



May's Program and Event Updates

Growing season is almost upon us and we are growing right along with it!

Program Updates



VISTA Summer Associates

We are wrapping up our summer staff interviews and making our final selections this week. Stay tuned to find out who will be working with us this summer and helping us towards a more sustainable food system in Albany County, Wyoming.

[Learn More](#)

Volunteer Updates

Shares Recipes Project

Volunteers Amanda and Melissa created last week's Shares recipe flyer. They really enjoy volunteering from home and creating fun and nutritious recipes to send to our Shares participants. Do you want to share your recipes with us?

[Learn More](#)



Recipe ideas based on this week's Shares bag
Corn and Zucchini Quiche

Ingredient List	Cooking Instructions
<ul style="list-style-type: none"> 4 large eggs 1 large zucchini, grated 1-14 ounce can of corn, drained (or cut the kernels off of 3-4 cobs) 1/2 cup milk 4 ounces cheddar cheese, shredded 1/2 cup flour 1 teaspoon baking powder 1 teaspoon onion powder (or chop 1/2 of a small onion) Salt & pepper, to taste 	<ol style="list-style-type: none"> Preheat oven to 375 degrees. Spray a pie pan or baking dish with cooking spray. In a bowl, whisk together eggs, milk and salt & pepper. In a separate bowl, combine the remaining ingredients. Pour the whisked egg mixture into the corn and zucchini, stir to combine. Pour the mixture into a blender, pulse a few times until corn is somewhat broken down - be careful to not process too much. Pour into prepared baking dish. Bake for 35-40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Puffy Pancake with Pears

Ingredient List	Cooking Instructions
<ul style="list-style-type: none"> 2 pears 3 Tbs. butter 4 eggs 1 cup milk 1 cup flour 	<ol style="list-style-type: none"> Preheat oven to 425. Put butter in large iron or other oven proof skillet and put in oven while preheating. Whisk all batter ingredients until smooth. Peel and thinly slice pears, place in melted butter. Bake for 5 minutes, stir and pour batter over pears. Bake for 20 minutes until puffed and lightly browned. Serve with syrup.

What are some of your favorite ways to prepare the food in this week's bag?
Email Candace at candace@feedinglaramievalley.org to volunteer and share your recipes or visit www.feedinglaramievalley.org/sharerecipeproject

Other News



Please welcome our two new staff, Celeste Hefti and Blake Lineweaver. Celeste was a full-time Feeding Laramie Valley AmeriCorps VISTA member and now she is working as a full-time Program Development and Sustainability Coordinator for our umbrella organization, Action Resources International. Blake is our full-time Feeding Laramie Valley AmeriCorps VISTA member and will be working on capacity building and program development. We are excited to bring them on board!

We send you all our best during these challenging times and are here to help our community share the best it has to offer with one another.

Sincerely,

The Feeding Laramie Valley Team
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