



# FEEDING OUR COMMUNITY:

## *A GUIDE TO FOOD RESOURCES IN WINDHAM, CT*



Fall 2021



Windham Community Food Network  
872 Main Street, Willimantic, CT 06226  
windhamfoode@gmail.com | (860) 341-1542  
windhamfood.org

# Windham Community Food Network's Resource Guide

*Fall 2021*

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Harvard Pilgrim  
HealthCare Foundation



# UConn

COLLEGE OF AGRICULTURE,  
HEALTH AND NATURAL  
RESOURCES

ALLIED HEALTH SCIENCES

**A special  
thanks to the  
UConn Coordinated  
Dietetics Program  
who made  
this guide  
possible.**

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# Food Pantries

## Access Agency

### Willimantic Office

Address: 1315 Main St. Willimantic

Phone: (860) 450-7495

Hours: Monday, Wednesday, Friday  
8 am - 3 pm by appointment  
and emergency walks in.

### Danielson Office

Address: 231 Broad Street,

Danielson, CT 06239

Phone: (860-412-1600)

Hours: Tuesday and Thursday  
9am -3pm by appointment  
and emergency walks in.



## Salvation Army

Address: 316 Pleasant St. Willimantic

Phone: (860) 423-0977

Hours: Monday, Wednesday,  
Friday 9am-12pm



## Matthew 633

Address: 120 Union St. Willimantic

Phone: (860) 428-4863

Hours: Monday - Friday 4pm-6pm  
By appointment



## Covenant Soup Kitchen

Address: 220 Valley St. Willimantic

Phone: (860) 423-1643

Hours: Monday-Saturday 11am-1pm  
(as needed)



## Catholic Charities

Address:

88 Jackson St, Willimantic

Phone: (860) 428-4863

Hours: Monday - Friday  
830am-430pm





# Mobile Food Pantries

## CT Food Bank Mobile

Address:

99 Jackson St Willimantic

Phone: (860) 423-6827

Hours:

Fourth Tuesday of each month

12pm-1pm



## Food Share Mobile

Address: 303 Maple Road, Storrs

Phone: (860) 286-9999

Hours:

