

Grace Seeds Ministry Update

Jan. 22, 2014



Soup and Cinema!
Feb. 1



Field Trip: The Plant!
Feb. 22



Seeds and Stories!
March 15

Grace Seeds Ministry Upcoming Programs! Join us!

Soup and Cinema:

“No Impact Man” – Feb. 1

“Can you save the planet without driving your family crazy?” That’s the question Colin Beavan, his wife and 2-year-old daughter wrestle with as they try to stick to their vow to “make as little environmental impact as possible for one year.” Learn how and why this young family eliminated their waste, carbon footprint, ate locally, and turned their lives upside down for this “No Impact Project”. Join us for the screening of **“No Impact Man”** on **Feb. 1!**

We’ll start at **5:30 p.m.** with a simple soup supper (featuring 2 recipes from the Grace Seeds Cookbook!). The movie will begin at **6 p.m.** Short discussion to follow as we think about what we can do to live more gently on planet Earth! Take home resources provided, too!

Location:
Good Shepherd Presbyterian Church,
5550 S. Merrimac, Chicago

Field Trip

The Plant/Feb. 22

We’re excited to take a group to visit **The Plant** in Chicago (1400 W 46th St.)! The Plant, housed in a repurposed warehouse, is a local pioneer in urban farming, aquaponics and sustainability. It’s home to a (vertical) farm and it’s also a food business incubator...and more! For a preview – check out their website at: www.plantchicago.com.

We’re gathering at **11:45 a.m.** at The Plant. **Our tour is at noon!** After the tour, those who’d like to stay are invited to **Connie’s Pizza on Archer** to talk about what we saw and learned -- and enjoy a meal together!

Cost: \$10 for the tour and the cost of your lunch if you’d like to go to Connie’s.

Transportation: You can come on your own – but we’ll be working to carpool! When you sign up, we’ll be in touch about transportation! **Please RSVP by**

Feb. 15: 773-495-7865 or graceseedsministry@gmail.com.

Seed Starting and Stories!

March 15, 10:30 a.m.-12:30 p.m.

The first day of **spring** is March 20th and we're getting ready! Join us for a fun morning of starting seeds and story telling as we share a few children's books that celebrate the wonder of God's good creation! And we'll share a soup lunch, too! Bring your children and grandchildren to come play with you!

The place:

Bethlehem Evangelical Lutheran Church in Beverly
9401 S. Oakley, Chicago



Grace Seeds will provide **eco-friendly pots, seeds, and potting soil**. And some take-home instructions to help your newly-planted seeds grow!

We'll also have a **resource sheet** you can take home that lists great books to share with children! (Please feel free to bring books you'd recommend! We'll add them to our list!)

While we're not requiring an RSVP – it would be great to know you're coming! Just give us a call (773-495-7865) or e-mail graceseedsministry@gmail.com.

Need to contact Grace Seeds? Here's how!

Grace Seeds Ministry

PO Box 1378, Bedford Park, IL 60499-1378
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graceseedsministry@gmail.com

Rev. Linda Wygant and

Clarissa Sents, Young Adult Volunteer

More Dates for your Calendar!

Climate Change:

Responding in Faith

March 22 9:30 a.m.-12:30 p.m.

Presbyterian Church of Western Springs
5250 Wolf Rd, Western Springs

Come see a presentation focused on the state of our environment and the reality of climate change. After the presentation, we'll hear from an interfaith panel: highlighting the ways different traditions understand our place in God's creation and our responsibility toward it. We'll savor a simple soup lunch...and we'll explore some action we can take together to help the planet we call home!

Share the Harvest Spring Gathering

Saturday, April 5

10 a.m. – 12:30 pm.



Evening Prayer & Labyrinth Walking

Wednesday, May 28

7-8 p.m.

Salem United Church of Christ
9717 S. Kostner Ave., Oak Lawn

Come for a half-hour of prayer and song – giving thanks for the planting season – and stay for fellowship and a walk in the labyrinth, if you choose!

A Just Harvest

By Clarissa Sents

Back in December, Linda and I had the opportunity to serve at **A Just Harvest** one cold night. A Just Harvest is a non-profit in Rogers Park that works to end hunger and poverty. Linda and I served in their community kitchen, which provides hungry neighbors with a free, hot meal 7 days a week. Their services are clearly very popular and filling a real need, as around 180 people were served that night. It is especially impressive that they are able to serve that many people in the ONE HOUR that they are open each evening!

