

What Exactly Is a Teff, Anyways?

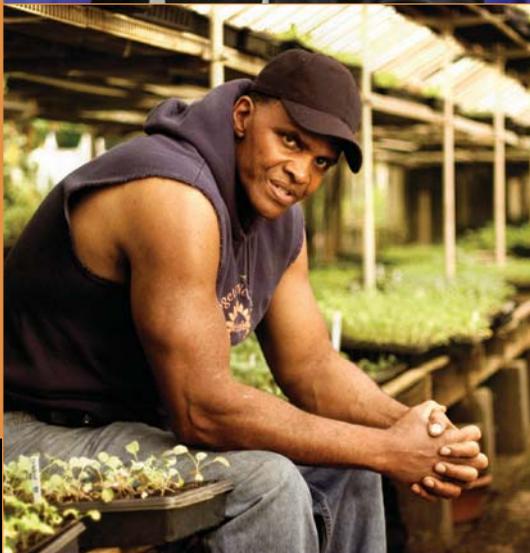
The Birdman of San Francisco

D.C. History Through the
Scurlock Lens

The World Champion
of Public Speaking

Will Allen Reclaims Milwaukee

Chef Marco Shaw Makes His Mark



This Publication Brought To You By:



Growing Power

Will Allen grows power — literally — on farms in Milwaukee and Chicago. Never heard of a farm in Milwaukee or Chicago? That's part of the catch. Allen is a resourceful Goliath of a man who grows soil, vegetables, energy, fish and farmers within the borders of big-city sprawl. He's the founder and CEO of Growing Power, a nonprofit urban agriculture program that nourishes communities with fresh greens, flowers, meaningful work and deceptively simple solutions to complicated challenges.

Allen's reach is impressive, again ... literally. Allen grew up on a Maryland farm, but planting and harvesting weren't in his playbook. Topping out at an impressive 6 feet and 7 inches, he dreamed of soaring into the NBA and smashing orange balls through baskets. He fulfilled that dream playing for the Baltimore Bullets and European teams. His pro career followed being the first African American to play for the University of Miami.

Retiring his sneakers, he moved on to corporate America and found it unfulfilling, and he surprised himself by rolling up his sleeves, getting his hands dirty and choosing to pursue the life he had once sworn to leave behind. Today his expansive reach extends to vacant lots in inner-city neighborhoods, where he sparks lush gardens of cucumbers and kale, and to prestigious restaurants, where his organic greens garner rave reviews.

Allen's first unlikely farm, a tattered two acres in one of Milwaukee's most economically distraught neighborhoods, became the heart of Growing Power's holistic farming model. In a collection of greenhouses, he developed an efficient system for urban farming that incorporates composting, crop cultivation and the creation of food distribution networks. He gave local teenagers work tending the produce and improved the diets of neighborhood families, whose access to safe and affordable fresh fruits and vegetables was limited by a lack of grocery stores. In inner cities, Allen points out, true grocery stores are rare and corner stores stock packaged, processed food, which explains much of the obesity and diabetes that plague the urban poor.

To a large degree, the greenhouses are heated by energy from the compost. The compost is made from trucks full of vegetable scraps



Will Allen takes a hands-on approach to revitalizing Milwaukee's vacant lots while teaching children about biodiversity.

that are turned into nutrient-dense fertilizer. The fertilizer is mixed with coconut coir to create a rich growing soil. This illustrates the beautifully complicated yet simple and sustainable system that trickles throughout the organization. Aquaponics produces fish as well as natural water filtration, which produce nitrogen and minerals, which are added to the composting that creates the soil, which grows the produce, which feeds the people who tend the livestock — no farm is complete without livestock — including bees, which make the honey and the beeswax with which Growing Power's Chicago Youth Corps produces lip balm, soap, scrubs and candles.

