



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
- FARMS -

**DON'T FORGET
TO REORDER
YOUR NEXT
BOX!**

NOVEMBER 1ST, 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 *

LENTIL STUFFED ACORN SQUASH

Serves: 2-4 depending on squash size. Time: 1.5 hours recipe to table

Recipe from Chef Cary Wolfe of Project Host

Ingredients

- 1 acorn squash*: cut in half, seeds removed
- 2 tablespoons olive oil: divided
- 1/4 cup pumpkin seeds
- 1/3 cup white onion*: fine dice
- 2 celery ribs: fine dice
- 10-12 white button mushrooms*: thin slice
- 2 garlic cloves*: minced
- 1 teaspoon minced fresh ginger (or 1 teaspoon ground ginger)
- 1 cup cooked quinoa or basmati rice
- 1/2 cup chickpeas: drained and rinsed
- 2 teaspoons brown sugar
- 2 teaspoons cider vinegar
- flaked salt & ground pepper to taste

Instructions

1. Preheat oven to 400 degrees and line a large baking sheet with parchment paper or foil. Slice the squash in half lengthwise. Use a small spoon to scrape out seeds: discard. Brush the squash with 1 tablespoon olive oil and place cut side down on the prepared baking sheet. Roast the squash for 30-35 minutes until tender.
2. While squash is cooking, make the filling. Add the pumpkin seeds to a large skillet over medium heat. Toast the until slightly fragrant and golden brown. Remove from heat and set aside.
3. In the same skillet, add the remaining olive oil, onions, celery and mushrooms and sauté for 5 min until soft. Add the garlic and ginger and cook for 2 more minutes. Transfer mixture to a large mixing bowl. Fold in the pumpkin seeds, chickpeas, quinoa, brown sugar and vinegar. Season with salt and pepper.
4. Once squash is roasted, stuff each squash with the filling. Return stuffed squash back to oven and cook for 10-15 minutes. Serve warm or at room temp.

Tip: This recipe will make leftover filling! If you have more squash, fill them, or just enjoy the filling on its own!





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CASHEW & CUCUMBER RAITA

This is a vegan take on a popular Indian side dish. If you eat dairy, the pureed cashews in this recipe can be replaced with yogurt. Raita is light and refreshing—try adding it on top of the stuffed squash recipe on the previous page, or use as a condiment for sandwiches, salads, or grain dishes.

Ingredients: 1 cup raw cashew pieces; 2 tablespoons fresh mint leaves, roughly chopped; 3 tablespoons lemon juice; 1/4 cup water; 1/4 teaspoon salt; 1/2 cup cucumber*, finely diced

Directions: Soak the raw cashews in boiling water for 30 minutes (or in room temperature water for a few hours). Drain the cashews and combine with the chopped mint, lemon juice, water and salt in a blender. Purée, pausing to scrape down the sides of the canister with a spatula as needed, until completely silky-smooth. This process may take longer if you use a lower-powered blender, but stick with it; that creamy texture is important. Stir in the cucumber pieces by hand. Store in an air-tight container and keep refrigerated prior to serving.



MUSHROOM TACOS WITH AVOCADO MASH

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

Ingredients

- 1 tablespoon oil
- 1/2 cup onion, thinly sliced
- 1 container mushrooms, washed and sliced
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1/2 teaspoon cayenne
- 1/2 teaspoon paprika
- 1/4 cup vegetable or beef broth
- 1 avocado
- 1 teaspoon lime juice
- Salt & pepper to taste
- Tortillas

Instructions

1. Heat oil in a skillet over medium heat. Add the onions and cook, stirring often, until translucent— about 5 minutes.
2. Add the mushrooms and stir to coat with oil and mix with onions. Once the mushrooms begin to sag and give off liquid, after about 5 minutes, add one clove of garlic and spices. If the pan begins to look dry, add the broth. Adjust seasoning to taste!
3. Cook until the mushrooms have softened completely.
4. While the mushrooms cook, mash the avocado with the other clove of garlic, lime juice, and salt and pepper. Again, adjust seasoning to taste!
5. Warm the tortillas on the stove or in an oven at 300 deg F, and serve the mushrooms warm. Top with chopped romaine* or finely chopped carrots* to add a little crunch.

This is a great recipe to mix up based on what seasonings & veggies you have! Use regular taco seasoning, add bell peppers, make it your own!



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**

