

THE GLEANING NETWORK NEWSLETTER

SPOTLIGHT: CUCUMBER



THIS MONTH'S RECIPE

Cucumber Spinach Salad:

Ingredients:

- 1 cucumber
- 1 tomato
- ½ red onion
- 5 tablespoons of olive oil
- salt to taste
- black pepper to taste
- ½ of a lemon, juiced
- feta cheese to taste
- baby spinach

Directions:

1. Finely slice a cucumber then slice a tomato and place in a bowl.
2. Finely chop the onion and add it into the bowl with other vegetables then add 5 tablespoons of olive oil.
3. Season with salt and black pepper to taste.
4. Mix it all well and put it aside.
5. Place baby spinach in a bowl then squeeze the juice of a half of a lemon over the spinach.
6. Incorporate the cucumber, onion, and tomato into the bowl of baby spinach, then sprinkle with feta cheese.

Enjoy!

THIS MONTH'S HAPPENINGS

DID YOU KNOW?

Our "Cans for a cause; fill a bag" campaign is in full swing! If you haven't already, come by and grab a blue bag to fill with recyclables.

WHAT GOES IN THE BLUE BAGS?

Any and all cans and bottles with a deposit. Please make sure you aren't filling the bags with containers which do not have a deposit.

WHAT'S HAPPENING?

A big shout out "Thank You" to Linda Francis for organizing and carrying out the September fundraiser raffle and to Walmart for providing a space for our fundraiser this month. The money raised will help us continue in our mission to end food insecurity. To those who participated and bought tickets we thank you for your support! We would also like to extend our gratitude to the various vendors who donated items to be raffled

THANK YOU!

Medford Food Project is planned for Saturday October 12, 2019 and we are in need of volunteers to help sort and package donated items. In collaboration with Access of Medford we collect and sort the donated items which are ultimately shared between many local pantries. It is a fun event and we hope to see you there!

IN THE GARDEN:

The Grange Co-op garden is beginning to wind down for the summer growing season. Our continued thanks to the volunteers who help out and our wonderful friend Emily from Access! We could not be more excited to bring fresh produce to our members straight from the garden! As the summer growing season is coming to a close we plan to grow a winter crop and we anticipate our need for hands-on time will be minimal as compared with summer crops. We are still looking for volunteers and welcome anyone who is interested in helping: contact Michelle at (541) 864-9025 or email gleaners16@gmail.com for more info or to see how you can help.

FUNDRAISERS:

We are asking everyone to participate in our "fill the bag" bottle drive. We are set up as a nonprofit with Bottledrop Centers and will have blue recycling bags to hand out for people to fill. Come pick up a blue bag; all you have to do is fill the bag with recycling and drop it off at the Bottledrop Center at 1179 Stowe Ave. Medford, OR. 97501. Just scan the label and drop in the drop box. Or you can bring your cans and bottles to us at 201 Bateman Rd. #12 Central Point, OR. 97502

Other ways you can help; we take donations of both non perishable food and fresh produce to distribute to our members. Our mission: reduce food waste and eliminate food insecurity in Jackson county.