

# FOOD FOR THOUGHT

October 2021



## OSU EXTENSION SERVICES OFFERED TO CCEOK CLIENTS

You may have seen the flyers that are occasionally inserted into our clients' grocery sacks. They could be instructions on how to cook dry beans, or tips for budgeting. These materials come from a great partnership between CCEOK and the OSU Extension Tulsa County Family and Consumer Sciences (FCS) Office .

The Family and Consumer Sciences Department's remit is anything that affects a family or an individual – for example: mental health, nutrition, parenting, finances, and opioid awareness and prevention. OSU Extension also offers youth development through 4-H, Horticulture (one such program is the Master Gardener Program) and Agriculture.

Michelle Bonicelli is the Tulsa County Family and Consumer Sciences Educator who connected with Catholic Charities last year about ways to get their helpful information and recipes into the hands of our clients. When the COVID pandemic shut most person-to-person activities down, the OSU Extension office pivoted from a model based on in-person training to the distribution of free, educational resources via printed materials to Food Bank agencies such as CCEOK.

The information supplied by OSU is research based and opinion free. It has been vetted for safety and is proven – it isn't your grandmother's recipe for peach cobbler, for example.

In 2020 and again for this year, the office provided our clients with information on how to prepare a turkey dinner. Over the months, we've also given out their flyers on how to better manage finances or make better use of the money they do have – like how to save money on back-to-school shopping, for example. These materials are currently available in English only.

Other covered topics included:

- Surviving and Thriving with Family During the COVID-19 Crisis
- Helping Children Learn Good Money Habits
- Resilience: A Powerful Weapon in the Fight Against ACEs (Adverse Childhood Experiences), and our favorite,
- Dry Beans - The Perfect Staple for Every Pantry

If you would like to volunteer to engage with the Extension office and coordinate the acquisition and dissemination of Extension-provided materials to Catholic Charities' clients as part of the new Market at Catholic Charities, please email Angie Gallant in the volunteer office at [avegallant@cceok.org](mailto:avegallant@cceok.org)

**OSU**  
TULSA COUNTY  
EXTENSION

Michelle Bonicelli  
Family and Consumer Sciences Educator  
OSU Extension Center – Tulsa County  
4116 E. 15<sup>th</sup> Street  
Tulsa, OK 74112 918-746-3721

### How to Cook Dry Beans from Scratch

One pound (2 cups) of dry edible beans yields about 6 cups of cooked beans. If your recipe calls for one 15-ounce can of beans, use 1.75 cups of cooked beans, drained. There are two steps to cooking dry beans — soaking and cooking:

**1. Soaking Beans**  
Soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking they are also doubling to tripling in size. (Note: Lentils, split peas and black-eyed peas do not need to be soaked.)

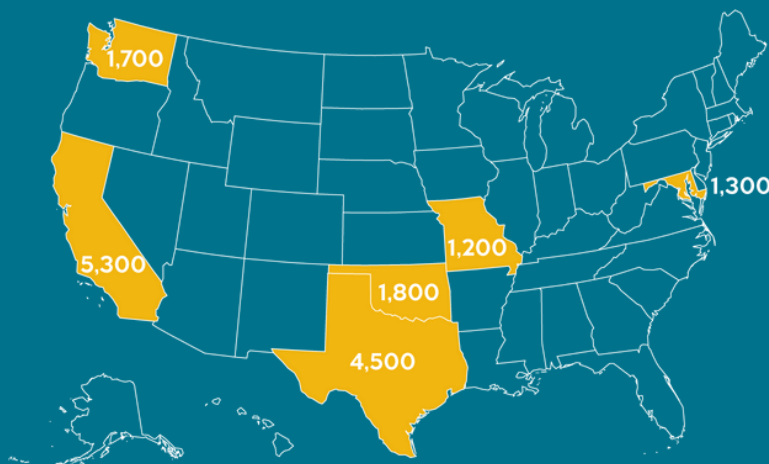
1. Pick through the beans, discarding any discolored or shriveled beans or any foreign matter.
2. Rinse the beans well.
3. Soak beans with one of these methods:
  - **Hot Soak.** In a large pot, add 10 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover and soak for up to 4 hours. Hot soaking is the preferred method since it reduces cooking time, helps dissolve some of the gas-causing substances in beans, and most consistently produces tender beans.
  - **Quick Soak.** This is the fastest method. In a large pot, add 6 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover and soak for at least 1 hour.
  - **Traditional Overnight Soak.** This is the easiest method. Place dry beans in a large container; for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight.
4. Drain and rinse beans soaked by either method with fresh, cool water.

**2. Cooking Beans**  
Cooking the beans makes them edible and digestible. Use cooked beans in your favorite recipes or refrigerate beans in shallow containers if they are to be eaten later. Freeze any extra beans within 4 days after cooking them. Beans can be cooked by using the stovetop or a multicooker/pressure cooker.

**Stovetop Instructions**  
Place beans in a large pot; cover with fresh water and bring to a boil. Reduce heat, cover and simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours depending on the variety. Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water.

Source: <https://food.unl.edu/article/how-cook-dry-beans-scratch>  
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## States accepting the most Afghan refugees as a percent of state population



Oklahoma	0.045%
Washington	0.0223%
Maryland	0.0215%
Missouri	0.0197%
Texas	0.0155%
California	0.0134%

OK's 'refugee density' is TWICE that of the next state, WA.



