

## Announcements for Week of October 9th

1. **100 Harvest Dinners**
2. **October Workshop- Fundraising**
3. **Black Gold**
4. **Did You Know?- Storing Food for Winter**

\*\*\*\*\*

1. **100 HARVEST** FEASTS, PICNICS, LUNCHES, FIESTAS, DESSERTS, POTLUCKS, FÊTES, TEAS, BREAKFASTS, COCKTAIL PARTIES, **DINNERS**. Gather your friends together to help raise awareness, raise funds, and have fun! We are asking you, **our friends and supporters**, to hold a celebration, of any size or style, to benefit Just Food between **October 1st and December 31st, 2006**. For more information about hosting one of **100 Harvest Dinners** check out our website, [www.justfood.org](http://www.justfood.org), or contact us: [info@justfood.org](mailto:info@justfood.org) or tel. 212-645-9880 x 221.

2. **October Workshop- Fundraising** This past year eight CSAs received grants to support CSA projects such as revolving loans, recipe contests and cooking classes. Join us and learn some ways your CSA can obtain additional financial support. Because I will be out of town attending a conference on the second Monday of the month, October's workshop will be held **the third Monday- October 16th** from 6:00- 8:00 at the Just Food office- 210 East 51<sup>st</sup> Street 2<sup>nd</sup> Fl.

3. **Black Gold** Black Gold, a documentary by British film makers Marc and Nick Francis, follows an Ethiopian coffee farmer, Tadesse Meskela's search for new markets for his Fair Trade coffee. "Black Gold connects the dots of our global economy, putting a human face on a systemic problem largely hidden from the caffeinated consumer." This eye-opening movie will open at Cinema Village theatre on October 6<sup>th</sup>. Tadesse will be attending screenings on October 12<sup>th</sup> & 13<sup>th</sup> and be available to answer questions after the film. For more information on the film go to [www.blackgoldmovie.com](http://www.blackgoldmovie.com) and for information on show times go to <http://cinemavillage.com/chc/cv/>.

4. **Did You Know?** With a few tips and some simple (or more advanced) techniques you can store your CSA bounty for the upcoming winter months. Wouldn't it be great to be able to experience the fresh taste and nutrition of your locally grown greens in the middle of February?

While heartier squashes and root crops can last for a few months if stored correctly, freezing, drying and canning can preserve those vegetables that cannot be stored for long periods of time. The processes of both freezing and drying maintain the most nutritional value of the food. Vegetables that you would cook before eating are best suited for freezing, while fruits such as apples and perennial herbs are the best drying candidates. Canning, sterilizing food by sealing it in glass containers, can enable food to last for years although some nutritional content is lost during the canning process. (When you add vinegar to the vegetable it is known as pickling) Following recommended procedures and heating the jars to the recommended temperature will insure safe canning.

For more information on these storage techniques check out Just Food's Veggie Tip Sheets, the National Center for Home Food Preservation ([www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)), or [www.backwoodshome.com/articles/clay53.html](http://www.backwoodshome.com/articles/clay53.html).

