

SSCM FOOD PANTRY NEWSLETTER



Issue 6 | October/November 2022 | Volume One

OUR MISSION

SSCM Food Pantry is an all-volunteer 501(c)3 non-profit food pantry located in and focused on serving the south side of Columbus, Ohio, which provides at least a 3-day supply of food to individuals and families in need.



IMPORTANT UPCOMING DATES

Unloading MOFB Food Orders
December 6th Help wanted 9:00 AM at the Pantry - **Extra Hands ALWAYS Welcome!!**

Contact Bob Robenalt at (614) 561-5003 for more information on unloading.

Next Pantry Open Weeks:

October 24th, 26th, 28th

Nov 14th, 16th, 18th

December 12th, 14th, 16th

Next Produce Market:
See you in the SPRING!

THIS MONTH'S MESSAGE FROM THE BOARD OF SSCM FOOD PANTRY

Fresh produce has been available to us from the Mid-Ohio Food Collective (MOFC) for years, and we considered it a healthy “extra”, available to supplement our 3-day pantry distribution of shelf-stable food items. Over the years and seasons, the quantity and varieties of produce available to us through MOFC have continued to increase to the point that there is frequently more produce available during daily shop-thru day than SSCM Food Pantry has cooler space for storage. Combined with the lack of shelf-stable canned foods available for purchase from MOFC right now (due to supply chain issues which came out of the pandemic but still persist), we find we are now relying on this additional fresh produce to **complete** our basic 3-day supply of food for each household. While we all recognize that fresh is frequently a healthier food option, up front it can require more preparation and cooking time and can even be intimidating to those who are not familiar with how to use a particular item. In fact, some clients hesitate or even decline to take some fresh produce. As a Board, we want to make it easy for the clients who come to our pantry to make the most of the fresh food items that are available, so we are starting a resource for our clients and our volunteers who serve them. In this, and future, issues of the SSCM Food Pantry Newsletter, be sure to check out the “Heathy Picks” section where FAQs and tips on how to cook common produce items will be highlighted. Just in time for Thanksgiving, this month’s feature is the SWEET POTATO. Check out the new feature, and feel free to share any helpful cooking ideas with our clients.

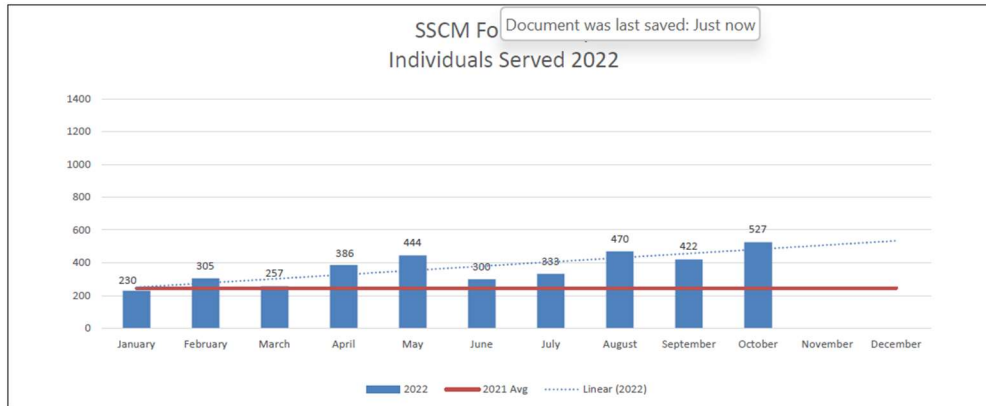
In this time of giving thanks, we give ours to you, our volunteers and supporters. Without you the Pantry would not be able to operate and fulfill its Mission to feed the hungry. We wish all of you and yours a very Happy Thanksgiving!

Cheryl Harrison, Board President
Ruth Ann Farthing, Secretary
Sharon Coil
JoEllen Hahn
Linda Langhorst
Karen Trifonoff

