health, finding places to grow what we need and smartening up. We're changing and falling in love with the way we eat, and we're doing it now.

Eating closer to home, not a moment too soon.

Blessing

*We offer gratitude to and for all friends
Who create, remake and refine one another;
Who point to stars and keep us from the dark;
Who help us hear the music in the silent places...
Who hold us and will not let us go.*

– MARGE ACKLEY

*Truly, there's nowhere in the world I'd rather teach,
or eat, than Hollyhock. It is the perfect setting
for the kind of nourishing experience I want participants to
have and remember...nourishment
for body, mind, and spirit.*

– DONNA MARTIN



ONE

Salads and
Dressings

SALADS AND DRESSINGS

*I have praised everything that exists,
but to me, onion, you are
more beautiful than a bird
of dazzling feathers,
heavenly globe, platinum goblet,
unmoving dance
of the snowy anemone
and the fragrance of the earth lives
in your crystalline nature.*

– PABLO NERUDA

*The colours of a fresh garden
salad are so extraordinary,
no painter's pallet can duplicate
nature's artistry.*

– DR. SUNWOLF

IN THE HIGH season, when Hollyhock guests number in the hundreds, washing and tearing lettuce is a full-time job. Bottomless bowls of greens are filled and filled again. Dressings are made in batches so big we measure by the gallon instead of the cup. At any given point during the season, the garden has over 200 heads of lettuce in the ground, and these fresh greens are picked daily for guests. Sown, harvested and washed all within a few feet of the dining room, and sprinkled with nasturtiums, lilies, calendula, borage, tulips and roses. Salad on the Hollyhock table is a feast for the eyes, a party on your plate.

Our back-door garden is also providing a bounty of fresh herbs; we think you will agree that these greens are an excellent vehicle for a multitude of zippy dressings. Here, you will find a dressing for all seasons. And by no means is the term “salad” reserved just for lettuce; seaweed, asparagus, bocconcini, green papaya and cherries are just a few of the other honorary members of the salad tribe you will find here. And we won't hold it against you if the only reason you're in the salad section is because you're looking for the much-loved Yeast Dressing: we will not disappoint. Back by popular demand and made a little lighter, it's here.

Arame, Kale and Avocado Salad with Sesame Vinaigrette

This is the kind of salad that goes straight to your blood bank. It's so iron and mineral rich that even the ocean gets jealous. While kale is all the rage right now, seaweed is just catching up. They're sure to be BFFs.

IN a small bowl, cover the arame in tepid water and soak for 20 minutes.

Whisk together all the ingredients for the vinaigrette. Set aside in a sealed jar.

Coarsely chop the kale. Steam the kale leaves for 1-2 minutes, just until tender and transfer immediately to ice water. This stops the cooking process and preserves their bright color. Drain.

Drain the arame and toss with kale leaves, vinaigrette and sesame seeds. Cut the avocado into long slices and arrange on top immediately before serving.

HEIDI LESCANEK

Serves 6–8

VEGAN, GLUTEN FREE

1 cup loose dry arame (seaweed)

SESAME VINAIGRETTE

½ cup extra virgin olive oil

2 tbsp rice vinegar

2 tsp soy sauce

2 tsp grainy mustard

2 cloves garlic, minced

2 tbsp chopped cilantro (optional)

2 tbsp chopped chives or green onions (optional)

salt and pepper to taste

2 bunches kale, such as Lacinato, Red Russian or curly Winterbor, stems removed

¼ cup toasted sesame seeds

1 avocado

Asparagus and 3 Bean Salad with Mint and Yogurt Dressing

Serves 6–8

2 cups asparagus chopped into 1" pieces

4 cups cooked and well-rinsed beans (for contrast, we like a mix of black beans, white beans and pinto beans) – three 14 oz cans will do

1 cup diced bell peppers (a mix of red, yellow and orange is nice)

¼ cup chopped fresh dill

¼ cup chopped fresh parsley

¼ cup chopped fresh mint

3 tbsp chopped scallions

DRESSING

½ cup plain yogurt

2 tbsp lemon juice

1 tbsp apple cider vinegar

1 tbsp crushed garlic

½ tsp salt

½ tsp pepper

zest of one lemon

Spring is truly here when the asparagus spears start pushing their eager little heads through the earth. This salad is light and zesty, a perfect starter to a spring feast. Add some diced celery for a little more crunch or toss with young arugula to make a complete meal. Packs plenty of protein punch and keeps in the fridge for up to 4 days.

STEAM the asparagus just until it turns bright green (it should still have a little crunch) and immediately transfer to ice water. Drain and mix with beans in a large bowl. Add remaining salad ingredients. In a small bowl, whisk together the dressing ingredients. Pour over salad and toss to combine. For best results, chill for an hour before serving.

