

# Health Care Share

**Week 3: Thursday, July 23rd, 2020**

## Eat Smart, Move More—A Distance Learning Series

If you haven't already heard, eligible Health Care Share members have access to this wonderful nutrition education course provided by one of our partners at UVM Extension. This course is available to all folks who are eligible for SNAP, WIC, free or reduced school meals, ReachUp, or similar programs.

It is a 6-session course, with each lesson taking about 30 minutes. It is self-paced, so you can complete the lessons on your own time, and they are filled with great recipes, cooking tips, and skill building techniques for healthy eating and daily physical activity. You will also have access to a UVM Nutrition Educator to answer any questions you may have.

If you are interested in participating, check out the website below for more information. There you can contact the instructor in your county, and fill out the short survey to see if you are eligible!

[uvm.edu/extension/distance-nutrition-education](http://uvm.edu/extension/distance-nutrition-education)

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### What's in the Share?



Chicken



Beets



Basil



Lettuce



Green Beans



Eggplant



Onion



Scallions



Kale



Cucumber



Summer  
Squash



Zucchini

### Thanks to our Partners!



Central Vermont Medical Center



**RICHMOND**  
Family Medicine



U.S. Department  
of Veterans Affairs





# Meet The Farm Crew!

*The Farm at VYCC is bustling with the energy and hard work of young adults working and serving as VYCC Corps Members. Each week, we'll introduce you to some of the faces who have been working hard to grow food and maintain the farm, all for the Health Care Share!*

## D, Farm Project Lead

*Pronouns: they/them*

D, much like the vegetables they help grow for The Health Care Share, thrives with a steady dose of sunshine, soil, and water. Their foundation is in collective meaningful work and have discovered this value in action while leading a farm crew for VYCC.

D was raised alongside the sweet corn crop of the Ohio valley. But, eager to see their first mountain, D wandered west to Oregon in 2017 where they were initiated into the seasonal outdoor world. There they steadily worked as a zoology field instructor for MESD Outdoor School and a crew leader for Northwest Youth Corps LGBTQ+ crew. Molded by these experiences and pivotal communities, D's passion is to provide safer spaces that center youth voices. They believe if we want to move forward collectively, we must cherish our relations and for them that appreciation often begins with sharing a meal. Having the opportunity to nurture the greater Vermont community by providing access to nutrient dense produce is a dream come to fruition!

When they aren't gazing adoringly at the carrot patch, D is an avid snail mailer, van dweller, and an amateur (meaning "lover of") bluegrass banjo.

**Q: What experience (personal/professional) or perspective do you bring to this team?**

**A:** I've spent the past four years developing curriculum and teaching youth. I continue to return to the phrase, "Meet people where they're at". Only then, can you choose to move forward together which allows community to flourish.

**Q: How do you hope you can impact/influence/contribute to VYCC through your season of service?**

**A:** During my time at VYCC I hope to instill a sense of fluidness and encourage folks to dig deeper. We spend time engaged in meaningful work with ample time to converse while weeding the carrot patch -- I want to ask the questions that trigger transformation.





# Feature of the Week: Kale



- Kale is one of the most nutrient –dense foods on the planet!
- Part of the Brassicaceae family, along with cabbage, broccoli, and Brussels sprouts.
- Fairly frost resistant, making it a great green vegetable to grow in colder regions.

**Add chopped kale to fruit smoothies or an egg scramble for breakfast, in a salad for lunch, or sautéed with lemon and oil for a dinner side!**

## Versatile Massaged Kale Salad

Adapted from [foodandwine.com](http://foodandwine.com)

Serves 4-6

Time: 30 min

### Ingredients:

- 1 bunch of kale, stems removed, leaves thinly sliced crosswise
- 1 lemon, zested and juiced
- 1 Tbsp oil (olive, canola, or avocado oil works)
- Salt and pepper, to taste
- Salad toppings of your choice (optional)



[Nutritionstripped.com](http://Nutritionstripped.com)

### Directions:

1. Place the sliced kale in a large bowl and toss with lemon juice, zest, oil, salt and pepper.
2. With clean hands, massage the mixture until the kale begins to wilt.
3. Serve as is, or top with your favorite salad toppings to create more of a main meal. We suggest grated raw beets, toasted almonds or sunflower seeds, and goat cheese crumbles!

