

# NUTRITION To Go

Volume 4 ♦ Issue 8 ♦ October 2023

Nutrition To Go is written and edited by Samantha Van Dyke, RDN

# Loaves & Fishes



FOOD PANTRY

If you need help with food more than two times a month, visit <https://foodfinder.brafb.org>  
Si necesitas ayuda más de dos veces al mes, por favor visita <https://foodfinder.brafb.org>



## Winter Squash

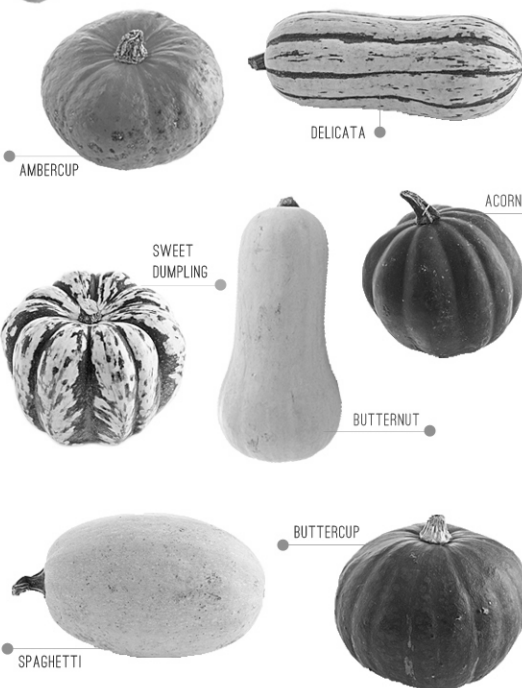
Winter squash are coming into season and we love the beautiful variety! We hope to receive butternut, delicata, acorn and spaghetti squashes to pass on to our patrons and may even see some of the other varieties as well. Squash are full of carbohydrates, dietary fiber, vitamins A, B6 and C, manganese, folate, and loads of antioxidants.

Squash can be hard to get into, even with your sharpest knife! We're so excited to tell you that you can prep squash in the microwave without cutting it first!! If you've never tried butternut squash, trust us - it really doesn't get any easier. We hope you will give this recipe a try!

**Microwave butternut squash:** Wash your butternut squash and with a paring knife make small slits in the skin all over the outside. Do NOT skip this step because if you do your squash may explode in the microwave! For a 3-lb squash you'll microwave it for about 10 minutes. After 10 minutes, insert your paring knife. If it goes in easily, the squash is done. If not, you microwave for 2-3 more minutes. The timing will vary based on size. When it's done, let your squash cool. Then cut in half lengthwise, discard the seeds and scoop out the flesh. Add oil or butter, salt and cinnamon and serve!



## GUIDE TO WINTER SQUASH



## Calabazas del Invierno

¡La calabaza de invierno está entrando en temporada y nos encanta la hermosa variedad! Esperamos recibir calabazas "butternut", calabazas delicata, bellotas y espaguetis para pasar a nuestros clientes, e incluso podemos ver algunas de las otras variedades también. La calabaza está llena de carbohidratos, fibra dietética, vitaminas A, B6 y C, manganeso, ácido fólico y muchos antioxidantes. Si nunca has probado la calabaza, aquí tenemos las recetas y la información para cocinar una deliciosa calabaza en casa.

La calabaza puede ser difícil de entrar, ¡incluso con tu cuchillo más afilado! ¿Sabías que puedes preparar la calabaza "butternut" en el microondas sin cortarla primero? Si nunca has probado la calabaza "butternut", confía en nosotros, realmente no hay nada más fácil. ¡Esperamos que pruebes esta receta!

**Calabaza en el microondas:** Lave su calabaza. Luego con un cuchillo de cocina haga pequeños cortes en la piel por todo el exterior. ¡NO te saltes este paso porque si lo haces tu calabaza puede explotar en el microondas! Para una calabaza de 3 libras, la calentará en el microondas durante unos 10 minutos. Después de 10 minutos, inserte su cuchillo de cocina. Si entra fácilmente, la calabaza está lista. De lo contrario, calienta en el microondas un 2-3 minutos más. El tiempo variará según el tamaño. Cuando esté listo, deja que la calabaza se enfríe. Luego córtala por la mitad a lo largo, desecha las semillas y saca la pulpa. Agregue aceite o mantequilla, sal y canela y sirva.