Every other Thursday

11:30 am-noon

September 9, 27

October 7, 21

November 4, 18

December 2, 16, 30

## Access Mobile Food Van

Address: Contact for location

Phone: (860) 450-7495

Hours: Contact for hours



# Soup Kitchens

## Covenant Soup Kitchen

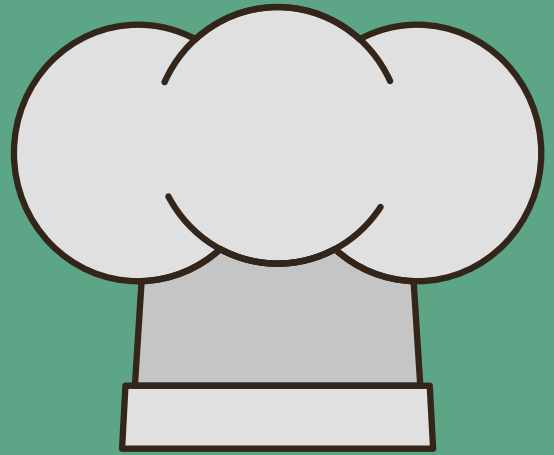
Address: 220 Valley St. Willimantic

Phone: (860) 423-1643

Hours: Monday-Saturday

11am-1pm

Breakfast and Lunch



## First Baptist Church

Address: 667 Main St. Willimantic

Phone: (860) 423-1542

Hours: Sunday-Thursday

5:30pm

Dinner only

# Food Assistance Programs

## SNAP Willimantic

Address: 1320 Main St, Suite #18,  
Willimantic

Phone: (855) 626-6632

Hours: Monday-Friday 8am-4:30pm



## WIC Willimantic

Address: 1315 Main St. Willimantic

Phone: (860) 450-7405

Hours: Monday 10am-6pm

Tuesday-Friday 8am-4:30pm

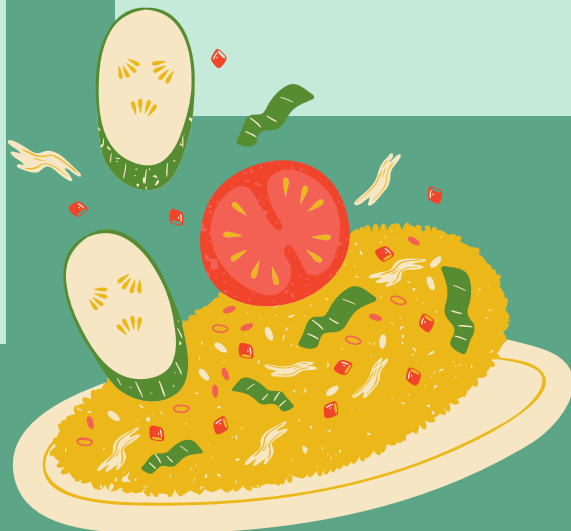
## Access CACFP

Address: 1315 Main St. Willimantic

Phone: (860) 450-7448

Hours: Monday 8am-6pm

Tuesday-Friday 8am-4pm





# Willimantic Community Fridges

The Willimantic Community Fridge provides nutritious food to Windham community members for free. The fridge is stocked with fresh produce and non-perishables from local farmers, businesses, and community members. Volunteers log, stock, and clean the refrigerator.

Ready to eat foods are found at the top of the fridge; unwashed salad, fruits, and vegetables can be found at the middle/bottom of the fridge, or in the crisper drawers; and non-perishables can be found at the shelves next to the fridge. Meat and dairy products are not in the fridge; they can be found at other local food pantries or soup kitchens.

The Windham Community Food Network asks that all volunteers, donors, and clientele follow the Fridge Manual.



# Locations of Community Fridges

North St between  
Prospect St & Summit St.

We are accepting:  
**non-perishable items**

i.e. soups, canned fruit, canned  
vegetables, pasta, etc.

**\*Monetary donations are accepted  
and shopping is done weekly on  
Sundays.**



Willimantic Whitewater Park  
28 Bridge St

We are accepting:  
**non-perishable items, fresh  
produce and seed packets**

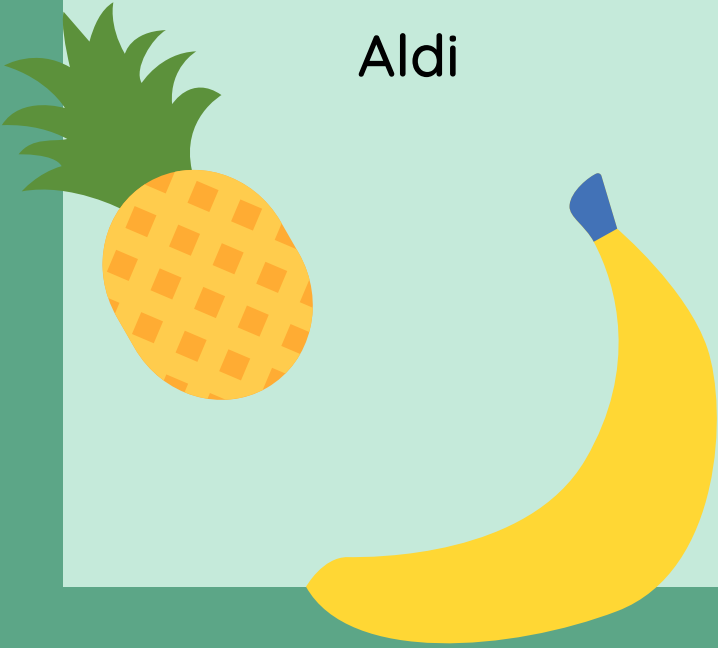


# Grocery Price Comparisons

(As of 2021, these stores have the lowest prices for the following food groups)

## Fruit

Aldi



## Vegetables

Walmart

Aldi



## Grains

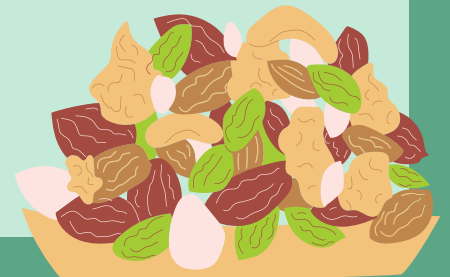
Aldi



## Protein

Walmart

Aldi



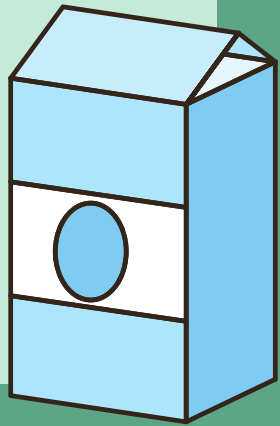
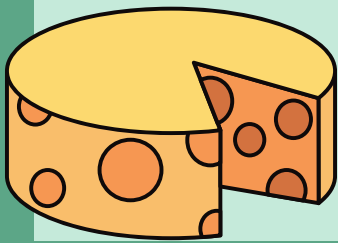
# Grocery Price Comparisons

