



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
- FARMS -

DON'T FORGET
TO REORDER
YOUR NEXT
BOX!

NOVEMBER 15TH, 2023

Cleaning produce before eating is important!

Make sure to wash and refrigerate produce to get the best flavor & lifespan.

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

Ingredients from your box in each recipe are marked with *

MICROWAVE STEAMED SWEET POTATOES WITH GARLIC BUTTER

Serves: 4-6 depending on potato size. Time: 10 minutes recipe to table

Ingredients

- 5-6 sweet potatoes*, scrubbed
- 4 tablespoons butter (or butter alternative), softened
- 1 clove garlic, finely minced and mashed
- Salt and pepper to taste

This recipe can easily be customized with any toppings or fillings, but we left a simple version so you can use your imagination! Try adding sage, miso paste, or tahini to the butter for more flavor depth, or skip the garlic and add brown sugar and cinnamon for a sweeter take.

Instructions

1. Stab the washed sweet potatoes all over with a fork. Wrap each potato in a wet paper towel. Microwave potatoes on high for 3-5 minutes, depending on your microwave wattage and potato size.
2. Meanwhile, in a small bowl, whisk butter, sage, and garlic together. Taste, and adjust seasoning with salt and pepper.
3. When the sweet potatoes are tender, use tongs to transfer them to a large plate or platter. When they are just cool enough to handle, split potatoes in half lengthwise, and season with flaky salt. Spread garlic butter generously onto the flesh & serve hot.

GREEN BEANS WITH PECANS

Ingredients: 12 oz green beans*, washed and ends tripped, 3 tablespoons butter, 1/4 cup pecans, chopped

Directions: Bring a large pot of water to a boil. Add beans and cook uncovered until they are slightly tender but still crispy, approximately 5 minutes. Remove from heat and place beans in ice water immediately for 5 minutes. While the beans cool, heat butter over medium-high heat in a skillet. As soon as the butter has melted, add pecans. Cook until they are slightly toasted, about 3 minutes, stirring constantly. Add drained green beans and salt, and cook for another 2 minutes. Remove from heat and serve.





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CORNBREAD STUFFING

Serves: 4. Time: 30 minutes from recipe to table

Recipe Adapted from Martha Rose Shulman, *New York Times Cooking*

Ingredients

- 2 tablespoons olive oil
- 1 large onion*, finely chopped
- Salt to taste
- 4 stalks celery*, cut in small dice
- 1/2 an apple*, cut in small dice (preferably a tart apple)
- 4 garlic cloves, minced
- 2 teaspoons dried sage
- 1 tablespoon fresh thyme* leaves
- 1/2 cup finely chopped flat-leaf parsley
- Freshly ground pepper
- 4 cups unsweet cornbread, crumbled
- 1/2 cup vegetable broth, or as necessary, for moistening
- 4 tablespoons unsalted butter if baking separately

Instructions

1. Heat the olive oil over medium heat in a large, heavy, nonstick skillet, and add the onion. Cook, stirring often, until it begins to soften, about three minutes, and add 1/2 teaspoon salt, the celery, and the apple. Cook together for another few minutes, until the onion is tender.
2. Add the garlic, and stir together for 30 seconds to a minute, until fragrant. Transfer to a large bowl, and add the remaining ingredients. Combine well. Taste and adjust salt. Moisten as desired with vegetable broth.
3. Stuff the cavity of the turkey, or transfer to a buttered or oiled 2-quart baking dish. Dot with butter. Cover with aluminum foil, and heat through in a 325-degree oven for 30 minutes.



THE BEST, EASY ROASTED CARROTS

Ingredients: 1 pound carrots*, washed but not peeled, 4 tablespoons butter or other oil, 2 cloves garlic, 1 teaspoon dried rosemary (finely chopped), 1 teaspoon fresh thyme* (finely chopped)

Directions: Preheat oven to 400 deg F. Wash the carrots well and cut off any soft or bad pieces, but leave the skin on and the top on (no cutting needed!). Place the carrots in a casserole pan and bake for 10 minutes. While the carrots cook, melt the butter in a small saucepan and add the minced garlic and herbs. Heat the mixture until fragrant. After 10 minutes, brush 1/4 of the butter mixture onto the carrots. Continue baking for another 15 minutes, then brush with another 1/4 of the butter mixture. Repeat until the butter mixture is used and the carrots are browning and slightly crisp on the skin but pierce easily with a fork. Be patient, adding the butter mixture in batches is key to keeping the carrots moist and creamy on the inside but caramelizing the outside!



Assistance Available for Duke Energy Customers in South Carolina

If you or someone you know is having trouble paying utility expenses, there are more options to receive help than ever before. Our programs and seasonal tips can provide guidance and help you manage your energy usage.

LOW-TO NO-COST ENERGY-SAVING TIPS

Summer Energy Saving Tips

High temperatures can lead to higher energy usage and bills as people try to stay cool. Below are some tips to help manage your energy use.

