

Recipes from the Christopher Family Kitchen at Meals On Wheels

With summer comes a wide variety of fruits and vegetables, all ready to harvest at different times. Our produce coordinator and culinary team work closely together to adjust the menu to adapt to the fresh donations we receive and incorporate them in meals. "Broccoli was just harvested so I prepared a side of broccoli bacon salad," explained culinary



Salads are prepared with donated produce & vegetables grown on site.

team member June. "It's one of our clients' favorites!" Roasted kohlrabi and rutabagas were another recent special addition to the menu. To make sure no produce goes to waste volunteers help prepare fresh salads during the summer months and in the fall additional produce is used in soups.

Laurie, Meals On Wheels' baker, gets creative by adding zucchini to cookies and beets to brownies. The culinary team is up for the challenge of using the fresh produce in new ways adding flavor and color.

Broccoli Bacon Salad (10 servings)

Ingredients

3 Broccoli Bunches, chopped
8 Slices of Bacon
6 Green or 1 Large Onion
1 Cup Mayonnaise
1/2 Cup White Sugar
1.5 T Cider Vinegar

Instructions

Cook bacon, drain and crumble. In a large bowl combine broccoli, bacon

and diced onion. Prepare the dressing in a small bowl by whisking together cider vinegar, mayonnaise and sugar. Add salt and pepper to taste. Combine with salad. Cover and refrigerate until ready to serve. *Add cauliflower, carrots, radishes, cheddar cheese or anything else you desire. Tip: shredded or diced chicken makes it a meal.

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June-A-Palooza

Thanks to a record number of event sponsors and attendees, over \$100,000 was raised to help provide nutritious homemade meals to our neighbors.

Thank you all!



Attendees enjoyed IC3, traditional Hmong dances, rocket salad from Whistling Straits along with the beautiful scenery at Christopher Farm & Gardens.

The Scoop

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The *Fresh* Faces of Meals On Wheels

This summer you may have noticed a friendly face working in our orchard. Deb Kiser, who began volunteering in the produce processing room last year, is completing an internship for Lakeshore Technical College's Sustainable Landscape Horticulture Program. Her duties include watering the trees, training them so each branch receives maximum light and each tree is easy to harvest, pruning, maintaining health and pest control.

"Deb is so knowledgeable. It's a great help to have her focused on the orchard and there is so much to learn because each tree has different needs," shared Jane Nauschultz, Meals On Wheels' produce coordinator.

The goal of the internship is for each tree to produce the most fruit without



Covering the fruit in stockings adds protection. using any broad spectrum chemicals. Using information from "What's Wrong With My Fruit Garden" by David Dear-dorff and Kathryn Wadsworth and "The Holistic Orchard" by Michael Phillips, Deb has incorporated a variety of measures to help keep pests away and protect the growing fruit.

To prevent aphids, you need to prevent ants, Deb achieves this by wrapping a piece of t-shirt near the bottom of the tree and covering it in a sticky solution. This acts as a barrier for many insects. Removing loose bark is another key to keeping pests away. She is known to hand-pick bugs off each tree. Deb's passion is evident in her dedication.

Deb is enjoying her first time maintaining an orchard and loves the challenge. She hopes to continue maintaining the orchard as a capstone project so she can continue to learn more about each trees' needs. Many of the trees are still too young to produce fruit, but she looks forward to visiting and watching the orchard's growth.



Fresh Meals On Wheels

Catch up on the latest news at: FreshMealsOnWheels.org/blog

The Scoop

Meals On Wheels of Sheboygan County, Inc.



Summer 2016



Dear Friends,

Over the past few months I've had the genuine privilege of delivering meals many times. Some days I deliver routes I'm familiar with and other days I learn my way around new neighborhoods, from Cleveland to Oostburg.

The people I meet are delightful – each has a unique story and a different reason for receiving Meals On Wheels, but all appreciate the meal and are grateful for the short visit.

I love learning about people, so delivering is a real treat... Larry likes to fix things - it takes him a while now, but he's got time; Sally can only weed a little of her tiny garden each week, but she loves it; and Mary and Joe love watching Jeopardy with their tiny dog, Bella. One thing every person I met had in common was the desire to remain home.

Over the years we've noticed that those most in need are often the least likely to ask for it. There's an old saying, 'Pride and poverty don't get along, but frequently live together,' and that's very true in our community.

