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Holiday Calendar Closing

The office will not be closed this month.

**June 17th, Eat Your Vegetables Day!**

Eat Your Vegetables Day brings awareness of nutrition and the role vegetables play in a healthy lifestyle.

Vegetables were one of the hallmarks of civilization and are arguably the reason we settled and stopped being nomads.

Some health benefits of eating vegetables are the following: helps to prevent heart disease and decrease bone loss, offsets diabetes and even improves the health of your hair and skin.

**COOKSMARTS' GUIDE TO ENJOYING VEGETABLES**

**SUMMER** Enjoy a whole variety of vegetables in season for tastiest (and least expensive) results!

**WAYS TO ENJOY**

	SAUTÉ		MICROWAVE
	STEAM		PURÉED SOUPS
	ROAST		SALADS
	BOIL		NOODLES

ARUGULA	BEETS	BELL PEPPERS	BOK CHOY	BROCCOLI	CARROTS	CAULIFLOWER
CELERY	CHARD	CORN	CUCUMBER	EGGPLANT	FENNEL	GREEN BEANS
KALE	LEEKs	LETTUCE / MIXED GREENS	OKRA	ONIONS	POTATOES	NEW / BABY POTATOES
SNOW PEAS	SUGAR SNAP PEAS	SPINACH	SWEET POTATOES	TOMATOES	CHERRY / GRAPE TOMATOES	ZUCCHINI / SUMMER SQUASH

**COOKSMARTS** helping home cooks live happier, simpler, smarter in the kitchen

## What's Cooking in Gale's Kitchen?

### Veggie Soup

This can be made ahead and frozen. If you don't like kale, spinach can be substituted. Use regular leaf spinach, not the packaged, baby spinach. Soup is a perfect addition to meals or snacks year-round. It's an easy way to get in more veggies without much effort.



### Ingredients

- 2 Tablespoons oil
- 1 large onion, chopped
- 1 tsp Kosher salt
- 2 garlic cloves, finely chopped
- 2 large carrots, peeled and diced
- 2 celery stalks, diced after thorough cleaning
- 4 cups chopped kale
- 1/3 cup red lentils, rinsed
- 1 (14-15 oz) can diced tomatoes, include juice
- 4 cups vegetable broth
- 4 cups water
- 1 bay leaf
- 1 (15 oz) can beans, drained (use whatever you prefer – I used pink beans in the soup sample today)
- 1 Tbsp balsamic vinegar
- Grated Parmesan for garnish, if desired

### Instructions

- ◆ In a large soup pot, heat the oil over medium-low heat and sauté the onion with 1 teaspoon of kosher salt, stirring occasionally, while you start preparing the other vegetables.
- ◆ When the onion is wilted and translucent, about 5-10 minutes, begin adding the other vegetables as they're prepped, starting with the garlic, then adding them in the order listed, or until they've all had a chance to be sautéed in the pot.
- ◆ Now add the lentils, tomatoes, broth, bay leaf along with 2 cups of the water. Raise the heat to high and bring the pot to a boil, then lower the heat to low, cover the pot with the lid just barely ajar, and cook the soup, stirring occasionally to make sure it's not sticking, for 45-50 minutes.
- ◆ Taste the soup, and, if it's under-salted at this point, add a bit more salt. Add the remaining 2 cups of water, bring it to a boil, and stir in the beans and the vinegar. Cook another 15 minutes or so. Taste the soup and add a small pinch of salt if needed.
- ◆ Serve, topping each bowlful with a sprinkle of parmesan cheese. ENJOY!

# Single Family Housing Repair Loans & Grants

## What does this program do?

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

## Who may apply for this program?

To qualify, you must:

- Be the homeowner and occupy the house
- Be unable to obtain affordable credit elsewhere
- Have a family income below 50 percent of the area median income
- For grants, be age 62 or older and not be able to repay a repair loan

## How may funds be used?

- Loans may be used to repair, improve or modernize homes or remove health and safety hazards
- Grants must be used to remove health and safety hazards



Committed to the future of rural communities.

