



As FoodShare grows, we encounter people from all walks of life with energy and a commitment to improving food access. Requests for volunteer opportunities have increased each month and the issue of transportation keeps coming up.

Time and time again folks who wanted to purchase food boxes could do so but lacked reliable transportation to pick it up. That's when a school nurse shared an 'a-ha' moment. "Why not partner families who have no transportation with those who do have reliable transportation in order to deliver Fresh Food Boxes?"

With that, NeighborShare was born.

If you would like to help with delivering FoodShare boxes in the Columbia area, give us a call or fill out our online application at:

www.foodsharesc.org/neighborshare

We'll connect you with a box recipient who needs assistance. Even if you don't consider yourself an extrovert, come be a quiet volunteer and let your actions speak louder than words.

Mark your calendars for the next Fresh Food Box pick-up! (Orders due by 3PM Fri. before Wed. pick-up.)

AUGUST 2019								
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SEPTEMBER 2019									
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Baked Chicken With Peaches



Ingredients

- 2 1/2 to 3 1/2 pounds skinless chicken pieces
- 1/2 cup flour
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 cup orange juice
- 2 tablespoons honey
- 2 tablespoons vinegar
- 3-5 peaches (peeled, pitted and sliced)

Instructions

- Heat the oven to 350 F.
- In a wide, shallow bowl, combine the flour, salt, and pepper and coat the chicken with the flour mixture.
- Heat the oil in a Dutch oven or deep heavy skillet; brown chicken on all sides.
- Remove the chicken to a plate and discard the excess fat in the skillet. If the skillet is oven-safe, return the chicken to it. Otherwise, place the chicken in a baking dish. If you do remove it to the baking dish, pour about 1/4 cup of the orange juice into the pan and place it over medium-high heat for a few minutes to deglaze. Scrape up all of the browned bits. Pour the orange juice over the chicken.
- In a bowl, combine the remaining orange juice, honey, vinegar, and chopped parsley. Pour the mixture over the chicken pieces. Add the sliced peaches to the pan, cover the pan or baking dish and bake for 45 minutes.

Adapted from thespruceeats.com

Tomato Eggplant Zucchini Bake with Garlic and Parmesan



Ingredients

- 3 medium zucchini about 1 1/2 pounds
- 1 small/medium eggplant about 3/4 pound
- 2 cups diced tomatoes (or 1 pint grape tomatoes)
- 1 tablespoon extra-virgin olive oil
- 4 large cloves garlic minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2/3 cup freshly grated Parmesan cheese divided
- 1/4 cup chopped fresh basil divided
- 1/4 cup chopped fresh parsley divided

Instructions

- Preheat the oven to 350 degrees F. Lightly coat a deep 9x9-inch baking dish or similar 3 1/2-quart casserole dish with nonstick spray.
- Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2 to 3/4 inches in size). Slice eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Add tomatoes to the bowl and drizzle everything with the olive oil. Add garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.
- Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10 to 20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley.

Adapted from wellplated.com

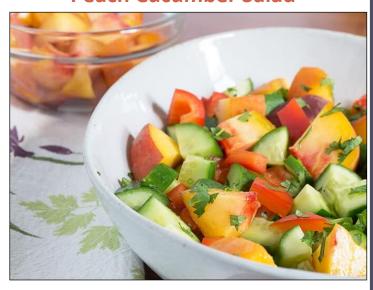
How to Freeze Bananas

Don't toss out those overripe bananas! They can be transformed into frozen nuggets of gold, perfect for smoothies. Start with overripe, spotty bananas (they

have much more flavor). Peel and slice into 1 or 2-inch chunks. Arrange in a single layer on a wax paper-lined sheet pan and place in freezer. Make sure they aren't touching! Once frozen, transfer to a freezer-safe bag. Pull out as needed for your favorite smoothie recipe!



Peach Cucumber Salad



Ingredients

- 2 cups cucumber, diced
- 1 red bell pepper, diced (about 1 cup)
- 2 peaches, diced (about 2 cups)
- 1/4 cup chopped cilantro or parsley (more to taste)

Instructions

- In a large bowl, combine cucumbers and red pepper.
- Gently add peach chunks and cilantro.

Adapted from oatandsesame.com

Brown Sugar Roasted Baby Carrots



Ingredients

- Baby carrots 12 ounces
- 1 Tablespoon canola oil
- Sprinkle of salt and pepper
- 1 Tablespoon brown sugar

Instructions

- Heat oven to 425F. Toss carrots in cooking oil and some salt and pepper on a sheet pan. Roast for 25 minutes, shaking once midway through.
- Once baby carrots are done roasting, remove from oven and toss them with brown sugar.

Adapted from cooksmarts.com