# Recipes from the Farmhouse Kitchen

*Making delicious meals together is a big part of our culture here at the Farm at VYCC. These are some of the farm crews' favorite things to do with the veggies in your share this week.*



## Crispy Baked Eggplant

Adapted from [crunchycreamysweet.com](http://crunchycreamysweet.com)

Serves 4

Time: 45 min

### Ingredients:

- 1 large eggplant
- 6 Tbsp cooking oil
- 1 cup bread crumbs
- 1/4 parmesan cheese (optional)
- 1/4 tsp smoked paprika
- 1/2 tsp garlic powder
- Pinch of salt and pepper

### Directions:

1. Preheat the oven to 425° F.

2. Slice eggplant into 1/2-in disks.
3. Place oil in one bowl. In another bowl mix cheese, breadcrumbs and spices.
4. Dip each eggplant into the oil and then the breadcrumb mixture.
5. Place on a baking sheet lined with parchment paper and bake in the oven for 15 min, flipping the disks at about 7 min. The eggplant should be golden brown and crispy.
6. Serve as a side or make it the main course topped with red sauce and a side of green veggies.

## Quick Pickled Green Beans

Adapted from [myrecipes.com](http://myrecipes.com)

Makes one pint jar

Time: 20 min

### Ingredients:

- ~2 cups green beans, stem end removed
- 1/2 cup white vinegar
- 1/2 cup water
- 1 tsp sugar
- 1 tsp salt
- 1 clove garlic, peeled

### Directions:

1. Tightly stuff whole, cleaned green beans into a pint-sized jar.
2. In a small sauce pan, combine vinegar, water, sugar, salt and garlic. Bring to a boil and cook for 1 min, until sugar and salt dissolves.
3. Pour over the beans until covered and let cool on your counter for about 2 hrs.
4. Store in your fridge for up to 2 weeks.
5. Serve as a tangy snack, or a condiment on salads and sandwiches.



## 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](https://www.instagram.com/theFarmatVYCC)

## What to Eat First:

1. Basil
2. Lettuce
3. Cucumbers
4. Zucchini/Squash
5. Eggplant
6. Scallions



# Using Your Frozen Chicken

## Food Safe Thawing Methods

In all of these methods the chicken stays below 40 degrees Fahrenheit while it thaws or is heated so rapidly any potential food borne bacteria will be either too cold to multiply or too hot to pose a health risk. Other thawing methods may be faster, but they are not considered totally food safe! We recommend you thaw your chicken with one of the following methods. Always keep raw meat on the bottom shelf of your fridge to reduce potential contamination of other foods.

**Cold Water:** This method is faster than refrigerator thawing but requires more attention. Submerge the bird, still in its plastic bag into a bowl of cool water, and change the water every thirty minutes to allow it to fully defrost. It will take about 30 minutes per pound of chicken to thaw. Cold water thawed meats need to be cooked as soon after thawing as possible, feel free to take apart your chicken first, but get it into the pan or oven ASAP!

**Refrigerator:** Simply place your frozen chicken in the fridge two days before you hope to use it. Typically it takes about 24 hours for every five pounds of bird to defrost. Chicken will stay good in the fridge for several days after it is thawed and can be cut up and used later in the week. Consider placing the chicken on a plate or in an additional bag so it doesn't leak in your fridge!

**Cooking Without Thawing:** It is safe to cook meats from a frozen state. This method is also a bit more limiting because you must roast the whole bird in an oven at once, a slow cooker will not get hot enough to kill all potential bacteria. Cooking meats without thawing takes about 50% longer than it would to cook fully thawed or fresh. A thawed chicken takes 20 minutes per pound at 350 degrees Fahrenheit, so for your whole frozen chicken plan on roasting it for 30 minutes for every pound it weighs at 350 degrees. If my chicken was 5lbs I would cook it for 2.5 hours at 350 degrees. ((weight of chicken multiplied by 30) then divided by 60 equals cook time).

## Sheet-Pan Chicken

Adapted from barefeetinthekitchen.com

Serves 4+

Time: 1 hr 30 min

### Ingredients:

- 2 chicken breasts, 2 thighs, 2 drumsticks (see next pg)
- 3 medium sized potatoes, 1-in cubes
- 2 tsp salt
- 1 tsp black pepper
- 3 Tbsp cooking oil
- 2 tsp chopped thyme, dried or fresh
- 2 cloves garlic, minced
- 2 Tbsp lemon juices OR 1 Tbsp apple cider vinegar

### Directions:

1. Preheat oven to 425° F, and separate your thawed chicken into pieces (directions on next pg).
2. In a large bowl, mix oil, salt, pepper, lemon juice and herbs. Then add the chicken and potatoes and toss

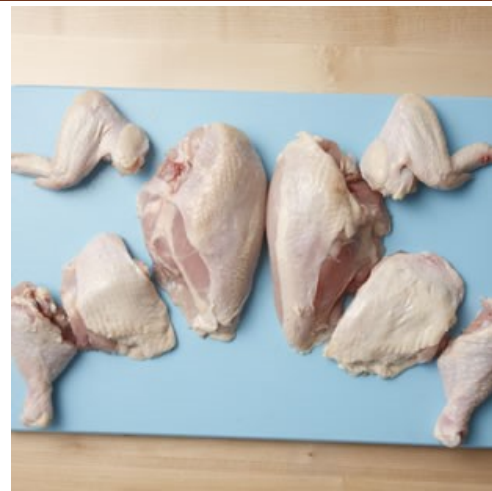
until evenly coated.

