



EARTH CARE TEAM SHARINGS

Greetings from the John Knox Earth Care Team; Sharon Wall, team leader, and Kathy Babbitt, Jan Mount, and John Thomas, members. We continue to meet monthly for planning on the 2nd Sunday in the office conference room at 11:00 a.m. If you have ideas, questions, and/or interest related to Earth Care, please join us for our next meeting on April 14.

Currently, there are two (2) new opportunities to participate in Earth Care. The 1st is the Earth Care Pledge 2019. We are asking you to take an additional action to reduce and/or reuse resources for the benefit

of “Mother Earth” NOW and future generations (our grandchildren/great grandchildren) LATER.

1. STOP using single use plastic bags and START using reusable bags (canvas bags, etc.).
2. STOP buying plastic-bottled water and START using water from a water faucet.
3. STOP eating meat one (or more) day(s) each week. This will allow you to be part of the “Meatless Monday” Movement.
4. STOP using plastic straws. Replace them with paper or stainless-steel straws (or none at all).

Complete the included Earth Care Pledge 2019 form and place it in the offering plate during worship, leave it in the church office,

or hand it directly to one of the Earth Care Team members. THANK YOU!

The second new opportunity is a visit to the Audubon Center at Riverlands near Alton, IL. This will be on Sunday, May 5. We will carpool leaving church at 11:00 a.m. Wear or bring a pair of walking shoes (It’s NOT a long or strenuous walk). Lunch will be enjoyed in the Alton area following the Audubon visit. Please sign one of the sheets to be found in the church office or in the Grand Hall. QUESTIONS? Ask Kathy Babbitt or Sharon Wall. THANK YOU!

THANK YOU for continuing to support our current efforts to Reduce, Reuse, Recycle, Refuse, Restore, etc. to make Earth (God’s creation) a healthier, safer, and more sustainable home. JUST A REMINDER: WE RECYCLE: all batteries, cell phones, ink cartridges, pill bottles, eye wear, shoes, and wine corks in the Grand Hall. WE RECYCLE: plastic containers, cups, eating utensils, etc., cardboard, and general recyclables in the church kitchen. WE RECYCLE: paper in blue containers marked with the “recycle symbol” in the church building and a large yellow metal container on the rear parking lot.

Please pray that the replaced bald cypress and the tree starts planted last fall have survived our harsh winter. Also include the efforts of the Earth Care Team with the support of the John Knox Church members and friends. All thanks and praise to God for our successes in helping to improve the Earth!

MEATLESS MONDAY RECIPE

TUSCAN BEAN SOUP

4 oz dried white beans (cannellini, great northern or navy)

1 qt water

1 ½ tbsp olive oil

¼ cup chopped white onion

¼ cup chopped celery

¼ cup chopped fennel

¼ cup chopped carrot

1 tbsp minced garlic

1 cup Lacinato (Tuscan) or curly kale torn into 1-inch pieces. Try spinach if you object to kale.

¾ tsp crushed red pepper (reduce amount if sensitive to spicy food)

½ tsp black pepper

¼ cup white wine

3 cups vegetable broth

1 bay leaf

1 oz finely chopped parsley (optional)

Salt to taste

1. Place beans in large lidded pot. Cover with water; soak 8 hours or overnight in refrigerator. Drain and rinse beans; set aside. **Quick substitute: use two 15-16 oz cans of cooked beans. Soup won't be as thick but still tastes great.**
2. In a Dutch oven or stock pot, heat oil over medium heat. Add onion and celery; cook until soft and translucent, about 3 minutes. Add fennel and carrot; cook until tender, about 5 minutes more. Add garlic; cook until fragrant, about 1 minute. Add kale; cook, stirring, until wilted, about 1 minute. Add crushed red pepper and black pepper; cook 30 seconds. Add wine; cook until almost evaporated. Add beans, broth and bay leaf.

3. Bring mixture to a low boil. Reduce heat and simmer, covered, until beans are very tender and broth has thickened slightly, about 1 ½ hours. (If using canned beans, cooking time can be reduced to 20 – 30 minutes.) Add parsley, if desired, and season with salt before serving. Makes 5 servings.

The Earth Care Team

