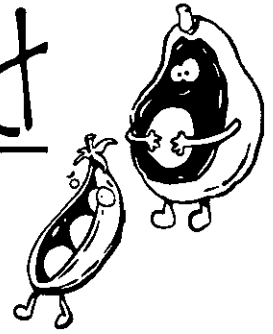




# The Harvest Report

NEWS & Events FROM MOTHER HUBBARD'S CUPBOARD • JULY 2023



I'm honored to be at the Hub as we celebrate a landmark anniversary: the Hub has supported equitable food access in our community for 25 years. Thank you to every community member – pantry shopper, volunteer, workshop participant, Board member, donor, event sponsor, and beyond – who has brought us to this point.

Summer is a great season to reflect on and take in all that the Hub has accomplished in its first 25 years. Farmers from throughout the community are filling the pantry with fresh, local produce. Together, we're learning how to use new foods like escarole and nozawana. Kids are again tending their garden, sampling herbs and learning to cut greens that their families can then return to harvest. Interns are tabling in the pantry, sharing resources, seeds, and microgreen kits while building relationships with patrons. We're so thankful for all the spaces we have to grow with and learn from each other.

This is also a season for envisioning our next 25 years. While we are thrilled to see our community gathering for shared learning and conversation, we are unfortunately also continuing to see rising demand for our pantry services. We served more than 10,000 individuals in May 2023 – a 54% increase in folks served over May 2022. We believe the need for our services will stretch well into our community's future.

Across our programs, and in each moment we share with our community, the Hub is aiming to increase access to healthy food in ways that cultivate dignity, agency, and community. And we don't do it alone. Everything the Hub offers is made possible by community support. Your support. One of the most impactful ways to support the Hub is by joining the Harvest Team.

The Hub's Harvest Team is comprised of community members who make automatic monthly contributions to the Hub. Automatic monthly donations support us through day-to-day operations while also enabling us to plan for the future.

This year, in honor of our 25th, we are setting the goal of adding 25 new members to the Harvest Team, each giving \$25 a month. Could you help us reach this goal, laying a solid foundation for the next 25 years? To learn more about the Harvest Team or to become a member, visit [www.mhcfoodpantry.org/harvestteam](http://www.mhcfoodpantry.org/harvestteam).

Thanks to each of you for your support and commitment to the Hub! We hope that you enjoy this glimpse of what we've been up to, and that you will save the date for an evening of celebration with us: the 11th Garden Gala is coming! Details inside.

With gratitude,

Megan Betz  
CEO and President

## OUR TEAM

### Board of Directors

Julia Dotson  
Matthew Huang  
David Lyman  
Mitch Rice, *Secretary*  
Devon Perry, *Chairperson*  
Ted Pike, *Treasurer*

### Staff Members

Eavan Barbieux  
*Advocacy Fellow*  
Liz Barnhart  
*Outreach Coordinator*  
Megan Betz  
*CEO and President*  
Audrey Brinkers  
*Garden Coordinator*  
Sam Glidewell  
*Operations Manager*  
Georgia O'Connor  
*Youth Garden Educator*  
Rachel Notter  
*Development Fellow*  
Erika Wheeler  
*Development Director*

## Kids are in the kitchen

Kids Cook pairs the energy of our young chefs with easy to follow recipes that teach essential kitchen skills. We've seen the impact of these weekly workshops range from kids trying new foods, to spending more time in their home kitchens, and some have even felt so inspired as to begin planning for their future restaurant endeavors!

Workshops range from homemade egg noodles to banana pancakes to Valentine's Day chocolate-dipped treats. Picky eaters and brand new cooks are welcome and are sure to find a new favorite food and new kitchen talents.

One Kids Cook regular came back into the classroom after a few missed sessions and saw familiar faces she had just met a few weeks prior and exclaimed, "It's like a family reunion!"

Kids Cook brings together young people in a way that only good food can. We invite all members of our youth community to join us in the kitchen every Wednesday from 4:30 to 5:30 pm.



A kiddo scoops crispy chickpeas while other Kids Cook participants look on.

## Crispy chickpeas & lemon tahini

Add these crispy chickpeas and lemon tahini dressing to your favorite salad greens. Toss in sliced cucumber, fresh herbs, and bits of toasted pita for a deconstructed falafel salad that was a hit at Kids Cook.

### Ingredients for crispy chickpeas

2 cans cooked chickpeas, drained and patted dry  
Extra-virgin olive oil  
2 garlic cloves, finely chopped  
2 teaspoons ground cumin  
1 teaspoon paprika  
Sea salt and black pepper

### Directions

1. Preheat the oven to 425°F (220°C).
2. Place the drained chickpeas into a small ovenproof dish. Cover with olive oil; season well with 2 big pinches of sea salt and black pepper. Add the garlic, cumin and paprika. Stir to combine.

3. Roast for 35–40 minutes, until the chickpeas are crispy. Let cool before snacking or tossing into your salad.

### Ingredients for lemon tahini

1/3 cup tahini paste  
Juice of 1 lemon, plus more if needed  
1 garlic clove, very finely chopped  
Sea salt and black pepper

### Directions

1. Pour the tahini into a small bowl and whisk in the lemon juice and garlic.
2. Gradually add 1 tablespoon of water at a time until the sauce is the consistency of thickened cream. If the tahini 'seizes' and becomes very thick, push through by adding more water; it will eventually come back together to form a cohesive creamy sauce. Season with sea salt and black pepper. Drizzle over crispy chickpeas on a bed of greens for a Mediterranean-inspired salad.