MOREKA JOLAR

👩 **COOK'S TIP:** *Fresh is always best, but if you have to use dry herbs in place of fresh, use half the quantity called for.*

Bruschetta Bowl

Life is complete with a couple of crusty baguettes and a crew of good friends (none of them crusty) gathered around this saucy bowl of sweet summer tomatoes, mini bocconcini, flecks of fragrant basil and generous amounts of oil and vinegar to dredge that bread in... As long as there are no double dippers, count us in!

COMBINE all the ingredients right before service. Serve at room temperature with baguette to scoop it all up.

MOREKA JOLAR

🍷 **COOK'S TIP:** *Cut the oil and vinegar in half and call it a light salad.*

Serves 4–6

1½ cups halved cherry tomatoes
1 cup halved mini bocconcini
(6 oz in brine)
2 cloves garlic, crushed
⅓ cup extra virgin olive oil
¼ cup red wine vinegar
¼ cup coarsely chopped fresh basil
pinch of chili flakes
salt and pepper to taste

Watermelon and Feta Salad with Balsamic Mint Vinaigrette

Sweet watermelon gets an unexpected twist from tart balsamic vinegar and salty feta cheese in this quick summer salad. Serve this with anything from the grill and relish in the cool crisp flavors of this uncomplicated yet elegant salad.

COMBINE watermelon and feta in a bowl. In a separate bowl, whisk together remaining ingredients until combined. Pour over watermelon and toss to coat. Garnish with fresh mint and serve chilled.

HEIDI SCHEIFLEY

Serves 4–6

4 cups small-diced watermelon
1 cup small-diced feta
3 tbsps finely minced fresh mint
2 tbsps balsamic vinegar
2 tbsps extra virgin olive oil
salt and pepper to taste
fresh mint leaves to garnish

Green Papaya Salad

Serves 6–8

VEGAN

¼ cup fresh lime juice
3 tbsp tamari
2 tbsp finely minced fresh kaffir lime leaves*
1 tbsp finely grated galangal*
1 tbsp macerated fresh lemongrass*
1 tbsp toasted sesame oil
1 tbsp finely minced jalapeño pepper, seeded or 1 seeded and minced Thai chili
1 tbsp finely grated ginger
1 tbsp crushed garlic
½ cup finely diced shallot
¼ cup chopped scallions
2 cups cubed cucumber
2 cups cubed ripe papaya
1 cup cubed red bell pepper
1 cup grated carrot
1 cup peeled and grated green papaya*

½ cup chopped cilantro
½ cup chopped mint
¼ cup chopped Thai basil* (or standard sweet basil)
1 avocado, cubed

This salad takes time, but it's worth the effort when you get a mouthful of this zesty business. Take a trip to your local Asian market to find these more authentic ingredients. Serve beside **Fresh Thai Green Curry with Butternut Squash and Roasted Cashews (65)**.

COMBINE all the ingredients in the order listed. Be sure to cut the woody vein out of the middle of the kaffir lime leaves and discard before mincing. The galangal is best grated on a zesting grater or rasp while still frozen. If you can't find the lemongrass frozen and already macerated, use fresh: discard its long green leaves and finely mince the white part of the stalk. As you start adding the veggies, toss the salad occasionally to cover well with the dressing and spices, especially when you add the carrot and green papaya (this will stop it from turning brown). The fresh cilantro, mint, basil and avocado should be added immediately before serving.

MOREKA JOLAR

**Fresh kaffir lime leaves, galangal root (also known as Thai ginger) and fresh lemongrass (preferably macerated) can be found frozen or fresh in large Asian food markets. Green papaya (simply unripe papaya) and Thai basil are in the fresh produce section.*

Kale Caesar Salad with Hazelnut Dressing

Kale: what's not to love? It's versatile, packed with life-giving minerals, comes in a variety of pleasing colors and textures, and, if you're lucky, after a winter's deep frost, it's still the one remaining living thing in the garden (even Martha Stewart is blushing here). This recipe keeps it vegan and raw and is still indulgent enough that you won't miss the cheese.

COVER the hazelnuts in plenty of water and allow to soak at room temperature for 3 hours. Drain water from nuts and rinse. In a high-speed blender, blend all the dressing ingredients on high for 1–2 minutes, until smooth. Add water to thin to desired consistency.

Toss the dressing with kale and croutons and mix until all leaves are coated. Sprinkle with dulse, salt and pepper.

