



Mount Kisco Child Care Center inc.
A Not-for-Profit Early Care & Education Program serving families since 1971



Mount Kisco Child Care Center & Slow Food Lower Hudson Valley Host Dinner
"More Than a Bag of Beans" with help from Food Bank for Westchester

Mount Kisco, NY – (March 17, 2011) – Mount Kisco Child Care Center (MKCCC) recently hosted a Slow Food Dinner, *"More Than a Bag of Beans,"* educating the community on the benefits and methods of growing and preparing dry beans preserved from local harvest.

The evening began with a bean tasting lead by Mimi Edelman of I & Me Farms, who discussed the nutritional differences between locally grown heirloom black turtle beans and canned black beans. Members of Slow Food served a dinner menu that highlighted dry beans/legumes, and included: white bean dip, salad with lentils, chili, cornbread and black bean brownies.

Ingredients came from Diggers East and WinterSun Farms, and MKCCC children provided herbs from their edible schoolyard garden. The elders of My Second Home and afterschool children of MKCCC as a part of the Intergenerational Program prepared the cornbread and brownies for the community dinner.

After dinner, Slow Food Lower Hudson Valley asked children from MKCCC to present a donation to Lisa Cohn who accepted the donation for SuperKids, a Humanitarian Aid program through Gladney Center for Adoption. Children gave the donation from monies from their three seasons of farmers market on the front porch of MKCCC to SuperKids, which supports efforts to enhance the quality of life of at-risk children in orphanages across Asia, Africa and Latin America. Dottie Jordan, Executive Director, and Dawn Meyerski, Program Director, of MKCCC received a donation totaling \$1,800 from Slow Food Westchester /Lower Hudson Valley to go toward their greenhouse initiative, a part of the intergenerational program.

Doug DeCandia, a farmer with for Food Bank for Westchester, spoke to guests about the drying process involved in harvesting beans. Doug expanded on how growing one's own food not only involves patience, but allows for a sense of accomplishment.

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About Mount Kisco Child Care Center: Mount Kisco Child Care Center is a licensed nonprofit, non-sectarian childcare facility that has served the working families of Northern Westchester since 1971. MKCCC provides exceptional and affordable, early-care and education to a diverse group of children three months to five years. The Center's expanded school-age program serves children up to 12 years of age.

About Slow Food Westchester: Slow Food Westchester is a chapter of Slow Food USA, serving Westchester County in New York State, and reaching beyond to include Fairfield and Putnam Counties. We are dedicated to the Slow Food mission: food that is good, clean, and fair. We serve that mission through a variety of programs and events, including pot lucks and special cooking events, educational outreach and advocacy, and matching consumers with sustainable, local resources in their communities. The heart and soul of any Slow Food chapter is its community of friends, partners and members! Visit Slow Food USA's membership page and sign up today.

About the Food Bank for Westchester: Food Bank for Westchester, one of eight food banks in New York State, acquires, warehouses and distributes more than six million pounds of food annually to over 200 local hunger-relief organizations, including food pantries, soup kitchens, shelters, day care and senior centers. Its mission is to lead, engage and educate Westchester County in creating a hunger-free environment. Its core activity is the collection and distribution of donated, government and purchased food.

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At Slow Food Lower Hudson Valley's "More Than a Bag of Beans" dinner, Doug DeCandia, a local farmer with Food Bank for Westchester, spoke to guests about the drying process involved in harvesting beans. Doug explained that growing food not only requires patience, but gives a sense of accomplishment. The event was held at Mount Kisco Child Care Center (MKCCC), where Slow Food Lower Hudson Valley presented two donations, one to SuperKids and one to MKCCC for their greenhouse initiative.



At Slow Food Lower Hudson Valley's "More Than a Bag of Beans" dinner, children from Mount Kisco Child Care Center (MKCCC) presented two donations from Slow Food to MKCCC for their intergenerational greenhouse initiative, and to SuperKids. SuperKids is a humanitarian aid program of Gladney Center for Adoption that supports efforts to enhance the quality of life of at-risk children in orphanages across Asia, Eastern Europe, Africa and Latin America.



Mimi Edelman of I & Me Farms tells dinner guests who attended the “Beyond a Bag of Beans” dinner, about her process of cold soaking dried heirloom black beans. Mount Kisco Child Care Center was presented with a donation for their intergenerational greenhouse initiative from Slow Food Lower Hudson Valley.



Lisa Cohn accepts a donation on behalf of SuperKids from Slow Food Lower Hudson Valley presented by children at Mount Kisco Child Care Center (MKCCC). SuperKids is a humanitarian aid program of Gladney Center for Adoption that supports efforts to enhance the quality of life of at-risk children in orphanages across Asia, Eastern Europe, Africa and Latin America. Slow Food also donated \$1,800 to MKCCC for their intergenerational greenhouse initiative.