(As of 2021, these stores have the lowest prices for the following food groups)

## Dairy

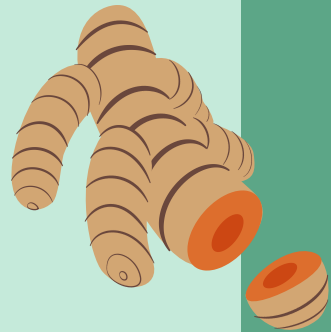
Walmart

Aldi



## Spices & Herbs

Walmart



## Fats & Oils

Walmart



## Miscellaneous (Snacks, Sauces, etc.)

Walmart



# Grocery Stores

## Aldi

Address: 332 Boston Post Rd,  
North Windham



## Stop and Shop

Address: 1391 Main St, Willimantic



## Big Y

141 Storrs Rd,  
Mansfield

## Walmart

474 Boston Post Rd,  
North Windham

## Price Chopper

1220 Storrs Rd,  
Mansfield

## IGA

422 Windham Rd,  
Willimantic

## Ocean State Job Lot

60 Cantor Dr, Willimantic

## Oriental Groceries

327 Boston Post Rd,  
North Windham





# Local Food Options



## Willimantic Farmers' Market

Address: 28 Bridge St, Willimantic\*

Phone: (860) 423-0533

Hours: Saturdays 8am-12pm

Last Saturday in May through Last Saturday in October

Participates in the Farmers Market Nutrition Program!

\*Subject to change

## SNAP DOUBLE BUCKS

Double your SNAP Dollars at the Willimantic Farmers' Market! For the first \$10 that you spend each week from your EBT Connect Card, you will receive \$20 worth of fresh fruits and vegetables. This is a good way to stretch your food benefits while enjoying locally grown food.

<http://www.willimanticfarmersmarket.org/>

## Storrs Farmers' Market

Address: Mansfield Town Hall Front Lawn

Phone: (860) 429-3399

Hours: May-Thanksgiving 3pm-5pm

December-April: 1st & 3rd Saturdays @ Mansfield Public Library, 3pm-5pm

## Coventry Farmers' Market

Address: 124 Lake St, Coventry

Phone: (860) 742-4062

Hours: Sundays 10am-1pm  
Nov 15-March 14




# Local Food Options



## Still River Farm

Address: 271 Love Lane  
Coventry, CT  
Phone: (860) 742-5717

Farm that provides locally grown grains for bread and corn meal products



## The Farm Stand at Lemek Farm

Address: 343 Goose Lane  
Tolland, CT  
Phone: (860) 870-5202

Local fruits and vegetables



## Stearns Farm Stand

Address: 483 Browns Rd Storrs, CT  
Phone: (860) 382-2303

The Stearns family provides local native fruits, vegetables, farm fresh pies, breads, yogurt, milk and ice cream.

## Cold Spring Farm


Address: 46 Lake Hayward Town Rd  
Colchester, CT  
Phone: (860) 316-8368

Farm stand open 7 days a week  
Year round- dawn to dusk

## Windham Hospital Farm Stand

Address: Windham Hospital Professional Building  
132 Mansfield Ave, Willimantic, CT 06226  
Phone: (860) 423-4534  
Wednesdays 3-6pm

Featuring fresh vegetables from River View Farms! Recipes and dietary information will also be available





The Willimantic Food Co-op is a member owned and operated food store. They carry a full line of grocery items, produce, dairy products, and wellness goods as well as a large bulk department with nuts, grains, beans, spices, and more!

Everyone is welcome to shop at the Co-op. Members pay shelf price and have the option of working at the store to receive an additional discount. There is also a 5% senior discount. Non Members pay 10% above shelf price. We accept SNAP benefits. All purchases made with SNAP benefits are charged the Member price.

Membership is \$20/year for 6 years or \$120. Your Membership investment is refunded if you choose not to be a member for any reason.



