



Christian Neighbors

Serving Martin, Otsego and Plainwell

HOURS: Monday 10-12 and 4-6pm (food only), Tuesday 10-12 and 1-4pm, Wednesday Closed
Thursday 3-5pm, and Friday 9:30-11:30am

In the Neighborhood


Volume 5, Issue 5

May 2018



May is Hunger Awareness Month

Ways to Make Your Produce Last Longer



Classes
Beginning
May 14th

Mondays
and
Thursdays

For 4
weeks

**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

At 2 Locations:

Royal Estates: 8300 Ravine Rd,
Kalamazoo, 10-12pm

Baraga Manor: 301 Washington
St, Otsego, 1:30-3:30pm

**Call Shannon to reserve
your spot 269.685.4166
ext. 103**



**Christian Neighbors will
be closed for services
on:**

MAY 3rd

May 28th

- 1: Use a vinegar solution to make your berries last longer.
Mix together one part vinegar (white or apple cider) and ten parts water. Soak the berries in the mixture, drain, rinse, and put them in the fridge. The solution is diluted enough that you won't taste the vinegar. Raspberries will last a week or more, and strawberries almost two weeks without getting moldy and soft.
- 2: One rotten apple can spoil the bunch.
It's not just an old wives' tale. When apples begin to decay, they emit ethylene gas. If the rotting apple is mixed in with the good, the good apples start to absorb the gas and rot.
- 3: Don't store onions with potatoes.
They spoil faster together. Instead store separate in a cool dry place with good air circulation, onions will last 2-3 months.
- 4: Store potatoes with apples.
The ethylene gas produced by apples prevents potatoes from sprouting.
- 5: Put onions in pantyhose, and tie knots between each onion.
Onions stored in pantyhose will last as long as 8 months.
- 6: Wrap the crown of a bunch of bananas with plastic wrap.
They'll keep for 3-5 days longer than usual. Bananas also produce more ethylene gas than any other fruit, so keep them isolated on the counter.
- 7: Wrap celery, broccoli, and lettuce in tin foil before storing in the fridge.
It'll stay crisp for 4 weeks or more.
- 8: Mason jars are your friend.
Produce will keep a few days longer if stored in a jar. Mason jars also provide a healthier and longer-lasting alternative to plastic Tupperware, which deteriorates and stains easily.

Low-Cost Recipe of the Month

Here is a cool website that shows you a variety of recipes you can make with the ingredients you have on hand!

<https://www.pittsburghfoodbank.org/resources/recipe-rainbow>



Vegetable lo Mein

4 servings

- 6 tablespoons extra virgin olive oil
- 2 cups frozen, defrosted chopped broccoli
- 1 can sliced carrots (or 2 cups frozen, defrosted carrots)
- 1/3 cup soy sauce
- 4 teaspoons corn starch or flour

-12 ounces (dry weight) spaghetti noodles

-Optional: minced garlic, other veggies, salt and pepper

Heat a large pot of water for the spaghetti and cook as directed.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine. Add the broccoli; season with salt and pepper. Cook 5 to 8 minutes. Cut the carrot slices into smaller pieces. You can either cut them in half or each half into 3 pieces. Add the carrots to the broccoli and cook 3 to 5 minutes. Combine the soy sauce and 2 tablespoons cold water in a small bowl. Add the corn starch and stir with a fork until there are no lumps. Pour into the pan with the hot vegetables and completely stir in. Heat until the sauce is thickened (about 3 minutes). Mix with the cooked spaghetti. Cost for total recipe: \$4.16. Cost per serving: \$1.04 www.rifoodbank.org

Did You Know...

That if you drank a \$1.00 soda pop every day you would spend \$365.00 a year? It's so easy to spend small amounts of money, but when you add it up - it's shocking! What else could you do with \$365.00? So next time you go to grab a convenience store/gas station item, think about how that money could grow into something much greater than a short-lived snack



Get Connected!

Come join us on May 31st from 6:30-8:00pm to create your own edible container garden! We will supply all the materials. All you need to bring is your green thumb.

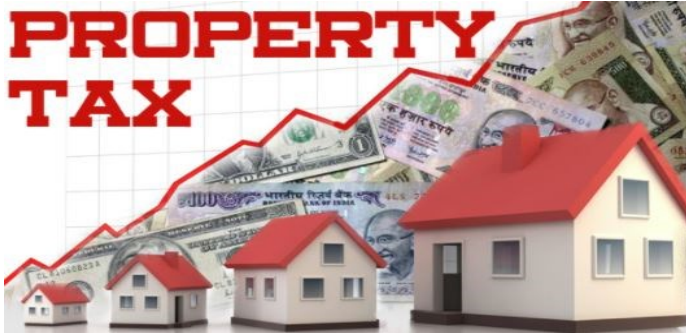
Please Register by May 24th:

Phone (269)685-4166 ext. 103

*If you participated last year and still have your buckets please bring them.

* It is important that you register for this so there will be enough supplies.

*If you need to cancel, please call the (269)720-8276 number.



Can't pay Property Taxes??

When situations arise that make summer tax payment hard there might be relief for you. Visit your city or township office for an application for either Tax Deferment, the Hardship Program, or Poverty Exemption forms. Applications must be submitted before the bill is mailed to you in July. You can get the specific information for your area by calling your city or township clerk/ treasurer.

