

Salt, Fire & Time

At her Friday night dinners, Tressa Yellig speaks of food transparency. This concept of exposing people to the food they eat—who produces it, how it is prepared, and its nutritional benefits—is the foundation of Salt, Fire & Time, the fourth community supported kitchen (CSK) in the country.

Every week, diners curious to explore natural food traditions gather at the kitchen on Southeast 6th and Ankeny for Tressa's wholesome preparations of farm-fresh produce, fermented provisions such as sauerkraut and kombucha, and meat from animals raised on pasture land. Guest speakers, focused on various food topics, round out the evenings' experience. A notable recent presenter was food writer turned butcher, Camas Davis. Later this month a member of the Deck Family, whose farm is one of the kitchen's suppliers, will be the featured.

Besides the Friday night feasts, cooking classes are offered a few times a month. And on Thursdays, consumers stop by after work to pick up their weekly order of nutrient-dense prepared foods like cream of garlic soup, farro salad, and lamb burgers enriched with heart meat, herbs, and egg; all are prepared by Tressa and volunteers.

The model of a CSK involves participation by the community. Volunteers help prepare the food, receiving a meal in return, plus a veritable education based on the Weston A. Price Foundation's food philosophy and the preparations found in the cookbook, *Nourishing Traditions*. Tressa is of the belief that a natural diet rich in whole foods from the earth, including animal fats, is the answer to overall health—a belief that she's sharing with the community one meal at a time.

Salt, Fire & Time
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