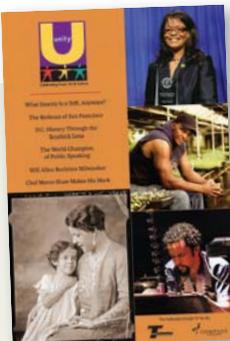
Growing Power educates people about how to reproduce its efficient systems. It also sustains youth programs that prepare young people for jobs and higher education. In Growing Power, youth living in blighted areas can learn essential life skills, work ethic, appropriate workplace socialization, how to follow through on instructions, the application of academic lessons in the real world, nutrition and consumer education.

These days, Allen is also reaching into Arkansas, Massachusetts and Mississippi to add national training centers for Growing Power. And he is reaching across oceans, as he teaches people from other climates and cultures how to grow nutritious food efficiently and economically. His work has resulted in a fellowship at the John D. and Catherine T. MacArthur Foundation. More about this exclusive fellowship is in the story on the following page.

For more on this story, visit www.growingpower.org.

About Our New Look

If you sense this month's *Unity* is different but can't quite put your finger on it, here's what has changed. *Unity* is smaller and lighter, but still packed with unique stories about food, art and culture. *Unity* is now printed on recycled paper, uses fewer trees and chemicals, and requires less energy to produce and deliver. We appreciate your feedback, so feel free to contact us at unity@thompsonhospitalityjv.com, and don't forget the "jv" just before .com. To our many readers, we extend a sincere thanks and look forward to serving you another year.



Artistic Genius Gone to the Birds

Walter Kitundu has mastered the art of creating unique sounds through his handmade instruments — instruments that appear to have been crafted by an imagination comparable to that of Dr. Seuss'. If you are wondering what that might look like, surf Kitundu's Web site, but make sure you have a couple of hours on hand to be mesmerized.

When his cell jingled a few months back, Kitundu had no idea that the caller's message would be sweeter than any music he had ever heard before. On the other end of the line — a representative from the John D. and Catherine T. MacArthur Foundation happily informing him that he had received a highly esteemed MacArthur Fellowship, often referred to as a "genius grant." The award goes to people who demonstrate extraordinary originality and dedication in their creative pursuits. And as a more mundane matter, there is a bit of money attached. Each fellow receives a no-strings-attached stipend of \$500,000.

Kitundu's creative pursuits tinker around with the margins of music. He composes, he performs, but his musical instruments are unusual, to say the least, and beautiful, so that each one is a sculptural work of art.

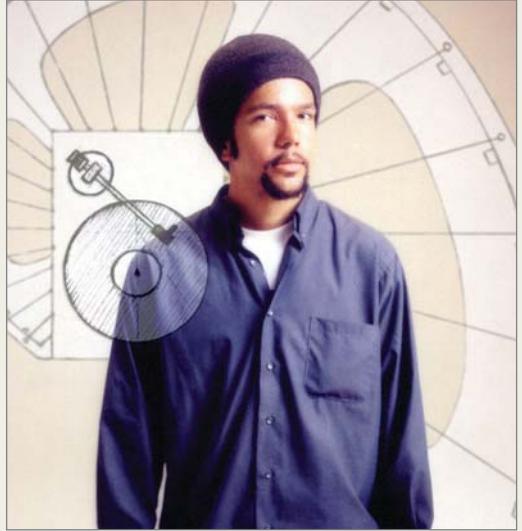
Phonoharps. If you were around at the turn of the last century, you would be familiar with the term, as well as the policies of William McKinley, who was president at the time. Kitundu's phonoharps are a world apart from the originals. In crafting his elaborate instruments, Kitundu hybridizes turntables, which were reincarnated by hip-hop masters, and stringed instruments to create endless melodic possibilities and surprisingly versatile performance opportunities. The turntable amplifies any sound transmitted to it, so the phonoharpist can play percussion and string tones as well as digital samplings of pre-recorded songs or sounds. Movies on Kitundu's Web site demonstrate the technique and will keep you in awe.

Kitundu's imagination also stretches the phonoharp to "play" the sounds of the natural world by allowing it to interact with forces such as wind, waves, light and the movement of birds. His ambitious proposals for public installations of phonoharps would allow passersby to hear the world around them in entirely new ways.

