



Newsletter



WELCOME

We would like to welcome you to the Carson Valley Community Food Closet. Our friends just refer to us as “the Food Closet”. We are a Staff of two with an awesome team of volunteers that take care of the daily tasks of the organization. Hours of food distribution are 12:30-4:00, Monday, Tuesday, Wednesday and Friday. We offer client-choice on food, hygiene and pet food once a month and a smaller amount of food items once a week to our clients.

Census 101: What you need to know **Why is it important to me?**

It affects the amount of funding your community receives, how your community plans for the future, and your representation in government. Specifically, data from the 2020 Census are used to:

- Ensure public services and funding for schools, hospitals, and fire departments.
- Plan new homes and business and improve neighborhoods.
- Determine how many seats your state is allocated in the House of Representatives. *

When will I complete the Census?

Beginning in mid-March, people will receive a notice in the mail to complete the 2020 Census. In May, the U.S. Census Bureau will begin following up in person with households that haven't responded to the census. *

How can I respond?

The U.S. Census Bureau will accept responses online, but you can still respond by phone or mail if you prefer. Responding should take less time than it takes for your morning coffee.

(*excerpts from US Census Bureau publications)

Save-The-Date

- 17 – St Patrick’s Day 
- 24 - CSFP (Senior Commodities) 1:00-1:30
- [Check the Lobby Calendar for Kitchen/Learning Center Activities and Food Demonstrations.](#)

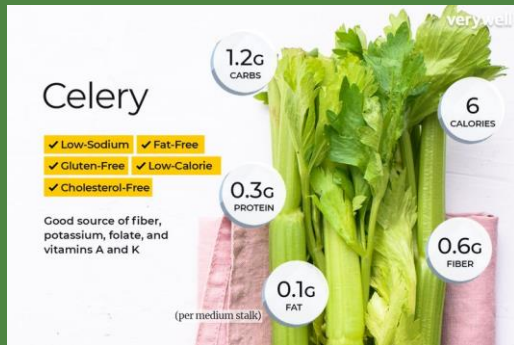
Smith’s Inspiring Donations

An easy way to make a difference in your community. (No extra cost to you)

With Inspiring Donations, Smith’s grocery has made it easy to support the local nonprofit organizations that matter most to you!

Every time you shop with your rewards card, Smith’s will donate .5% of your total order to the nonprofit of your choice. (For more info, please see Q&A in the Food Closet Lobby) Must be done online. A Food Closet Staff person will be glad to set it up for you on one of your visits.





Healthy Pick



SLOW COOKER CORNERD BEEF AND CABBAGE SOUP

Celery Leaves: Toss or Keep?

Celery leaves — known primarily as a throwaway top to an already underappreciated vegetable — are so often discarded.

Celery leaves are delicious, nutritious, and packed with intense celery flavor. Prep them like you would any herb: minced, coarsely chopped, or left in their true, whole-leaf form. Toss the tender leaves with salad greens and vinaigrette. Throw them into stir-fries, stocks, soups, and sauces.

5 Smart Ways to Redeem Celery Leaves

1. Use celery leaves as a fresh herb. Mince them finely or coarsely chop them to garnish any dish with bright, celery flavor.
2. Make celery leaf pesto. Spread the bright pesto over toast or into a sandwich.
3. Make a celery leaf and chickpea salad. Combine celery leaves, chopped celery, and chickpeas with shaved red onion and sherry vinaigrette.
4. Add celery leaves to vegetable stocks, soups, stews, and pasta sauce.
5. Add celery leaves to a stir-fry at the very end of cooking. Reserve a pinch of leaves to garnish the top. (thekitchn.com)

This Slow Cooker Corned Beef and Cabbage Soup is everything you love about this Irish comfort food, made all the more delicious and comforting when simmered together into a stew.

Ingredients

- 4 cups chicken stock
- 1 (12-ounce) bottle of ginger ale or white grape juice.
- 1.5 pounds corned beef, cut into large chunks
- 1.5 pounds Yukon gold potatoes, diced into bite-sized pieces
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 medium white onion, peeled and diced
- 1 small head green cabbage, quartered, cored and shredded
- 1 bay leaf
- generous pinch of salt and freshly-ground black pepper
- for serving: chopped fresh parsley

Steps

1. Add all ingredients to a large slow cooker bowl, and toss to combine. Cover and cook on low for 7-8 hours **or** on high for 3-4 hours, or until the beef is tender and shreds easily.
2. Transfer the beef chunks from the stew to a separate plate, and use two forks to shred it into bite-sized pieces. Return the beef to the stew, and stir to combine. Taste and season with additional salt and pepper if need be, then remove the bay leaf.
3. Serve warm, garnished with fresh parsley if desired <https://www.gimmesomeoven.com/>

