

Grace Seeds Ministry Update

...news about *Share the Harvest* and more!



October 3, 2013

Share the Harvest Thanksgiving Celebration – Oct. 26!

A great season deserves a great celebration! Join us!

It's time to give **thanks** for the incredible gifts shared this season by our growing partners with hungry neighbors, via our fabulous food pantry partners!

Please join us for our **Share the Harvest Thanksgiving Celebration** on **Sat., Oct. 26, 11:30 a.m.-1:30 p.m., at Mt. Zion Lutheran Church in Oak Lawn!** The address **10400 S. Kostner Ave.**

We'll celebrate the season, give thanks and then feast on lunch (entrée provided – but please bring a side dish to share and one copy of your recipe, if possible!). Then we'll be treated to an outstanding presentation on **Monarch butterflies** by our guest speaker: **Dolly Foster**. Dolly is Landscape Horticulturist for the Oak Lawn Park District and has been a Master Gardener for 12 years. She is an Indiana Accredited Horticulturist and a Certified Arborist. As Landscape Horticulturist for the Oak Lawn Parks, she is responsible for designing and maintaining all landscapes in the park

district. She is an avid butterfly gardener and her passion has led her to raising Monarch and Swallowtail butterflies for three years. Her presentation on amazing Monarch butterflies will highlight ways we can help these beautiful pollinators rebuild their populations and welcome them back to Illinois when they migrate north toward our backyards next year. She promises to bring Milkweed seeds for all who attend!



Share the Harvest, Share the Recipes!

An invitation!

Share the Harvest, a project of Grace Seeds Ministry, invites you to contribute some of your favorite recipes to our new family cookbook. It is our hope that all of our partners will contribute some favorite food-centered memories and recipes for this collection.

Our vision for this project is that it will provide tangible evidence of our network of ministry partners. It will be a collection that ties us all together, and extends our invitation to other partners in ministry. The final collection will be an electronic document, but will also include hard copies to share at food pantries. We would like to include healthy recipes that use garden produce and incorporate ingredients available at food pantries.

Do you have a family/favorite recipe &/or food story to share?

Here are a few options of how you can share them with us:

- Send to graceseedsministry@gmail.com
- Private message to Grace Seeds Ministry on Facebook
- Give Linda or Clarissa a hard copy
- **Bring the recipe for your side dish to the Share the Harvest Thanksgiving Celebration on October 26.**

Keep checking Facebook and reading newsletters for more information and invitations to contribute more of your story to our cookbook!



**Thank you so much for sharing your recipes and stories with us!
We look forward to reading and recreating those memories!**

Healthy Kale = Delicious Soup!

Kale is a wonderful **green** that thrives in all kinds of weather. It's happy in the cool weather of spring...doesn't mind summer's heat...and is still going strong in the chillier weather autumn brings! We've been sharing lots of healthy greens, including kale, with our food pantry partners this growing season. For many guests at the pantry, kale is a new green and sparks the question: "**How can we cook this?**" Here's a simple recipe for kale – from **allrecipe.com** - that our pantry guests say tastes great! Give it a try!

Vegetarian Kale Soup

Prep Time: 25 Min Cook Time: 30 Min
Ready In: 55 Min (Serves 8)

Ingredients

- 2 tablespoons olive [oil](#)
- 1 yellow [onion](#), chopped
- 2 tablespoons chopped [garlic](#)
- 1 bunch kale, stems removed and leaves chopped
- 8 cups water
- 6 cubes vegetable bouillon (such as Knorr)
- 1 (15 ounce) can diced tomatoes
- 6 white potatoes, peeled and cubed
- 2 (15 ounce) cans cannellini beans (drained if desired)
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- salt and pepper to taste

Directions

Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

Nutritional Information

Amount Per Serving Calories: 277 | Total Fat: 4.5g | Cholesterol: 0mg

Faith and Sharing....

(by Steve Garnaas-Holmes at www.unfoldinglight.net)

Your faith is not a strength or accomplishment,
a possession or a quality of yours at all;
it is a gift from God.