## Best fall walks in Charlottesville

Our favorite hikes within Charlottesville:

- Secluded Farm trails
- Ivy Creek Natural Area

Stroller and wheelchair friendly:

- Rivanna Trail at Riverview Park
- Saunders-Monticello Trail

Easy hikes in Shenandoah National Park

- Blackrock Summit  
in Shenandoah National Park
- Lamberlost Trail

## Free National Park Passes for fourth graders and their families!

If you have a fourth grader this year your whole family can visit all the National Park lands for free! Go to [www.everykidoutdoors.gov](http://www.everykidoutdoors.gov) to print your free family pass, valid until August 2024!

## Los mejores paseos de otoño

Nuestras caminatas favoritas dentro de Charlottesville:

- Secluded Farm Trails
- Ivy Creek Natural Area

Apto para carriolas y sillas de ruedas:

- Rivanna Trail en Riverview Park
- Saunders-Monticello Trail

Caminatas fáciles en el Parque Nacional Shenandoah

- Blackrock Summit en el Parque Nacional Shenandoah
- Lamberlost Trail

## ¡Pases gratuitos para parques nacionales para estudiantes de cuarto grado y sus familias!

Si tiene un estudiante de cuarto grado este año, ¡toda su familia puede visitar todas las tierras del Parque Nacional de forma gratuita! ¡Ve a [www.everykidoutdoors.gov](http://www.everykidoutdoors.gov) para imprimir tu pase familiar gratuito, válido hasta agosto de 2024!



## Loaves & Fishes



FOOD PANTRY  
*Neighbors Nourishing Neighbors*

2050 Lambs Road  
Charlottesville, VA 22901  
434-996-7868

### Giving out Free Groceries

Tuesdays 4:00-7:00pm (by appointment)

Wednesdays 2:00-4:00 pm

Thursdays 6:30-8:30 pm

Saturdays, 10:00 am - 12:00 pm

[www.cvilleloaves.org](http://www.cvilleloaves.org)  
[info@cvilleloaves.org](mailto:info@cvilleloaves.org)

Twitter: @Cville\_Loaves

Facebook: Cville.Loaves.and.Fishes

Instagram: loavesfishes4288

YouTube: CvilleLoaves

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Scan here to view our new cooking videos on social media!

Escanea para ver nuestros videos de cocinar en Facebook, Instagram y YouTube.

## Did you know???

Fresh is usually best, but when it comes to pumpkin puree, canned pumpkin is actually more nutritious! During canning, almost all the water is strained out, leaving you with more than 30X the vitamin A per cup. (Canned is also much cheaper!)



## Great Northern Bean Stew

- 1 pound Great Northern Beans dry
- 1 ham hock, 1 lb smoked ham or 8 strips bacon (optional)
- 1 tablespoon olive oil
- 1 onion diced
- 2 carrots chopped
- 1 stalk celery chopped
- 1 bay leaf
- 1 tablespoon brown sugar
- 4 cups chicken broth
- 4 cups water
- 1 tablespoon fresh parsley optional

1. Rinse beans in a large pot and remove any debris. Place in a large pot and cover with cold water. Let sit overnight. Drain well.
2. Cook onion in olive oil until softened, about 5 minutes.
3. Combine beans, onion, carrot, celery, bay leaf, ham hock, and seasonings in a pot. Add 4 cups chicken broth and 4 cups water, bring to a boil, reduce heat and simmer 1½ to 2 hours or until beans are tender.
4. Discard bay leaf, taste and season with salt and pepper. Garnish with parsley and serve. Serves 8.

Adapted from [www.spendwithpennies.com](http://www.spendwithpennies.com)