Co-op Website: [www.willimanticfood.coop](http://www.willimanticfood.coop)

# Local Food Options

## Bodegas

### Edward Deli

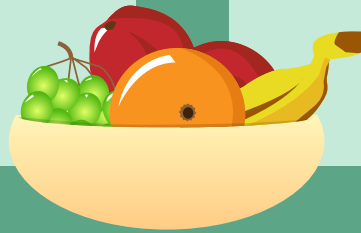
Address: 130 Jackson St,  
Willimantic, CT

Phone: 860-771-5334

### La Mexicana Grocery and Taqueria

Address: 385 Valley St,  
Willimantic, CT

Phone: (860) 423-2821



### Cibao Market

Address: 79 Main St,  
Willimantic, CT 06226

Phone: (860) 456-883





# Local Food Options

## Miscellaneous

### **Panaderia Pan Del Sinai LLC**

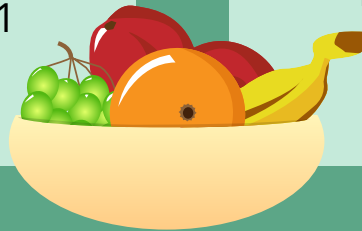
Address: 848 Main St,  
Willimantic

Phone: (860) 423-9931

### **Cambera Farm Bakery**

Address: 776 Main St,  
Willimantic

Phone: (860) 942-1355



### **The Fish Market**

Address: 1307 W Main St,  
Willimantic, CT

Phone: (860) 423-6455



# Community Supported Agriculture (CSA)



## What is a CSA?

A farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.

## Advantages to the Farmer:

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin
- Receive payment early in the season, which helps with the farm's cash flow
- Have an opportunity to get to know the people who eat the food they grow

## Advantages to the Consumer:

- Eat ultra-fresh food, with all the flavor and vitamin benefits
- Get exposed to new vegetables and new ways of cooking
- Usually get to visit the farm at least once a season
- Find that kids typically favor food from "their" farm - even veggies they've never been known to eat
- Develop a relationship with the farmer who grows their food and learn more about how food is grown

# Community Supported Agriculture (CSA)

Some CSA Options, Prices, & Info

## Redtail Farm

Brooklyn Tpke, Windham CT 06280

860-576-3035

\$450/per year

January-January

\*Meat CSA



## BOTL Farm

859 Westford Rd, Ashford, CT 06278

(908) 268-3192

20-week CSA- For eggs

Farm Stand available all year

See more information on:

<https://botlfarm.com/index.html>



## Willow Valley Farm

39 Moose Meadow Rd, Willington, CT

(860) 933-5842

Full Share: \$500 / 18 weeks

Half Share: \$275 / 18 weeks

June - September

See more info on:

<https://wvfcsa.wordpress.com/>

## Little River Natives @ Lemek Farms



351 Goose Lane, Tolland, CT 06237

(860) 933-0336

\$475.00 for 21 weeks

June 14-Nov 1

\*Organic fruits & veggies, annual  
flowers & vegetable



See more info on:



<https://www.facebook.com/Little-River-Natives-at-Lemek-Farm-1639624459680958/>

Be sure to check out  
the websites of these  
CSAs and Farm Stands  
for more info!

# Community Supported Agriculture (CSA)

## Some CSA Options, Prices, & Info

### KDCrop Farms - Chaplin

275 South Bear hill Rd Chaplin CT

(203) 592-4939

\$25 per bag. Half, full and 4 bag  
shares

May - November

<https://kdcropfarms.weebly.com/>

### Cobblestone Farm- Mansfield Center

87 Bassetts Bridge Rd, Mansfield  
Center, CT 06250

Full \$660, half \$340, market pick up  
shares \$190-\$740.

<https://cobblestonefarmcsa.com/>

<https://www.facebook.com/cobblestonefarmcsa/>

### Colgan Farm LLC

790 Main Street, Willimantic, CT 06226  
(508) 221-0502 [colganfarm@gmail.com](mailto:colganfarm@gmail.com)

\$450 for 18 weeks

Farmers' market on Saturday(9-12)and  
Sunday (11-2)

<https://www.facebook.com/ColganFarm/>



Be sure to check out  
the websites of these  
CSAs and Farm Stands  
for more info!





