

# **The N.R.S.V. Coffee Hour Cookbook**

**N**ourishing **R**enewable **S**ustainable **V**ivifying



**And Living In To Our Baptismal Vows**

# INTRODUCTION

## *COFFEE HOUR: Another Eucharistic Feast?*



Many think of coffee hour as an addendum to the worship service, a common and traditional add-on. Coffee hour may actually look a lot more like the Early Church's Eucharist than our liturgical celebration does. People gather from many places to share food and fellowship as they have through the ages.

In the Early Church people brought their offerings of food and drink to the gathering. What food was offered reflected the connection of the people to the season of the year, what could be harvested and/or stored. Is it possible that we can reclaim that connection between the seasons, the land, and fellowship?

Coffee hour can shape and nurture Christian values and practices. It certainly reflects unspoken and perhaps unconscious values. Coffee hour can become an example of a community's commitment to economic justice, eco-justice, radical hospitality and stewardship of our own bodies and health! It can demonstrate that God created as one with all of creation. God charged us to be stewards of creation so that all of creation would be used as God intended -as bounty and blessing and a redemptive power for everyone and everything!

This short brochure is grounded in the Baptismal Covenant and focuses on the practicalities of using our weekly coffee hour to teach and model earth-friendly practices, commitment to economic justice, and healthy awareness of our bodies. Hopefully the suggestions in this brochure will stir deeper thought and community discernment about expanding the mission of the local congregations into the community.

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## CHAPTER ONE

*Will you continue in the apostle's teaching and fellowship, in the breaking of the bread, and in the prayers?*



*“The word is near you; it is in your mouth and in your heart...” Romans 8:10*

Coffee hour is an opportunity to practice hospitality: neighbors, friends, and students, people who need a community, children and families. It is a space for genuine connection and sharing in the celebration of God’s abundance and blessings. It does not have to be lavish but it does have to be genuinely and radically welcoming, inclusive, and in service to others.

- Sing a grace before the refreshments are served. Find one that children can sing such as Johnny Appleseed. Or post a prayer of thanksgiving on the table where the food is served.
- Schedule a host/ess specifically for children as well as adults to insure that everyone has someone to talk to.
- Try conversation cue cards to help lead conversations beyond the typical small talk.
- Try “thematic” coffee hours periodically that will inspire conversations about things important in your congregation—maybe even invite guest speakers.

## CHAPTER TWO

*Will you persevere in resisting evil, and whenever you fall into sin, repent and return to the Lord?*



*“Think of us this way, as servants of Christ and stewards of God’s mysteries.” 1 Corinthians 4:1*

The earth has suffered too long from human abuse and neglect. God created humans to care for the earth and all that is in it. Coffee hour is an opportunity to become more aware of how daily life can abuse the earth. It is also an opportunity to demonstrate commitment to care for creation.

- Practice reduce, reuse, and recycle.
- Have receptacles clearly marked for waste, compost, and recyclables.
- Set a goal for your parish of “zero waste” coffee hours and take steps to achieve that goal.
- Recruit volunteers to help educate and guide people about what is waste, compostable and recyclable.
- Consider using compostable materials when you choose to use disposables. Here are some suggestions for purchasing compostable goods (see addendum for sources):
  - Compost products made from plants like soy, corn and potatoes or recycled wood or bamboo are organic and compost in private composts.
  - Compost products made from CPLA (Crystallized Polylactic Acid) in commercial composts only.
- Contact Earth Stewards for suggestions on encouraging composting at home. Better still start a composting pile at church. It is easier than you think.

## CHAPTER THREE

*Will you proclaim by word and example the Good News of  
God in Christ?*



*“The disciples said to him “Where do we get enough bread in the desert to feed so a great crowd.” Mt. 15:33*

Christians are known by how they live and by the choices they make in daily life. Communities of faith can support a local economy, honor each other, the earth, and the economic well-being of all people in the choices of food served at coffee hour. Our bodies too are honored when we make wise and healthy choices!

