



Auntie Amy's Quick Guide to Cooking with Ugly Food

- If you have a garden, it's easy. Unusual fruits and veggies are common in our plots -- bumpy potatoes, bulging tomatoes, multi-pronged carrots, and let's not even start on zucchini curvature.
- Some grocers now carry ugly food sections of produce. Walmart is test running "wonky apples and spuds" this summer. Whole Foods, too, if you are down in SLO.
- Cook with leftovers like our parents and grandparents before us -- soups, smoothies, quick breads, crumbles, bread puddings, cheesy casseroles with an ugly veg or two! I like using old whole grains for bread starters.
- And if you are really lost, just cook with ketchup, the quintessential ugly tomato miracle.

Take before-and-after photos and bring them with your dish on August 28th. Prizes awarded!!

Exploring the intersection of food, water & faith
in a time of drought. All welcome.

Every Sunday in August - 9:30 a.m.

Speakers, film, music, worship, fun!

Ugly Food Banquet, Aug. 28

Series Supported by Thrivent Action Team

Bethel Lutheran Church

295 Old County Rd., Templeton

805/434-1329 • www.blctempleton.org • 