



Happy Valentines Day

We are one month into 2012 and we are beginning the countdown to our 20th anniversary in June. It was in June of 1992 that a Planning Committee began investigating the feasibility of a community kitchen type program in the Cowichan Valley. Initial funding came from the Vancouver Sun Children's Fund and the Union Board of Health. A coordinator was hired for 15 hours a week in March of 1993. Two kitchens were established initially and much was learned from their experiences. The challenge for the rest of the year was to use what was learned from these kitchens plus reach potential participants as well.

Five new kitchens began in January of 1994, including a Ready or Not parenting class in Lake Cowichan, a healthiest Babies Possible Cooking Circle in Duncan, a Mothers' Morning out at the Si'em Lelum Gym, a young mothers group in Duncan, and a Seniors pilot kitchen through Senior Advisory. In the beginning the kitchens steered towards young families, but eventually branched out to include many more diverse groups, many of the young mothers continued even after their children were older, in many cases community kitchens become a social venue for many of their participants.

We will continue our history of Community Kitchens in future newsletters. I would like to take the time right now to thank our very generous anonymous donor for the great Christmas present we received in December.

Since the weather has been so miserable lately and since we are in the cold and flu season I thought everyone could use a nice recipe for chicken soup. I hope you enjoy this one, I found it very tasty.

COSY CHICKEN AND RICE SOUP

Serves 4

1 Tbsp. Olive Oil	½ Sweet Potato, peeled & diced
12 oz. (¾ lb.) Boneless Skin-	3 Sprigs Each Fresh Thyme &

less Chicken Thighs
1 Leek, diced
2 Ribs Celery, diced
2 Carrots, diced
1 Yukon gold Potato, peeled &
diced

Parsley
¼ Tsp. Each Salt & Pepper
4 Cups Sodium-reduced
Chicken Broth
½ Cup Basmati Rice*, rinsed
1 Cup Frozen Peas

1. In large dutch oven, heat oil over medium-high heat; brown chicken. Remove and cut into chunks; set aside.
2. Add leek and celery to pan; cook over medium heat until softened, about 2 minutes.
3. Add carrots, potato, sweet potato, thyme, parsley, salt and pepper; cook, stirring often, for 3 minutes.
4. Return chicken to pan along with any juices. Stir in broth and 4 cups water; bring to boil. Reduce heat and simmer for 5 minutes.
5. Stir in rice; cook until vegetables and rice are tender, about 13 minutes.
6. Add peas. Discard thyme and parsley.

* Can substitute ½ cup small pasta. Add pasta closer to end of cooking than you would the rice.