

BREAD & BUTTER

PANTRY NEWSLETTER



Tewksbury Community Pantry
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June 2011

Fathers Day – June 19th

Father's Day is a special day for everyone! We use this day to honor our fathers all over the world! We celebrate this holiday on the third Sunday in June. A woman named Sonora Smart Dodd from Spokane, Washington, thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Her father, Henry Jackson Smart, had raised Sonora after her mother died and she wanted him to know how special he was to her. Her father was born in June, so she chose that month to celebrate the new holiday!

HAPPY FATHERS DAY

July Distribution Dates

Sunday, July 10th

9:00 AM—Noon

Monday, July 11th

7:00-8:30 PM

Saturday, 16th

10:00 AM—Noon

As a Reminder

Tewksbury Community Pantry seeks to continually maintain “a welcoming place” for all clients, volunteers and guests. Please be aware of your conduct when at the pantry and adhere to our wishes. The following is a list of unacceptable behaviors we will not tolerate which will constitute being asked to leave:

- verbally abusing others
- using profanity
- using intimidation tactics and/or making threats
- making malicious or harmful statements about others
- publicly disclosing another's private information
- prohibits use of alcohol or illegal drugs in and outside of the pantry
- sexual or unwelcome harassment of any kind

Please respect our wishes, your fellow clients and the volunteers that work so hard.

Thank you,
Board of Directors

Recipe Corner



Broccoli Noodle Side Dish Recipe

8 ounces uncooked wide noodles
3 cloves garlic, minced
1/4 cup olive or vegetable oil
1 pound broccoli florets
1/2 pound fresh mushrooms, thinly sliced
1/2 teaspoon dried thyme
1/4 teaspoon pepper
1 teaspoon salt, optional

Cook noodles according to package directions. Meanwhile, in a skillet, sauté garlic in oil until tender. Add broccoli; sauté for 4 minutes or until crisp-tender. Add mushrooms, thyme, pepper and salt if desired; sauté for 2-3 minutes. Drain noodles; add to broccoli mixture. Stir gently over low heat until heated through.

Garlic Carrots

1 pound baby carrots
2 cloves garlic, minced
2 tablespoons olive or vegetable oil
1/4 cup hot water
1/2 teaspoon salt
1 dash pepper

In a skillet, sauté carrots and garlic in oil for 5 minutes. Add water, salt and pepper. Bring to a boil. Reduce heat; cover and cook for 8-12 minutes or until carrots are tender.

Tomato Cucumber Salad

4 ripe tomatoes
1 medium cucumber
2 tbsp balsamic vinegar
1 tsp extra-virgin olive oil
1/4 tsp sugar
2 tsp chopped fresh basil
Freshly ground black pepper to taste

Slice tomatoes and cucumber thinly and place in a medium bowl. Combine vinegar, oil and sugar. Drizzle over sliced tomatoes and cucumber. Toss, then sprinkle with chopped basil. Refrigerate or serve at room temperature.

Special Dates in June and July

June is Fresh Fruit and Vegetable Month

- **June 19th ~ Father's Day**
- **June 21st ~ Summer Begins**
- **July 4th ~ Independence Day**
- **July 7th ~ Chocolate Day**

Chocolate Banana Cream Pie

1 (9 inch) deep dish pie crust, baked and cooled
2 (1 ounce) squares semisweet chocolate
1 tablespoon milk
1 tablespoon butter
2 bananas, sliced
1 1/2 cups cold milk
1 (3.5 ounce) package instant vanilla pudding mix
1 1/2 cups shredded coconut
1 1/2 cups frozen whipped topping, thawed
2 tablespoons flaked coconut, toasted

Combine chocolate, 1 tablespoon milk, and butter or margarine in a medium, microwave safe bowl. Microwave on high for 1 to 1 1/2 minutes, stirring every 30 seconds. Stir until chocolate is completely melted. Spread evenly in pie crust.

Arrange banana slices over chocolate.

Pour 1 1/2 cups milk into a large bowl. Add pudding mix, and beat with wire whisk for 2 minutes. Stir in 1 1/2 cups coconut. Spoon over banana slices in crust. Spread whipped topping over pie. Sprinkle with toasted coconut. Refrigerate 4 hours, or until set. Store in refrigerator.