3. Place everything on a large baking sheet and spread out so everything is in one layer. Lay chicken pieces so the skin side is facing up.
4. Roast in the oven for 40 min, until chicken is golden brown and cooked through. If you cut into a thigh piece, there should be no pink visible and juice that runs out is clear.
5. Serve right away with some leafy green veggies on the side!



# Taking Apart a Whole Chicken

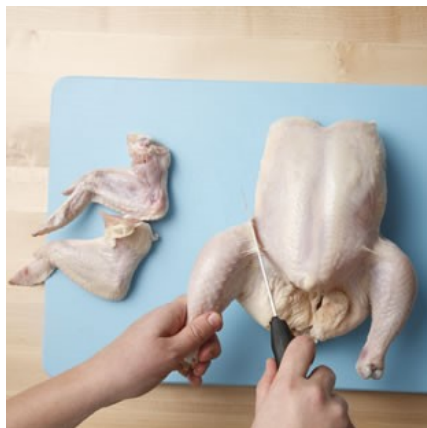
Don't want to roast your chicken whole? Follow these steps to turn your chicken into cuts you might get at the grocery store. From here you can sauté, grill, roast, or stir-fry your chicken in many different dishes. Use the sharpest knife you have for this process, and make sure to watch your fingers while you cut. Save the bones and giblets to make delicious chicken stock!



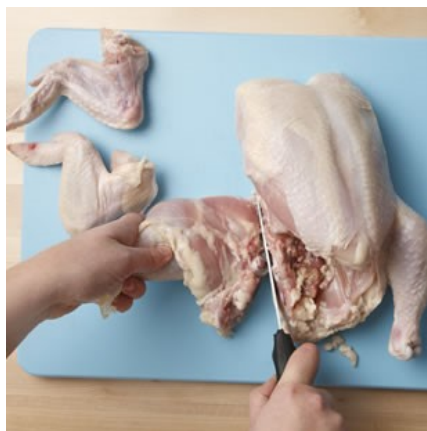
1. Lay the bird on its back. Wiggle a wing to determine where the joint attaches to the breast. Use a sharp knife to cut through the ball joint where the wing meets the breast. Repeat with the other wing.



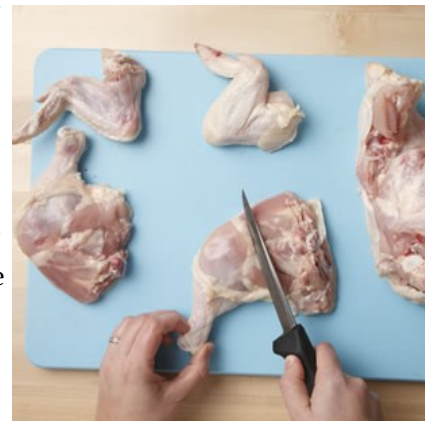
2. Pull a leg away from the body to see where it attaches. To remove the whole leg, first cut through the skin between the thigh and the breast.



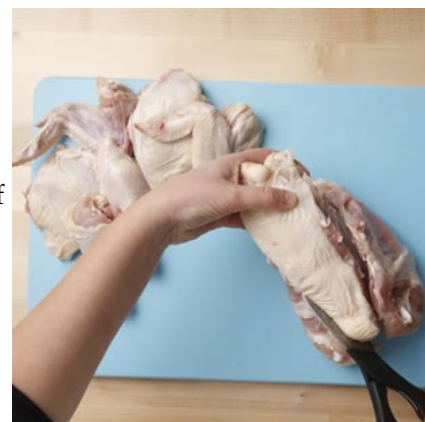
3. Continue to pull on the leg and wiggle it a bit to determine where the thigh meets the socket in the back. Use a boning knife or paring knife to cut through that joint. Repeat with the other leg.



4. Place each leg skin-side down. Flex to see where the ball joint between the drumstick and thigh is. Look for a thin line of fat that was perpendicular to the body. Cut through the line of fat to separate the thigh and drumstick.



5. Remove the backbone, start at the head end of the bird and cut through the rib cage on one side of the backbone with shears or a sharp knife. Repeat on the other side of the backbone to remove it completely.



6. Place the breast skin-side down, exposing the breastbone. To protect your hand, fold up a kitchen towel and place it on top of a heavy, sharp knife. Use a lot of pressure to cut down the center through the reddish breast bone.

