

Evergreen Child Care Food Program

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November 2015 Newsletter

-CALENDAR OF EVENTS-

- 11/04/15- September 2015 Reimbursement Disbursement
- (9월 상환금은 11월4 일에)
- 11/11/15- Evergreen office will be closed in observance of Veterans Day (Meals are NOT subject for reimbursement on this holiday). (11월11 일은 Veterans Day 로 에버그린은 닫으며 이날은 식사 상황이 되지않습니다)
- 11/26/15- Evergreen office will be closed in observance of Thanksgiving Day (Meals are NOT subject for reimbursement on this holiday). 11월26 일은 Thanksgiving Day 날로써 에버그린은 닫으며 이날은 식사 상황이 되지않습니다. 즐거운 추수감사절을 보내시기 바랍니다.

-REIMBURSEMENT REMINDER-

The September 2015 Federal reimbursement has been disbursed if your meal claim was submitted on time. (9월 상환금이 마감일 전에 접수된 클레임에 한하여 11월4일 지급되었습니다)

Manual Claiming Providers: All November claim forms must be submitted no later than December 5, 2015. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim. 11월분의 모든 서류들 (Regular/Infant Form & CIF)은 늦어도 12월5일까지 사무실에 도착 할 수 있도록 미리 체크하셔서 보내 주시기 바랍니다. 온라인 으로 클레임하시는 원장님께서서는 11월달클레임이 끝나면 바로 에버그린에 보내주시지요. 12월5일 이후에 받은 모든클레임은 Late Claim 으로 간주되어 받는 날짜에 따라 12월 마지막주 또는 1월 20일에 CDE 에 접수됩니다

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November 2015 Harvest of the Month:

Persimmons

Did you know during ancient times persimmons were considered the “foods for the gods”? Today all persimmons are cultivated in California and often referred to Japanese or Oriental persimmons. Persimmons have many antioxidants like Beta-carotene which becomes Vitamin A in the body. Vitamin A helps with good vision, fight infection and keep skin healthy. Here are some produce tips in choosing the best persimmons and a Thanksgiving stuffing recipe: (감은 오래전부터 신의 음식이라 불리었습니다. 현재는 남가주에서 많이 재배되고 있고 보통 일본 또는 동양감이라 알려져 있습니다. 감에는 산화방지제를 다량포함하고 있고 몸에서 비타민 A 로 됩니다. 아시는 바와같이 비타민 A 는 시력향상, 감염방지 및 건강한 피부에 밑거름이 됩니다. 좋은 감을감별하시는 방법과 stuffing 만드는 레시피를 적어보았습니다)

1. Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
(밝은오렌지색 과 빨간색을 띄며 잎과 가지가 붙어잇는감)
2. Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature.
(잘익은 단감은 껍질이 딱딱하고 약 3 주까지 실온에서 보관해도 싱싱합니다)
3. Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days. (잘익은 홍시 감은 약간의 줄음이 있으며 밤색점이 있습니다. 실온에서는 몇일 밖에 보관되지않습니다. 냉장보관을하셔야 합니다.)
4. To ripen firm Hachiyas, place in paper bag with an apple or banana. (홍시 감을 익히실려면 종이봉투에 넣어 사과와 바나나와 같이 보관하세요.)



PERSIMMON AND SAGE STUFFING RECIPE

Ingredients

- 8 cups of sour dough bread, cubed (about 1 loaf)
- Olive oil
- 3 tablespoons unsalted butter, divided
- 2 shallots, minced
- 4-5 celery stalks, trimmed and thinly sliced
- 2 medium leeks, cleaned and thinly sliced
- 2 garlic cloves, minced
- 6 fresh sage leaves, chopped
- 3/4 teaspoon dried or fresh thyme
- 1/2 teaspoon freshly ground pepper
- 1 cup low-sodium vegetable or chicken stock
- 3/4 tablespoon salt
- 1 large egg, lightly beaten
- 3 (firm) fuyu persimmons, cubed



heat on your oven to 300 degrees F.

2. To a large saucepan or pot, set over medium heat, add two tablespoons of olive oil and a tablespoon of butter. When the butter has melted, add the minced shallot, celery and leek. Cook until softened, about 10 minutes. Add the garlic, sage, thyme and pepper; cook until mixture is fragrant, about 2 minutes. Pour in the chicken stock and

toss until everything is completely mixed. Give the stuffing a taste and add salt according to your liking; this amount will vary depending on how salty your chicken stock is. (Note: I added about 3/4 teaspoon salt.) Fold in the egg and cubed persimmons; toss until completely combined.

3. Transfer the stuffing to a 10" by 8" casserole dish, spreading it out evenly. Bake for 30-40 minutes,

until the top of the stuffing is golden brown.

(Source: <http://harvestofthemonth.cdph.ca.gov>)

(Source: <http://www.pbs.org/food/recipes/persimmon-and-sage-stuffing>)

Directions

1. Preheat the oven to 200 degrees F. On a parchment or foil lined baking sheet, spread out the cubes of sour dough bread. Bake for 10 minutes, until lightly toasted yet still pale in color. Set aside. Raise the



*We want to wish the following Providers a
Happy Birthday!*

- Maria Acuna
- Nune Balasanyan
- Patricia Castillo
- Cynthia Centeno
- Sun Shin Chun
- Margarita Cruz
- Melanya Davtyan
- Carla Elliot
- Crystal Gabourel
- Laverne Grimes-Lewis
- Melanie Guillemet
- Shelly Hughes
- Soon Goo Jae
- Juan Luis Jarrin
- San Juana Juarez
- Lea Kovnator
- Bok Rye Lee
- Rosa Maurtua de Dueñas
- Darlene Morales
- Maria Morla
- Maria Ontiveros
- Myung Park
- Gloria Robledo
- Edna Rodriguez
- Effat Tabae
- Tommy Thompson
- Grigory Tsinman
- Virginia Valencia

H A P P Y
Thanksgiving

Evergreen is thankful for having the opportunity to work with all of our wonderful providers, and for being part of a program that helps bring healthy meals to daycare children nationwide.

We wish all of you and your families a happy and safe Thanksgiving.

- From all of us at ECCI