



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 & Bites

Read the book
Then meet to
discuss it over
dinner!



FOOD + DRINK





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>



NEW START DATE!

9/13



COME FOR STORYTIME

READ & FEED

LEAVE WITH SUPPER



Participants will be given ingredients to take home in order to further practice literacy skills while cooking a light supper with their grown-ups.

*Limit one meal kit per family

**MONDAYS
STARTING 9/13
3:30 PM
REGISTRATION
REQUIRED.
812-749-3559
AGES 4-8**

***NO SESSION ON LABOR DAY**

Grant funding courtesy of
the Gibson County
Community Foundation



READ & FEED

BAKING EDITION!

**MONDAYS @ 3:45
STARTING 11/22
REGISTRATION REQUIRED.
812-749-3559
AGES 4-8**



Participants will be given ingredients to take home in order to further practice literacy skills while baking a tasty treat for their family!

*Limit one kit per family

Grant funding courtesy of
the Gibson County
Community Foundation



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

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 mixture 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?



SUCCESS!





Tower Garden

Total Cost \$1,570

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

WATCH IT GROW!



LETTUCE 9/7



LETTUCE 9/13



LETTUCE 9/20



**BIB LETTUCE
9/7**



**BIB LETTUCE
9/13**



**BIB LETTUCE
9/20**

TOWER GARDEN AEROPONIC GARDENING

WHAT IS IT?

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

HOW'S IT WORK?

Instead of soil, plants are grown in a medium called rockwool, which provides plant roots with oxygen and consistent moisture, encouraging rapid, healthy growth. Rockwool is a medium composed of molten rock that has been spun into fibers.

A 20-gallon tank stores water and a specialized plant nutrient solution. By providing constant nutrients, the plants do not have to search for nutrients and food growth.

A pump in the tank properly water up to the top level of the tower. Through each level of the tower for 15 minutes. The cascade effect allows for the roots to receive direct nutrition and water rather than seeping through soil. The rockwool stays moist, to avoid stressing a plant, but not saturated or over-watered. The cycle repeats every 45 minutes.

Water and nutrients are recycled as they drain back into the reservoir. pH (acidity) levels are checked twice a week to ensure that the plants are able to absorb the nutrients in the water. If the pH is too high, iron deficiencies can be seen, but if it drops too low plants may not receive enough calcium or magnesium.

Because plants need several hours of daylight, our LED grow lights provide optimal light to allow us to grow year round. Currently, they are set to run for about 14 hours a day mimicking sunny summer days.

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

Oakland City
Indiana Township
Public Library

WATCH IT GROW!

 LETTUCE 9/7	 LETTUCE 9/13	 LETTUCE 9/20	 BROCCOLI 9/7	 BROCCOLI 9/13	 BROCCOLI 9/20
 BIB LETTUCE 9/7	 BIB LETTUCE 9/13	 BIB LETTUCE 9/20	 ARUGULA 9/7	 ARUGULA 9/13	 ARUGULA 9/20
 BIB LETTUCE 9/7	 BIB LETTUCE 9/13	 BIB LETTUCE 9/20	 BASIL 9/7	 BASIL 9/13	 BASIL 9/20
 BIB LETTUCE 9/7	 BIB LETTUCE 9/13	 BIB LETTUCE 9/20	 CILANTRO 9/7	 CILANTRO 9/13	 CILANTRO 9/20

ROOT SYSTEM

COMING SOON

CILANTRO
PARSLEY
TARRAGON
CHIVES



Funding



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](https://www.facebook.com/occtpl)

812-749-3559

