

UBC NEWS

University Baptist Church

1219 University Ave SE

Minneapolis MN 55414

Established 1850 at St. Anthony Falls, MN

March 15, 2021

From the Pastor

What's Your Sign?

I try to find witty things to put on our church sign. A turn-of-the-phrase. Something to make you think, something timely. Humor helps, but sometimes the moment needs to just put it out there. When George Floyd was killed, the sign said, "Say their names: Jamar Clark, Philando Castile, Ahmed Aubrey, George Floyd." Soon, people started texting that we ought to add other names, like Brianna Taylor, Daniel Prude, and so on. The sign is too small. How can we hold such pain?

After the election, I changed it to "Count Every Vote." In January, it said, "Happy New Era." The sign is an opportunity to start a dialogue.

The vaccine ramped up exponentially this past week, which is great news. We need some good news. There is a new stimulus bill that will offer relief. As jury selection began for the Chauvin trial, there is so much hot hurt out there. So, I tried a saying that had been ruminating for a while. "Get your anti-hate vaccine here." We all want vaccines. I know I do. I also know that I am low on the list. We also know that we are dealing with multiple pandemics. The



pandemic of hatred is alive and well. Could the church provide a treatment plan, a cure?

Former UBCer Jim Ketcham sent me a message asking if it was a single dose or if people needed to come back every Sunday. I responded that multiple inoculations are needed since the virus

(hate) mutates. Might the church be the anti-hate inoculation center?

We have already been studying the scriptures for signs of hope. We have met weekly to discuss how to be anti-racist. Our worship and work are designed to push us both deeper and closer together. Being anti-hate means, in part, to be part of a movement that produces and distributes a cure to hate. That's what Jesus tried to do. It also means focusing on something better.

Maybe we can't stop all of the hate in the world, but think of the places where you can make a difference.

That would be a great sign for these times.

Blessings and Peace, Doug Donley

2020-21 UBC Worship Theme:
“Repairing the Breach/ Restoring the Streets”
Isaiah 58:12

Worship Leader

Mar. 21	Lent V "Fear Not the Crowds"	Mark 11:27-33	Deidre Druk
Mar. 28	<i>Palm Sunday</i> "Fear Not, Daughters of Zion"	John 12:12-19	Gayla Marty
Apr. 2	The <i>Good Friday</i> joint service with Judson Memorial Baptist will be a Reader's Theater with scriptures, poetry and music from both congregations. Let Doug Donley know if you would like to participate. We have a deadline for videos of Mar. 22.		
Apr. 4	<i>Easter</i> "Fear Not the Empty Tomb"	Matthew 28:1-10	Jean Lubke
Apr. 11	"Possessions"	Acts 2:42-47	John Medeiros

Calendar for March 2021

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
14	15	16	17 	18	19	20
9 am Social time 9:15 am Joys & Concerns 9:45 am Announcements 10 am Worship 11 am Forum	5 pm Inter Spanish 6:15 pm Beg Spanish	7 pm Key Doc Group	6 pm Choir	5:30 pm Guided Meditation		9 am Bible Study 4 pm Anti-Racism Group
21	22	23	24	25	26	27
9 am Social time 9:15 am Joys & Concerns 9:45 am Announcements 10 am Worship 11 am Forum 12:15 pm Council	5 pm Inter Spanish 6:15 pm Beg Spanish	7 pm Memoir Group	6 pm Choir	5:30 pm Guided Meditation <i>Newsletter deadline</i>		4 pm Anti-Racism Group
28 Palm Sunday	29	30	31			
9 am Social time 9:15 am Joys & Concerns 9:45 am Announcements 10 am Worship	5 pm Inter Spanish 6:15 pm Beg Spanish	7 pm Key Doc Group	6 pm Choir			

What's Going On



Sundays (all on Zoom)
9-9:15 am Social time
9:15-9:45 am Joys & Concerns
9:45 am Announcements
10 am Worship service
(Social time follows service)
11 am Forum

The service and bulletin will be available on Sunday on both the UBC web site www.ubcmn.org and the UBC Facebook page <https://www.facebook.com/ubcmn>

