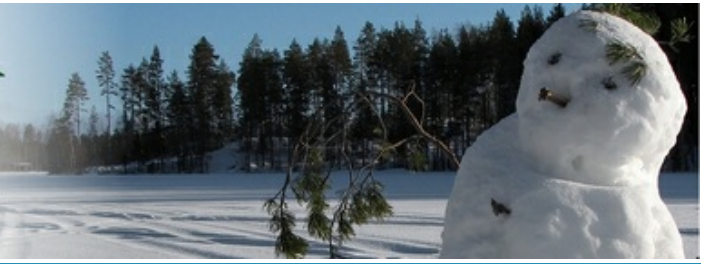




HARTFORD FOOD SYSTEM



Winter 2011 Newsletter

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Rodger Phillips in the
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It's a time of cheer, celebration, and joining with friends and family members. Although the members of our Grow Hartford program have pulled their last weeds and the North End Farmers' Market has stowed away the tent poles until next June, we are hard at work to ensure these successful programs, and many more, will reach those whose access to healthy foods is limited during all times of the year. We know we can continue to make a profound difference in the lives of Hartford residents, but only with the support you so generously give.

At Hartford Food System, we are very blessed to have had supporters like you over our 30+ year history, from helping to fund our first farmers' market many years ago to enabling new efforts such as our upcoming North Hartford Community Kitchen program. Since 1978, we have worked hard to make healthy, affordable food accessible to everyone, especially to residents who cannot find fresh fruits and vegetables in their local corner stores and those who cannot make a healthy diet economically feasible. The need for fresh, healthy food remains a challenge in Hartford and in the surrounding communities. When over 400,000 residents of Connecticut are food insecure (a 70% increase from 2006), we want every one of them to say, "I feel empowered to make a change in my community." This is what one Hartford youth said after returning recently from a conference on communal food issues, her attendance sponsored by Hartford Food System.

We take pride in the work we have done and we hope we can count on you to help us continue our mission of helping to create a healthy and sustainable food system in Hartford. Please give generously, knowing that your contribution will help build a stronger, healthier community. You can send a check to the address below or click on the [Network for Good](#) logo to make a secure online donation. Any amount will be most appreciated!

Hartford Food System • 86 Park Street, Second Floor • Hartford, CT 06106

2012 will be an exciting year for Hartford Food System. Our current programs will continue and improve including an enhanced youth organizing component of Grow Hartford, more stores participating in the Healthy Food Retailer Initiative and a bigger North End Farmers' Market. We are also introducing our new North Hartford Community Kitchen program. The goal of this program will be to promote healthy eating on a limited budget through teaching healthier alternatives and cooking techniques. Claudine, our Public Allies member and coordinator for this program will be overseeing two classes every week at Parker Memorial Community Center in the Northeast neighborhood of Hartford. Here is a simple bread recipe she recommends for when it gets colder:

Apple Cinnamon Oatmeal Bread

Ingredients

- 1/4 cup butter, softened
- 1 cup white sugar
- 1 cup chunky applesauce
- 1 1/2 teaspoons ground cinnamon
- 2 packets instant apple cinnamon oatmeal (single serving size)
- 2 eggs
- 1 teaspoon baking soda
- 1 1/2 cups all-purpose flour

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour a 9x5 inch loaf pan.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Mix in applesauce, cinnamon and one packet oatmeal. Stir in the eggs one at a time, beating well with each addition. Mix in the baking soda and flour. Pour batter into prepared pan and sprinkle with remaining packet of oatmeal.
3. Bake in preheated oven for 60 minutes, until a toothpick inserted into center of the loaf comes out clean.



A pile of oats and beans sitting in our office! A generous donation from Whole Foods to be used towards our Community Kitchen program.

Another recipe comes from Pauline, our VISTA member and Outreach Coordinator for the North End Farmers' Market. She recommends this balanced and savory dish: **Cauliflower and Swiss Chard over Mushroom Couscous**

Ingredients:

- 1 bunch of red swiss chard (chopped)
- 2 cups of cauliflower florets
- 1/2 cup crimini mushrooms (sliced)
- 1 lemon (juiced)
- 2 tablespoons olive oil
- 2/3 cup dry whole wheat couscous
- 1 cup water
- 1 teaspoon tarragon
- 1/2 teaspoon sage
- salt (to taste)

Preparation

1. Put red swiss chard, cauliflower and olive oil into a pot with a lid and cook on medium heat until swiss chard is cooked down and cauliflower has softened slightly. Add sage, tarragon, lemon juice and any salt. Turn off and let sit covered.
2. Bring water and mushrooms to a boil, turn off heat, and add dried couscous. Cover and let stand for 5 minutes. Serve cauliflower and swiss chard over couscous.

From all of us at Hartford Food System, have a safe and wonderful holiday!

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