

| In The News | That's a wrap! The end of October marks the end of the Victory Garden's growing season and programming. While some say it was a hot summer, and others say it was a dry summer, we are going to call it a successful summer! This year, the Victory Garden implemented a number of new tools, resources and opportunities that have allowed the Project to grow like never before. Please check out some of our 2017 highlights below; but before that, please join me in thanking the hundreds of volunteers, of all ages, who helped make the Garden and its programming a success this year. On behalf of Gleaners Community Food Bank and the Livingston County Hunger Council, thank you all!

- ⇒ Addition of a vegetable perennial garden
- ⇒ Rehabilitation of the VG compost bin and picnic tables
- ⇒ Over 8,000 pounds of produce delivered to Community Produce Carts by volunteer delivery drivers
- ⇒ Return of the Rent a Row Program
- ⇒ Over 4,000 pounds of produce grown for Shared Harvest Food Pantry, Community Produce Carts and other great causes
- ⇒ Just under 1,000 hours of work put in by volunteer groups

| From the Ground |

Green Beans

This delicious and ancient vegetable, dating back to Peruvian Settlements as far back as 8000 B.C, goes by many names: string beans, bush beans, pole beans, wax beans and more! As you can see to the right, they also come in a variety of colors.

A cup of raw green beans weighing 100 grams, has 31 calories and 2.7 grams of fiber. If you are trying to maintain your current weight or lose weight, raw green beans can help fill you up without excessive calories. Because they contain seeds, they also have 1.83 grams of protein. Although green beans are sweet to the taste, they only contain 3.26 grams of natural sugars per cup.

Each cup of raw green beans provides about 1/6 of the vitamin C you need each day; boosting your intake of this antioxidant helps keep your cells healthy. It also has 1/7 of your recommended daily intake for vitamin K, a nutrient that promotes proper blood clotting and plays a role in your bone metabolism.

| To Your Table |

Recipe

Ingredients: 2 tablespoons oil • 2 Tablespoons soy sauce (optional) • 4 cloves garlic, minced (or 1 teaspoon garlic powder) • 1/2 teaspoon red pepper flakes (optional) • 4 cups green beans, trimmed • Salt & pepper to taste



Directions: **1)** In a large skillet over medium heat, add oil and then garlic and cook, stirring frequently, for about 30 seconds. If using garlic powder, skip this step and add during step 2. **2)** Stir in green beans, soy sauce, and season with salt and pepper. Add red pepper flakes if desired. Cook, stirring often, until beans are tender but still crisp. Serve warm.

| In Your Body |

Diabetic Friendly Snacks

Although green beans are sweet to the taste, they only contain 3.26 grams of natural sugars per cup, making them a safe snack for diabetics. Check out these other diabetic friendly snacks below!

- **Homemade Popcorn:** Popcorn is high in fiber when made without additives and artificial flavorings. Buy Try adding some extra flavoring with canola oil, garlic or parsley.
- **Apples and cheese:** When eating fruit, be sure to choose fruits lower in natural sugars like berries, melons and apples. Apples are high in calcium, fiber and other important nutrients!
- **Veggies and yogurt dip:** Raw vegetables are rich in fiber, vitamins and enzymes. Try dipping your raw veggies in some yogurt for taste as well as some extra protein and calcium too.

| In Your Garden |

Have you even considered making your own compost at home? As you start to disassemble your garden, consider following these 4 simple steps to having your own rich, homemade compost, perfect for giving next years garden a healthy head start!

- ◆ Start with a bin that is rodent-proof and well-ventilated: many people use recycled pallets or just a pile surrounded by chicken wire.
- ◆ Start your pile directly on top of the soil. Oxygen is key to a good compost, so start your pile off with some medium sized organic materials like wood chips or sticks.
- ◆ Begin layering the pile with: 4" - 6" of brown/dead material (leaves or grass clippings); followed by 4" - 6" of organic waste (recently uprooted vegetable plants, any veggies that were not edible or organic kitchen waste*); followed by 1" - 2" of garden soil (not from a bag or with fertilizer); top off each layer with a 10-15 second soak of water from the garden hose.
- ◆ Continue this process until your bin is filled to the top. Let your mix sit over winter and enjoy your nutrient rich soil mix in about 6 months time!

**avoid adding meat, dairy and fish to keep rodents away*



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!

| Volunteer Spotlight |

A HUGE thank you to Vail Resorts and their team from Mt. Brighton who came out to the Victory Garden last month for a work day. Over 60 people and their families worked in the Victory Garden, at Gleaners Community Food Bank in Howell and two other LCHC Gardens. Thanks for all your hard work guys, and stay EPIC!



| The Great American Bee Farm |



This season, owner of **The Great American Bee Farm** and Keller Williams Relator Jon Waggoner donated two bee colonies to the Victory Garden. Thanks to Jon and his bees, the garden was able to achieve over 4,000 pounds of produce this summer!

The Great American Bee Farm was started in the Spring of 2012 and formally structured as an LLC in the late Winter of 2017. They provide pollination services and management for individuals with large gardens to farmers with acres of crops. They also provide products such as raw honey, beeswax, lotion bars, lip balm, beeswax candles and other bee related products. Give Jon a call at (734) 474-5754 with all of your honey, pollination and real estate needs!