

BREAD & BUTTER



Tewksbury Community Pantry
978 858-2273 (858-CARE)

June 2007

Fathers Day - June 17th

When I was ...

- Four years old: My daddy can do anything.
- Five years old: My daddy knows a whole lot.
- Six years old: My dad is smarter than your dad.
- Eight years old: My dad doesn't know exactly everything.
- Ten years old: In the olden days, when my dad grew up, things were sure different.
- Twelve years old: Oh, well, naturally, Dad doesn't know anything about that. He is too old to remember his childhood.
- Fourteen years old: Don't pay any attention to my dad. He is so old-fashioned.
- Twenty-one years old: Him? My Lord, he's hopelessly out of date.
- Twenty-five years old: Dad knows about it, but then he should, because he has been around so long.
- Thirty years old: Maybe we should ask Dad what he thinks. After all, he's had a lot of experience.
- Thirty-five years old: I'm not doing a single thing until I talk to Dad.
- Forty years old: I wonder how Dad would have handled it. He was so wise.
- Fifty years old: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

Happy Father Day!

JULY

Distribution Dates

Sunday, July 8th

9:00 AM—Noon

Monday, July 9th

7:00-8:30 PM

Saturday, July 14th

10:00 AM—Noon

**Last Day of School in
Tewksbury
Wednesday, June 20th**



Recipe Corner

Hot Dog Vegetable Stew

- 1 Tablespoon butter
- 1 Tablespoon oil
- 1 large onion, peeled, cut in half, and sliced
- 1 large rib of celery, diced
- 1 large carrot, peeled and diced
- 2 cloves garlic, finely-chopped
- 4 cups chicken broth
- 1 can (about 14 ounces) Italian-style chopped tomatoes
- 1-1/2 cups tomato juice
- 1 Tablespoon salt
- 1 cup small pasta
- 1/4 pound fresh green beans, sliced into 2-inch lengths
- 1/4 of a green bell pepper, diced
- 1 cup frozen sweet peas
- 1/2 cup frozen corn kernels
- 1 can (about 15 ounces) cooked black beans with liquid
- 8 hot dogs (beef, pork, chicken, or vegetable), cut into 2-inch lengths
- 1 teaspoon dried oregano, crushed
- 2 teaspoons chili powder

Use a large pot over medium heat. add butter, oil, onion, celery, and carrots. Gently sauté until onions are translucent, about 5 minutes. Add chicken broth, tomatoes, tomato juice, and salt. Bring to a boil, then add pasta and green beans. Simmer at a low boil for 5 minutes. Add pepper, peas, corn, black beans with their liquid, hot dogs, oregano, and chili powder. Return to a boil, reduce heat, and simmer another 10 minutes before serving.



HAPPY SUMMER!



Special Dates in June and July

June is National Fresh Fruit and Vegetable Month

- June 14th ~ Flag Day
- June 17th ~ Father's Day
- June 21st ~ First Day of Summer

July is National Hot Dog Month

- July 4th ~ Independence Day