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Passover Holiday Calendar Closing

April 5th Closing at 2:00 PM

April 6th Closed

What is Passover?

April Showers (Part One) Effects of Water on Gardening

1. Water helps a plant by transporting important nutrients through the plant.
2. Do not add not too much or too little water. A proper balance of water is key when growing plants.
3. Without enough water in the cells, the plants droop, so water helps a plant stand.
4. Water carries the dissolved sugar and other nutrients through the plant.
5. In addition to providing nutrient, water also assist with regulating the temperature of plants.
6. Different types of plants require different amounts of water.

- Passover is a festival of freedom. It commemorates the Israelites' Exodus from Egypt and their transition from slavery to freedom.
- Its name comes from the miracle in which God "passed over" the houses of the Israelites during the tenth plague.
- The central Passover practice is a set of intense dietary changes, mainly the absence of hametz, or foods with leaven.
- Matzah, or unleavened bread, is the main food of Passover.



Next year's Passover is Friday, April 19
2019, to Saturday, April 27 2019.

What's Cooking in Gale's Kitchen?

Orzo Salad with Feta and Sun-Dried Tomatoes (at least 12 servings)

This is a perfect side dish for brunch, lunch or dinner – lots of flavor, veggies and so colorful!

Ingredients

1 lb. orzo

1/3 cup balsamic vinegar

6 oz feta cheese, coarsely crumbled (1 ½ cups)

¾ cup chopped fresh basil leaves

¾ cup rehydrated sun-dried tomatoes, sliced (about 20 tomatoes)

1 cup tightly packed fresh baby spinach, cut into large strips (about 2-3 oz.)

½ medium red onion, chopped

1 small red pepper, chopped

1 tsp salt

1 tsp ground pepper

1/3 cup olive oil



Instructions

1. Cook orzo as directed. Drain well and place in a large bowl.
2. Add balsamic vinegar while pasta is still warm (to absorb the flavor) and stir well.
3. Add feta, basil, tomatoes, spinach, onion, red pepper, salt, pepper and oil. Toss well. Refrigerate until serving. This can be made 1 day ahead but take out of refrigerator 30 minutes before serving



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

What's Cooking? USDA Mixing Bowl

What's Cooking? USDA Mixing Bowl is an online tool featuring a collection of healthy and budget-friendly recipes and resources. Visit this one-stop site to help you plan meals and menus inspired by the [Dietary Guidelines for Americans](#) and [MyPlate](#).

1 Find healthy recipes

What's for dinner tonight? Find inspiration for your next meal and search from over 1,400 household recipes.

2 Customize your search

What's Cooking? USDA Mixing Bowl has a variety of filters to help you find the recipes you want. Need a recipe for tomorrow's office party or love culturally inspired cuisine? Choose from Course, Cooking Equipment, and Cuisine to find the perfect recipe.



3 Choose your nutrition focus

Want to eat more fruits and vegetables, increase calcium, or cut back on sodium? Select from nutrition messages such as "Eat more fruits and vegetables," "Get more calcium," and "Reduce sodium."



4 Slide-n-find recipes

Find recipes by the amount of calories, saturated fat, and sodium. Check it out and "slide-n-find" recipes in your range.

5 Make your shopping list

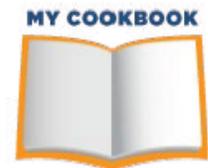
Add ingredients from recipes to create a handy shopping list. Print or email the list for your next trip to the store.

6 Browse the cookbooks

Find recipe collections from the USDA Foods Fact Sheets, Healthy Lunchtime Challenge, and even the White House. [Cookbooks](#) are available to print or download.

7 Create your own cookbook

Organize your favorite What's Cooking recipes using the [My Cookbook](#) feature! Simply add recipes, name your cookbook, choose a cover, and save or print.



8 Share your thoughts

Let others know what you think! Try a recipe, give it a star rating, or submit your personal review.

9 Use What's Cooking on-the-go

Visit the site from your phone or tablet. Browse recipes, create a cookbook, and make your shopping list anytime, anywhere.

10 Tell friends and fellow chefs!

Share the site and your favorite recipes with friends, cooks, and foodies. Help everyone find new recipes and answer the question...What's Cooking?





**MERCER COUNTY
2017-2018
ENERGY ASSISTANCE PROGRAMS**

PROGRAM EXTENDED UNTIL MAY 31

The County of Mercer will be accepting applications for the **Low-Income Home Energy Assistance Program (LIHEAP)** until **May 31, 2018**. Mercer County will continue accepting applications for the Universal Service Fund (USF) Program throughout the year. Residents who pay their own heating costs, and meet the following income guidelines, may be eligible to receive financial assistance with their winter heating bill. Residents with medical conditions may also be eligible to receive cooling assistance.

MONTHLY INCOME GUIDELINES

Household Size	USF Program	LIHEAP Program
1	\$1,759	\$2,010
2	\$2,369	\$2,707
3	\$2,978	\$3,404
4	\$3,588	\$4,100
5	\$4,198	\$4,797
6	\$4,807	\$5,494
7	\$5,417	\$6,190
8	\$6,026	\$6,887
9	\$6,636	\$7,584
10	\$7,245	\$7,935

* Federal income limits are subject to change during the program year.

To request an application please contact the Mercer County Housing and Community Development Office at (609) 989-6858 or (609) 989-6959. Applications can also be obtained by visiting the Housing office at 640 South Broad Street, 1st floor, Room 106, Trenton, NJ 08650.

Locations & Hours:
Trenton Office
 640 South Broad Street – Rm 106
 Trenton, NJ 08650
 M-F 8:30am – 4:30pm
 (Wednesday open until 6:30pm)

Hamilton Office - County Connection
 Hamilton Square Shopping Center
 957 Highway 33 at Paxson Avenue
 Hamilton, NJ 08690
 Tues & Thurs 10:00am-12:00pm (by appt. only)
 Saturdays – 4/7 & 5/5
 10:00am-1:00pm (walk-ins)

**Board of Chosen
Freeholders**

**Edward Pattik
Housing Director**

Brian M. Hughes, County Executive