

Share the Harvest Food Pantry and Resale Shop



Newsletter

April 2016

12th Edition

FROM OUR DIRECTOR

I can't believe how fast the year is flying by. It has been a good start to 2016 at Share the Harvest. It is good to see all the winter travelers come back to the Lake. The garden is starting to grow and things are really looking like spring.

Speaking of the garden, last winter we had a very successful crop. Sheila and the crew raised several hundred pounds of carrots, onions, lettuce and kale and other items over the winter in the tunnel garden. They do amazing things in there. We are making plans to add several more raised beds to our garden this year and trying to get the new compost bin set up. I am excited to tell everyone that we have our new tractor running finally. It really makes moving the dirt and compost, etc., much easier on Sheila and the crew. It is not



perfect and it still needs a lot of work but it is much easier on everyone. Sheila has taken on a very exciting project called Grow

Well Missouri through the Missouri University Extension service. It is a program that furnishes vegetable seeds to clients that are interested in starting their own gardens. Plus free advice from a Master Gardener

(Sheila) to get you on the way and help you grow your own wonderful organic vegetables!

QUILT RAFFLE



Come by and purchase a raffle ticket or two for the beautiful limited edition anniversary quilt donated by Ginny Vincent. The tickets are \$1.00 each or \$5.00 for 6 tickets. The drawing will be held here on July 27, 2016.

TRUCK FOR SALE



Our dependable truck is for sale. It is a 1995 E350 Ford Van with a 14' Alumina Frame Box bed. If you are interested please contact Bob White at 573-873-5855.

Doug and Judy Girling Retiring!!



I am sad to say that Doug and Judy Girling have retired. They were founding volunteers at the pantry. They were amazing helpers on Thursdays and have volunteered countless hours for Share the Harvest. Thank you, Doug and Judy, for all your efforts!

Rita Loeb Retiring!!

On another note, I am sad to announce that Rita Loeb, our store manager, is going to retire in July. She is leaving a large pair of shoes to fill. She has been the store manager for how many years now? We are going to all miss her pleasant demeanor and sense of humor. She really knows how to deal with people and make things work. Rita is a true people person! I know I speak for everyone here, she will be missed!



**GOOD LUCK,
RITA LOEB**

BOB WHITE, DIRECTOR



DIGGING IN THE DIRT

Springs Greens.....Greens come in a variety of colors, shapes and sizes. One of the common characteristics of greens is their high mineral content making greens one of the most nutritious foods we can eat. Here at Share the Harvest we have begun the harvest of greens. We have three types of lettuce, five types of Kale and Swiss



Chard, Beet greens and Giant Red Mustard that are ready for harvest. Often I have been asked the question if the recipients will take the greens and my answer is a resounding YES!

That just thrills me because many of the major diseases in our country are due to a lack of micro effort to greens is not of the ease of We grow them



nutrients. The grow various just because growing them.

because they are a highly nutritious, delicious and versatile whole food. You can steam greens, put them in soup or how about a green smoothie? Remember Kale is King...and eat your greens! Oh, by the way; all that we grow here is grown organically which makes it even more nutritious.



We do have plants for sale and will continue to have some through the month of May in limited amounts. Happy Spring!

Sheila, the Garden Lady



THE BUCK STOPS HERE

“Notes from the Twice Around Nook”

Well, it's that time again! Spring is here, the flowers and trees are in bloom and a lot of us are sick from the pollen. At least it is beautiful outside. We are busy at the thrift store. People are starting to clean and move so we are getting a lot of donations. Keep it coming!

We have a lot of really nice clothes right now. So if you need some new summer things, come take a look!

I am going to retire July 1st, 2016 and so we will need some new volunteers. If you have one day a week you can spare, we sure could use some help. Or if you need a job, come apply. It has been a fun five years, now it is time to move on and do something different – like travel – see my grandkids and do nothing if I feel like it! So this will be my last newsletter. Someone new will do the next one! Keep thinking of us when you clean or move. We love your donations! Have a great summer! I know I will!!

Good bye, Rita



FROM THE WAREHOUSE

OUR THURSDAY VOLUNTEERS

LuAnn Grassel, Dale Horchner, Linda and Norm Bartunek. Not pictured: Joe Long



We are grateful to the food bank for the trucks of food they send us twice a month. As you may or may not know, we have seen many drivers from the food bank come and go since our regular driver, Jaimie, left to

pursue his dreams of farming. Often people behind the scenes don't receive much deserved praise. We now have a regular driver by the name of Robert. He is an extraordinary person and I would like to thank him as well. If you happen to be in the pantry on delivery day, peek inside the warehouse and introduce yourself; let him know he is appreciated.

Lori Kaemmer, Warehouse Manager

BOARD NEWS

The Share the Harvest Board of Directors met April 11th...Snowbird vacations are over so we had a full voting quorum! The Board members are listed on the website <http://sharetheharvestfoodpantry.org/>

The main topics discussed at the April meeting included:

- **Liz Ripley** has resigned as Vice President due to changes in her job responsibilities with O'Reilly's. She is now travelling a lot more all over the country. Liz was a tremendous help to Share the Harvest during our growth years. If you know Liz, please thank her for her service.

- The Board voted to purchase a used diesel box truck. It has more capacity, will save fuel expense and will help us pick up more food with each trip. Signs identifying the truck on 3 sides with the Share the Harvest logo have been ordered.

- The Hard Hat party was a huge success. The builder and sponsor donated all the proceeds to Share the Harvest...thank you Showcase Publishing and Ross Construction.

- May the 2nd Share the Harvest is to be the recipient of the proceeds of a golf tournament at Porto Cima. We have held a fall tournament at Indian Rock golf club. This is our first spring tournament....It looks like it will be as successful as the past fall tournaments. A few spots are open if you would like to play at Porto Cima....call Bob...

- We are planning on increasing the size of the gardens by applying for a grant to pay for part of the building costs. The hope is to at least double the amount of food that is grown to provide to our clients.

-other topics included....accounting, personnel, legal and insurance reviews,

Wayne Marlow, Board Member