He recently described an idea for hearing the textures of unusual substances, which only a genius can understand ... or a madman ... or a preschooler: "I have a project in mind for Iceland where you make recordings in the lava fields. I'm thinking of making 10-foot diameter records and installing them in places where they're likely to be covered in lava someday. The goal is to play the resulting stone records on 15-foot, hand-cranked Victrolas."

Going to the Birds

However, such highly innovative outlets for Kitundu's creative energies aren't enough. There are days he'd rather



Walter Kitundu has a mind that can't stop creating new ways to look at and listen to the world.

just sit alone in some deserted field, focusing on nothing more than his camera lens. Not surprisingly, the results are nothing short of spectacular, warranting another chapter in this story.

Raised in the rugged beauty of Tanzania and around the 10,000 lakes of Minnesota, Kitundu has a love of nature that he has parlayed into a successful career in wildlife photography. His particular forte is snapping shots of raptors in action. His first book, "San Francisco Bird Encounters," is a visual feast of bird life in one of the world's loveliest cities, and the place that Kitundu calls home.

Kitundu has performed his music in venues from Carnegie Hall to a high school in Iceland, and he's landed posts as a resident artist at art centers and science museums all over the world. He is currently the Wornick Distinguished Visiting Professor of Wood Arts at the California College of the Arts.



Kitundu's stunning photos are as magnificent as his musical instruments.

To learn more about Kitundu and his music, ideas, visual work and writing, visit www.kitundu.com.



Marian Anderson Concert at Lincoln Memorial, Easter Sunday, 1939

Picturing the Promise

Photos Courtesy of the Archives Center, National Museum of American History

Throughout the 1900s, the population of African Americans swelled significantly in Washington, D.C., changing its landscape to include a greater spectrum of racial diversity. This infusion of black culture is directly responsible for many great events and people associated with its growth and development.

The Rev. Martin Luther King Jr. gave his "I Have a Dream" speech promoting racial harmony at the Lincoln Memorial, one of D.C.'s most endearing landmarks. While this event and the many others were taking place, one entrepreneur endeavored to make those experiences visual masterpieces to be etched in the historical record. This photo book shows but a few of his images and those of his sons. Their work also includes portraits of legendary African Americans that are found in history books worldwide.

In 1904, Addison Scurlock, himself African American, started his own photography studio and within three years won a gold medal for photography at the Jamestown Exposition. His business, known for capturing the essence of black culture and society, became an icon in D.C. He soon became Howard University's official photographer and his sons, Robert and George, joined the family business after graduating from prestigious Howard U.

Three boys on D.C.'s summer streets, c. 1960-70s



Entrepreneur Alexander Hamilton and wife at their Underdown Delicatessen, c. 1904





Ballet dancers taught by Doris Patterson, c. 1948

Dunbar High Championship Basketball Team, c. 1922



Birthday Party at Mrs. Howard's Daycare, 1949



Many significant historical events, notable black leaders, high-society affairs, sporting events and local black families have been captured by the Scurlocks. In celebration of their work and Black History Month, the Smithsonian's National Museum of African American History and Culture Gallery proudly opens this special exhibition with photographs, cameras and artifacts from the original Scurlock studio. "The Scurlock Studio and Black Washington: Picturing the Promise," has more than 100 images and runs through Nov. 15, 2009.

Addison Scurlock with sons Robert and George



Camp Clarissa Scott picnic at Highland Beach, Md., c. 1931

For more information on our cultural fine art collection, visit www.picture-that.com.

Picture That, LLC



What Exactly is a Teff, Anyways?

Three thousand grains of teff weigh one gram, so why would anyone bother trying to find enough of it to eat? Most folks — outside of those setting world-records in marathons or those owning elite health-food stores — have never heard of teff. Well, hold on ... this will fill you in but it is going to move fast.