MOREKA JOLAR

★ **NORI'S TIP:** *Brassicas (cabbage, kale, cauliflower, broccoli...) are best started indoors. They're ready to go out into the garden once they have their second set of leaves. They love to be planted deep in the soil; remove their baby leaves and plant them up to their necks.*

Serves 4–6

KALE LOVERS, VEGAN, RAW

DRESSING

½ cup raw hazelnuts (cashews, almonds and macadamia nuts can be used as an alternative)

¼ cup water

1–2 cloves garlic

2 tbsp lemon juice

2 tbsp extra virgin olive oil

1 tbsp dulse flakes (seaweed)

2 tsp prepared Dijon mustard

2 tsp Garden Capers (222) or commercial capers

2 tsp honey

salt and pepper to taste

1 tbsp Engevita flake nutritional yeast (optional)

2 bunches kale, stems removed and leaves torn into bite-sized pieces (should equal about 12 cups)

2 cups Garlic and Olive Oil Croutons (122)

¼ cup dulse flakes for garnish

Israeli Couscous Salad with Zucchini Ribbons and Dill

Serves 8–10

VEGAN

2¾ cups water or stock

2¼ cups Israeli couscous

1½ cups quartered cherry tomatoes

1½ cups minced shallots

1 cup zucchini ribbons
(1 medium zucchini)

½ cup chopped kalamata olives

⅓ cup lemon juice

3 tbsp extra virgin olive oil

2 tbsp fresh chopped dill

½ tsp salt

½ tsp pepper

3 cups chopped greens (any
combo of arugula, tender kale,
mizuna or mesclun mix)

Israeli couscous boasts a robust meaty texture. It's really more like a pasta than anything else. Whatever it is, we like how it brings substance to this fresh, light summer salad.

IN a medium saucepan, bring water to a boil. Slowly add couscous while stirring to prevent clumping. Simmer uncovered, for 5 minutes. Cover, remove from heat and let stand 10 minutes. Remove lid and fluff up the couscous with a fork. Allow to cool completely (spreading out the couscous on a baking sheet to cool will speed up this process).

Shave the zucchini into long wide ribbons using a vegetable peeler, turning the squash if necessary to ease shaping as you peel. In a large bowl, combine all the remaining ingredients. Stir in the cooled couscous and serve on a bed of greens, garnish with lemon wedges.

MOREKA JOLAR

Warm Potato Niçoise Salad with Smoked Salmon

This salad wants to go to the beach. It wants to be eaten out of a metal travel container with fingers while feet are buried in the sand waiting for the tide to rise. A West Coast spin on a French classic. This salad needs little introduction.

IN a large bowl, whisk together the dressing ingredients and add the purple onion.

Steam green beans until tender and bright green. Transfer to a bowl of ice water to chill. Drain. Cut the potatoes in half (1" pieces) and steam until tender. Add the hot potatoes to the dressing and stir well (this will partially cook and tenderize the onions). Add the green beans, flaked salmon, olives, capers and fresh dill. Serve the warm salad over the spicy greens.

MOREKA JOLAR

Serves 4–6

DRESSING

- 1 lemon, juiced
- ¼ cup extra virgin olive oil
- 1 tbsp grainy prepared Dijon mustard
- 2 cloves garlic, crushed
- ¼ tsp salt
- ¼ tsp pepper
- ½ purple onion, cut in thin half-moons

- ½ lb green beans, stem removed
- 1½ lbs new potatoes
- 4 oz hot dry-smoked salmon, flaked (1 cup)
- ½ cup whole kalamata olives
- 2 tbsp Garden Capers (222) or commercial capers, rinsed
- 2 tbsp minced fresh dill
- 4 cups coarsely chopped spicy greens such as mustard and arugula

Roasted Beet and Chèvre Salad

6 medium beets
¼ cup balsamic vinegar
2 tablespoon honey
½ cup extra virgin olive oil
salt and freshly ground black pepper
1 tablespoon orange zest

6 cups fresh arugula
½ cup pecans, toasted and coarsely chopped
2 large apples, cored and cut into small cubes
3 oz soft chèvre, crumbled

Roasting beets brings out their underlying sweetness. Pairing them with crunchy apples and pecans, peppery arugula and creamy chèvre turns these simple root vegetables into a gourmet meal.

IN a large pot, cover beets with water, bring to a boil and cook until a knife can slide easily through the largest beet. Strain water and set beets aside to cool. Once you can handle them easily, slip the skins off and quarter the beets.

Preheat oven to 450° and line a baking sheet with parchment paper.

While beets are cooking, whisk together the balsamic vinegar, honey and olive oil. Season to taste with salt and pepper. Divide the vinaigrette in half, adding the orange zest to the one you set aside. Toss the remaining vinaigrette with the beets. Place the beets on the prepared baking sheet and roast until the beets are just caramelized, about 15 minutes.

Toss the arugula, pecans and apples with the remaining vinaigrette, just enough to coat, and season to taste with salt and pepper. Mound the salad on a platter and top with the roasted beets. Finish by crumbling the chèvre over the salad. Serve at room temperature.

HEIDI SCHEIFLEY