ZOOM INFO: Meeting ID 839 4725 7444 passcode 257750
<https://us02web.zoom.us/j/83947257444?pwd=cFZCWEdqUkR0RDgwT0JwT3hrQ3FpUT09>

Spanish classes – Mondays (Intermediate 5-6 pm, Beginners 6:15-7:15 pm)

ESPAÑOL

ZOOM INFO: Meeting ID 810 5166 8898 passcode 292647
<https://us02web.zoom.us/j/81051668898?pwd=R1liaXBpMXJRMlFT0liZ2hTZVhXdz09>



Essential Documents Group – Mar. 16 & 30 (every other Tues.) at 7 pm.

Join other UBCers for accountability to complete your essential documents such as your health care directive, obituary, funeral plans, and organize your financial records.). Bring your documents in progress and questions for discussion. If you have any questions, please contact Gayla Marty at gaylamarty@gmail.com.

ZOOM INFO: Meeting ID: 810 6944 9838 passcode: 244380
<https://us02web.zoom.us/j/81069449838?pwd=ZWNIUmMzNXRSYIFYaHJUczk2ZmRoUT09>

HEALTH CARE DIRECTIVE INFO AND FORMS

Background on Health Care Directives:

<https://www.health.state.mn.us/facilities/regulation/infobulletins/advdir.html>

<https://mn.gov/board-on-aging/connect-to-services/legal/advanced-care-planning/advance-directives/>

Here's a link directly to the form:

<https://www.ag.state.mn.us/consumer/handbooks/probate/HealtCareDir.pdf>

Honoring Choices is a user-friendly website focused on advance care planning. The forms on this website are easy to access and it appears that they are consistent with the statute-approved forms. There are short and long forms. You may find this site and the menu of forms useful:

<https://www.honoringchoices.org/health-care-directives/english>

Article [Is End of Life Its Own Stage of Life?](#)

A couple ideas for organizing files ahead of time

<https://www.aarp.org/home-family/friends-family/info-2020/when-loved-one-dies-checklist.html>

<https://www.nia.nih.gov/health/getting-your-affairs-order>



Virtual Choir Practice – Wednesdays at 6 pm

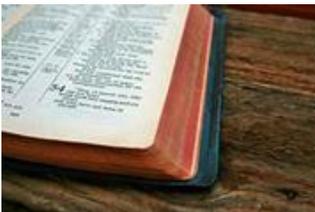
ZOOM INFO: Meeting ID: 871 8601 2016 passcode: 113703
<https://us02web.zoom.us/j/87186012016?pwd=SjJ0eGJ2bVN1M1NZK0lYkKxb1pYZz09>

Guided Meditation – Thursdays at 5:30 pm

Join Kim Donley for 15-20 minutes of guided meditation to help us to stop, breathe, and focus on grounding ourselves.



ZOOM INFO: Meeting ID: 856 3650 9180 passcode: 484125
<https://us02web.zoom.us/j/85636509180?pwd=R3lJdWQzbG5raEQrck50cWZPWStOUT09>



Bible Study – Mar. 20 (1st & 3rd Sat.) at 9 am. As we are in the Lenten Season, we'll be looking at the last week of Jesus's life as depicted in Mark. One chapter each meeting. We'll finish Mark's Gospel right after Easter. New members are welcome! For questions, contact Diane Ehr, DianeEhr@q.com.

ZOOM INFO: Meeting ID: 886 6992 0103 passcode: 613038
<https://us02web.zoom.us/j/88669920103?pwd=dnozWEYzQUh1RU5HUTFWcVd3ZFY1Zz09>

Anti-Racism Discussion and Action Group – Saturdays at 4 pm

Mar. 20 – [Anita](#) (1 hr, 16 min, Tubityv)

Mar. 27 – [Harriet Tubman: They Called Her Moses](#) (45 min, Tubityv)



ZOOM INFO: Meeting ID: 831 4584 1908 passcode: 313775
<https://us02web.zoom.us/j/83145841908?pwd=djhuSmMwZ1NESXZ5SExNOURXa2FNQT09>



Memoir Writing Group – Mar. 23 (every other Tues.) at 7 pm

All are welcome! Come share your stories, and listen and give feedback to others. Feel free to write about anything you'd like. Here are some new ideas for prompts: Brushes with famous people, Library, Easter. If you have any questions, please contact Trish Donley at crazyazgal@msn.com or call/text 612-386-2856. (See some of the members' work on page 7.)