Teff is a grain, the world's smallest, actually, and every Ethiopian cook uses it to make copious amounts of injera, Ethiopia's national flatbread. Since Ethiopian distance runners have come to dominate the world marathon circuit (note that Haile Gebrselassie of Ethiopia shattered his own marathon world record in 2008 by running the 26.2-mile Berlin course in 2:03:59), it's easy to see why more than a casual interest has been taken into what these speed racers eat. As it turns out, a rigorous chemical analysis of this teeny-tiny grain identifies it as one of the world's top superfoods. Teff is high in fiber, loaded with a full complement of amino acids, rich in easily absorbed iron and gluten free. Further research indicates that teff has been an East African staple for centuries, in part because it grows like kudzu from just a few seeds and is just as tough as the cyclical growing conditions in Ethiopia.

Which brings us to Wayne Carlson of Idaho, who doesn't run marathons at all, but he does run the farm that annually grows the nicest 2 million tons of teff found on this side of the Earth. Carlson made his own discovery of teff several decades ago while working with farmers in Ethiopia and had a classic aha moment. Ethiopia — Idaho. Cradle of humanity — Snake River Valley. They are virtually the same as far as growing conditions go! So today, Ethiopian-Americans, as well as most health food stores, buy their teff from Carlson. Visit www.teffco.com to buy your own stock of teff.

By the way, teff isn't the only food item of note that comes from Ethiopia. Historians credit the discovery of coffee beans to ninth-century Ethiopian shepherds who watched their goats get jacked on the stuff and decided to try it themselves, and Southern gourmands should know that the mucilaginous okra originates from the region. Spice connoisseurs, it is Ethiopia's shiro powder and Berbere that supply the kick to many "wats" (stews) and "tibs" (sautéed meats or veggies), which are, of course, served on, scooped up and eaten with injera.



Golden grains of teff from Teffco, an Idaho food purveyor founded by Wayne Carlson

Doro Wett (Ethiopian Chicken Stew)

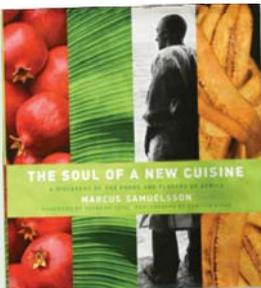
By Marcus Samuelsson, serves 6

- 2 medium red onions
- Salt
- 4 tablespoons unsalted butter, divided
- ¼ teaspoon ground cardamom, preferably freshly ground
- ¼ teaspoon black pepper, freshly ground
- 3 cloves
- 2 garlic cloves, finely chopped
- One 1 ½-inch piece ginger, peeled and chopped
- 1 tablespoon of chili powder or Berbere, which can be found in a good international food market
- 2 ½ cups chicken stock, divided
- 4- to 5-pound chicken cut into 4 breast pieces, 2 thighs and 2 legs, but do not use the wings
- ¼ cup dry red wine
- Juice of 1 lime
- 2 hard-boiled eggs, peeled

Combine the onions, a pinch of salt and 1/2 of the butter in a Dutch oven or other large, deep pot over low heat. Cook, stirring occasionally, until the onions are golden, about 15 minutes. Add the remaining butter, cardamom, black pepper, cloves, garlic, ginger and chili powder and cook until the onions soften and take on the color of the spices, about 10 minutes. For best results, find Berbere and substitute for the chili powder.

Add 2 cups of the chicken stock and the chicken legs and thighs, bring to a simmer and simmer for 15 minutes. Add the remaining ½ cup chicken stock and the wine, bring back to a simmer and simmer for 10 minutes. Add the chicken breast and simmer for 20 minutes.

Gently stir in the lime juice and eggs. Simmer for another 5 minutes. Season with salt to taste.



The Eclectic Gourmet's African Cookbook

Marcus Samuelsson, one of America's top celebrity chefs, co-wrote "The Soul of a New Cuisine" in 2006, and it is still the best African cookbook in terms of geographic diversity, storytelling, photography and tasty recipes. Adapted to the American kitchen, this collection of the continent's favorite recipes represents the soul of African flavor. Included is a recipe for injera — a must-have for the Doro Wett recipe above, also from the cookbook.