Meals On Wheels is actively seeking those who may be falling through the cracks in our community: people who are hungry but

not asking for help. Please help us by talking to your family, neighbors and colleagues, by encouraging your patients and customers, and perhaps even receiving meals yourself, if needed.

BIG news: Thanks to an extremely generous matching grant donor, and an equally generous community, Meals On Wheels has paid off its mortgage. Six years ago, going FRESH was just a dream. To all our friends – THANK YOU for participating in creating the first-ever FRESH meals program. Because of you, people are eating better, and programs nationwide have jumped on the FRESH bandwagon, proving that goodness really does travel.

The challenge now is to find and continue to feed every person in need in Sheboygan County, without a waiting list, regardless of address or income. Please consider helping us in whatever way feels right to you...

Thank you,

Kelly Heyn, Chief Executive Officer

The *Fresh* Faces of Meals On Wheels

Eugene and Theresa are enjoying retirement and love reminiscing about their days traveling throughout the east coast, Canada and Alaska. They have accomplished a lot in their 60 years together including running a resort in Fremont. Theresa remembers it fondly, "The resort had four cottages, 17 rental boats and a large pontoon boat."

The couple moved to Plymouth to be closer to their son and daughter. They have three grandsons, each is married to a teacher.

After receiving meals through a pilot program with Aurora Sheboygan Memorial Medical Center, Theresa says it is a big relief not to worry about cooking daily. This leaves her and Eugene time to putter around in their small garden



Eugene, Theresa and Katie relax in their park-like backyard, where they like to bird watch and garden.

and play with their 13 year old bichon/poodle mix Katie. Pulled pork is one of

Gene's favorite meals and Theresa loves our simply seasoned roasted potatoes. 🍌

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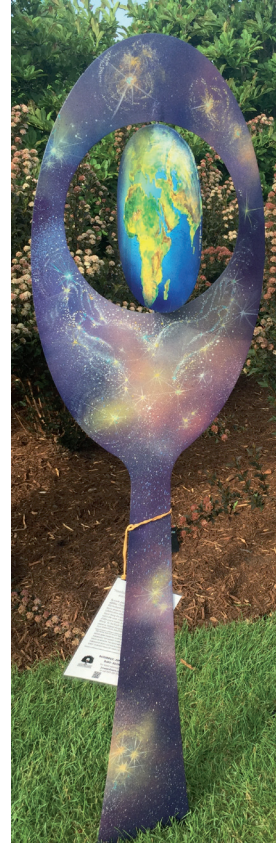
June-A-Palooza: A Walk Around the World



A collection of photos from June-A-Palooza including Hammerschlagen, the main tent, fork and spoon sculptures, the gardens, carnitas tostadas by Sargento in partnership with LTC's Culinary Institute and a guest's henna tattoo.

It was a beautiful day at Christopher Farm and Gardens and the scenery was divine. Guests enjoyed exotic cuisine paired with beer and wine, traditional pastimes and entertainment from six countries while exploring the elegant gardens.

Thank you to Jay W. Christopher and Ben Salzman for chairing the event and to Wally Waldhart for emceeing the evening's festivities. We had record breaking attendance. Mark your calendars for June 24, 2017. You won't want to miss our fifth annual June-A-Palooza event! "Like" Juneapalooza on Facebook for updates.



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National Study on Program's Benefits

Meals On Wheels of Sheboygan County will be one of six programs nationwide participating in a two-year research program to investigate opportunities to improve the general health and well-being of homebound seniors by integrating health and safety screenings into daily meal delivery services. The research program is part of a collaboration between the Gary and Mary West Health Institute, Meals on Wheels America and Brown University Center for Gerontology and Healthcare Research.

"It is our hope that Phase 3 will enable us to rigorously understand and continue to validate the extended benefits of

crossing the threshold into a client's home on their overall health and quality of life," said Ellie Hollander, President and CEO of Meals on Wheels America.

The aim of this two-year program, called More Than a Meal Phase 3, is to standardize reporting mechanisms and improve communication with healthcare providers to prevent an adverse health event. The assessment will help identify health, safety and social needs such as loneliness, depression or fall risk. By providing volunteers with simple screening tools and user-friendly technology, the study is designed to improve care coordination across the medical and home community, informing providers and caregivers of changing conditions before a potentially catastrophic health event occurs. 