



January 2012

Dear friends,

We hope you are enjoying the fresh produce in the food boxes. When we had to find a new source for food after Angel Food Ministries went out of business back in September, we started praying about the best types of food to give our friends. We want to share the healthiest food possible, while being as responsible as we can with the donations people give to buy it. And, the healthiest food in the world is the kind that comes straight from the earth, just as God created it. In Genesis 1:29-30, we read how God created our food from the earth: “Then God said, ‘I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.’ And it was so.”

He designed food to not only quench our hunger, but to give our bodies the different nutrients they need. The more processed our food is from what it started out being, the less it helps our bodies. Unfortunately, in our culture, processed food is the most affordable food. Canned beans are easier and cheaper to buy than fresh beans. Because of that, we are trying to spend most of the money donated to Grace Klein Community on fresh fruits and vegetables since many of you may not have the ability to easily buy these things. We have found a place to buy produce in bulk so it is affordable for all of us. This spring and summer, we are also going to start a community garden to grow our own food to share.

Remember, our bodies are temples for the Living God. If you know Jesus and follow Him, He lives with you, walks with you through life. Consider that what you put into your body, you are also putting into Jesus. We represent Him to others on this earth. As crazy as it may seem, we can show Jesus to people by keeping our bodies healthy. We can live longer by keeping our bodies healthy. We can serve more, love more, reach more people, if our bodies are healthy enough to go out and do these things. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Isaiah 58:11

Maybe you don't know how to prepare some of the produce you are getting in your box. Many of us grew up without someone to teach us these things. Or, maybe you just want some new ideas for what to do with celery or tomatoes. So, in these letters, we will be including recipes and ideas for how to use fresh produce. This month, we'll start with broccoli. I just found a new easy broccoli recipe last week that my family loved, so I wanted to share it. And, if you have good ideas to share for using fresh produce, please share them with us! God created a huge variety of foods for us to enjoy. Let's take joy in eating what He gave us, the way He gave it to us.

I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. Psalm 63:5

Happy Eating!

Roasted Broccoli

Preheat your oven to 425. Put the broccoli on a cookie sheet. Toss with olive oil (1-2 tablespoons), salt and pepper. Add some garlic if you have it. Roast in the oven 15 to 20 minutes, until crisp-tender and the tips of some of the florets are browned. Take out of the oven and squeeze lemon juice over the broccoli and sprinkle with Parmesan cheese. Serve it while it's hot!

How to Freeze Broccoli

You may not be able to use all of the broccoli you have right now. It is easy to freeze some for later rather than let it go to waste.

Cut the broccoli into small florets. You can also chop up the stalk to freeze and use in broccoli soup. Wash the broccoli quickly – don't leave it in the water too long or it will start to lose nutrients. Boil some water and a teaspoon of salt on the stove. Have a bowl of ice water ready on the counter. When the water is boiling, add the broccoli for **two minutes only**. Remove the broccoli from the boiling water with a slotted spoon and add it to the ice water. This stops the cooking process and preserves the bright green color and the nutrients. After about two minutes in the ice water, drain the broccoli. Pour it out onto a clean dish towel to dry some more. Store the broccoli in serving sizes for your family in a freezer bag. Get as much air out of the bag as you can before closing it.

Broccoli Soup (Serves 6 people)

3 cups broccoli florets	1-2 cups cheddar cheese
5 tablespoons butter	1 onion, chopped
1 stalk celery, chopped	3 cups chicken broth
3 tablespoons all-purpose flour	cream of mushroom soup
Salt and pepper to taste	2 cups milk

1. Melt 2 tablespoons butter in medium sized stock pot, and sauté onion and celery until tender. Add chicken broth and cream of mushroom soup. Bring to a boil, reduce heat, then cover and simmer for 15 minutes.
2. Steam broccoli until tender (you can cook it in a little water in the microwave for 2-3 minutes). Chop it finely or puree it in a blender. Set aside for later.
3. In small saucepan, over medium-heat melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with salt and pepper.
4. Add cooked broccoli and cheese, mixing soup until the cheese is melted.

Hebrews 13:16 "And do not forget to do good and to share with others, for with such sacrifices God is pleased."