- Feature local food providers each week; contact them about posting coupons or promotional materials for a CSA or farmer’s market availability.
- When fellowship hosts provide food that comes from local producers or local shops name those shops and begin to build relationships with them—they may do future partnering with your congregation!
- Petition for donations for food and supplies; when you receive any such gifts, remember to thank them publicly and privately. Invite them to coffee hour and introduce them.
- Consider starting a community garden or at least edible landscape. What a great project for children of all ages!
- Hand out recipes utilizing the local ingredients and where they can be obtained.

## CHAPTER FOUR

*Will you seek and serve Christ in all persons loving your neighbor as yourself?*



“Jesus answered them, ‘You give them something to eat.’ They said to him, ‘Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?’ Mark 6:37

Church buildings are located in neighborhoods and communities where real people live, and many of the neighbors are in need. Coffee hour is a chance to share the blessings that God has entrusted to the community members for the simple reason that the community has it to share. Expanding coffee hour continues a growing fondness for breakfast and dinner church!

- Set out a collection bin near your refreshments for donations to your local food pantry.
- Encourage people with gardens to share their abundance.
- Keep the congregation updated on how many people use the food pantry.
- Take your fellowship outside and share with your neighbors openly and visibly.
- Wave the traffic down and invite them to break bread with you.
- Send invitations to your immediate neighbors to attend a “special coffee hour” in their honor.
- Make the people who use your space regularly feel special by honoring them at a coffee hour.

*Will you strive for justice and peace among all people and respect the dignity of every human being?*



- Chocolate, bananas, coffee, tea, herbs, spices, sweeteners and nuts are often easily obtainable at many local supermarkets, co-ops, and farmers markets.
- Learn more about fair trade at [fairtradeusa.org](http://fairtradeusa.org) where you can find a list of fair trade products, companies and partners.

CHAPTER SIX  
*Essential Ingredients*

**SERVING GREEN**



- Use the 3R's 4 3C's Tool Kit.
- Declare your building "STYROFOAM FREE".
- Practice "REUSING" by washing plates, utensils and cups; or practice "RECYCLING" by using compostable or recyclable plates, utensils, and tableware.
- Compost paper napkins, food scraps, tea bags, coffee filters.
- Gather scraps of material to make cloth napkins and reuse weekly.



## WE ARE WHAT WE EAT



- Buy Fair Trade coffee, tea, and sweeteners.
- Visibly display the Fair Trade sign.
- Use Fair Trade ingredients in baked goods and appetizers.
- Recognize and promote locally available fair trade items.
- Recognize and promote local stores where fair trade is available.
- Support local economy: buy local cheese, milk, breads, flour, fruits, vegetables, eggs and even meat.
- Negotiate a Community Supported Agriculture share that contains items especially appropriate for coffee hour.
- Support healthy eating by buying either certified organic or buy from farmers using organic techniques but not yet certified.
- Serve high fiber low fat sweets.
- Buy local honey or other natural sweeteners.

## KIDS STUFF



- Teach the kids to be the 3R supervisors. They can help adults learn the difference between waste, recyclable, and compostable.
- Have the kids produce a video about “sin” against the environment to use during the service or during coffee hour.
- Take the youth group on a pick your own berries, pumpkins, vegetables, or herbs outing.
- Start a gleaning project in your area donating the leftovers to the local food pantry.

## GOING THE EXTRA MILE



- Make a pot of tea with a mesh ball or buy tea bags without strings and staples.
- Buy sweeteners, creamer and sugar in bulk rather than individual packages.
- Make loaves instead of muffins.
- Use unbleached filters for coffee and compostable muffin paper.
- If you use a Keurig machine buy the reusable filter or a biodegradable cup. Remember how much more expensive coffee is served this way.