## **What is CLICK?**

Commercially licensed co-operative kitchen. A 501C3 non-profit run on co-operative values, serving the needs of the community through its commitment to a locally-based, sustainable, and healthy food system.

Right here in Windham County.

## **What is offered?**

- Community cooking classes offering a variety of different themes
- Commercial kitchens that are professionally designed, and fully equipped are available to ensure safety, and quality for your customers. Take advantage of the large scale equipment and storage to take your business to the next level!
- Community Gardens are available for use, as well as classes to really succeed in your yield
- Access to more farmers' markets and fairs. If you take part as a vendor in these events, you will have the ability to have more foot traffic and exposure of your products.

## **How to get involved:**

A choice of four different membership plans-

Friends of CLICK

Non-Commercial Memberships

Commercial Memberships

Food Truck/Cart Memberships



For information on CLiCK's Minority Micro Business Program,  
call 860-786-7907 or email [clickwillimantic@gmail.com](mailto:clickwillimantic@gmail.com)

Scan with your phone  
camera or go to  
<https://clickwillimantic.com>

# Gardening Resources

We want to ensure that you have all the necessary tools to be a successful home gardener. Here are some resources we offer to do just that!



## Supplies

**Seeds-** Visit our seedbank at Whitewater Park f to get free seed packets

**Free Compost** - available next to the Thread City Garden and Skate Park in Lauter Park. Bring your own bucket and take what you need!

**Tools** - Our friends at Mackeys & O L Willard Co are still open for all your gardening tool, lumber and container needs! Check out their online order/curbside pick up options. You can also try Ladd's Garden Center.

## Space

**WAIM Community Garden Plot** - No yard or room for container gardening? No problem! Contact Neenah at WAIM to reserve a garden plot at Lauter (860) 456-7270

**Raised Beds** - Check out these instructions on how to build your own raised beds.

**Containers** - Many vegetables can be grown in large pots, buckets, boxes or even bags. Here is a helpful guide to help you get started.

## How To

**UMass Planting Guide** - A general guide on when to plant in New England

**UConn Master Gardener** - Stumped on why your plant looks that way? where to plant something? or even how often to water? Send your questions to the experts at the UConn Master Gardener Program and they'll help you out!

**Willimantic NorEast Garden Community** - Join our online Facebook garden community to post pictures of your progress and questions!

**And many more resources listed on our website**

**Provides free seeds and seedlings to grow at your home!**

**Or go to:**  
**windhamfood.org/gardening**

# Plant-A-Row

If you're already growing your own food, why not plant a little more for our neighbors in need? Consider signing up for our Plant-A-Row program to donate your extra food to local pantries.

Call or text 860-341-152 for more information



## Community Table

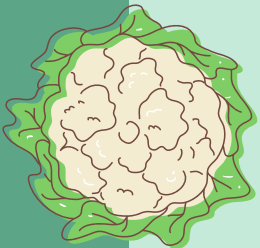
Community table is a program that aims at providing families in need with fresh food. It provides families with one box of produce from the youth-led Thread City Family Garden each week.



## CLEAN 15



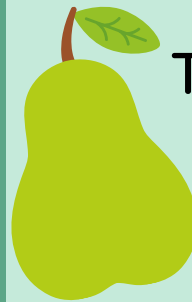
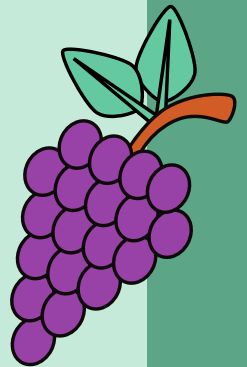
Avocados  
Sweet corn  
Pineapple  
Onions  
Papaya  
Sweet peas (frozen)  
Eggplant  
Asparagus  
Broccoli  
Cabbage  
Kiwi  
Cauliflower  
Mushrooms  
Honeydew melon  
Cantaloupes



## DIRTY DOZEN



Strawberries  
Spinach  
Kale, collard, and  
mustard greens  
Nectarines  
Apples  
Grapes  
Cherries  
Peaches  
Pears  
Bell and hot peppers  
Celery  
Tomatoes



The "Clean 15" are the 15 fruits and vegetables that when tested, had the fewest number and lowest concentration of pesticides. The "Dirty Dozen" are the 12 produce items with the greatest number and concentration of pesticides. It is recommended that dirty dozen items are bought organic to reduce consumption of pesticides. However, if this is not possible, non-organic produce is still better than no produce!