Americana Dream

Once upon a time, Marco Shaw could care less about cooking. A sandwich here, a hot dog there ... Shaw didn't expend much energy, or thought, on food preparation. Except maybe, the part about the hot dogs. He was a mere child, after all, preoccupied with the typical pursuits of adolescence. Soon came high school graduation and college, and the Washington, D.C., native still lacked culinary aspirations. As a collegian, he had every intention of becoming a psychiatrist. Somehow, after a stint at a restaurant in Virginia, the future psychiatrist did something crazy. He traded a future office with a long couch for a chance to concoct a career in the kitchen.

"I was waiting tables in a restaurant and I just fell in love with the whole aspect of it (the restaurant business)," Shaw explains about his decision made some 17 years ago. Being a part of people's weddings and graduation and anniversary celebrations was "like throwing a party every night."

Now 39, Shaw has been a part of other people's gastronomic gatherings as a journeyman, apprentice and lead line cook and executive chef in establishments in Louisiana, New Mexico, New York, Oregon and Virginia. In 1997, he earned executive chef certification from the American Culinary Federation. Today, he's the chef and owner of Fife, a critically acclaimed eatery in Portland that he opened in 2002. Fife is where the industrious Shaw indulges his passion for "indigenous American food." He picked the name Fife, (Fife and Drum would have been too long, he explains), partly as an iconic tribute to its roots in Americana.

In addition to his five-day-a-week stint at Fife (he works up to 13 hours on weekdays and another six or so when the restaurant is closed), Shaw holds numerous benefits at the restaurant for local nonprofits. And last year, the hard work paid off. Much to his surprise, he found himself in the company of celebrated chefs from around the world at the James Beard Foundation Awards in New York City, where he prepared Spiced Buffalo Jerky Canapes. "It was pretty amazing for me. I was honored to have been asked to do it," Shaw says about his good fortune.

Sustainability is an important aspect of Shaw's work. A few years ago, Fife was attempting to become the first certified organic restaurant in Oregon. "It was important for the customers who talked about it," Shaw recalls. "I attempted to pursue that, but I stopped the process. A lot of the farmers I use practice organic (farming)" but aren't certified as organic because of the cost. "In order for me to get certified, they would have to get certified." Those farmers, however, are still Shaw's main suppliers. "About 95 percent of everything we (prepare) comes from within Oregon," Shaw notes proudly.

Yet, a man with a menu, palate and experience as diverse as Shaw's is not above indulging in at least one simple pleasure. "Could eat a chili dog every day if I had the chance," he admits. Otherwise, he's a "straight ketchup, mustard, onion kind of guy. I'm (just) a hot-dog fiend." Good thing the young hot dog fan from D.C. with an aversion to cooking finally came around.



Wild Salmon With Skillet Asparagus and Radishes

By Marco Shaw, serves 4

For the Chile Oil

2 tablespoons chile flakes,
chile powder or ground cayenne
Pinch of salt
6 tablespoons olive oil

In a blender or food processor, blend the oil, chilies and salt together for 2 minutes. Strain oil through fine mesh strainer or cheesecloth, reserve the oil for cooking, seasoning or garnish.

For the Salmon

4 6-7 ounce salmon filets
8 French breakfast radishes split lengthwise
1 cup julienned onion
1/4 asparagus with ends snapped, cut into 4-inch pieces
2 tablespoons fresh tarragon leaves
1 teaspoon dry mustard
1 tablespoon apple cider vinegar
1 tablespoon butter
2 tablespoons peanut oil
(or other desired cooking oil)
Salt and pepper

Season both sides of the fish with salt and pepper. Heat a heavy-bottomed skillet or cast-iron pan on medium-high and a sauté pan on medium heat. To the cast-iron pan, add 1 tablespoon cooking oil and sauté onions until they become translucent. Add radishes and asparagus and continue cooking until vegetables begin to brown. Salt and pepper to taste.