## How much money can I get?

- Maximum loan is \$20,000
- Maximum grant is \$7,500
- Loans and grants can be combined for up to \$27,500 in assistance

## What are the terms of the loan or grant?

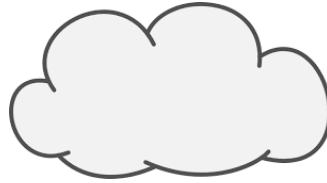
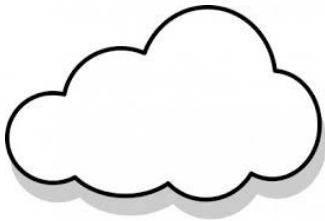
- Loans can be repaid over 20 years
- Loan interest rate is fixed at 1%
- Full title service is required for loans of \$7,500 or more
- Grants have a lifetime limit of \$7,500
- Grants must be repaid if the property is sold in less than 3 years
- If applicants can repay part, but not all of the costs, applicants may be offered a loan and grant combination

## Who can answer questions?

Contact a [USDA home loan specialist in your area](#)

**Why does USDA Rural Development do this?**  
 Helping people stay in their own home and keep it in good repair helps families and their communities. Homeownership helps families and individuals build savings over time. It strengthens communities and helps many kinds of businesses that support the local economy.

**NOTE:** Because citations and other information may be subject to change, please always consult the program instructions listed in the section above titled "What Governs this Program?"



## July 2018 – June 2019 Pantry Dates

		<u>Monday 5:00PM–8:00PM</u>	<u>Tuesday 10:00PM–1:00PM</u>
July	WK1	July 2 <sup>nd</sup> 2018	July 3 <sup>rd</sup> 2018
July	WK2	July 9 <sup>th</sup> 2018	July 10 <sup>th</sup> 2018
August	WK1	August 6 <sup>th</sup> 2018	August 7 <sup>th</sup> 2018
August	WK2	August 13 <sup>th</sup> 2018	August 14 <sup>th</sup> 2018
September	WK1	*WED* September 5 <sup>th</sup> 2018	September 4 <sup>th</sup> 2018
September	WK2	September 17 <sup>th</sup> 2018	*THURS* September 20 <sup>th</sup> 2018
October	WK1	October 8 <sup>th</sup> 2018	October 9 <sup>th</sup> 2018
October	WK2	October 15 <sup>th</sup> 2018	October 16 <sup>th</sup> 2018
November	WK1	November 5 <sup>th</sup> 2018	November 6 <sup>th</sup> 2018
November	WK2	November 12 <sup>h</sup> 2018	November 13 <sup>th</sup> 2018
December	WK1	December 3 <sup>rd</sup> 2018	December 4 <sup>th</sup> 2018
December	WK2	December 10 <sup>th</sup> 2018	December 11 <sup>th</sup> 2018
January	WK1	January 7 <sup>th</sup> 2019	January 8 <sup>th</sup> 2019
January	WK2	January 14 <sup>th</sup> 2019	January 15 <sup>th</sup> 2019
February	WK1	February 4 <sup>th</sup> 2019	February 5 <sup>th</sup> 2019
February	WK2	February 11 <sup>th</sup> 2019	February 12 <sup>th</sup> 2019
March	WK1	March 4 <sup>th</sup> 2019	March 5 <sup>th</sup> 2019
March	WK2	March 11 <sup>th</sup> 2019	March 12 <sup>th</sup> 2019
April	WK1	April 1 <sup>st</sup> 2019	April 2 <sup>nd</sup> 2019
April	WK2	April 8 <sup>th</sup> 2019	April 9 <sup>th</sup> 2019
May	WK1	May 6 <sup>th</sup> 2019	May 7 <sup>th</sup> 2019
May	WK2	May 13 <sup>th</sup> 2019	May 14 <sup>th</sup> 2019
June	WK1	June 3 <sup>rd</sup> 2019	June 4 <sup>th</sup> 2019
June	WK2	June 17 <sup>th</sup> 2019	June 18 <sup>th</sup> 2019