# Recipes: Produce Use

## Simple Oven Roasted Tomato Sauce

### Ingredients:

- 3 tablespoons olive oil
- 4– 6 cloves garlic, rough chopped
- 1 shallot, diced
- 3 lbs. ripe (med-large) tomatoes, cored and cut in half (for small tomatoes, see notes)
- 1 tablespoons fresh oregano ( or 1 teaspoon dried, or use Italian seasoning)
- 1–2 tablespoon fresh basil, torn or chopped
- 1 ½ teaspoons salt ( or salt to taste) pepper to taste
- ½ teaspoon sugar ( optional)



### Instructions:

1. Pre-heat oven to 400 F
2. Drizzle a large, rimmed baking sheet with olive oil. Sprinkle with garlic and shallot.
3. Place the sliced tomatoes cut-side down on the sheet pan and roast 30 minutes. Add the oregano and basil and roast 10 more minutes, or until skins have lifted off the tomatoes.
4. Let cool, pull off the skins, then pour all the tomatoes and their roasting juices into a bowl. Mash with a fork or potato masher. Season with salt and pepper. Sometimes, to bring the flavor around I'll add a little sugar. This depends on your palate and the tomatoes you are using (some are sweeter than others). Start with ½ a teaspoon. Taste, adjust.
5. To use right away, reheat in a pan or pot. Or refrigerate for up to 5 days, or freeze.
6. If freezing in a mason jar, make sure jar and lid are clean and sterile. Let sauce come to room temperature. Fill jars leaving 2 inches headroom at the top of the jar, to prevent jar from breaking- because sauce will expand as it freezes.
7. Thaw in the fridge for 24-48 hours.

# Recipes: Produce Use

## Quick Pickled Veggies

### Ingredients:

- Enough Fresh Raw Veggies to fill 2 Quart size mason Jars (about 5-6 cups)- beets, carrots, radishes, turnips, cucumbers, okra, green beans, asparagus, red onion, zucchini or summer squash, cauliflower florets, bell peppers, garlic scapes, fennel bulbs, cabbage, rainbow chard stems
- 1 tablespoons coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoons mustard seeds
- 6- 10 cloves garlic- sliced thickly ½ an onion sliced (optional) few sprigs fresh dill (optional) or other herbs
- Other optional additions- whole cloves, dill seeds, whole allspice, fresh ginger slices, fresh chilies or chili flakes, celery seeds, peppercorns, cumin seeds, star anise, other fresh herbs.



### Pickling Liquid:

- 2 Cups vinegar- white, red wine, rice wine, apple cider (any of these, or a combination)
- 2 Cups water
- 2 Tablespoons kosher salt
- 4-6 Tablespoons sugar ( sugar is added for flavor, so feel free to cut back you like)

### Instructions:

1. Prep your veggies. Wash them well and slice, quarter, or cut into spears, or leave whole
2. Bring the water, vinegar, salt and sugar to a boil in a small pot, and in the mean time pack the jars with the prepped veggies.
3. In two-quart size mason jars, divide the garlic and whole spices.
4. Begin adding the veggies and if you are including the onion (which I recommend), layer a few slices in with the veggies along with any fresh herbs you would like to include (you can also layer the garlic this way too, or put it in first, your choice) leaving about an inch at the top of the jar.
5. Using a funnel, carefully pour the hot liquid into the jars, making sure to submerge all the veggies, pressing down on them with the end of a wooden spoon. You may be able to add more veggies at this point, just make sure the liquid completely covers the veggies leaving at least a half inch of room between the liquid and lid.
6. Cover and let sit on the counter to cool, and after an hour or two, place in the fridge. These will taste good after 6-8 hours, but much better after a couple days.