Add tarragon, dry mustard, vinegar and 1/2 tablespoon of butter. Blend ingredients together and remove from heat.

In the sauté pan, heat the remaining oil and butter together until butter begins to brown. Place the fish in pan with the skin side up and cook 1 minute for each 1/2 of the thickness of the fish. With a spatula, gently turn fish over and cook to desired doneness. Arrange vegetable in center of plate and place cooked fish on top of the vegetables. Drizzle with chile oil.



Speak!

The winner of the 2008 World Championship of Public Speaking, a prestigious event organized by Toastmasters International, shared a very important message about the high price of silence. “The theme of my speech was to speak up. People sit in silence so much, afraid to express themselves, and it often diminishes the quality of their lives and those that they love,” shared first-place winner LaShunda Rundles in a recent interview. Rundles further described how her mother sat in silence, never complaining of the pain that ran through her body until it was too late. Her mother succumbed to cancer only weeks after she finally spoke up and CAT scans revealed the damage.

“Speak!,” the title of Rundles’ final presentation, was a full-spirited appeal that left the judges and the audience amazed at what they had heard. The speech was designed to encourage people to find their voice — *and use it* — to enrich their lives and the fabric of their local communities. At one point, Rundles stunned the audience with her soulful singing voice and, at other times, she had them rolling in the aisles with laughter. “Shaq in a wig,” obviously spoken with profound affection, was the phrase used to describe her mother — who pushed Rundles as a timid child to speak in front of church congregations and student bodies.

Her first real speech was given at age 8, and it was then that she learned to work through her acute fear of speaking in public. “Speak!” also described her own struggle of living with lupus, a disease with painful joint and skin symptoms. As a result of her disability, Rundles lost eight toes through amputation in 2007, has undergone six surgeries and once weighed a meager 90 pounds.



LaShunda Rundles delivers her World Championship speech titled “Speak!” She is the only African American woman to win the event.

Still, it is the joy of living, being a mother and speaking from her heart drive Rundles to perform like a champion. She would like to become the national spokesperson for the Lupus Foundation of America, and she is hopeful her words can inspire others to overcome their fear and learn to express themselves. The rewards are worth it, and she adds, “I believe that when you can take self out of something and uplift others, you will often be lifted in the process.”

Rundles is only the fourth woman to win the 70-year-old contest, and she is the only African American woman to win.

Natasha Trethewey: ‘Native Guard’

Her roughly measured verse is luminous, painful, soft and joyful. “Native Guard,” by Natasha Trethewey and winner of the 2007 Pulitzer Prize



for poetry, leads readers through times and places carefully avoided by history’s framers and guardians. African Americans, barely a breath away from slavery, enter the Civil War on the Union side, only to find racism unshackled among the bluecoats in a landscape of rotting corpses. Black regiments played a pivotal role in the Union’s victory but rarely earn space in the history books or upon the Civil War markers that dot Southern roadsides and state parks. “In the South, a lot of times the history that is around us is a Confederate history. You might think the South actually won the war because of all the

monuments,” Trethewey explained in an interview with The New York Times. The namesake of the book follows the Native Guard, one of the first of those black regiments, through storytelling that is poignant, robust and tearful.

Woven throughout “Native Guard” are poems illuminating Trethewey’s Southern heritage, created by an interracial marriage and shaped by a strong-willed mother. The taunts and jeering, which included a cross burning on the Trethewey front lawn, are seen through the eyes of a curious child and morphed into art by a master of the written word. A great read and must-have for literary buffs.

Cover photos: Top, LaShunda Rundles; center, Will Allen; bottom right, Walter Kitundu; bottom left, Esther Shaw and daughter by Addison Scurlock. *Unity* is a celebration of food, art and culture. Published six times per year, *Unity* is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice. To contact us, send an e-mail to unity@thompsonhospitalityjv.com.

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