

FALL 2020



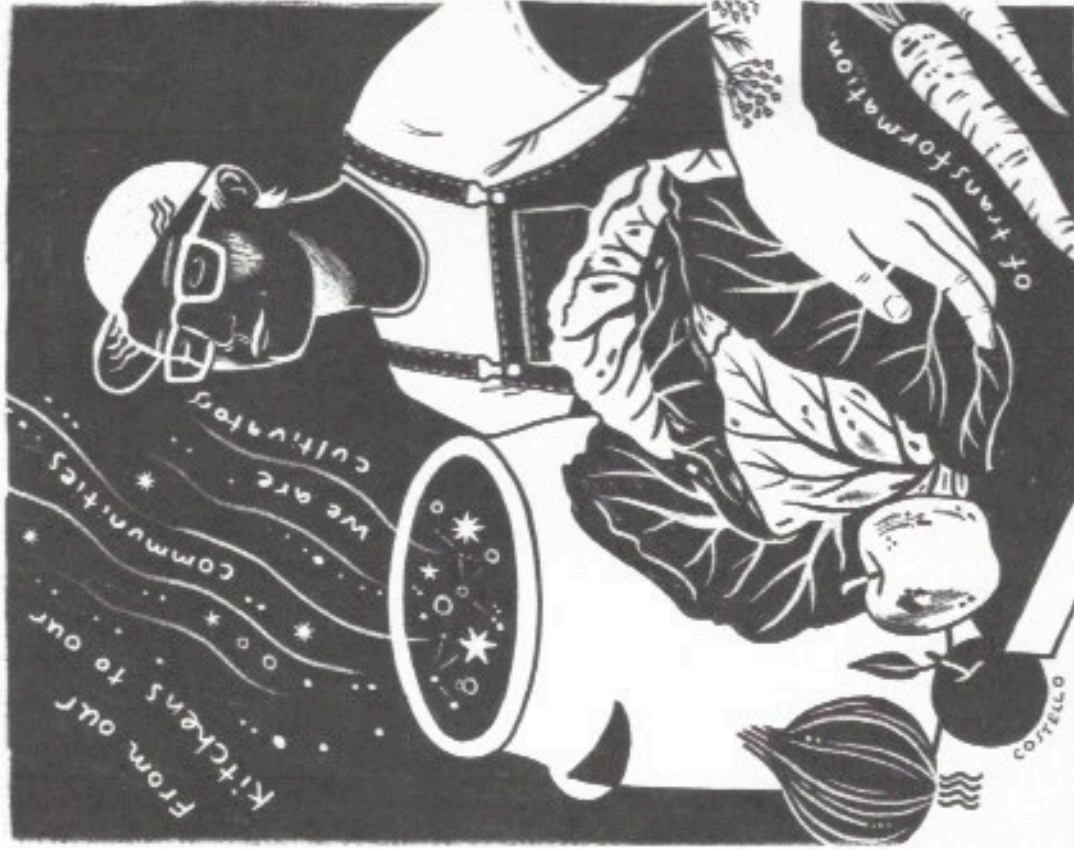
**Out in the Open** connects rural LGBTQ people to build community, visibility, knowledge, and power.

We envision a resilient community of communities that works toward the transformation of our economic, social, and political relationships. We are building a multi-issue social justice movement of rural LGBTQ people.

For more information about Out in the Open, visit, [weareoutintheopen.org](http://weareoutintheopen.org).



**We Feed Each Other**



Art work by Molly Castello

**Rural LGBTQ Food Traditions**

Our movements towards social justice are fueled by food, stories, stories shared around food and more. For our Rural LGBTQ+ community connecting around food and stories is healing, joyful, and is a place for us to share together, and to feed each other, both our bodies and our movement.

For the last 5 years Out in the Open has hosted our Pride Family Cookout during June. This year (2020), although could not come together in person, we want to share our stories, memories, and favorite recipes with our rural LGBTQ+ community.

This year, and all years, we know our history of uprising and liberation led by Black Trans women. We are in a movement, historically and presently, fueled by Black Trans Women. We are part of a global uprising fighting for Black lives.

We are part of our history, led by those fueling those in and off the streets with nourishing, healing foods and stories.

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### **Wood Stacking Turkey Stew cont.**

I was able to live alone in a little old schoolhouse in the woods for a year, because I knew the people moving out (through my rural queer community), and they put in a good word for me with the landlord. I moved out when it was sold, to someone I was also connected to through queer community, who called me up a year later because a package arrived at the house for me. I think she dropped it off on the front steps of my new place downtown.

I was able to thrive in that little old schoolhouse because of rural queer chosen family who shared with me many of the tasks and also the joys of the place. I had help mowing the lawn, which had no business being that big and that sloped; I got to borrow a cat who helped chase away dozens of mice who also wanted to live in the house; I had help figuring out the particularities of the wood stove; and I had help in the form of a wood-stacking party in late September before it started getting too cold. I invented this stew for my friends, and had it going in the crock pot while we stacked, ready to serve when we needed a dinner break.

That year was a big one for learning to ask for and accept help, share what I had, create supportive space for people to come together, and, of course, stack wood. I also learned I don't want to live in the woods alone again. I hope next time I get such an opportunity that I have more company and less lawn.