# See you at our 11th Garden Gala

On Friday, August 18th the Hub will be hosting its 11th Garden Gala. Join us for an evening of local food and drink, live music, and a fundraising raffle, all to support the Hub as we work to increase access to healthy food in ways that cultivate dignity, agency, and community.

Last Gala, 200 community members came together on a rainy evening to help us raise \$18,000 to support Hub programming. This year, we're planning our biggest, best Gala yet with the goal of raising \$25,000 in honor of our 25th anniversary. Help us reach our goal by purchasing a ticket at [mhcfoodpantry.org/gardengala](http://mhcfoodpantry.org/gardengala).

Your \$40 ticket includes a tamale

meal, catered by Bivi's Tamales and Salsa, two drink tickets with options from Cardinal Spirits and Upland, access to our raffle, and live music.

Can't attend, but want to help us reach our goal? Purchase a ticket for a patron, or donate to the Gala fund at [mhcfoodpantry.org/donate](http://mhcfoodpantry.org/donate).

Thank you to our event sponsors: Bill C. Brown Associates - Ron Remak; the Bishop Bar; Bloomington Insurance Agency; the Bomba, Stallsmith, Rabadi Group, Baird Private Wealth Management; Boston Scientific; Celebrating the Spectrum; Cook Medical Incorporated; Deep Roots Landscape Design; Dermatology Center of Southern Indiana; Dr.

Houser Family Eyecare at Sam's Club Optical; Duke Energy; Goods for Cooks; Gigabit Now Indiana; ISU The May Agency; IU Health South Central Region; Jazzercise Bloomington; L.A. Merry & Associates, PC; Limelight Recovery; Loren Wood Builders; Morgenstern Books; Morrow's Termite & Pest Control; Uplands Network of Hoosier Chapter of Sierra Club; and Oliver Winery.



Local musicians play as 2022 Gala attendees look on despite the rain.

## So far in 2023, we've...



... supported over over 49,000 visits to the pantry. In each month of 2023, we have served at least 50% more individuals than the same month in 2022. We expect elevated need for our services to continue through the year.



... hosted community members to lead workshops in our kitchen classroom who have shared cuisines with us from around the world: Chinese, Mexican, Indian, Venezualan, Puerto Rican, and more.



... distributed over 1,500 seed packets and 1,800 seedlings through our Garden Program, along with 10 cubic yards of compost and 5 cubic yards of topsoil to support home gardens.



... hosted recipe sampling in our kitchen thanks to Education Interns, who use items from our pantry to try new variations on familiar recipes, from Asian fusion pizzas to tomato-carrot pasta sauce.



... hosted over 1,200 hours of volunteer labor in our pantry, where they helped keep the pantry stocked and supported our shoppers. We couldn't do it without our volunteers!



... kicked off a new season of Kids Garden and introduced new teen-focused workshops, offering multiple ways for youth to build relationships in the kitchen and around the garden.

Mother Hubbard's Cupboard  
1100 W. Allen St.  
Bloomington, IN 47403

**Food Pantry**  
Tuesday through Thursday  
12 to 6 pm

Non-Profit Org.  
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 Mother Hubbard's Cupboard

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Member Agency

OUR MISSION: Mother Hubbard's Cupboard increases access to healthy food for all people in need in ways that cultivate dignity, agency, and community.

OUR VISION: At Mother Hubbard's Cupboard we envision a community in which everyone has equal access to nutritious food, waste is minimized, and all members are healthy and empowered to reach their goals.

Special thanks  
to our community  
Partners

Barnhouse Farm, Blue  
Hour Farm, Farm to  
Family Fund, Hoosier  
Hills Food Bank,  
Monroe County Public

Library, Monroe County  
Humane Society, Outlier  
Farmstead, People's  
Cooperative Market,  
Sacred Heart Church,

Schacht Farm, Seven  
Ridges Farm, Three Flock  
Farm, and United Way of  
Monroe County

## Volunteer

## Hub Happenings

**Kids Cook:** Kids and their grownups can drop in from 4:30 to 5:30 pm on Wednesdays!

**Garden Workdays:** Join us from 9 to 11 am each Thursday through October to help tend the Hub community garden.

**Hub Lunch:** We'll be joining patrons for a drop-in lunch the first Tuesday and second Wednesday of each month from 12 to 2 pm—a time to build a shared vision of the Hub.



If you are passionate about food and community, we would love to have you volunteer with us! Shifts are weekly on Tuesdays, Wednesdays, and Thursdays from 10 to 6 pm and are generally two hours long. Volunteers assist with a range of tasks like packing boxes, sorting produce, stocking, working the front desk, assisting patrons in the pantry, and repackaging bulk goods. Lifting abilities are preferred but not required, and families are welcome to volunteer together! To volunteer, contact Sam at [operations@mhcfoodpantry.org](mailto:operations@mhcfoodpantry.org).

If you would no longer like to receive the *Harvest Report*, email [development@mhcfoodpantry.org](mailto:development@mhcfoodpantry.org). Please include in the subject line, "Unsubscribe Harvest Report," as well as the first and last names on the mailing label.