

Food in the Library Reading & Feeding your community



Julie Elmore Oakland City - Columbia Township Public Library Oakland City, Indiana

Food Related Programs

Cookbook club Books & Bites (book club) **One-Off Programming Instant Pot** Pumpkin Spice Latte Day Health Benefits of Chocolate **Farmers to Family** Summer Reading/Feeding

Books ६ Bites

Read the book Then meet to discuss it over dinner!











Senior Food Boxes

Cost \$0 (Partnership with local Food Bank)

*Official program name is the Commodity Supplemental Food Program (CSFP)

https://www.dhs.wisconsin.gov/nutrition /csfp.htm







Read & Feed

Total Cost under \$300)

6 week dinner program

4 week baking program

6 different families (11 total kids)

BISCUIT DONUTS

1 can of biscuits vegetable oil 1/2 c. sugar 1 Tablespoon cinnamon

Public Library

Parental warning!

Please observe kitchen safety with your child. We recommend an adult be the one to handle the frying portion of this recipe.

Prepare biscuits by either using a small circle cookie cutter to cut out a hole in the biscuit or you can cut the dough into 3-4 pieces if you don't have a hole cutter.

In a very small pot heat approximately 1-1 1/2 cups of oil (under 2 inches). Heat on medium high heat for about 5 minutes so that if you put a pinch of dough in the oil, it will immediately sear the dough and sizzle.

While oil is heating mix sugar and cinnamon together on a plate.

Fry the donuts 1-2 at a time (don't forget the holes you cut out!) They fry quickly! Flip them after a minute or when they are golden brown.

Remove from oil and place on a paper towel or napkins to absorb extra oil. Once cool enough to handle dip them in the cinnamon-sugar mixutre to coat.





TEXAS BREAKFAST TACOS

1 pound of breakfast meat (sausage, bacon, or chorizo) 8-10 eggs 3 Tbsp. water 8 -10 flour tortillas (warmed if you can)

Cook breakfast meat until completely done. If necessary chop to bite-size pieces. While meat is cooking break eggs into a mixing bowl and mix with water (use a whisk or fork.) Have your adult remove any excess grease from the frying pan. Add your eggs to the hot frying pan and stir to combine meat and eggs. Then cook over medium heat until eggs are no longer runny.

Divide egg mixture between tortillas and and fold. If you want you can add salsa or cheese. Some people even mix in fried potatoes, bell peppers, or even fresh spinach while cooking their eggs. What can you think of to add?









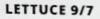
Tower Garden

Total Cost \$1,570

*including a year of supplies, dolly, cages, and other add-ons

WATCH IT GRO







LETTUCE 9/13



LETTUCE 9/20



BIB LETTUCE 9/7



BIB LETTUCE 9/13



BIB LETTUCE 9/20



BIB LETTO

BROCEDLI B/85

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AEROPONIC GARDENING WHAT IS IT?



A form of hydroponic gardening developed in the 1980s that user air and small amounts of water and minerals rather than sol. The roots stoy exposed to directly receive oxygen and nutrients. Becouse the system recycles water, it any requires 2% of the water used in traditional gardening. Other benefits include large yields and a super fast growth rate. And of course, because there is no dirt, there is no weeding involved

HOW'S IT WORK?

Jakland City Public Librar

> ROOT SYSTEM

> > LATTUCE B/15 iler.

Latruca arge

COMING

SOON

CILANTRO PARSLEY TARRAGON CHIVES 1.1.

23/16

stepd of soil, plants are grown in a medium called notwool, which provides and roads with augen and consistent molitairs, encouraging road, healthy rowth. Rockwool is a medium compared of moliter rock that has been spun into Roya

© gallion tank stores water and a specialized plant nutrient solution. By ividing constant nutrients, the plants do not have to search for nutrients of decompaging organic matter in soil, allowing for higher yelds.

pointp in the tank propert water up to the tap lives of the hear via a central pipe. The vater and normalized tables of the set of the and water replaced the set of the set of the set of the most of the set of the set of the set of the set of the most of the set of the set of the set of the set of the most of the set of the set of the set of the set of the most of the set of the set of the set of the most of the set of the set of the set of the of the set of the set of the set of the overwatered. The set of replaced water of the most of the set of the set of the overwatered. The set of the set of the most of the set of the most of the set of the s

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use plants need several hours of daylight, our LED grow lights penuide maillight to allow us to grow year round. Currently, they are set to run for at 14 hours a day minisking suring summer days.

HIS PROJECT IS MADE POSSIBLE BY A GRANT FROM THE U.S. INSTITUTE OF MUSEUM AND LIBRARY SERVICES ADMINISTERED BY THE INDIANA STATE LIBRARY."

LARLIC CHINE





Food Bank **Community Foundation** LSTA Grants **Gardening grants** Wal-mart Aldis Smart Kids grant or regional grocer **Utility Companies Dollar General (Summer** Reading)





Coming Soon in 2022

Cooking around the world

Senior Lunch & Learn series

Cooking for One

Low Carb Cooking

Air Fryer Cooking

Holiday Candy Making

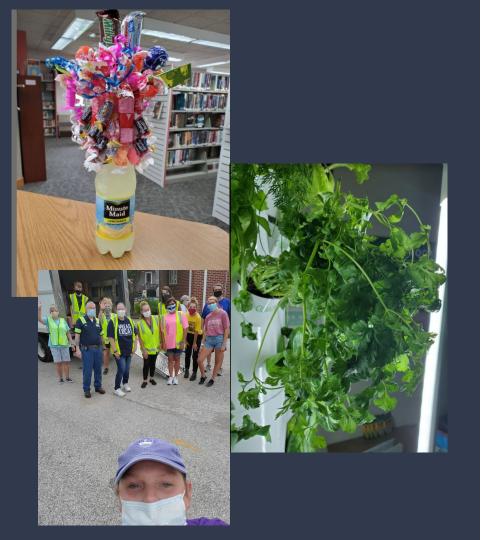
No Cook Cooking Club returns!

Seedling Starter program

Summer Reading- Camping theme

Potential for pollinator garden partnerships

Wrap-Up



Read & Feed Plans available online

https://tinyurl.com/2p8mdvu2

Contact Me admin@occtpl.lib.in.us

facebook/occtpl

812-749-3559