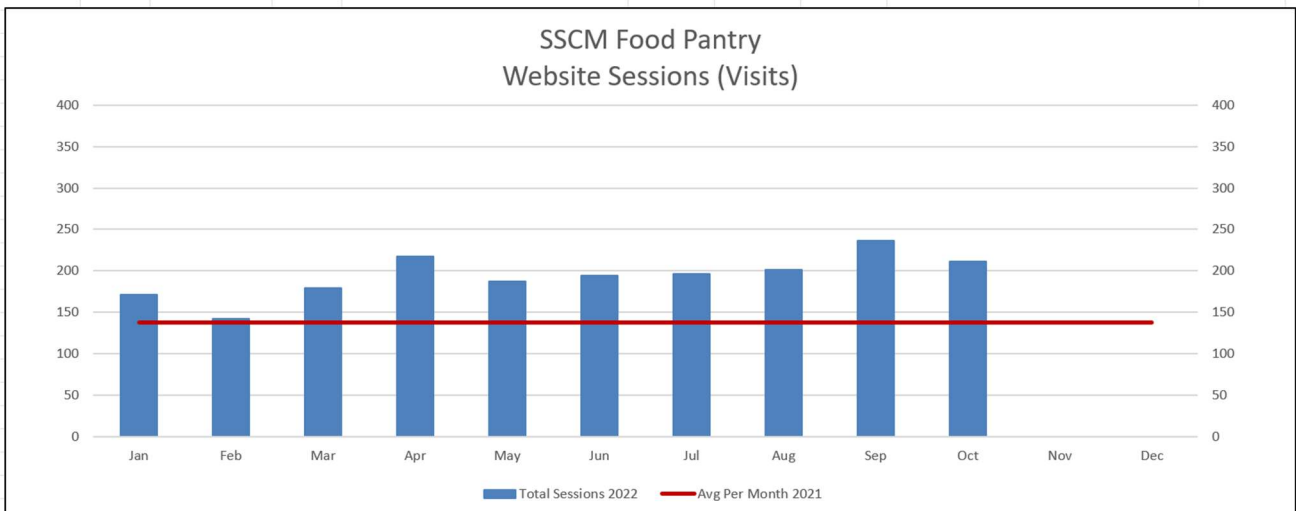
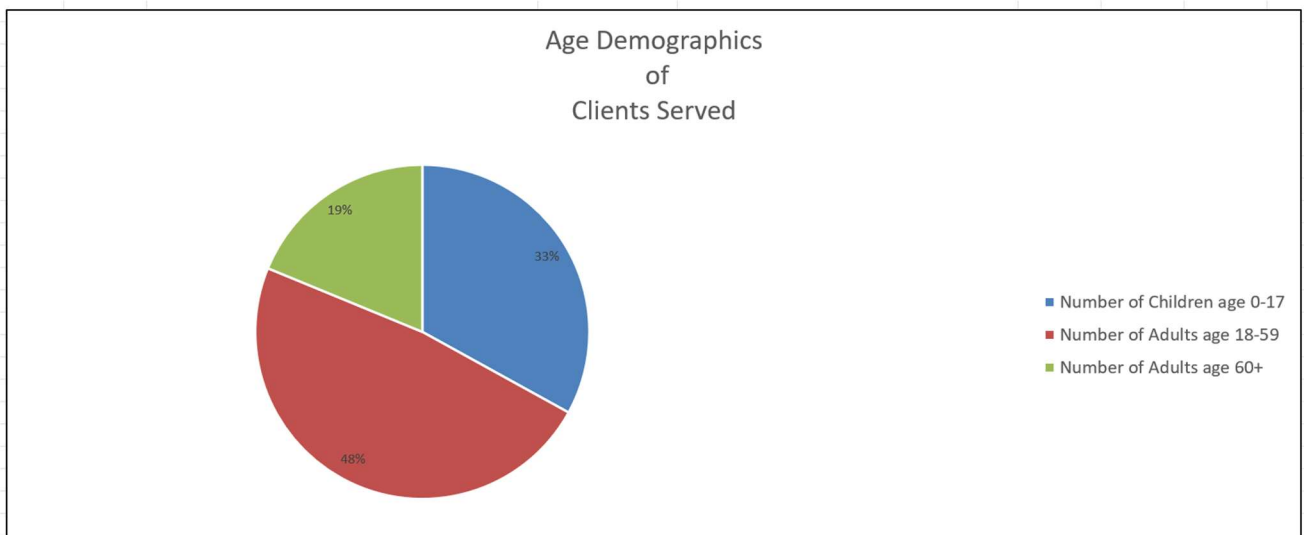
Bob Robenalt, Vice President
Mary Kelly Minner, Treasurer
Dawn Deaterla
Jil Holmes
Roger Suppes
Lori Veisz



Service Statistics – January to October 2022



Number of individuals served increased 38% between September & October 2022



DID YOU KNOW? So far in 2022, more than \$2,000 has been received by the pantry from supporters who made a donation using the **PayPal button** on our website. It's a convenient way to make a difference in our community with the click of a mouse!

FOCUS ON: Healthy Picks

The Sweet potato is thought to be native to tropical South America where it has been used as a food source for more than 5,000 years. The natives called the plant batatas. This word eventually became “patata” in Spanish, “patae” in French, and “potato” in English. Christopher Columbus came across the sweet potato when he visited the Americas and took it back to Spain for cultivation, but it never caught on with the same popularity in Europe that it did in the Americas.