ZOOM INFO: Meeting ID: 810 6944 9838 passcode: 244380
<https://us02web.zoom.us/j/81069449838?pwd=ZWNIUmMzNXRSYlFYaHJUczk2ZmRoUT09>

Volunteer with Every Meal (formerly The Sheridan Story) –

Fri., Mar. 26, 2-5 pm

Mission SE (a partnership of UBC, First Congregational Church and University Lutheran Church of Hope) is looking for volunteers to pack food bags for Every Meal at their warehouse (2723 Patton Rd., Roseville, 55113). Adults and children over the age of 8 are welcome, youth 17 and under will need a guardian to sign a release form. You can register as part of our Mission SE Team by following this [link](#). Registration is required by all volunteers. If you have questions, visit www.everymeal.org.

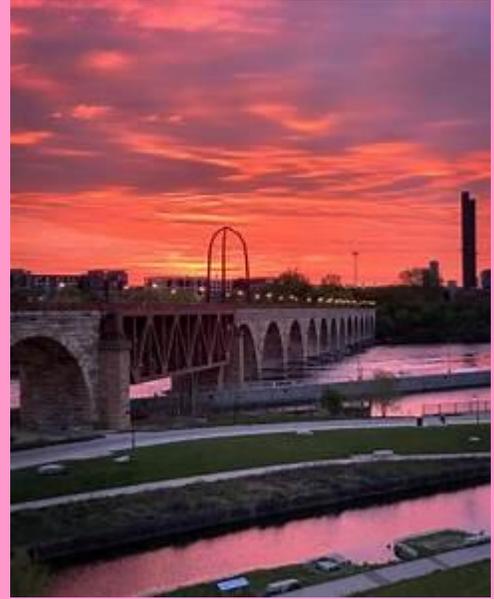




**Order your Easter Flowers by
March 28**

Since our 10 am Easter service will be prerecorded and not in-person, we will decorate the front of the sanctuary on a smaller scale this year. We will need about 8 spring plants (lilies, tulips, etc.) for decorating.

If you would like to buy a spring flower in memory or in honor of someone, please send \$15 to Nancy Myers by Mar. 28 and indicate Easter flowers. If you wish to pick up your flowers to decorate your Easter table, the flowers will be ready for pick up by March 30!



**Sunrise Service
Easter Sunday, April 4**

We will have an in-person sunrise service on Easter Sunday outside on the church lawn. The service will begin at 6:30 am. The sun ought to rise by 6:47 am. The regular 10 am Easter service will be recorded and available for viewing on the [UBC web site](#), the Facebook page and with your UBC family on Zoom.

**Discrimination in Housing Opportunities:
Redlining and Racial Covenants Then and Now**

(Presentation via Zoom)

Tues., Mar. 23, 7 pm

Register at <https://www.rclreads.org/>

Co-hosted with Ramsey County Library Roseville, Kirsten Delegard, co-founder of Mapping Prejudice and Kari Collins, Ramsey County Community and Economic Development Director, will help us understand how racial covenants were used in the past to discriminate, how the impacts of this discrimination still manifest today and what current barriers to equitable home ownership may be.

UPCOMING FORUMS

Mar. 21 - Holy Land Travels

Betty Shaw will talk about her trip to Israel in 2009, where she saw the fields outside of Bethlehem, boated on the Sea of Galilee, walked the streets of Jerusalem, and much more. She will share images of selected sites and describe how the trip has affected her Bible study and experience of seasons including Lent and Easter. She will leave plenty of time for questions.

March 28—Palm Sunday—no forum, but join us for extended social time along with brunch via Zoom.