- Change air filters regularly. A dirty air filter makes an HVAC system work harder, which uses more energy.
- Set your thermostat at the highest comfortable setting. The smaller the difference between the inside and outside temperatures, the lower your energy usage and bill will be.
- Close blinds, drapes and curtains during the hottest part of the day. Keeping your blinds, drapes and curtains closed will help prevent the sun's rays from heating your house.
- Use a ceiling fan in occupied rooms to supplement your air conditioning. Make sure the fans are set to operate in a counterclockwise direction to push cool air down into living spaces.
- Grill outdoors. Using your electric oven and stovetop creates a lot of indoor heat. Help save energy by firing up the grill outdoors or prepare meals that don't require cooking.
- Turn off unnecessary lights. Be sure to turn off lights when you leave a room. Lights emit heat and cause your air conditioning system to work harder.

Winter Energy Saving Tips

When the temperatures drop, the demand for energy spikes. Luckily, there are a number of easy, but important adjustments you can make to manage your heating costs.

- Reduce your thermostat to the lowest comfortable setting. If you have a heat pump, maintain a moderate setting, or use a programmable thermostat specifically designed for use with heat pumps.
- Leave drapes or blinds open during sunny winter days to allow the sun to warm the house. Close them at night to help insulate your home.
- Have the heating and air conditioning system checked regularly to maintain performance. Duke Energy offers qualified customers rebates to help offset the cost of replacing older HVAC units with more energy-efficient ones.
- Replace standard incandescent bulbs with light-emitting diodes (LED). LEDs are more efficient while giving off the same amount of light.
- Operate ceiling fans in a clockwise direction, which pushes warm air back down into the room.
- Change air filters regularly. A dirty air filter makes a heating system work harder, which uses more energy.
- Set your water heater's thermostat to 120 degrees to help you reduce your monthly water heating bills.

DUKE ENERGY PROGRAMS

Budget Billing

Budget Billing allows you to pay a predictable monthly amount to help better control your budget. Your monthly Budget Billing amount is based on the average of your actual bills over the last 12 months and is periodically reviewed and adjusted. Learn more at duke-energy.com/BudgetBilling.

Pick Your Due Date

With Pick Your Due Date, you can choose the date you want your energy bills to be due each month. Learn more at duke-energy.com/PYDD.

Due Date Extension

If you know ahead of time that you will miss your due date, this payment option may be for you. Extend your payment due date by up to 10 business days to avoid late fees. Learn more at duke-energy.com/ExtendDueDate.

Disconnect Extensions

This payment option gives residential and business customers up to two weeks to pay their past-due balance and avoid disconnection. Learn more at duke-energy.com/Disconnect.

Installment Plans/Payment Plans

Installment plans give you more flexibility to pay back balances over longer periods of time. You can request a few extra days or restructure your entire balance into a monthly payment plan. Learn more about the options available by visiting duke-energy.com/MoreTime.

Weatherization

This program is designed to help income-qualified customers save energy and reduce expenses through the installation of energy conservation measures in their homes. The program is available to single-family homes and multifamily units, both owners and renters with owner approval. Eligibility of participation is determined by the weatherization office and an in-home assessment. Learn more at duke-energy.com/Weatherization.

Usage and Budget Alerts

Take control of your electricity use and monthly budget with Usage Alerts. By having a smart meter and an email address on file, you'll automatically be enrolled to receive a notification showing how much electricity you're using and how much it may cost, in time to adjust.

You also have the option to set up Budget Alerts to help keep your bill in check. Get informed when your bill is expected to reach a specific dollar amount you choose, allowing you to course-correct and cut back on your usage if you wish. Set up your Budget Alerts by clicking the Manage My Usage Alerts button in your Mid-cycle Alert. Learn more at duke-energy.com/UsageAlerts.

Share the Light Fund

Share the Light Fund brings together customers and communities to help individuals and families struggling to pay their energy bills. Duke Energy works with agencies to distribute funds to qualifying customers in order to pay energy bills, deposits, and reconnection/connection charges.

Find your local agency and learn more at duke-energy.com/ShareTheLight.

LOCAL, STATE AND FEDERAL ASSISTANCE PROGRAMS

Low Income Home Energy Assistance Program (LIHEAP)

This income-based assistance program allows those earning below certain income thresholds to qualify for federal energy bill assistance money. The qualifying income thresholds are based on factors that include household income and the number of people living in your home.

To learn how to qualify and apply for LIHEAP funds, visit oeo.sc.gov/liheap.html.

COMMUNITY RESOURCES

Assistance agencies in your area may be able to help make payments to cover some or all of your past-due utility bill balance. To learn about agencies that serve your area, please dial 211 or visit SC211.org online. This free service helps connect customers to local community agencies supplying aid for a wide range of needs, including help with energy bills.

Find more information to help you manage bills at duke-energy.com/SpecialAssistance or call:

Duke Energy Carolinas customer service at **800.777.9898**

Duke Energy Progress customer service at **800.452.2777**