<http://www.motherjones.com/blue-marble/2014/03/coffee-k-cups-green-mountain-polystyrene-plastic>

# Recipes for Our Health

## Delicious (EASY!) frozen treat.



2 lbs. seedless organic grapes, a mix of red and green is nice. Wash grapes thoroughly and remove stems. Place them in a large glass or pottery bowl. Mix the two types together. Place in freezer. When the grapes are frozen or partly frozen (at least 2 hours), eat them by the handful for a refreshing treat on a hot day.

## Fruit Salad:

Combine oranges, grapefruit, kiwi, dried cherries or cranberries. Toss. Top with toasted slivered almonds. Serve in an d with compostable, recyclable, or reusable bowls and eating utensil. **Fiber Up Slim Down** Cookbook, Prevention Magazine. Rodale Inc. 2008.



## Vegetarian Pasta Salad



Photo: Barilla

1 box (12 oz. uncooked) three-color pasta  
8 oz. local Feta cheese, chopped  
½ - 1 cup sun dried tomatoes, sliced into strips  
Boiling water  
1 cup fresh organically grown sugar snap (snow peas) pea pods\* (washed and cut in half; I like them raw, but they can also be lightly steamed and cooled)  
1 can black olives, drained and rinsed

1 ½ c Newman's Own Balsamic Vinaigrette salad dressing (I use Newman's because the donate all profits to charity, but feel free to use some other oil and vinegar-based salad dressing of your choice)

Cook the pasta according to package directions. Drain and rinse. Put in a large bowl. Pour the boiling water over the sun-dried tomatoes and allow to stand for 5 minutes. Drain, and add them to the pasta. Add the Feta, olives and pea pods and mix. Pour on the dressing. Chill. Before serving, toss thoroughly.

\*Instead of snow pea pods, you can use broccoli florets (lightly steamed), sweet peppers (raw), fresh carrots (coarsely grated), or other vegetables in season.

## Cinnamon Chip Scones — Sandy Virginia, St. Barnabas', Norwich

3 Cups flour (I use at least half whole spelt or whole wheat or whole wheat pastry flour)  
4 1/2 tsp baking powder  
1/4 tsp salt (or less)  
2 oz. (4 Tbsp) butter  
1 - 1 1/2 cup milk  
1/2 - 3/4 cups cinnamon chips

Sift dry ingredients, rub in butter (using fingertips works best), mix in cinnamon chips, add milk and mix lightly & quickly to a soft dough.  
Turn out on a floured board, roll lightly till about 3/4" thick, cut and place on a cold baking sheet.  
Bake in a hot oven (450F) for 10 - 15 min, till golden brown.



Makes ~ 16

I like to use local flour from Beidler Family Farm, Randolph, VT (available at Hanover/Lebanon Co-op or Upper Valley Food Co-op) or Green Mountain Flour (available at the same co-ops). I use cinnamon chips from King Arthur's Baker's Store. I think they are more cinnamon-y and less oily than more commercial brands.

## “Angel” Eggs (because surely churches shouldn’t serve Deviled Eggs...)

Hard-cook the desired number of local, free-range chicken eggs. (The fresher the eggs, the harder they are to the refrigerator for have boiled long pan and refill with until the water



discolor. When the lengthwise and put mayonnaise, or for a lower calorie dish, a mix of mayonnaise and Dijon mustard, and blend until smooth and creamy. I usually add the mayo-mustard a bit at a time, going by the texture of the mixture, rather than measuring an exact amount. When the egg yolk mixture is at the desired texture (moist enough to hold together, but thick enough to mound in the hollows of the egg whites), add salt and spices to taste. I like to use cumin, curry powder, black pepper, and a dash of cayenne, but feel free to experiment. Fill the cavities of the egg whites with the seasoned yolk mixture and garnish with something green. I often use parsley from my garden (in season), or fresh sprouts (which I grow in a sprouter through the winter); radish or broccoli (organic seed, of course) sprouts are particularly good.

peel, so I use ones that have been in at least a few days.) When the eggs enough (10-12 minutes), drain the cold water (do this at least twice, or stays cold) so the yolks don't eggs are cold, peel them; slice them the yolks in a large mixing bowl. Add

## **Delicata Squash and Pecan Salad – Beth Hilgartner, Church of the Good Shepherd, Barre**

This dish is good hot or chilled, though for coffee hour, chilled is much easier.