Do you have a forum topic or speaker idea?

If you have an idea for a forum or would like to partner on finding forum speakers, please contact Gayla Marty.

Palm Sunday Souffle

(from *Cooking with Grace* UBC Cookbook)

Served by Bill Schafer and Caroline Fredrickson
March 23, 1986, marking the beginning of a
Palm Sunday tradition. (Serves 12-15)

6 slices white bread (trim crusts and set aside)
4 slices white bread, cubed (also crusts from 6
slices)

Put cubed bread in greased 9"x 13" pan.
Cover with:
2 cups canned salmon or chicken, ham, or tuna.
½ cup chopped onion
½ cup chopped celery
1 cup grated cheddar cheese

Place the 6 bread slices on top. Mix and pour
over:

3 cups milk ½ tsp salt
6 eggs ½ tsp dry mustard
¼ cup mayonnaise

Refrigerate overnight. Mix 1 can mushroom
soup and ½ cup milk & pour over top. Sprinkle
with paprika. Bake at 350° for 1 hour or until
center is set.



**Do you have
a favorite
recipe to
share?**

We are putting
together a new
UBC Cookbook!
The first edition
was done by the UBC Loyalty Circle in 1994 and it's
time for an update!

Please send me your tried-and-true recipes (make
sure they are not copyrighted) for categories of
appetizers, salads and vegetables, soups and stews,
main dishes, bread, cookies/bars/desserts. Make
note if your item is vegetarian, gluten-free or vegan.

Did you serve something wonderful for Palm Sunday
Brunch – or for a Dinner for Eight? Do you have a
knack for soup making? Or cookies? (I'm looking at
you Terri Wottrich!) Please share! We will be working
on this project over a period of months so you have
time (and there will be reminders!) Thanks!

– Chris Follett

Are you even just a little bit tech-y?

As UBC strengthens its virtual presence,
we are looking to form a Zoom Team. Do
you have experience with Zoom? We are
hoping to gather a group of people who
can serve as mentors and troubleshooters
for those of us who are less skilled with
the nuances of using technology.

Please contact Gayla Marty or Trish
Donley if you have interest in sharing your
gifts!

Contributions from the UBC Memoir Group

Birthdays

By Kim Donley

When I was growing up, birthday parties were not the big deal they are now. Generally, my Mom would ask what special meal I might want her to prepare and our family would celebrate together. A few times, my best friend and next-door-neighbor, Lorelei would join us, which always made it more fun for me! I almost always asked for spaghetti because it was a meal my mother seldom made for the family. Sometimes, she would bake me a birthday cake, but usually, one was ordered from our neighborhood shop, Hough Bakery. They had the most wonderful cakes and were famous for their buttercream frosting!

Some years I was allowed to invite a few friends over if my birthday fell on a weekend and we would have a party with two or three friends along with family. Once I was in Junior High, sleepovers became the norm for most of us.

When I was in elementary school, kids walked home for lunch and returned for the afternoon. When I was around 9 or 10, I invited the girls in my class to walk home with me for a birthday lunch instead of bringing in treats for the class.

My birthday is in December, but my Mom created an indoor picnic where she had us sit around a big, checked tablecloth on the floor in the living room, then served hot dogs, chips and, of course, birthday cake. I had to hurry and open presents before we had to get into our coats and walk back to school!



There was a girl in my class, “M,” who did not have any friends and usually sat alone. She had some odd behaviors which alienated her from other kids. Unfortunately, no one ever talked about “special needs kids” when I was in school, so there was little empathy or understanding of their situations.

Now, I realize she was on the autism spectrum, but when I was little, I had never even heard of the term. She was in my class the year I had the girls come home with me for my party. I remember that I chose a girl to be my partner before we walked home (as we all walked by twos to my house just like we did at school!).

I closed my eyes and twirled around as all the girls stood in a circle around me. But I peeked and made sure I picked “M” to be my partner. I knew other girls could be mean and no one would want to walk with her and hold her hand, so I decided that I would.

