

The Crofter: Sustainable Communications

SECTION EDITOR



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Editorial

Greetings from the croft! As a member of the EMWA's Sustainability Special Interest Group (SUS-SIG), I'm excited about this issue of *Medical Writing* focusing on sustainability. There are so many aspects of sustainability and recently, the link to the word "sustenance" hit me. And it got me thinking about what crofters might cook in their kitchens, and that it would be fun to share easy, nourishing recipes with each other.

I imagine crofters cooking – as much as possible – with locally grown, organic foodstuffs that are produced on a small-scale, and in this way, eating meals that sustain both their health and environment. Win-win!

In this issue, I'd like to share a recipe for a quick and easy two-bean chilli, a handy go-to when you're faced with a document deadline at the end of the day. And for ideas on where you can source organic, local, and environmentally friendly foodstuffs in your region, please check out the directory link in this issue's Your sustainable lifestyle journey infographic by Kate Silverthorne and Louisa Marcombes on page 36

If any of you have favourite plant-based recipes that you would like to share in future issues, please send them to me. Also, if you know of helpful websites to add to the sustainability directory, please send them to Kate Silverthorne at kate@silverthorne.im. Thanks in advance and happy reading and eating!

Best,
Kimi



TWO-BEAN CHILLI

ADAPTED FROM THE VANCOUVER
SUN 6 O'CLOCK SOLUTIONS
COOKBOOK

INGREDIENTS

- 2 tbsp (30 mL) vegetable oil
- 3 medium onion, chopped
- 1 tsp (5 mL) cumin seeds
- 2 green bell peppers, chopped
- 3 garlic cloves, chopped fine
- 2 cans (398 mL) chopped tomatoes
- 1/2 cup (125 mL) water
- 1 tbsp (15 mL) unsweetened cocoa powder
- 1 can (398 mL) red kidney beans in chilli sauce
- 1 can (398 mL) black beans, drained and rinsed
- 2 cups (500 mL) fresh, canned or frozen whole corn kernels
- salt and pepper to taste
- extra chilli powder and cayenne powder (optional)
- chopped fresh cilantro
- 1 avocado, sliced

DIRECTIONS

1. Heat oil in a large heavy saucepan over medium heat.
2. Add onions and cumin seeds; sauté for 5 minutes or until the onions are translucent.
3. Add green peppers and garlic; sauté for 1 minute.
4. Add canned tomatoes, cocoa, and water; bring to a boil.
5. Add chilli kidney beans, black beans, and corn. Turn down the heat and simmer, uncovered, for 15 minutes.
6. Add salt and pepper to taste.
7. Serve with a sprinkle of cilantro and slices of avocado on top.

Can also serve with a dollop of yogurt or sour cream, or grated cheddar cheese. Goes well with nachos and (Mexican) rice. Other side dish ideas: grilled corn and sweet potato fries.

Note: I often prepare this in the morning; it's a nice break from sitting at the computer and the flavours get a chance to meld.

PREP TIME: 15 MINS
COOK TIME: 25 MINS
TOTAL TIME: 40 MINS