2 delicata squash, washed

2 T olive oil

$\frac{3}{4}$  - 1 cup chopped pecans (walnuts or toasted, slivered almonds may be used instead)

$\frac{1}{2}$  -  $\frac{3}{4}$  cup dried unsweetened cherries (dried, sweetened cranberries or raisins may be used instead)



Cut the delicata squash lengthwise and scoop out the seeds and strings (save — see next recipe). You do not need to peel delicata, since the skin is quite thin. Put the cut halves flat on the cutting board, and cut the squash horizontally into the thinnest possible slices. Steam the squash until tender but not squishy (about 3-7 minutes after the water boils, depending on the thickness of your slices). When the squash is done, put it in a large bowl, drizzle the olive oil over it, and add the pecans and

cherries. Toss thoroughly and serve (hot) or chill in the refrigerator to serve cold, later.

## **Toasted Spicy Squash Seeds (works with any winter squash or pumpkin)**



1  $\frac{1}{2}$  - 2 cups squash seeds

Melted butter (preferably from a local creamery) or oil

1 T red pepper flakes

$\frac{1}{2}$  tsp cayenne pepper

1 clove garlic, finely chopped

$\frac{1}{4}$  tsp salt Separate the squash seeds from the pulp. Don't worry if you don't get all the pulp off – it will just add flavor. Put the seeds in a mixing bowl and add enough butter or oil to coat. Then add spices (I'm giving you the

mix I use for savory seeds, but feel free to experiment; you can also do this with cinnamon, allspice, nutmeg, and a little honey or maple syrup if you like a sweet seed...) and toss to blend. Spread out the seeds in one layer on a greased baking sheet. Place in a 350 degree oven and toast for 15 – 20 minutes or until golden brown. Stir the seeds from time to time while they're baking to be sure they toast evenly. Allow to cool and then eat – or serve at coffee hour.

### Mixed fruit granola

3 C old-fashioned oats  
¾ C All-Bran cereal  
½ C slivered almonds  
1 tsp cinnamon  
⅛ tsp nutmeg  
¼ tsp salt  
½ cup honey  
3 Tbs maple syrup  
2Tbs almond extract  
2 Tbs canola oil  
½ C dried apricots, sliced  
½ C packed golden raisin  
½ C dried cranberries.

Preheat oven to 300°. Grease large baking sheet.

In a large bowl combine the oats, cereal, almonds, cinnamon, nutmeg, and salt.



In a separate bowl, combine the honey, maple syrup, almond extract, and oil. Pour the liquid mixture over the oat mixture and toss well. Spread the mixture evenly over the baking sheet. Bake

stirring every 10 minutes until lightly toasted about 50 minutes.

Remove from the oven and add apricots, raisins, and cranberries. Cool completely before serving.

Serve over Greek Yogurt in and compostable or recyclable bowls and eating utensil

### Banana Nut Muffins

½ C organic Grape-Nuts cereal  
¾ C fat free milk  
1 ½ C whole grain pastry flour  
1 ½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
2 large eggs (local)  
3 Tbs sugar  
2 Tbs canola oil  
2 ripe medium bananas mashed to make ⅔ C  
½ C coarsely chopped walnuts

Preheat oven to 375°, Grease a 12 C muffin pan or loaf pan

In a medium bowl, soak the cereal in the milk for 10 minutes to soften.



In a large bowl, stir together the flour, baking powder, baking soda, and salt. With a fork, beat the eggs, sugar, and oil in to the soaked cereal.