I am embarrassed to say that I was almost afraid to hold her hand after hearing for so many years that she had “cooties,” but I did hold her hand and guess what? I didn’t get cooties or any other weird disease!

All the way to my house she talked and smiled and skipped – something I had never seen her do at school. She was so excited to be the partner of the “Birthday girl” that day and it changed how I saw her from then on. I started saying “Hi” to her when I saw her in the mornings, smiling at her when we went out for recess and even standing up for her when other kids called her names. We never became close friends, but I think something about that encounter helped me choose my career path.

March is Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history. Click here to learn more <https://womenshistorymonth.gov/>

The National Archives also has a wealth of info at <https://www.archives.gov/news/topics/womens-history>



UBC sign – photo by Doug Donley



Paula Moyer, John Medeiros and Trish Donley were among the dozen or so UBCers and friends who assisted with fire tending/ watching while boiling sap for maple syrup at the Donleys on Mar. 6.

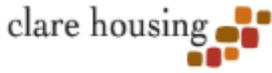
Photo by Jim Ross.

Join the UBC Facebook Group and see more photos!

<https://www.facebook.com/groups/82471051272/photos/>

SPECIAL OFFERING for MARCH & APRIL

Our special offering for March and April supports four local organizations that work in housing. The four organizations are Clare Housing, Families Moving Forward, Simpson Housing Services, and Tubman.



Clare Housing provides housing and healthcare services for people living with HIV/AIDS. Based in Minneapolis, Clare provides affordable and supportive housing for more than 150 people. They operate community-based care homes, supportive housing, and scattered site housing.



Families Moving Forward, a program of Beacon Interfaith Housing Collaborative, provides hospitality, shelter, and services for homeless families in Hennepin, Scott and Carver counties. Families stay overnight in one of over 60 congregations. The program works with 12 families at a time and about 75 families each year. They work with people to find permanent housing and employment.



Simpson Housing Services works to house, support and advocate for people experiencing homelessness. They work to help people achieve housing stability. Simpson has emergency shelters and permanent subsidized rental housing for single adults and families with children. They provide services for children and youth to help break the cycle of poverty and homelessness.



Tubman is Minnesota's largest provider of domestic violence shelter services. They provide shelter, transitional housing, mental and chemical health services, legal services and elder care.

If you like, you may designate your gift to an individual housing program, otherwise the donation will be split among the four. Please note your request on your check and send to the church, or donate online.

– Steve Lee

Online Giving Available

You can now donate funds electronically via the UBC website. Here's how it works. First, go to ubcmn.org and scroll down to the middle of the page and click on [DONATE HERE](#). This will take you to several options to donate to (pledge, Fellowship Fund, monthly mission offering, etc.)

Click on one of them and indicate how much and often you want to give. Please choose the option to add a small amount to your gift to help reduce processing fees. You may want to set up an account with Vanco, our administrator, to keep track of your giving. If you have any questions, please see Denise Roy or Nancy Myers.

Getting to Know . . . Katie Hartman



Do you have a favorite season?

+ I love Minnesota, each season has something unique and beautiful to offer. However, there's nothing like the renewal that comes with spring. There's

more daylight to coax the flowers up from the ground, a sweetness to the air and lightness to our spirits as we all get back outside after the winter. This spring I am particularly grateful for a sense of renewal and revival.

Do you volunteer anywhere?

+ In San Francisco I volunteered with a program called DrawBridge for years. It was an organization designed to inspire creativity and build self-confidence in children who are underserved or experiencing homelessness. By providing high quality art materials and spending regular time together we were able to help kids express themselves in a safe and supportive environment.

Seeing these kids' stories come to life through their drawings, paintings and other mediums was wonderful. It was meaningful to be a constant in their otherwise inconsistent world. Their resilience and strength, humor and hearts were an inspiration. I look forward to finding new volunteer opportunities here in Minneapolis.

This feature highlights a member of our UBC family, answering select questions from a list provided.

Favorite part about the work you do (or did)?

+ I love working with creative thinkers, problem solvers, designers and writers. At my marketing design agency, we all bring our own strengths together to develop solutions and communications that meet brand and business needs. Every day is different, there's never a dull moment, and seeing an idea come to life feels great.