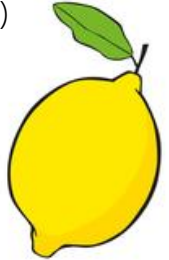
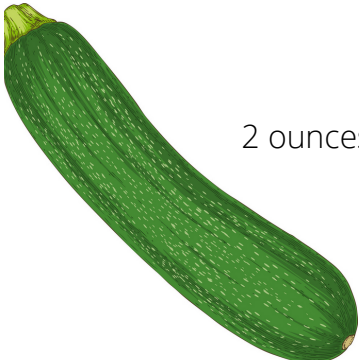


# Recipes: Veg Out

## Zucchini Lasagna Roll-ups

**Ingredients:**

- 3 large zucchini (7– 8 inches long, 2–3 inches wide, straight as possible.)
- 1 tablespoon olive oil
- 4 garlic cloves, rough chopped
- 1 shallot, diced
- 3 ounces spinach (a big, giant handful)
- 1 cup ricotta cheese ( or sub vegan ricotta)
- 2 ounces grated mozzarella cheese (½ cup), smoked mozzarella is really good here
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup basil, chopped, or ribbons
- pinch of chili flakes, optional
- 1-2 teaspoons lemon zest, optional
- 2 cups marinara sauce ( store-bought-Trader Joe's Organic Marinara is good- or homemade)



### Instructions:

1. Preheat oven to 400 F, and set grill to high heat (if grilling)
2. Trim both ends of zucchini and thinly slice into ¼ inch wide, vertical slices. Aim for twelve. Very lightly brush with olive oil, and either place on a parchment lined sheet pan and roast, or grill each side (turning the grill down to medium). Grill or roast until tender and pliable. Test one by trying to roll it up. If grilling, it helps to cover the zucchini after grilling with foil, so it steams slightly.
3. While the zucchini is roasting or grilling, make the filling. Sauté the garlic and shallot in olive oil over medium heat, careful not to burn. Once golden, add the spinach, stir, lower heat, cover for a moment, and let it wilt. Add this to a bowl with the ricotta, mozzarella, egg, salt and pepper and the basil. Stir and some chili flakes and lemon zest if you like.
4. Place one cup marinara in the bottom of a greased 9 x 13 inch baking dish.
5. Spread each zucchini slice with the ricotta mixture, and gently roll up, placing them seam side down in the baking dish over the marina. Top with a dollop of marinara and more mozzarella (optional) and cover with foil and bake at 400 F for 15- 20 minutes. Remove foil and continue baking for 5-10 more minutes, or until cheese is malty and golden.

# Recipes: Veg Out

## Peacock Vegetables

### Ingredients:

- 2 medium red onions, cut into eighths
- 2 small yellow summer squash, cut into 1/2-inch-thick slices
- 2 small zucchinis, cut into 1/2-inch-thick slices
- 3 red, yellow and/or green sweet peppers, sliced into 1/2-inch strips
- 4 cloves garlic, thinly sliced
- 2 tablespoons snipped fresh parsley
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



### Instructions:

1. Preheat oven to 425°. In a 13x9x2-inch baking pan, combine the vegetables and garlic. Set aside.
2. In a screw-top jar, combine the parsley, vinegar, oil, oregano, salt and black pepper. Shake well. Pour over the vegetables and toss to coat.
3. Bake for about 25 minutes or until vegetables are crisp-tender, stirring twice

## Roasted Carrots

### Ingredients:

- 1-pound medium heirloom carrots (such as Cosmic Purple or Scarlet Nantes)
- 2 tablespoons butter, melted
- Sea or kosher salt
- Ground black pepper

### Instructions:

1. Trim tops from carrots. Scrub carrots and, if desired, peel. Rinse and dry well on paper towels. Cut any large carrots in half lengthwise.
2. In a foil-lined 15x10x1-inch pan, toss the carrots with melted butter. Sprinkle with salt and pepper. Cover carrots with a top layer of foil, rolling edges together to make a packet.
3. Roast in a 425° oven for 15 minutes. Remove top foil sheet. Roast, uncovered, about 15 minutes more or until carrots are crisp tender, stirring occasionally.
4. Serve warm, seasoned with additional salt and pepper.

### Ingredients:

- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1-pound fresh sugar snap peas, trimmed
- ½ small red onion, thinly sliced (1/2 cup)
- 1 cup cherry tomatoes
- ½ teaspoon dried Italian seasoning, crushed

### Instructions:

1. Preheat oven to 425°. On a large rimmed baking sheet, carefully toss together the snap peas, onion, oil, salt and crushed red pepper until evenly coated. Roast 5 minutes.
2. Stir in tomatoes and Italian seasoning. Roast 8 minutes more or until vegetables are tender and lightly browned at the edges.