## STAFF SPOTLIGHT: Susan Gable- Krebsbach

During pantry opening hours, most of us would never get the opportunity to interact with Susan unless we were onsite about 45 minutes before opening time or had stayed around for lunch after we had closed. Susan arrives before starting time, gathers her hat, water bottle (take it from this writer – don't mess with that water bottle), clipboard, pen, and marker, and heads out to the line of clients already waiting to receive food. She'll remain out on the street, interacting with clients as she's gathering the information we need from them. If it's really hot, she may work where she can find shade, but she'll stay out on the line until the pantry stops taking in clients.

Before she came to the food pantry, Susan's career was spent teaching. Graduating with a BA from OU, she went to work first in retail at a women's clothing store in Albuquerque. Discovering she didn't like that line of work, she went back to school to get a teaching certificate from NSU in Tahlequah. As an aside, Gable Field at NSU's Doc Wadley Stadium is named after her great-grandfather, George Warren Gable, who when the President of NSU acquired the land for the stadium.

She taught business classes to high schoolers for more than 25 years in both Broken Arrow and Bixby public schools. At each school, she used a two-year DECA program preparing students for careers in marketing, finance, hospitality, and management, giving students a leg up for future careers. She eventually retired in May 2018.

In retirement, she accompanied her traveling nurse husband, Joe, for a time on his various assignments around the country. After returning to Tulsa, she saw an ad or a brochure from the CCEOK food pantry, and decided she'd come out and give it a try. She started in March of 2020, right after COVID hit, loading food from grocery carts into clients' cars. On her second day, she accompanied another volunteer out to collect names and realized that was a job she could really love. Since that spring, through all the hot, cold and sometimes very wet weather, Susan has stayed out on the line. That assignment (and you can ask anyone who's done it for any length of time) is harder than it sounds. There's the language barrier, many different ID types, long, sometimes really long names,

indistinct home addresses, and confusion over what is income. Susan loves interacting with clients. She knows many clients by name and circumstance. She manages her client interactions with humor and sometimes a hearty laugh.

Susan loves being outside, baseball games, camping, her new grandbaby, and traveling around the country. She and Joe plan to start traveling again when Joe retires. Alaska, whales, bears, and the Aurora Borealis are all in her future, but we hope she finds the time to continue her work here at the pantry until then.



## 2 TRUTHS & A LIE

Can you figure out  
which is the lie?

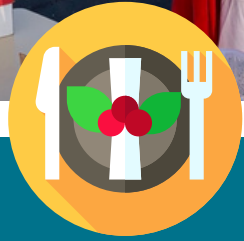
**LINDSEY VONN:** I worked at a Crested Butte mountaintop warming hut slinging chili 6 days a week so I could ski on the 7th – taking a semester "break" from college.

**DELANEY SCHNELL:** I can execute a back flip off a diving board.

**JOAN JOYCE:** After getting hit by a baseball, I got a free beer, then got to throw out the first pitch in the next game of a double header.

The answers will be in the next newsletter!

Answers to Barbara Bird's Two Truths and a Lie: Barbara did NOT qualify for or play in the LPGA.



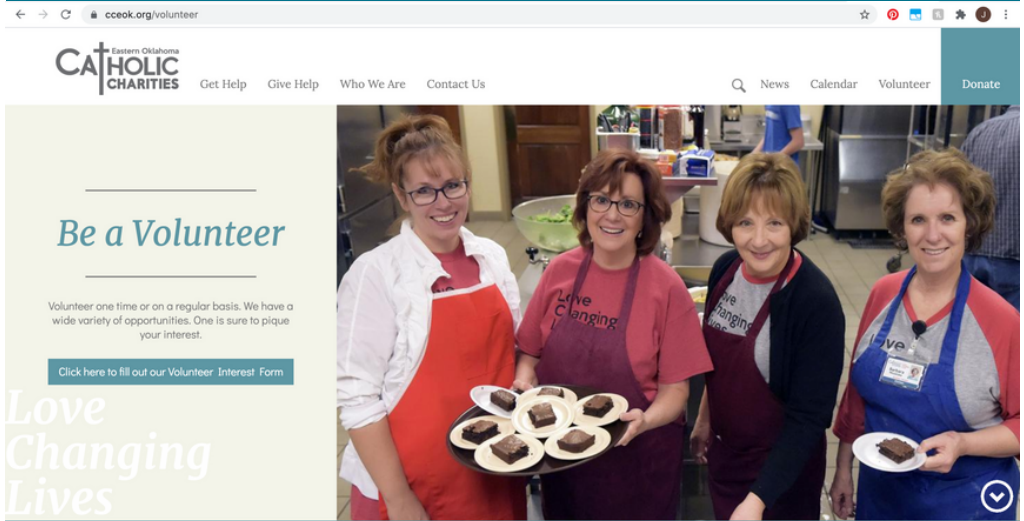
# Save the Date for Days of Blessings

Thanksgiving: Nov. 20th  
Christmas: Dec. 18th



## Easily Log Your Volunteer Hours Online!

- On your computer or phone, go to [cceok.org/volunteer](http://cceok.org/volunteer)
- Click the "Volunteer Login" button below the photo
- Enter your 4-digit PIN assigned to you by the CCEOK Volunteer Office
- Follow the questions for logging in. Be sure to select your assignment.



[CCEOK.ORG/VOLUNTEER](http://CCEOK.ORG/VOLUNTEER)

Then click here!

You never know who will come by to cheer on our volunteers!



## GET INVOLVED



Volunteer with us! [cceok.org/volunteer](http://cceok.org/volunteer)  
Join our Facebook Group!

For story ideas, feedback, etc.,  
email: [volcommunications@cceok.org](mailto:volcommunications@cceok.org)