Clearly, A Just Harvest's Community Kitchen is a very well-oiled machine. Linda and I were relegated duties and given very clear instructions. I was talking to another volunteer before we began serving and she kept saying, "It's a really chaotic hour, but it's very fun". She was right.

Even the set-up of the room was very well planned: three rows of tables, about four to six tables in a row, six chairs to a table. All six or so server volunteers will line up at the buffet, grab a plate of food, and deliver to guests starting at table one, working progressively through the room. When a person leaves, a person immediately comes to "bus" their place, and another person comes to reset the space for the next guest. Every volunteer has to be very aware so that as she serves a plate or busses a table, she can see and anticipate where she needs to go next. Obviously, the serving hour is pretty chaotic and volunteers don't really have time to dilly-dally. I mean, it's not boot camp, but you get the point. Anyway, everyone at A Just Harvest wants it to be a valuable experience for the volunteers. Toward the tail end of serving hour, I was able to mingle with a few of the guests. It's funny how when you take time to talk with people in that situation, you realize

that adversity can strike at any time to any person. There are so many walls in our society – unspoken rules about whom one should and should not interact with based on race, religion, income, and so on; but we're really all just people in this crazy life together. We need to learn to be nice and accept everyone and honor each other's unique strengths and stories.

Leaving that night, I had to stop and think about what I can do better. Many of those kind people that I had been serving and speaking with didn't have a place to sleep that night while I was able to go home to a warm house with a stocked pantry and relatively comfortable bed. If Jesus were here living as one "of the least of these" would He know that I am a believer? Would He truly be pleased with the way I'm using my time here on earth? I believe that each person can make a difference right where he is. What can we do to really love and serve others in 2014?



Linda and me with Carmelo LoGalbo, a retired restaurant owner and current board member for A Just Harvest. He directed all of the volunteers that night and was wonderful to work with. He even said I was "really good" at bussing tables. Woohoo! FYI: Carmelo has also begun an outreach to veterans who come to A Just Harvest's Community Kitchen. He's arranged for a representative from the Veteran's Administration to be available once a month – so veterans can learn about and be connected to important services/resources for which they qualify. And...A Just Harvest has several community gardens. Some of the produce from those gardens is used in the kitchen!

More to make...from the Share the Harvest Cookbook!

Kale Potato Soup

Recipe from: *Simply in Season* Cookbook

1 large bunch Kale
1 T. Butter
1 large Onion
1 clove Garlic (minced)
2 large Potatoes (diced)
5 C. Hot Water or Broth
½ tsp. Salt or to taste

Steam kale and set aside. (Don't try to cook it with the potatoes; the flavor will be too strong).

Melt butter in soup pot. Add onion and sauté until golden. Add garlic and sauté another minute.

Add potatoes and 2 cups hot water or broth and bring to a boil. Reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if a smooth texture is desired.)

Add 3 more cups hot water or broth, and add more to desired consistency. Add salt. Heat gently until hot and serve.

Yield: 6 Cups



Want to know what this **Kale Potato Soup** tastes like – **without** cooking? There's an easy, delicious, fun way to find out!

We'll be serving this Kale Potato Soup at our screening of "**No Impact Man**" on **Feb. 1** at Good Shepherd Presbyterian Church.

Come...taste...and see! And we'll be serving **another, mystery soup**, too. But you'll have to join us to find out what it is!

Explore the SH Cookbook!

Doesn't a Tuscan Carrot Top and Rice Soup sound tantalizing? How about trying an Ethiopian Lentil Bowl? Or Sausage-Stuffed Squash? Apple Pie Enchiladas for dessert? You'll find these – and many more recipes in our growing and expanding Share the Harvest Cookbook! How do you find it? Click on this link:

<http://graceseedsministry.wordpress.com/cookbook-project/>

Clarissa has been adding your recipes as we get them. **We could use more!** Imagine it's summer...and those tomatoes of yours are just about ready to be picked. Or your cucumbers or lettuce. What are your "go to" recipes when you're using those fresh veggies from your garden? And what are the special recipes you'd be willing to share – that spark a story or memory. We'd be grateful to receive them...with some words about why the recipe is special to you! How to submit? You can message Clarissa and Linda on the Grace Seeds Ministry Facebook page. Or you can e-mail us at graceseedsministry@gmail.com. Or call us and we'll take it over the phone! (773-495-7865)! **Thank you for sharing!**