

# SeedCorps Spotlight

## June 2022 Edition

### WHAT IS THE CAPACITY TEAM?

SeedCorps Capacity Building Members serve with partner agencies or internal Food Bank initiatives. Providing tailored capacity building support including developing volunteer recruitment, conducting community assessments and supporting in Food Distributions

### Partner Agencies our Members Serve

**The Food Depot**  
Santa Fe, NM

**The Community Pantry**  
Gallup, NM

**Rio Grande Food Project**  
Albuquerque, NM

**The Healthy Foods Center**  
Albuquerque, NM

**Casa de Peregrinos**  
Las Cruces, NM

## Capacity Team Projects

Mary Rose helps oversee Food Mobiles and assists in running The Food Depot mobile food pantries that occur in Los Alamos and Mora. Additionally, Mary Rose helps co-facilitate a Community Ambassador training program for volunteers. This training program gives volunteers more in-depth information about The Food Depot's mission, programs, departments, and goals which allows volunteers to go into the community and speak confidently about The Food Depot.



**Mary Rose Ocampo**



**Rachel Kuiper**

Rachel has been helping The Community Pantry in Gallup partner with a local Eagle Scout to install ADA accessible pathways by the garden boxes located at the Pantry. She also assists with running a weekly produce stand that contains produce from the Pantry's Hope Garden. Additionally, Rachel has been hard at work planning a Garden Open House that will occur this July. The open house will have crafts, games, and snacks available to the public.

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## Meet the Capacity Team



**Amber Rivera**

Amber assists at Rio Grande Food Project where she registers clients and helps with projects in their garden. Most recently she worked on designing a garden calendar and garden signs. She also helps with data entry for the Childhood Hunger Initiative (CHI) in an effort to identify the resources that the Food Bank may be able to provide to better serve them. She is also on the Professional development committee which sets up trainings for all SeedCorps members.

Elliot has been helping manage the day to day operations for the Healthy Foods Center. He also helped complete the Feeding America audit, which involved weighing and tagging all the stored product and ensuring it matched the amounts in the internal system. Additionally Elliot assisted in conducting the inaugural meeting of the Community Member Advisory Council, a focus group aimed at improving our programming through direct client feedback.



**Elliot Thompson**



**Haley Erwin**

Haley has been working on developing "how to videos" to help improve the initiation process for volunteers at Casa de Peregrinos in Las Cruces. She is also adapting recipes to display on their bulletin board. In addition to her current projects, Haley is also regularly helps with the Casa de Peregrinos mobile distributions focusing on client intakes as well as assisting with other duties at their mobile food pantries.

# SeedCorps Spotlight

## Meet the Summer Response Team



**Anjali Dvorak is our first Summer Member in ABQ. She skipped the second grade, sniffs practically everything before she eats or drinks it, and collects rocks. This is also her 2nd time serving as a Summer SeedCorps Member**



**Arlin Diaz Torrez is our second Summer Member in ABQ. He is a 4th year nutrition student at UNM, was born in Mexico, and enjoys rock climbing, This is also his 2nd time serving as a Summer SeedCorps Member**



**Kaitlin Becenti is a Summer Members in Gallup. She is going to be a sophomore at the University of Southern California! She loves to read books, and has grown to love the outdoors.**



**BriAnna Koehler is our third Summer Member in ABQ. She grew up in Minnesota but doesn't like the cold. She is also an avid jigsaw puzzler and loves to cook and try new recipes! Her most recent was a Red Pepper Baingan Bharta**



**Marcela Morales is our Summer member in Las Cruces. She loves all things New Mexico. Has been amazed by the desert since moving here almost 2 years ago, and loves flowers big and small. She also loves traveling both close and far!**



**Rachel Funk is our Summer Member in Gallup. Her favorite animal is a manatee. She is going to be earning her Special Education license starting this Fall, and her favorite food is a stuffed sopapilla with green chile**

# SeedCorps Spotlight

## NM Serve Commissions Visit

### Sonali Nijhawan, Director of AmeriCorps State and the National NM Serve Commission Visit



All attended a food bank tour, assisted in boxing food, and took the time to meet SeedCorp members!



Sonali herself jumped in on the box build!



# Member Spotlight

## Rachel Kuiper



Rachael serves with the Community Pantry, a Roadrunner Food Bank partner site in Gallup. She began her service in September 2021 and will finish this August. Rachael has helped to grow the Community Pantry's garden and to nourish its community outreach. She has assisted with the pantry's produce stand and garden food box initiative. More recently, Rachael built a Little Free Library for the garden, using book donations from the community. After her service term, Rachael plans to move to Seattle where she hopes to continue her food justice work..

### What drew you to become a Capacity Team Member with SeedCorps?

I really had never heard about AmeriCorps or SeedCorps until last year when I signed on so its not something I knew about ahead of time. I moved to Gallup during the pandemic to build my tiny house and was trying to find work. I was driving around Gallup and saw the Hoop House. I was always interested in agriculture and walked in and asked if they had any positions open. I was originally just volunteering but then they had a garden position open that I applied to and got the job which is how I got connected to the pantry. And then I ended my employment with the pantry but I had met Meredith - who was a SeedCorps Member before me and then she got hired on as the programs manager at the pantry and then she asked me to apply for SeedCorps. It was kind of spur of the moment - I still needed work. I think that the work that we do that really drew me to this is I have always been interested in botany and agriculture so the garden aspect of the job that I am doing is what's really exciting to me - pairing agriculture with community. And I know I do want to go back to school or find more work in an agricultural field - I am really interested in food justice so I want to get a more wholistic perspective and understanding of our food system and I think food banks are a really important part of that and nutrition, and people needing good food.