Hobbies?

+ This year I've been enjoying getting back into throwing on the pottery wheel. I like unplugging from technology outside of work hours and getting into the flow and rhythm of the wheel and process—and on the other side having some great functional ceramics to enjoy or gift to friends and family.

My favorite place in the world

+ I have had the privilege of traveling extensively for work and for pleasure. I studied abroad in Florence Italy, traveled to Belgium, Denmark and Germany with an internship, enjoyed trips with friends and family to Mexico, South Africa and Guatemala. But my favorite place is in Williamsport, PA where my father grew up.

Our family settled in the lovely valley generations ago and has been gathering at Shafer Grove for a family reunion for more 100 years. Our tradition is a beautiful celebration of the fall bounty — each year we hand peel and chop gallons and gallons of apples, add in cinnamon, and make apple butter to can, bottle and keep for the year. The eldest woman in the family is the designated taste tester and after a full day of boiling gets the pleasure of determining when the boil is complete. Kids gather around the empty copper pots with slices of bread to enjoy the fresh, sweet apple butter.

Editor's note: Katie, along with her brother Jon and sister-in-law Lindsay, joined UBC last December.



MISSISSIPPI
WATERSHED
MANAGEMENT
ORGANIZATION

Good News! UBC Receives Water Grant

The Mississippi Watershed Management Organization (MWWMO) announced that it has awarded four new Action Grants for projects that will help protect water quality and improve habitat in the MWWMO watershed. In addition to UBC, grantees include Allina Health, Children’s Dental Services, and the Kingfield Neighborhood Association.

Part of the MWWMO’s Stewardship Fund Grant program, Action Grants support the implementation of technically-sound project designs with educational aspects that will help improve water quality through pollutant removal, effective public education, or other creative ways that encourage stewardship of our water resources.

Grant funding is awarded through a competitive process. In addition to Action Grants, the MWWMO Stewardship Fund Program includes Community and Planning Grants. Larger-scale projects may be eligible for funding through the Capital Project Grants program.

UBC was awarded \$50,000 to install a series of rock swales and raingardens that will divert stormwater runoff away from its century-old foundation and infiltrate it into the ground. This grant will support construction of raingardens and education and outreach associated with the project. We received a Stewardship Fund Planning Grant in 2019 to evaluate existing conditions, develop a concept plan, and complete the technical drawings.

Partners for this project include First Congregational Church, Gaia Democratic School, Twin Cities Sacred Harp Community, Marcy Holmes Neighborhood Association, St. Lawrence Newman Center and University Lutheran Church of Hope.



- Remainder of March Birthdays**
- 15 Steve Lee
 - 17 Steven Schmidgall
 - 21 Karen Swenson
 - 24 Terri Wottrich
 - 26 Diane Ehr
 - 27 Grace Lee
 - 28 Mark Weinfurter
 - 31 Mindy Lee
- Remainder of March Anniversaries**
- 18 Randy DeMent & Mike Lambert

FINANCIAL SECRETARY'S REPORT



UBC operating income continues to be strong. Donations and rents total \$172,900, which is \$15,300 greater than the pro-rata expectations.

Expected annual rental income of \$50,000 is 16% of our budget. Through Feb., we've received \$38,900 versus \$33,300 expected.

Other gifts and miscellaneous income provide 3% of our budget. Income to date is \$7,600 vs. \$6,700 expected.

The percentage of our budget which comes from the Foundation has increased this year. The regular withdrawal, based on past earnings, is 7% of the budget.

The extra withdrawal, to fund the facilities supervisor position, is \$26,000 or 9% of the budget. The Foundation Funds are transferred to the UBC checking account as needed by the Treasurer.

UBC's projected operating income for 2020-21 is \$304,900. This includes the \$20,407 carried-forward from 2019-20 and the Foundation distributions of \$48,000. Most of our income (58%) comes from the pledges made by members. Expected pledge income for the 2020-21 fiscal year is \$176,455. On a pro-rata basis, we'd expect \$117,600 at the end of eight months. Thanks to several pre-paid pledges, current pledge income is \$126,400, a surplus of \$8,800.