## Wood Stacking Turkey Stew

Calvin Rey Moen (he/him/his), Brattleboro, VT

**Where did this recipe come from?** Made it up!

### Ingredients:

- 1 onion, diced
- 4 carrots, diced
- 4 cloves garlic, minced
- 1 bone-in turkey thigh
- 1 quart chicken or vegetable stock
- 1 can diced tomatoes (optional)
- 1 cup white wine (optional)
- 1 can cannellini beans
- 1 bunch kale, chopped
- 1 bunch fresh parsley, chopped
- salt and pepper to taste

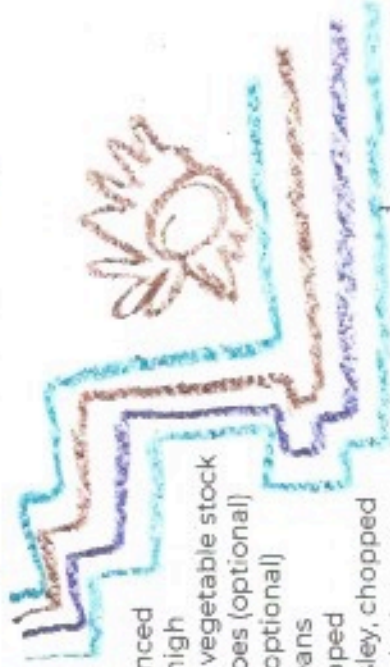
Also these numbers mean nothing; you could basically mess with any of the quantities according to your tastes and it would still be delightful.

Sauté onion and carrots until the onion starts to soften, add garlic and sauté a few more minutes, stirring often.

Put the sautéed vegetables, turkey thigh, soup stock, tomatoes, wine, salt, and pepper in a slow cooker on low for 8 hours or on high for 4 hours or until the turkey is falling off the bone.

Take the turkey out of the slow cooker and shred it with two forks. Put the shredded turkey, cannellini beans, and kale in the slow cooker and stir until the kale is wilted and the beans are heated through.

Serve with plenty of parsley on top and a side of crusty bread, or serve over rice. It's also good with diced potatoes in it. Pairs well with hard cider.



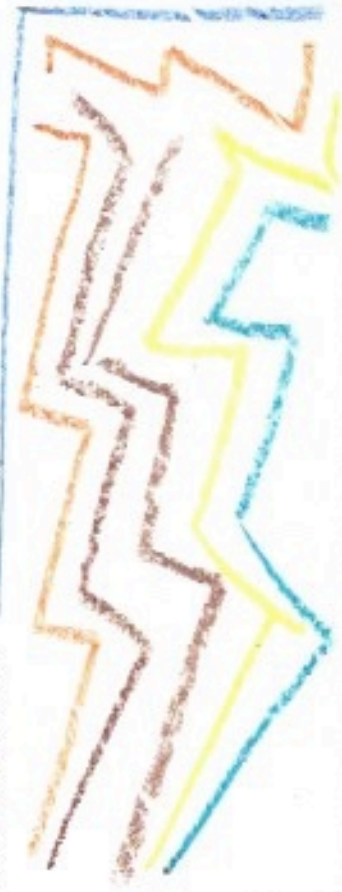
## HB's fabulous vegan & gluten-free chili

HB Lozito [they/them], Brattleboro, VT.

**Where did this recipe come from?** I made it up while I was in my 20s!

I have made this chili many times in my life! Including for the 2018 Out in the Open Summit. That's the first time it's been a written recipe. I wrote it down because many board members and community volunteers, in addition to myself, were making batches of this chili for Summit attendees lunch on the Saturday of the Summit. We heated everything up in many crock pots, combined batches, and enjoyed a hearty meal on a cool fall afternoon.

I created this recipe while I was living in collective houses where everyone made a meal for the whole house (and often various partners, sweeties, dates, traveling artists, etc. who were also around) so I needed something that could feed a crowd on a small budget. Over many years, I have found this does the trick.



### Ingredients:

- 2, 15 oz cans of black beans (drained) or 30 oz. of dried beans, soaked and cooked
- 1, 15 oz can of garbanzo beans (drained) or 15 oz. of dried beans, soaked and cooked
- 2, 15 oz cans of dark red kidney beans (drained) or 30 oz. of dried beans, soaked and cooked
- 1 15 oz can of great northern bean (or some other exciting bean!) (drained) or 15 oz. of dried beans, soaked and cooked
- 1, 10-ish oz. bag of frozen corn
- 3-4 tablespoons of chili powder
- 2 cubes of veggie bouillon
- 2-3 carrots (diced)
- 2-3 medium potatoes (diced)
- 2 medium onions (diced)
- 1 large can of tomato paste
- 1, 15 oz can of tomato sauce (plain)
- 1 tablespoon of adobo sauce from chipotle in adobo
- 1 tablespoon of cocoa powder (optional!)
- 2-3 tablespoons of masa flour made into a slurry (with a little bit of water) (optional!)
- salt (if using no-salt bouillon)
- water
- olive oil

### Optional add-ons:

- serve with sour cream & shredded cheddar cheese for non-vegans
- serve with sauteed ground beef, pork, or turkey for non-vegetarians

### ???? (mystery spicy brownies) cont.

My loose-leaf recipe file has this entry handwritten in code on a torn-out journal page. No title, no source, no result note. The journal layout is a Japanese composition book, so it's from 2009 or earlier. The recipe is in my handwriting. I have absolutely no memory of recording it.

I've kept this single clear folder of recipes with me since 2006, and moved house at least fifteen times since. Every time, I went through this file of messy blog printouts and emails from friends, culled the ones I didn't make, and kept the ones I wanted to. This lone handwritten page, a recipe pared down and cut off from all roots by a careless child who I barely remember being, has always made the cut.

Just looking at it gives me a connection to a past me. My brother got all the handwritten family recipes from our great-grandmother, all the traditional Southern cooking, but. I have this.

I baked this recipe with our young neighbors (9 and 3) earlier this spring, for the first time in years. It's good.