From a nutrition perspective, sweet potatoes are often touted as being healthier than white potatoes but, in reality, both types can be highly nutritious. White and sweet potatoes are comparable in their calorie, protein and carb contents, but white potatoes provide more potassium whereas sweet potatoes are incredibly high in vitamins A/beta carotene, E, C, B6, and iron. When boiled, sweet potatoes are a low glycemic index (GI) food, meaning they won't spike blood sugar as much as white potatoes and can be a great vegetable option for diabetics, according to research published in the Journal of Nutrition and Metabolism.

If you end up with too many sweet potatoes on hand at the same time, they can be cut up, cooked (baked, microwaved, boiled, steamed or fried), completely or partially, and then packaged and frozen for up to six months! Peeling is optional as the peel is tasty and full of vitamins! As you read on through the newsletter, be sure to check out all the delicious recipes included in this issue which feature SWEET POTATOES as a key ingredient! Feel free to not only try these new recipes at home, but also share these cooking ideas with our clients who are looking for new ways to use free produce.

Yam or Sweetpotato

Do you know the difference?

YAM	SWEETPOTATO
Dry, starchy flesh, dark bark-like skin	Moist flesh, variation in color, slick like appearance in skin

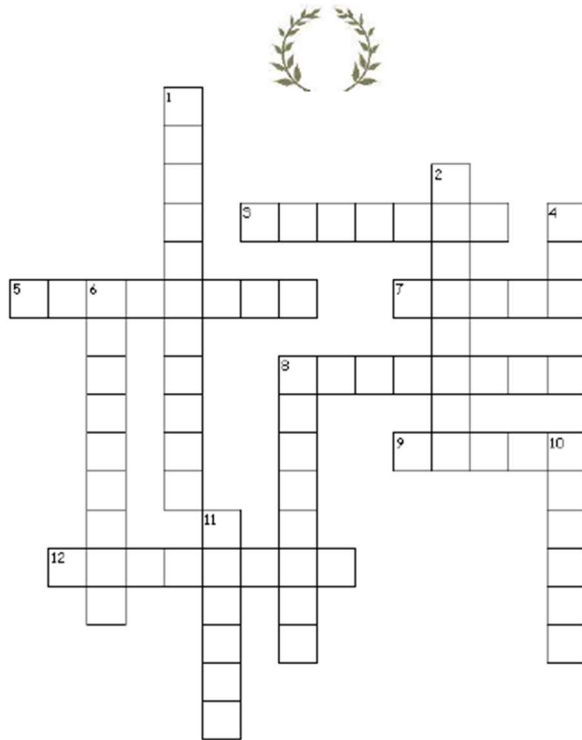
Know your tubers! Even though you will hear the names used interchangeably in the marketplace, yams and sweet potatoes are from totally different plant families, are not closely related, and taste completely different. Sweet potatoes have rosy brown skin and sweet bright orange flesh, while yams have dark brown, almost bark-like skin and drier white flesh which is much more starchy than sweet.

Happy
Thanksgiving



HOLIDAY FOOD & FUN

Try your hand at a holiday-themed crossword and read the list of yummy Thanksgiving dishes that the SSCM Food Pantry Board members are looking forward to eating the most this holiday season!



across

- 3. a popular pie
- 5. sponsored the first Thanksgiving parade
- 7. number of days the first Thanksgiving lasted
- 8. where Thanksgiving was first celebrated
- 9. Thanksgiving dinner
- 12. wanted the turkey to be the national bird

down

- 1. classic Thanksgiving fruit
- 2. considered good luck
- 4. favorite dessert
- 6. name of the ship the pilgrims sailed on
- 8. first to celebrate Thanksgiving
- 10. Thanksgiving dinner entree
- 11. famous Thanksgiving parade



For many of us, Thanksgiving and the holidays provide a chance to get together with loved ones and friends, and a time to eat plenty of delicious food. The mouths of SSCM Pantry Board members are already watering in anticipation of eating these personal favorites:

Sharon Coil – Corn Casserole

Ruth Ann Farthing – Mushrooms & Walnut Stuffing with Mushroom Gravy

Dawn Deaterla – Sweet Potatoes WITHOUT Marshmallows!

Cheryl Harrison – Bread Stuffing with Onions and Celery

Linda Langhorst – Strawberry Rhubarb Pie

Mary Kelly Minner – Turkey with Gravy and Stuffing

Bob Robenalt – Pumpkin Pie and Sweet Potatoes

Roger Suppes – Green Bean Casserole

Karen Trifonoff – Cranberries (but not relish!!)

