TEWKSBURY COMMUNITY PANTRY
BREAD & BUTTER

MONTHLY NEWSLETTER

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AUGUST 2018

August

Tewksbury Community Market at the Library

The Tewksbury Community Market (previously known as the Tewksbury Farmers Market located at the town hall common) will now take place at the TEWKSBURY PUBLIC LIBRARY on Tuesdays from 4 P.M. -7 P.M. running through September 25th. Please note, there will be no market the week of Labor Day. The market continues to offer various vendors selling art, crafts, flowers, plants and food.

SEPTEMBER DISTRIBUTION DATES

Sunday, September 9th
9:00 AM-Noon

Monday, September 10th
7:00-8:00 PM

Saturday, September 15th
### 10:00 AM-Noon

The Pantry is in Need of Plastic Bags

The Pantry has **NOT BEEN GETTING ENOUGH GOOD USED PLASTIC BAGS**. We reuse any plastic bags that we receive with donations if they are in good condition, i.e. no large holes or tears and clean. The reused bags are used for items such as canned goods and packaged items. We use new plastic bags for refrigerated and frozen foods that we distribute to you each month.

We would like to ask everyone to bring back your used plastic bags that you get from the pantry as long as they have no holes or tears and are not dirty. If you think about it … after you bring your food home, perhaps you could put the bags in the food box and bring both with you at the next distribution!

**THANK YOU SO MUCH
THAT WOULD BE SO HELPFUL!**

Tewksbury Public Schools Open Wednesday, August 29th

SCHOOL IS OPEN
DRIVE SAFELY
SCHOOL BUS
STOP
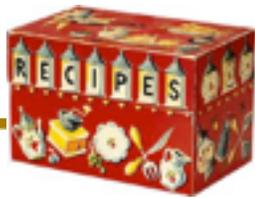
Smashed Potatoes

24 ounces baby potatoes
2 tablespoons oil
3 cloves garlic, chopped finely
1 teaspoon oregano
1 teaspoon basil
salt and ground black pepper, to taste

Preheat oven to 450 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a large pot of boiling water, cook potatoes until tender, about 15-20 minutes; drain well. Place potatoes onto the prepared baking sheet sprayed with pam. Using a potato masher or fork, carefully smash the potatoes until flattened but still in one piece. Top with oil, garlic, basil, oregano, salt and pepper. Place into oven and bake for 18-20 minutes, or until golden brown and crisp.

Baking Bacon instead of Frying

Baked instead of fried, once you try it this way, you will **NEVER** go back to frying your bacon in a pan. Spray a baking dish or a deep cookie sheet with pam, lay the slices of bacon on the sheet or dish. Make sure that they are NOT overlapping each other. Bake in a 400F oven for 17-22 minutes, turn once and cook until desired crispness.Then make a BLT!! **Bacon, Lettuce and Tomato**

Special Dates in August and September
August is National Sandwich Month

August 13th: International Lefthander's Day
August 19th: National Potato Day
August 20th: Bacon Lovers Day
August 29th: Tewksbury Schools Open
August 29th: National Chop Suey Day
September 3rd: Labor Day
September 5th: National Cheese Pizza Day

Chicken Chop Suey

3/4 pound boneless, skinless chicken breast or fillet chopped bite size
1 tablespoon oil
2 cloves garlic minced
3 stalks celery chopped on the bias
1 cup red bell pepper chopped bite size
1 cup bean sprouts
1 tablespoon soy sauce
1/4 cup chicken broth
1 tablespoon cornstarch mixed with 2 tablespoons water
pepper

Fill a medium pot with water and bring to a boil. Turn the heat off, add chicken, cover and let sit for 10 minutes. Drain, chop chicken (or shred using your finger) into bite size pieces and set aside.
In a large pan over medium high heat, add vegetable oil and garlic and fry for 30 seconds. Add celery and red bell pepper and cook for 5 minutes, until celery softens but still a little crunch. Add bean sprout and chicken and cook for 1 minute, until chicken is warm. Add soy sauce, chicken stock and stir well. Add cornstarch and water mix and stir until the mixture thickens. Turn the heat off, season with a good amount of pepper and serve hot.