

| In The News | Happy August everyone! This month, The Victory Garden is excited to announce the addition of a perennial garden! Thanks to one eager volunteer, Gleaners and Shared Harvest Food Pantry will enjoy cool weather crops and perennials well past October and as early as March. Crops will include rhubarb, asparagus, strawberries, garlic, artichokes, spinach and raspberries!

In other news, The Livingston Hunger Council is looking for individuals, families and/or organizations interested in becoming a part of the LHC Garden Network. The Network is currently comprised of 10 gardens who grow and donate their produce, free of cost, to Gleaners or another worthy cause in Livingston County. *Not a professional gardener? Don't have the resources to start such a project?* That is why we are here! The Victory Garden, The Livingston Hunger Council and Gleaners Community Food Bank can offer you and your potential garden: advice in and out of the garden; collaboration and in some cases, resources to get your project started; a well established network of volunteers; and of course, the well known names and reputations of all three organizations. As always, if interested, contact Zach at zbosey@gcfb.org.

| From the Ground |

Collard Greens

Collard greens are an excellent source of dietary fiber, calcium, iron and potassium. Like most members of the brassica family, they are rich in vitamins A, C and K.

Like its cousin the cabbage plant, collard greens are notorious for their detox and dietary benefits. In basic terms, collard greens aid our liver with the necessary nutrients to *fish-out and flush-out* any potentially toxic compounds like alcohol, pesticides or other harsh chemicals that we come in contact with.

So next time you are feeling sluggish, try this BBQ friendly, protein packed recipe for *Beans and Greens*!



| To Your Table |

Beans & Greens

Ingredients: 1 Tablespoon oil • 2 (15-oz) cans beans drained & rinsed • 2 small onions diced (about 1 cup) • 1/2 teaspoon salt 6 cloves garlic • thinly sliced (or 1 tsp garlic powder) • 1/4 teaspoon black pepper (or more to taste) • 1 bunch collard greens, cut into ribbons • 1 cup apple juice • 1 1/2 teaspoons oregano and/or thyme (optional)

Directions: Heat oil in a large skillet over medium heat. Add onions and cook, stirring frequently, until soft and slightly browned. Add garlic stirring frequently, 1-2 more minutes (be careful not to burn garlic). **2.** Add greens to pan with the salt and pepper. Cook with onions and garlic for 3-5 minutes. **3.** Add apple juice and herbs. Let simmer for about 3 minutes. pepper flakes. Stir to combine and simmer for 5 more minutes. **4.** Add beans and red pepper flakes. Stir to combine and simmer for 5 more minutes. **5.** Serve warm. This dish goes great with brown rice, savory oatmeal, or corn bread.

| In Your Body |



Don't like the taste of collard greens? Many people, especially in the north, aren't familiar with the taste. **Try adding a few strips of low sodium ham or bacon to your recipe.**

Tips for a Low Sodium Diet

- Choose canned foods with the label 'No Salt Added' or rinse thoroughly
- Always compare packaged food labels
- Choose condiments carefully: sauces like ketchup, ranch and soy sauce are packed with sodium
- Try using garlic, herbs, citrus, onions or vinegars to replace the flavor of salt
- Incorporate foods that contain potassium: potassium helps to counter the effects of sodium in the blood stream.

| In Your Garden | Try these tips for maximizing your tomato plant's production!

- Trim non-fruit bearing branches or 'suckers,' to re-direct your plants energy to the fruit. Suckers can be found between the joints of the main branches and the main stem of your tomato plant. See image to the right.
- Support every tomato plant individually. Tomato cages work great, but are not necessary. Try using 2-3 wooden stakes and some twine to support your plant.

- By pruning or trimming branches at the bottom of the plant, your plant will be less susceptible to blight. Blight is fungal infection common in the solanaceae plant family, that is spread when the plant is over exposed to moisture. Try watering the soil directly, instead of from the top of the plant, to reduce the chance of blight.





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.

The Salvation Army's #SummerLunchBunch

Summer Lunch Bunch is a collaborative, community meals program that meets all over Livingston County during the summer recess. Through a diverse offering of one-time, daily and weekly meetings at host sites around the county, families are ensured access to plentiful food all summer long.

Activities • Games • Prizes • Groceries & Recipes • Lunch and Dinner Served

[Facebook.com/SummerLunchBunch](https://www.facebook.com/SummerLunchBunch)



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!

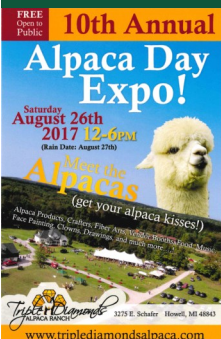
Collect plastic containers to distribute Victory Garden produce

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!

| 10th Annual Alpaca Day Expo |



When: Saturday, August 26th, 12 - 6 PM

What: Come out and see a showcase of local organizations that give back to the community, where the Victory Garden will be featured. In addition, you will find alpaca products, local artists, food, music, face painting, clowns and of course, Alpacas!

Who: Anyone and everyone! **This event is free**

to the public!

Where: Triple Diamonds Alpaca Ranch • 3275 E. Schafer, Howell, MI

Triplediamondsalpaca.com

| Volunteer Spotlight |

This month, a special thank you goes out to South Lyon based Cub Scout Pack 39! For their second year in a row, 16 scouts and 12 parents spent their evening participating in a Farm to Fork, service learning opportunity! After a discussion about the importance of



varying your vegetables and a vegetable tasting, we spent the rest of our time working in the garden, where we harvested 180 lbs of vegetables! Well done scouts!