Lori Veisz – Sweet Potatoes WITH MARSHMALLOWS

Jil Holmes – My Mom's Fruit Compote

RECIPE CORNER – Sweet Potato

Sweet Potato Hash

Adapted from “Sweet Potato Hash” from <https://www.thepioneerwoman.com/>

INGREDIENTS

- 4 slices thick-cut bacon, pork belly, or other fatty meat of choice, chopped
- 1 medium onion OR 4-6 fresh green onions/scallions
- 2 lb. sweet potatoes, peeled and cut into 3/4-inch pieces
- 1 red bell pepper, roughly chopped
- 1/2 C water
- *1 tsp. kosher salt
- *1 tsp. paprika
- *1/2 tsp. cumin
- *1/4 tsp. garlic powder or 1 small clove fresh garlic, chopped fine

Note: If any spices listed above are not available, please substitute (1) Tablespoon taco or fajita seasoning, and then salt to taste, for all ingredients listed with an asterisk.

PREPARATION:

1. Cook the meat in a large skillet over medium heat, stirring occasionally until crisp and fat is rendered, 8 to 10 minutes. Meanwhile, thinly slice the onions, bell peppers, and sweet potato. If using green onions/scallions, keep the white and light green parts separate from the dark green parts. Set aside vegetables.
2. Using a slotted spoon, transfer the cooked meat to a paper towel lined plate, reserving drippings in the skillet. Add the sweet potatoes, bell pepper, and onions/scallion whites and light greens to the skillet. If using fresh garlic instead of garlic powder, chop and add it to the skillet now. Cook, stirring occasionally, until just beginning to soften, generally about 10 minutes. Carefully stir in 1/2 cup of water, and spices or taco seasoning. Cover over medium heat, stirring occasionally, until the potatoes are mostly tender, generally 8 to 12 minutes.
3. Uncover and increase heat to medium-high. Cook, stirring occasionally, until potatoes are tender and browned in spots, and all the liquid has evaporated, typically 5 to 7 more minutes. Stir in the cooked meat, and reserved vegetables set aside earlier. Salt to taste and serve immediately.

Roasted Sweet Potatoes & Carrots

Adapted from “Simple and Savory Roasted Sweet Potatoes and Carrots” from <https://iwashyoudry.com>

Preheat oven to 425 degrees

INGREDIENTS:

2 sweet potatoes peeled and chopped into bite size pieces (about 3 cups)
1 large onion peeled and chopped into bit size pieces
3 Cups baby carrots or carrots peeled and cut into bite size pieces
1 tbsp olive or vegetable oil
1 tsp Italian seasoning (Oregano can be substituted for Italian seasoning)
Salt and pepper, to taste

Note: nearly any vegetable can be roasted so use what you have available. Frequent favorite vegetables substituted or added to those listed above can include white potatoes, parsnips, turnips, celery root, celery stalk, large whole clove garlic, zucchini, squash, and many more. Don't forget about apples either – they can provide a yummy, sweet edge to an otherwise savory dish!

PREPARATION:

1. Place chopped vegetables in a large bowl; drizzle oil, Italian seasoning, salt and pepper over vegetables, adding more as needed, to coat lightly and evenly.
2. Place coated vegetables on a large baking sheet and place in oven.
3. Bake until vegetables are fork tender and lightly browned (approximately 25-35 minutes); serve immediately.



RECIPE CORNER – Canned Fruit

Fruit Compote

Source: Jil Holmes, SSCM Board Member

Preheat oven to 350 degrees.

INGREDIENTS

1 medium jar applesauce

1 large can fruit cocktail (drained)

1 can dark cherries (drained)

½ Cup granulated sugar

1 tsp cinnamon

¼ tsp ground cloves

Note: Other fruits on hand such as bananas, peaches, fresh or canned pineapple, or canned Mandarin oranges, etc. can be added to this compote.

DIRECTIONS

1. Place all fruits in a large mixing bowl. Add sugar, cinnamon, and ground cloves to taste as amounts listed in recipe are suggestions. Mix well by hand. Pour mixture into 13 x 9 x 2 or other large baking dish.
2. Bake for 30-40 minutes. Serve when cooled.

Jil, Thanks for sharing your mom's recipe with the SSCM Pantry volunteers!

Pictured below: Bob Lehman, long-time pantry volunteer, standing by a fully stocked freezer after food purchased from MOFC is unloaded and stocked.



Pictured left: Boxes filled and ready for open week, October 2022