In your surrender to the love of the Beloved,
whose heart beats in yours,
you are given God's own love,
for God and for the world.

Your faith is divine love alive in you.
Be thankful. Guard this treasure.

You don't need to protect it;
it can face the worst of the world.

Don't hoard it, or hide it.

But attend to it, care for it.

Don't abuse it or forget it
or take it for granted.

Water the plant and give it light.

Let it live in you, strong and clear.

Even when your faith is a mystery,
all darkness and struggle,
it is still a gift:

God's love in you, for your sake,
for the sake of the world.

Let the Loving One, who is in you,
help you guard this treasure
with humble joy and gratitude,
and give it away all the time.

Who We Are! What We Do!

Grace Seeds Ministry is a growing ministry! We celebrate and cultivate God's gifts of abundance and hospitality. We seek to live out God's call for justice, reconciliation and peace.

Share the Harvest is a "transplant" out of the Grace Seeds Ministry "greenhouse"! Share the Harvest grows fresh produce to share with hungry neighbors. The project is a direct, hands-on response to poverty in our neighborhoods. Share the Harvest teaches and inspires partners to share God's hospitality, treat creation with care, and seek God's justice.

For more information, contact Grace Seeds Ministry at 773-495-7865 or graceseedsministry@gmail.com. See our Facebook page: "Grace Seeds Ministry!"

Reflections from a Bee Lover!

*(We're grateful for this contribution from the **Rev. Katie Snipes Lancaster** – who has taken the bee keeping classes offered through **Garfield Park Conservatory** and is hoping to apprentice with a bee keeper next spring! Thanks, Katie! Our fall gathering is focused on how to help **butterflies** survive and thrive in the midst of changes in climate and habitat...but at Grace Seeds – **we want to support all the pollinators** that share the planet with us and that are our partners in growing food for Share the Harvest!)*

Dear Grace Seeds Ministry,

Did you know - it takes 12 bees their entire lifetime to make one teaspoon of honey?

Winnie the Pooh was my first love. A. A. Milne's honey-loving stuffed bear evoked another world, in the same way that Toy Story imagines our dinosaurs and dolls taking life - a whimsical world where anything was possible, and an adventure was around any corner.

So, I'd trace my love of honey back at least to Winnie the Pooh, but at some point in the last few years, I became even more enamored with honey and the bees that summon it.

My love for honey bees is rooted in the 2006 reports of the mysterious Colony Collapse Disorder, which destroyed millions of hives in the United States for reasons still unknown, and heralded a new era of bee keeping - an era in which new bee keepers are desperately needed in order to help restore and sustain the honey bee population. Now, there is a wide network of rooftop and backyard bee keepers in the Chicagoland area who are nurturing the bees in the midst of this ongoing honey bee crisis.

There's even a bee hive on top of City Hall in downtown Chicago.

The sense of urgency for bee keeping is what initially caught my attention, but then the long story of the honey bee's deep spiritual connectedness caught my soul. In Egypt, bees were believed to be the tears of Ra, the sun god and giver of life. In Hinduism, Vishnu is often depicted as a blue bee on a lotus flower, also a

symbol of life and resurrection. In the Torah, the promised land that Moses and the Israelites were seeking in the wilderness was called the "land of milk and honey."



Photo: Bee hive buzzing!

So, because I love the bees, I want to leave you with a few resources about honey bees and planting bee friendly gardens. Watch for the bees that land on your flowers this fall - and say hello to them for me.

Bee Resources:

1. [Queen of the Sun](#), available currently on Netflix, is a documentary about honey bees and Colony Collapse Disorder.
2. Here is an [Illinois resource for planting a bee garden!](#)
3. If you want to support some Chicago bee keepers, the [Chicago Honey Co-op](#) is a good place to start. Also, talk to the bee keepers at your local farmers market - they will have a beautiful fall harvest of honey to sell.

Peace, Katie Snipes Lancaster