




The Closet Times

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4 	5	6	7	8	9
10	11	12 	13	14	15	16
17 	18	19	20	21	22	23
24 31	25	26 	27	28	29	30

March 4—Client Spring Survey begins.

March 12: Mobile Harvest food distribution in Carson City @ Empire Elem School. 12-1:00

March 17-St Patrick's Day

March 26: CSFP (Senior Commodities) 1:00-1:30 in front parking area for ages 60+.



Healthy Tip for

the Month: Think Green!



Salad Greens:

- **Kale***
- **Lettuces**
- **Cabbage**

Kale is an excellent source of minerals, including calcium and manganese, a mineral the body requires for many physiological functions.

One cup of kale provides 1,300 percent of the recommended daily allowances of vitamin K, which is important for healthy blood coagulation and maintaining bone mass.

Sneak-It-In Strategies

Blend a few chopped-up young kale leaves (but not the stems) into fruit smoothies. It's a great way to get more greens into our diet.

Chop, cook and mix kale with grains to add nutrients and flavor to dishes like barley risotto or rice pilaf.

Blanched and frozen kale can be crumbled into soups, stews, beans and pasta sauces.

Substitute sautéed kale for cooked spinach wherever you typically use greens.



**Carson Valley
Community Food Closet**

1255 Waterloo Lane, Suite B
Gardnerville, NV 89701
Open M, T, W, F from 12:30-4:00 pm

Phone: 775-782-3711
www.thefoodcloset.org
Email: info@thefoodcloset.org

Douglas County Social Services
1133 Spruce St.
Gardnerville, NV 89410
Phone: 775-782-9825

Washoe Tribe Social Services Office
950 US Hwy 395
Gardnerville, NV 89410
Phone: 775-265-8600



New Building Update!



We are counting down the days until all final details are complete and we are able to move into the new facility.

We are hoping & planning to move in by the end of March or early April.

Along with a larger building comes more areas to clean and care for. We are asking all of you, who will benefit from this beautiful facility, to help us keep it in great condition for years to come.

If each one of us would be willing to clean up after ourselves, pick up trash when you see it, and be courteous of others by leaving the Restrooms clean, we would be able to accomplish this together.

Recipe of the Month: Kale, Mushroom and Cream Cheese Scramble

Recipe from Conscious Cuisine®

Serves one person

Ingredients

- 1/2 tsp. olive oil
- 1/4 cup chopped kale
- 1/4 cup diced mushrooms
- 1 tbs. finely chopped green onion
- 1/4 cup small diced tomatoes
- 2 eggs, lightly whipped
- 1 tbs. milk
- 1/8 tsp. sea salt
- 1/8 tsp. black pepper
- 1 tbs. cream cheese

Directions

- Heat a sauté pan over medium heat and add olive oil.
- Add vegetables and sauté until they begin to sweat, about five minutes.
- Whip the eggs with the milk and season with salt and pepper.
- Slowly pour into the pan with vegetables.
- Gently cook/stir until there's no liquid left.