

Health Care Share

Week 1: Thursday, July 9th, 2020

Welcome to the start of the 2020 Health Care Share Season! Phew! It has been a wild past few months here on the Farm, and we are so excited to finally be able to share the earnings of our hard work with you all. We are keeping production efforts going strong with a team of 8 Project Leads, 6 Peer Crews, and our 6 year-round staff members, while adjusting to new COVID protocols to keep our community members safe and healthy. You can find our COVID-19 Food Safety Response on Pg. 3, and feel free to reach out to Lauren at (802) 434-3969 x211 with any questions or concerns.

Throughout the season, the types of produce you receive will vary, and this newsletter will help guide you through recipes and cooking tips to utilize with certain items. Your participant notebook will also be a great resource to use each week if you are looking for a recipe with a specific type of vegetable. If you have any recipes that you would like to share with other members, please submit them to healthcareshare@vycc.org. We look forward to a great season with you all! ~The Farm Team at VYCC

Table of Contents:

Welcome Note, pg. 1
Veggie ID, pg. 1
Recipes, pg. 2
Food Safety Response, pg. 3
Feeding Your Family, pg. 4

What's in the Share?



Garlic Scapes



Beets or Turnips



Cucumber



Scallions



Fennel



Kohlrabi



Lettuce



Chard or Kale



Peas



Zucchini



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Recipes from the Farmhouse Kitchen

3 Ways to Prepare Kohlrabi!

1. **Eat it raw!** Some say kohlrabi tastes like a mix between a radish and a turnip. We highly suggest thinly slicing or grating to add to a salad or slaw.
2. **Add it to a soup.** You can either add it diced up in a chunky soup or puree for a creamy soup to give it that silky smooth texture.
3. **Roast in the oven.** The flavor of kohlrabi sweetens as it is cooked. You can roast this with your zucchini for a delicious and hearty side dish.



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Garlic Scape Pesto

Makes 1 cup
Time: 15 min

Ingredients:

8 garlic scapes
1/3 cup toasted nuts (almonds, pine nuts, walnuts, pistachios)
1/3 cup parmesan cheese
Juice of 1/2 a lemon
Pinch of salt and pepper
1/3 cup oil

Directions:

1. Add all ingredients except the oil, to a food processor or blender and pulse until everything is broken down and combined.
2. Add the oil and blend for about 1 min until everything is incorporated.
3. Store in an airtight container in the fridge for up to a week or in the freezer for 2-3 months.

Root Veggie Slaw

Serves 4
Time: 20-30 min

Ingredients:

3 beets or turnips, grated or thinly sliced
3 kohlrabi, grated or thinly sliced
2-3 scallions, thinly sliced
Fresh herbs, roughly chopped (optional)
3-4 Tbsp oil
2 Tbsp white or apple cider vinegar
Salt and pepper to taste

Directions:

1. Combine beets or turnips, kohlrabi, scallions, and herbs in a medium mixing bowl.
2. Drizzle oil and vinegar on top, and add salt and pepper to taste.
3. Toss all ingredients to coat and serve immediately or store in the fridge for up to 4 days.

Looking for More Recipes?

For more ideas on how to use the veggies in this week's share, check out the recipes in your Health Care Share Notebook!

The Farm at VYCC: COVID-19 Food Safety Response

We have implemented the following strategies to prevent the spread of COVID-19 via the Health Care Share.

Personnel precautions

- All personnel on the farm undergo a daily health screening as required by VOSHA.
- Frequent and thorough handwashing is required and hand wash stations are readily available – before packing shares and loading shares in the van.
 - Hand sanitizer can be used in lieu of handwashing while in transit – before unloading shares.
- Social distancing is practiced. Whenever possible, personnel work at least 6 ft. apart. When distance is not possible, two-layer cloth masks are worn.
- All shared tools/equipment/storage containers are sanitized with an EPA approved, food-safe product for use against COVID-19 before being used by another person. All frequently contacted surfaces are sanitized with this same product at least daily.

Harvest & Packing Precautions

- Harvest containers are washed with soap and water after use.
- Produce harvested is washed/rinsed 1-3 times before being packaged individually in disposable plastic bags.
- Team members wear single-use gloves and two-layer cloth masks when washing and packaging produce
- Containers – wax boxes, plastic totes and reusable bags – that are used for produce storage and distribution sit in quarantine for a period of at least 3 days between uses.

Note: Reusable bags are collected by partners in wax boxes to quarantine before pick-up at the next delivery. VYCC will keep them in quarantine again before reusing due to handling by team members.

Delivery

- Wear masks while driving when;
 - There is a 2nd person in the vehicle (VYCC COVID-19 Policy)
 - When there is produce or other food items for distribution in the car (coolers, tomatoes, etc)
- Delivery drivers wear single-use gloves and two-layer cloth masks when moving produce boxes.
- Delivery vehicles and trailers are cleaned and sanitized after each use and before each new delivery cycle.
- Reusable bags that are collected along the route should be kept in a used, closed box or plastic tote inside the van away from produce and other food items

Please remember to:

- 1. Bring your bag back each week so that we can re-use them!*
- 2. Provide your name to the site supervisor, so we know you picked up.*
- 3. Please pick up your share every Thursday. If you can't make it, please call Health Care Share Coordinator, Lauren Jones, at 802-434-3969 ext. 211.*

Find us on
Instagram and
Facebook:
@theFarmatVYCC

What to Eat First:

- 1. Lettuce**
- 2. Scallions**
- 3. Chard/Kale**
- 4. Cucumbers**
- 5. Garlic Scapes**

FEEDING YOUR FAMILY

during the Novel Coronavirus/COVID-19 Outbreak.

updated 6/3/20

Keeping yourself and your whole family well nourished is one important way to support your health and our whole community. In this stressful time, no one should be stressed about having enough food at home. Hunger Free Vermont wants you to know that there are a number of food resources available to help you and your neighbors—we're all in this together!

- **P EBT:** P EBT is a new, temporary food purchasing benefit for families with school-aged kids who lost access to school meals due to the COVID closure. Visit www.hungerfreevt.org for more information about how to use your P EBT benefit.
- **Meals for Kids:** Summer meals will look different in 2020, but free meals for all kids 18 and under will be available from grab-and-go locations around Vermont. Hunger Free Vermont will update our website with site info as it becomes available.
- **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, breastfeeding support, and community referrals. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! Vermont WIC is open and most services are being done by phone appointment to align with social distancing efforts. To find out more and get help applying dial **2-1-1** or text **'VTWIC'** to **855-11**.
- **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive. Individuals who are unemployed, or who have experienced a partial or total decrease in their work hours during the COVID-19 outbreak do not need to meet a work or work training requirement. To find out more and get help applying dial **2-1-1** or text **VFBSNAP** to **855-11**.
- **Meal Programs for Older Vermonters:** People age 60 and older are especially encouraged to stay at home in order to protect themselves from COVID-19, but staying well nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at **1-800-642-5119**.
- **Food assistance through the Vermont Foodbank network:** The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To get help during this time of crisis, visit vtfoodbank.org/gethelp or call **1-800-585-2265**.

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