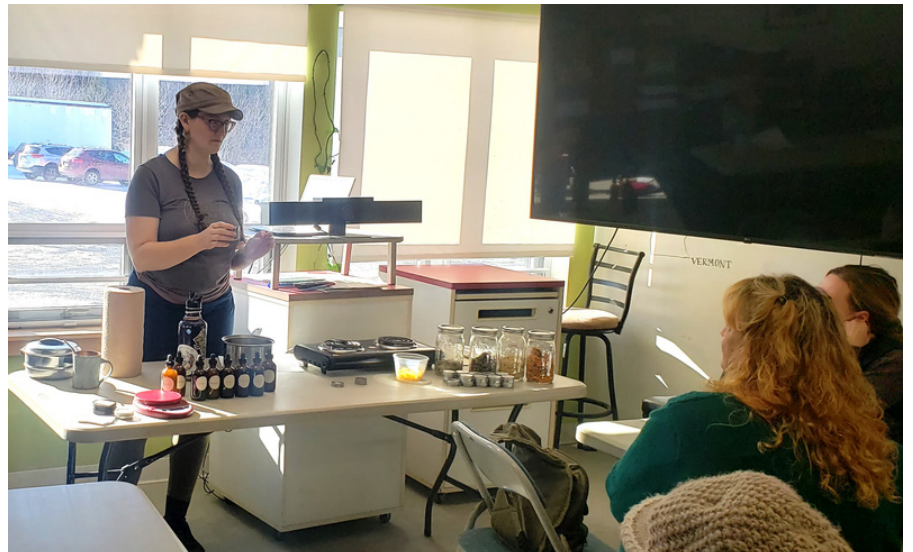


The mission of Grow Your Own is to increase food independence, better health and well-being through shared knowledge and experience. The program offers workshops taught by neighbors that focus on gardening, cooking, and food preservation.



February: bear fat herbal salve making

Karen Brown of Dusty Swamp Provisions taught this first workshop of 2023 in Hardwick. What a way to kick off the season! Above, Karen explains her craft. At right, Soup! Thanks to Gwen Marsha and Ally Howell for making it happen. We are sharing meals again at workshops. Lower right, a participant takes some careful notes. Photos by Allyson Howell.



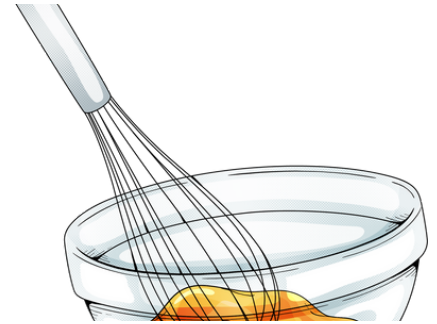
Upcoming GYO Events

- 3/18: Dumpling making in Craftsbury
 - 3/25: Dumpling Making in Hardwick
 - 4/1: Salve making in Craftsbury
 - 4/22: Mushroom growing on a budget in Hardwick
- Sign up information on page three!!

Share with us!

Have a recipe, a gardening or preserving tip, or a story to share? Perhaps a picture or two? We'd love to see them.

*Please send to
Bethany@hardwickagriculture.org*



“Dumplings” show up in different forms and styles throughout many different regions around the globe. They are a creative and nourishing way to utilize a variety of protein sources and vegetables that you happen to have on hand, and can be a great way to use up leftovers or stretch your food budget. Join self-taught dumpling maker Captolia Santamore in the kitchen, to learn everything you need to know to begin creating your own combinations of flavors. Learn the techniques of filling and folding, and about the different ways to cook your dumplings. After we make a variety of dumplings together we will end with a dipping party, exploring the endless possibilities of dipping sauces.

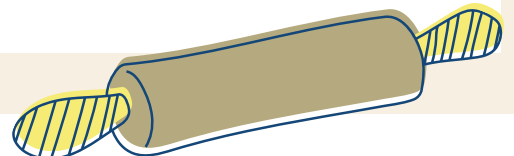
Recipe Corner

Carrot-ginger soup

submitted by Vicki Strowbridge
(Original recipe from VT Country Deli)

3/4 c butter
1 large onion, chopped
¼ c chopped ginger
1 ½ pounds carrots, peeled, cut into 1/2 inch pieces
3 cloves garlic, minced
8 c veggie stock
1 ½ c mead (or white wine or unsweetened apple juice - they all work fine!)
1 big pinch curry powder
Salt and pepper to taste
1 pint heavy cream (or coconut milk or dairy substitute)
Extra honey to taste, if needed

Saute onion 3 min in butter, add carrots and saute 5 min. Add ginger, saute until all ingredients just start to brown. Add mead, reduce for 3 min. Add stock and oil until carrots are tender. Add seasonings and cream and puree until smooth. Add extra honey if needed. Enjoy!



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Sign up today!

Visit www.NourishHardwick.org/grow-your-own to sign up for workshops – space is limited. If you do not have access to a computer, call the Hardwick Area Food Pantry at (802) 472-5920

Congratulations! and thanks!

Congratulations to Maureen Roianov who won the gift certificate for High Mowing Organic Seeds in the raffle drawing. And to Robin Gomez who won the crock pot and donated it to Marshfield's Community Supper, which is held every Wednesday at 6pm & free to all. She says they will be able to put it to great use!

Have an idea for a GYO workshop? Let us know!

bethany@hardwickagriculture.org

To learn more about the partnering Grow Your Own organizations, please visit the websites for Hardwick Area Food Pantry and CAE:

www.nourishhardwick.org/pantry
and www.hardwickagriculture.org

For more information about GYO:

www.nourishhardwick.org/grow-your-own



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