## Italian Roasted Snap Peas





# Recipes: Waste Reduction

## Wilting Spinach and Cauliflower Stalk Soup

### Ingredients:

5 C of chopped cauliflower stems and leaves

2 C of chicken/vegetable broth

2 minced garlic cloves

$\frac{3}{4}$  C chopped onion

1-2 C of water as needed

2 Tablespoons butter

2-3 handfuls of wilted spinach or other leafy green

Salt and pepper to taste



### Instructions:

1. Combine cauliflower stems and leaves, broth, and garlic in a large pot.
2. Add enough water to cover the leaves. Cover pot and bring liquid to a simmer.
3. Heat butter in a skillet over medium heat, cook and stir onion until translucent, about 5-10 minutes.
4. Add onion to the soup and simmer until stems soften, about 1.5-2 hours.
5. Pour soup into blender and blend in batches until smooth. Return soup to pot and stir in the spinach, salt and pepper to taste.
6. Simmer another 5 minutes

# Recipes: Waste Reduction

## All Scraps Vegetable Stock

### Ingredients

- 4 C washed vegetable scraps cut into similar size pieces
  - Recommended: celery, onion, carrots, fennel, chard, lettuce, spinach, parsnips, squash, green beans, bell peppers, eggplants, asparagus, tomatoes, mushrooms, leeks, potatoes, herbs
- Enough water to cover vegetables by 2 inches

### Instructions:

1. Place the vegetables in a large pot and cover with water
2. Set to medium high heat and bring to just under boil
3. Once bubbles begin to form around the edges, turn heat down to medium low
4. Cook for about an hour, stirring occasionally
5. Strain the broth, let cool completely, and freeze



### Ingredients:

- Stale bread
- Seasonings of choice (salt, pepper, garlic powder)

### Instructions:

1. Preheat oven to 250 degrees F
2. Cut bread into large crouton-sized chunks
3. Place on cookie sheet and sprinkle with seasonings
4. Bake for about 10 minutes or until bread is dry and crunchy

## Bread Crumbs and Croutons

## Kale Stem Pesto

### Ingredients:

- 1 heaping cup chopped kale stems
- 3 cloves of garlic
- ½ C toasted walnuts or pine nuts
- Big handful parsley and/or basil
- Juice & zest of 1 lemon
- Salt and pepper
- Pinch of red pepper flakes
- ¼ C olive oil
- Optional- balsamic vinegar or
- grated parmesan cheese

### Instructions:

1. Place stems pieces in a small pot and fill with enough water to cover them halfway up.
2. Toss in garlic and a few pinches of salt.
3. Simmer until the stems become knife-tender (about 20 mins.)
4. Drain and let cool. In a food processor, pulse the cooked stems.
5. Add remaining ingredients and drizzle with olive oil.
6. Taste and adjust to your liking.

# Food Saving

Some tips to helping give back to the earth, while saving some extra cash!

Utilize the recipes above to promote the use of extra food scraps and kitchen waste.



Remember to use your freezer! Frozen fruits and vegetables have the same nutritional content as fresh produce. To prevent spoiling, purchase some produce frozen!

Plan ahead! This will help to utilize left overs and share ingredients between recipes.

For example, if you have chicken left over cook it down into a chicken noodle soup!



Resources for making the most of your garden



Resources for eating right while on a budget.



# WINDHAM

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# COMMUNITY FOOD NETWORK

THE WINDHAM COMMUNITY FOOD NETWORK (WCFN) IS AN ALLIANCE OF DIVERSE COMMUNITY MEMBERS, FARMERS, BUSINESSES, AGENCIES, AND PARTNERS WHO ARE WORKING TOGETHER TO BUILD RELATIONSHIPS, SHARE IDEAS, AND DEVELOP PROJECTS TO PROMOTE ACCESS TO HEALTHY FOOD, GENERATE ECONOMIC OPPORTUNITIES, AND PROMOTE DIVERSE COMMUNITY PARTICIPATION IN PROBLEM-SOLVING FOR THE WINDHAM REGION.

OUR MISSION IS TO “CREATE OPPORTUNITIES FOR THE COMMUNITY BY BUILDING A HEALTHY FOOD NETWORK.” THE HEALTH OF EACH ONE OF US AFFECTS THE HEALTH AND WELL-BEING OF OUR ENTIRE COMMUNITY. TODAY, CITIZENS OF WINDHAM COUNTY HAVE A UNIQUE OPPORTUNITY TO TAKE ACTION TO IMPROVE FOOD ACCESS AND HEALTH IN OUR COMMUNITY.

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