

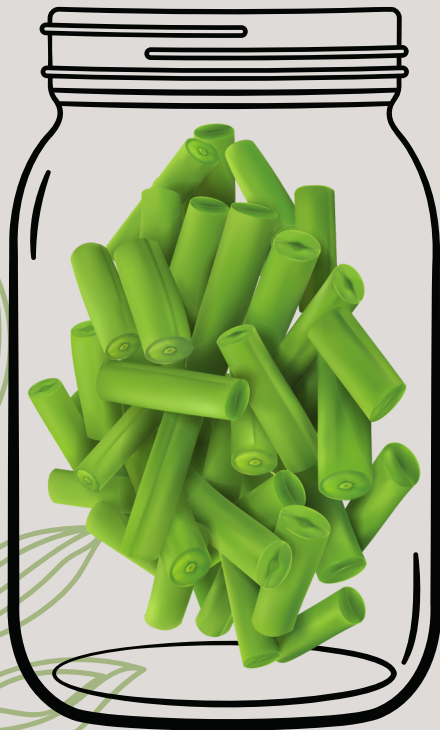


WNC Food Systems Coalition

NUTRITION COOKING EDUCATION

Kristin Washington, Coordinator

NCE had successful meeting in October, we had 12 folks in attendance with productive conversation about resource sharing. The next meeting won't be scheduled until January 2024. Can you believe 2023 is coming to an end? So many great things have been happening within WNC Food Systems Coalition as well as in relationship forming around the region.



What's New:

WNC FSC has started an Instagram, you can locate that profile through this handle [@wncfoodsystems](#)

The NCE SA has also created an Instagram ([@wnc_food_and_cooking_tips](#)) and TikTok ([@wnc.food.and.cook](#)) for cooking and food content. I'd love to do guest spots throughout the month to highlight your community pantries/distribution/demos. I invite you to reach out and we can coordinate a site visit for a TikTok.

If you or your organization are on these platforms, give these profiles a follow to see what we're sharing. We'd love to share your news and events through these accounts as well.

NUTRITION COOKING EDUCATION SEPTEMBER NEWSLETTER

The season of soups and stews is upon us. A warm bowl of chili is a favorite of mine. What do you enjoy your soups, stews and chili with? I'm gluten free so I enjoy some tortilla chips or gluten free cornbread. Chili and frybread are also enjoyed together in my community, we add lettuce, tomato and other tasty toppings



Recipe from Tribal Foods Distribution

Ingredients

- 1 cup cornmeal
- 1 cup all purpose flour or gluten free alternative
- 5 teaspoons baking powder
- 1/4 cup white sugar
- 1 pinch of salt
- 1 cup milk
- 1/2 cup butter

Directions

- Preheat oven to 350 and grease pan
- Mix dry ingredients
- Stir eggs and milk into dry ingredients. Place butter into prepared dish and melt in the preheated oven.
- Add butter to cornmeal mixture and then pour into prepared pan.
- Bake for 30-35 minutes or test with a toothpick.

Calories 141; Protein 2.9g; Carb 16.5g; Fat 7.1g; Cholesterol 39.7mg; Sodium 208mg

NUTRITION COOKING EDUCATION NOVEMBER NEWSLETTER

Makes 6 servings

INGREDIENTS

- 2 large potatoes
- 1 small butternut squash
- 1 onion
- 1 bunch of kale
- 1 Tbs minced garlic
- Other optional vegetables: sweet potatoes, acorn squash, beets, bell peppers, spinach, mushrooms
- 3 Tablespoons oil
- Salt and pepper to taste
- Optional spices: 2 tsp thyme, rosemary, cumin , chili powder

KITCHEN TOOLS

- Knife
- Cutting board
- Large skillet or pot



WINTER VEGETABLE HASH

20 minutes

DIRECTIONS

1. Dice potatoes, and onions. Peel and dice butternut squash, mince garlic, remove the kale leaves from the stems and chop into small pieces
2. Heat oil in a large skillet or pot
3. Add onions, potatoes, butternut squash, and any other hard root vegetables you would like to use. Cook on medium high heat, stirring occasionally until vegetables start to become soft
4. Add kale, garlic, spices, and any other soft vegetables you would like to use. Add a splash of water or a little more oil if needed to prevent vegetables from sticking to the pan
5. Stir everything together until all vegetables are cooked through. Adjust seasonings if needed.
6. Enjoy with eggs, sausage, bacon, chicken, or any other desired protein



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION COOKING EDUCATION SEPTEMBER NEWSLETTER



Coming Up:

Food Waste Solutions Summit	Nov 9th, 2023 9:00AM-4:00PM	Register
Bounty & Soul	Rooted in Health Program Manager	Listing Info
NC State Extension Office	Recipe Library	Library Link
YMCA	Mobile Market Dates	Schedule Link

WNC Growers Late Season Social

SATURDAY, NOVEMBER 4TH, 4-7PM

WHALEY FARM BREWERY

178 CATAWBA AVE, OLD FORT, NC 28762

FREE AND FAMILY-FRIENDLY!

Come celebrate the end of the 2023 CRAFT and growing season with food and friends.

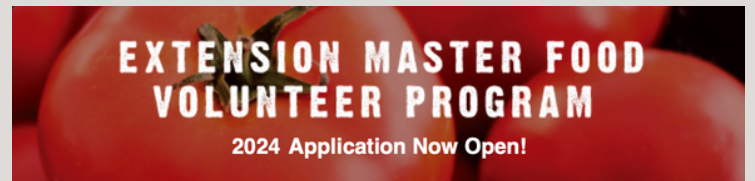
Have a drink and some wood-fired pizza by

Abbiocco Pizza on us!

Discuss your growing season with folks who understand or just kick back and enjoy the autumn atmosphere.



Hosted by the
WNC Food Systems Coalition
and
Organic Growers School



EXTENSION MASTER FOOD VOLUNTEER PROGRAM

2024 Application Now Open!

NC STATE Extension Master Food Volunteer Program

More information about the program and dates for the 2024 training can be found on our website:
WWW.MADISON.CES.NCSU.ORG

Application Open: 11/1/23

Application Deadline: 12/20/23

Interest meeting: 11/9, 9a

Training: 1/9 – 3/26, Tues, 9 – 11:30a

The NC State Extension Master Food Volunteer (EMFV) program provides NC residents the opportunity to engage with their communities by supporting NC Cooperative Extension programming in the areas of nutrition, cooking, food safety, and food systems. NC Cooperative Extension provides evidence-based information through community classes and events.

Anyone interested in cooking, nutrition, food safety, or food systems can apply!

NC Cooperative Extension prohibits discrimination and harassment on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, and veteran status.

OPPORTUNITIES FOR VOLUNTEER SERVICES INCLUDE:

- Farmer's Markets
- Cooking classes
- Fairs
- Schools

WHAT IS EXPECTED?

- Complete the EMFV application
- Complete mandatory 30 hours of training
- Communicate volunteer interests that suit your skills to your supervising agent
- Contribute 30 hours of shadowing your supervising agent within the first year of service
- Contribute 20 hours of service per year, and 10 hours of continuing education



kristin@wncfoodjustice.com

wncfoodjustice.com