Operating Income	%	Budget	Expected	Received	Over (short)
Pledge Income	58%	\$176,455	\$117,600	\$126,400	\$8,800
Rental Income	16%	\$50,000	\$ 33,300	\$ 38,900	\$5,600
Other income*	3%	<u>\$10,000</u>	<u>\$ 6,700</u>	<u>\$ 7,600</u>	<u>\$ 900</u>
Subtotal	78%	\$236,455	\$157,600	\$172,900	\$15,300
Carry-forward	7%	\$20,407			
Foundation	16%	<u>\$48,000</u>			
Total Operating	100%	\$304,862			
Justice & Outreach		<u>\$15,000</u>		\$5,836	
Total Budget		\$319,862			

*individual gifts, loose offering & miscellaneous income

Our budget anticipates \$15,000 in designated Justice & Outreach programs over the course of the year. Gifts for special offerings can be mailed to UBC.

The Mission Offering for January and February was for Every Meal - Fighting Child Hunger (formerly The Sheridan Story). We received \$500 for this cause.

- Nancy Myers, Financial Secretary

Ways to Reduce Food Waste

Did you know that in the US 40 million TONS of food is wasted per year? That translates into 219 pounds per person per year, and represents 30-40% of the US food supply! Most of this waste goes to landfills. In fact, food waste takes up the most of the waste in landfills, representing 22% of municipal solid waste!

So, what can we do to reduce our food waste? Here are a few tips and even a quick recipe!

1. Take inventory of what you have in your pantry, fridge, and freezer.
2. Plan your meals with a plan to use up what you have first.
3. Shop with a list and perhaps incorporate items that are on special at your store of choice.
4. When putting food away, rotate older food to the front of the fridge/freezer/cupboards.
5. Use your freezer! If you have food that you won't use up before it goes bad, freeze it! You can freeze leftovers, fruits and veggies, and even milk (open and empty out a few ounces first to allow for expansion) and cheese!
6. Make a soup or curry or stew! Many veggies that are past their prime and leftovers like meats and beans and grains can be revived by adding some broth and simple seasonings. Then, freeze the leftovers.
7. LABEL EVERYTHING with the contents and the date!

So, what about the food that – despite our best efforts – is spoiled or cannot be used? If you're lucky enough to have a compost bin, compost it! Home compost can break down things like fruits and veggies, but generally not meats or bones or fatty items. In Ramsey County, I can take my compost to a municipal drop off site that takes food scraps including meats and bones and other items that are commercially compostable. I think Hennepin County even has curbside compost pick up. I use a countertop compost bin lined with compostable bags.

Finally, here's a simple "recipe" to make veggie broth out of veggie scraps. Whenever you're chopping veggies or herbs, save the stems and peels (nothing that is spoiled though.)

Things that work well include tomato innards and skins, onion skins, garlic peels, carrot ends and peels, celery leaves, herb stems, zucchini ends,



mushroom stems, potato peels, corn cobs, etc. (Things that don't work as well include cruciferous veggie scraps, like broccoli, kale, cabbage, cauliflower, collards, etc.– they can make the broth bitter.) I collect all of these scraps in a gallon size Ziploc freezer bag and keep it in the freezer, adding to it periodically. When the bag is full, I put all the scraps in a big pot, cover with water, add a bay leaf or two and whatever seasonings I want (my go-tos are usually poultry seasoning, red pepper flakes, and salt and pepper to taste.)

Cook down for a couple hours or until it tastes good (I usually use my Instant Pot and pressure cook for 6-10 minutes). Strain, and don't forget to compost the scraps! You can use this broth to make soup, or freeze in either freezer bags or ice cube trays for use later. It's never the same twice! - Trish Donley

UBC NEWS
Published bi-monthly during the pandemic
University Baptist Church
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www.ubcmn.org
Rev. Douglas M. Donley, Pastor
Deadlines: 10th and 25th of the month.
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