

Fresh Advocate

OCTOBER 2011



Give a Green Gift...

- Live plants
- Locally produced items
- Fair trade crafts



Order a Poinsettia or Christmas Trees from TMHA!



Help support Growing Grounds Downtown and get your holiday off to a fresh green start. Poinsettia's are \$10 each and come in Red, White, Red Glitter, and Premium Picasso colors. Free delivery is available with the purchase of 10 plants. Tree prices vary based on type (Douglas Fir and Noble Fir) and size. Prices range from \$16 to \$247. Trees have been exquisite! Order forms will be mailed out by the end of October and available at www.t-mha.org. Place your orders by November 14th! Call the store for more information at 805-544-4967.

30% off

Vegetable & Flower Seeds

Harvest Festival

Come out to Growing Grounds Farm in Santa Maria for the Fourth Annual Harvest Festival on Saturday, October 15th from 12 to 4 p.m. at 820 West Foster Road. Join local artisans and musicians for an afternoon in celebration of mental health, good work and great food. Fresh flowers and organic vegetables, unique products, and art will be on display and ripe for the picking. Test your luck in a raffle for fabulous prizes. Take a tour of the farm or just sit under the shady trees by the farm stand while you enjoy a delicious \$10 adult chicken barbeque or \$5 child barbeque (12-3pm). All proceeds will support Growing Grounds Farm in providing employment and horticultural therapy to adults with mental illness. Call 805.934.2182 for more information or visit www.t-mha.org for BBQ tickets.

FUN PUMPKIN DECORATING IDEAS!

If the goopy pumpkin mess is a bit scary, try these great no-carve alternatives!

- Wrap in white gauze and glue on eyes to make a mummy.
- Use permanent markers or spray-paint to decorate with a design.
- Break the stem off a small pumpkin and replace with a candle for a fall candle holder.



Ratatouille Recipe

Mediterranean Vegetable Stew (Adapted from Moosewood cookbook)

4-6 servings

Great this time of year when the summer vegetables are being harvested. Assemble all your ingredients first, chop veggies, and then get started cooking. Use fresh herbs if possible as they really add to this dish.

¼ c olive oil
2 medium tomatoes, chunks
1 bay leaf
1 medium onion, chopped
2 medium bell peppers, chopped
2 small or 1 medium zucchini, cubed
1 small or medium eggplant, cubed
3 tbsp burgundy (or dry red wine)
½ c tomato juice (optional)

2 tbsp tomato paste (can substitute with tomato sauce)
4 cloves garlic, crushed
1 tsp basil
1/2 tsp oregano
Pinch of rosemary
Parsley- freshly chopped
1 tsp marjoram
2 tsp salt (or to taste)
Black pepper to taste



Heat olive oil in large, heavy cooking pan. Crush the garlic into the oil. Add bay leaf and onion; salt lightly. Sauté over medium heat until onion begins to turn transparent. Add eggplant, wine and tomato juice. Add herbs. Stir to mix well, then cover and simmer 10-15 mins over low heat. When eggplant is tender enough to be easily pricked by a fork, add zucchini and peppers. Cover and simmer 10 mins. Add salt and pepper, tomatoes and tomato paste. Mix well. Continue to stew until all vegetables are tender. Just before serving, mix in the fresh parsley. Serve on a bed of brown rice, or in a bowl with good crusty bread. Top with grated cheese and chopped black olives.

VOLUNTEER AT GROWING GROUNDS DOWNTOWN!

Help clients be defined by their strengths, gifts & community contributions!
Call: 805-540-6511

TEN TRUNKS OF TREASURE

Date: Sunday, October 9
Time: 1-4pm
Location: Edna Valley Vineyard, 2585 Biddle Ranch Rd. Lunch, wine, music, benefitting T-MHA. For more information call 540-6511.

HARVEST FESTIVAL

Date: Saturday, October 15
Time: 12-4pm
Location: Growing Grounds Farm Santa Maria, 820 West Foster Rd, Santa Maria. Call for tickets 934-2182

OPEN HOUSE

Date: Friday, December 2
Time: 2-7pm
Location: Growing Grounds Downtown Join us to celebrate our 6th Open House with refreshments, holiday music, gifts, poinsettias and fresh Christmas trees.

LOCATION

956 Chorro Street
(Across from the Mission)
Downtown, San Luis Obispo
805-544-4967

STORE HOURS

10am-5:30pm, Mon.- Sat.
11am-5pm, Sunday



Transitions-Mental Health Association
Post Office Box 15408
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www.t-mha.org
805-540-6500