### What is something you would like people to know about you?

My little fact about me is that I can lick my elbow, which is rare. I think I just have double jointed shoulders or something so I can lean them back really far. I don't know how I learned that I could do that - I think someone told me it was impossible, and I was like no way and tried it and could.

### If you could have dinner with three people, who would they be?

I think all of them are inspired by media I have been consuming lately. I just listened to a really interesting podcast about Elizabeth Van Lew. She created and operated an extensive spy ring for the Union Army during the American Civil War. I have never heard of this person before and I am just amazed. She pretended to go crazy so that people wouldn't question her. She also paid the people who were working for her which was super rare in that time and then they helped her build a spy ring. She was buddies with Ulysses Grant, I just think that's amazing, and I wonder why I have never heard of this person in history - so I would love to talk to Elizabeth Van Lew. Then a book I am currently reading is Long Walk to Freedom by Nelson Mandela so I would love to just be able to hear that book in person - I think that would be really cool. And then my third one isn't media I am consuming, but my family has so many good stories about my grandpa who passed away before I was born so I would love to hear him say some of those family stories and would love to hear his laugh.

# Recipe of the Month

## Mediterranean Zucchini



### Mediterranean Zucchini

Makes 4 Servings



Nutrition Facts/Datos de Nutrición	
Serving size/Tamaño por Ración	1/2 of Zucchini
Amount per serving/Cantidad por Ración	40
<b>Calories/Calorías</b>	
<b>Total Fat/Grasa Total</b>	3g
Saturated Fat/Grasa Saturada	0.5g
Trans Fat/Grasa Trans	0g
<b>Cholesterol/Colesterol</b>	0mg
<b>Sodium/Sodio</b>	80mg
<b>Total Carbohydrate/Carbohidrato Total</b>	3g
Dietary Fiber/Fibra Dietética	1g
Total Sugars/Azúcares en Total	2g
<b>Protein/Proteína</b>	2g
Potassium/Potasio	230mg

Adapted from Tasteofhome.com

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 Zucchini, cut in half lengthwise</li> <li>• 2 tsp olive oil</li> <li>• ½ tsp lemon zest</li> <li>• ½ dried basil</li> <li>• ½ tsp dried oregano</li> <li>• 1/8 tsp crushed red pepper flakes</li> <li>• 1/8 tsp salt</li> <li>• 4 tsp Grated Parmesan Cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400 F</li> <li>2. Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half.</li> <li>3. In a small bowl, stir together the lemon zest, basil, oregano, red pepper flakes, and salt. Sprinkle over the zucchini.</li> <li>4. Bake for 20 minutes, or until the zucchini is just tender. Remove from the oven. Immediately sprinkle each with 1 tsp Parmesan. Let stand for 5 minutes before serving.</li> </ol>



### Calabaza Mediterranea

Hace 4 Porciones



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Serving size/Tamaño por Ración	1/2 Zucchini
Amount per serving/Cantidad por Ración	40
<b>Calories/Calorías</b>	
<b>Total Fat/Grasa Total</b>	3g
Saturated Fat/Grasa Saturada	0.5g
Trans Fat/Grasa Trans	0g
<b>Cholesterol/Colesterol</b>	0mg
<b>Sodium/Sodio</b>	80mg
<b>Total Carbohydrate/Carbohidrato Total</b>	3g
Dietary Fiber/Fibra Dietética	1g
Total Sugars/Azúcares en Total	2g
<b>Protein/Proteína</b>	2g
Potassium/Potasio	230mg

Adaptado de Tasteofhome.com

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 2 calabacines, cortados por la mitad a lo largo</li> <li>• 2 cucharaditas de aceite de oliva</li> <li>• ½ cucharadita de ralladura de limón</li> <li>• ½ albahaca seca</li> <li>• ½ cucharadita de orégano seco</li> <li>• 1/8 cucharadita de hojuelas de pimiento rojo triturado</li> <li>• 1/8 cucharadita de sal</li> <li>• 4 cucharaditas de queso parmesano rallado</li> </ul>	<ol style="list-style-type: none"> <li>1. Precaliente el horno a 400 F</li> <li>2. Coloque los calabacines con el lado cortado hacia arriba en una bandeja para hornear. Rocíe el aceite sobre cada mitad.</li> <li>3. En un tazón pequeño, mezcle la ralladura de limón, la albahaca, el orégano, las hojuelas de pimiento rojo y la sal. Espolvorear sobre el calabacín.</li> <li>4. Hornee por 20 minutos, o hasta que el calabacín esté tierno. Retire del horno. Inmediatamente espolvorea cada uno con 1 cucharadita de queso parmesano. Deje reposar durante 5 minutos antes de servir.</li> </ol>

