

| In The News | Is it just us or did Fall come a little quicker this year? In fact, according to Michigan State University Extension, Michigan apples are a full week ahead of schedule this year!

Meteorologists say that even our trees will begin to change a bit earlier this season, due to the heavy rain we had this spring and the cool temperatures we had throughout our beloved summer. But don't fret! Our leaves may be orange but our gardens are still green and our hands are still dirty!

I am happy to announce that the Victory Garden volunteer work schedule is officially full through the month of October. I estimate a total of about 1000 work hours will be put in by volunteer groups of all kinds, by the end of our work season. Continuing with this season's trends, I would like to extend an early thank you to all of our volunteer groups who helped make the Victory Garden what it is today! Lastly, be sure to check out next month's edition of Farm to Fork for our end of the season yield report!

| From the Ground |

Spinach

Like all leafy greens, spinach is packed with nutrients that benefit the body: especially the heart, blood, liver and the eyes.

High levels of sulphur help to clean the liver while high levels of vitamin A will benefit vision and a strong immune system.

High levels of vitamin C also aide the immune system, but are necessary to grow and repair damaged connective tissue.

But perhaps the most concentrated nutrient in spinach is vitamin K, which ensures normal blood clotting and strong skin, bones and hair.

So be like Popeye and give this low calorie, nutrient dense superfood a try next time you need a boost of energy!



| To Your Table |

Spinach and White Bean Stew

Ingredients: 1 Tablespoon oil • 1 garlic clove minced • 1 small onion diced • 4 cups chicken or vegetable broth • 1 (15-ounce) can diced tomatoes not drained • 1 (15-ounce) can white beans drained or rinsed • 1/2 teaspoon rosemary OR cumin • 1/2 teaspoon pepper • 1 cup whole wheat pasta • 3 cups spinach, rinsed and trimmed • 1/4 teaspoon salt (optional) • 1/4 cup grated parmesan cheese (optional)

Directions: 1. Heat oil in a saucepan over medium heat. Add onions and garlic and cook, stirring often, until softened.
2. Add broth, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to a boil. Add pasta and cook until tender. Add spinach and cook until just wilted.
3. Serve with grated parmesan cheese (optional).

| In Your Body |

Just because Popeye eats spinach out of a can, doesn't mean you have to! In fact, the nutritional benefits of spinach change based on the way you consume it.

Raw Spinach

Raw spinach contains oxalic acid, a natural substance that can interfere with the absorption of essential nutrients like calcium and iron. However, this is no reason to shun raw spinach; nutrients like folate, vitamin C, niacin and potassium are actually more absorbent in the body when spinach is consumed raw.

Cooked Spinach

Cooked spinach makes nutrients like vitamins A and E, protein, fiber, zinc, Calcium and iron more absorbent in the body.

Canned Spinach

Canned spinach is already cooked, but often has added sodium. Try to buy cans with the label 'No Salt Added,' or rinse before using.

One thing that is not debatable between canned and fresh spinach is its value: canned spinach offers an average of 85% savings!

| In Your Garden | Just because summer ends in September, doesn't mean your garden has to, too! In fact, September is the perfect time to plant cool weather crops like celery, cauliflower, brussels sprouts or peas. Root vegetables like beets, radishes and carrots also love the cool weather; while radishes only take about 40 days to mature, carrots will take between 50 and 80 days, so be sure to plant them before September. But perhaps the easiest thing to grow into the fall are your leafy greens like lettuce, arugula, spinach, kale and chard. Put your green thumb to the test one last time this season and keep eating fresh this fall!





Did You Know...

You can purchase "seeds and plants which produce food for the household to eat" with your Bridge Card?

Visit www.ebtcardbalance.com for a complete list of things that can and cannot be purchased with a Bridge Card.



Did you know that Gleaners Community Food Bank of Howell also offers cat and dog food for our clients? Through the collaborative efforts of the Livingston Area Pet Pantry and Gleaners Community Food Bank, Shared Harvest Food Pantry enjoys tens of thousands of pounds of donated pet food a year. Pet food *does not* count against human food poundage limits and is *always* free to our clients.



Howell Farmers Market Accepts Bridge Cards!

When: Sundays, May 7th - October 29th, 9am - 2pm

Where: State Street and Clinton Street, Howell, MI

How: Through the Double Up Food Bucks Program, Bridge Card Holders are able to exchange funds on their Bridge Card for double the amount in fresh, locally grown produce! (For example: \$10 from your BC becomes \$20 in produce from the Howell market).

Why You Should Come Out: To support local farmers and to get double to fresh produce!

Visit www.mifma.org for a full list of Michigan farmers markets

Visit www.michigan.gov/MDHHS (Assistance Programs > Food Assistance > Payment > Retailers) for a complete list of Michigan Retailers that accept Bridge Cards.

Spread the word to interested volunteers!

Collect plastic containers to distribute Victory Garden produce

Assist with SNAP/Bridge Card transactions at the Howell Farmers Market

Solicit donations from local greenhouses and stores on behalf of the VG

Can't give time or work in a garden? Here are some other ways people are "planting a seed" in their community!

| 13th Annual Detroit Uncorked |



DETROIT UNCORKED

events and this year is no exception, featuring more than 250 world class wines, Michigan handcrafted beers and premium spirits.

Where: Gleaners CFB • 2131 Beaufait • Detroit, MI

Tickets: DetroitUncorked.com

When: Friday, October 6th, 6:30—9:30 PM

What: The 13th annual Detroit Uncorked premiere wine tasting, presented by the Detroit Wine Organization and Kroger, is returning to delight the Greater Detroit community. Detroit Uncorked is one of

Southeast Michigan's largest wine tasting

| Volunteer Spotlight |



BOSCH

Thank you to the group of BOSCH interns who came out the Victory Garden last month! Originally from Germany, this group of interns helped harvest over 200 pounds of produce, broke ground on our perennial garden and of course did some weeding. Thanks for sharing your experiences with us, and enjoy your stint in the US!