Stir in the

mashed bananas and ¼ C of the walnuts. Pour banana mixture into dry ingredients and stir until blended. Pour or spoon into baking pan. Sprinkle the remaining walnuts on top. Bake muffins 15-20 minutes, loaf 30-40 minutes **Fiber Up Slim Down Cookbook, Prevention Magazine. Rodale Inc. 2008.**

## Heirloom Apples with Local Cheese

Go to your farmer's season. Purchase lots of locally available variety) (my favorites for this cheddar, or chevre, but good, too). Wash the them, sprinkling the and cinnamon. Slice the piece on each apple slice. Serve and enjoy. (Earlier in the season, you can do something similar with fresh heirloom tomatoes and either fresh mozzarella or chevre, with a sprinkle of fresh ground black pepper, too.)



market during apple heirloom apples (or any and some artisan cheese recipe are extra sharp lots of other types are apples. Core and slice slices with lemon juice cheese thinly and put a

## Spiced Pumpkin-Prune Muffins



1C whole grain pastry flour  
½ C unbleached all-purpose flour  
2 tsp baking powder  
½ tsp baking soda  
½ tsp ground cinnamon  
½ tsp ground ginger  
¼ tsp allspice  
¼ tsp salt  
¾ C snipped pitted prunes (pea-sized pieces)  
2 large eggs (local)  
½ C plain canned pumpkin

½ C plain nonfat yogurt  
¼ C packed brown sugar  
3Tbs. canola oil

Preheat oven to 375°. Grease 12 cup muffin pan or loaf pan  
In a large bowl, stir together the flours, baking powder and soda, cinnamon, ginger, allspice, and salt. Add the prunes. In a medium bowl, whisk the eggs, pumpkin, yogurt, sugar, and oil and pour into dry ingredients and stir until blended. Pour or spoon into baking pan.

**Fiber Up Slim Down Cookbook, Prevention Magazine. Rodale Inc. 2008.**

## Raspberry – Oat Muffins



1 ¼ C whole grain pastry flour  
¾ C + 3 Tbs old-fashioned oats  
1 ½ tsp baking power  
½ tsp baking soda  
¼ teaspoon salt  
1 C vanilla yogurt (or plain)  
2 large eggs  
¼ C + 1 Tbs packed brown sugar  
2 Tbs canola oil  
1-2 C frozen unsweetened raspberries  
(unthawed)\*

Preheat oven to 375°. Grease 12 cup muffin tin or loaf pan.

In a large bowl, stir together the flour, ¾ C of the oats, baking powder and soda, and the salt.

In a medium bowl, whisk the yogurt, eggs, ¼ C of the sugar, and the oil until smooth. Fold in the raspberries.

Add the yogurt mixture to the dry ingredient and stir gently just to mix. Pour into baking pan.

In a small bowl combine the remaining 3 Tbs oats and remaining 1 Tbs sugar.

Sprinkle on top.

Bake 20-25 minutes for muffins 40-45 minutes for loaf. Best served warm.

\*2 C of raspberries has just enough batter to hold the raspberries together. If you use fresh berries be prepared for the color of the muffin to be quite different!

**Fiber Up Slim Down Cookbook, Prevention Magazine. Rodale Inc. 2008.**

## SPICED SWEET POTATO CHIPS

1 Sweet potato peeled, 12 oz.\*  
½ tsp ground cumin  
¼ tsp sugar  
¼ tsp chili powder  
¼ tsp salt

Preheat oven to 375°. With a V-slicer or mandolin, cut the potato into VERY thin slices.

Grease two baking sheets. Arrange potatoes in a single layer. Coat with cooking spray or spray butter.

Bake 7 minutes or until barely starting to brown. Turn the potatoes. Bake another 7-10 minutes until slightly browned. Meanwhile in a small bowl combine the dry ingredient. Pour over the chips and toss well.



\*Cut Kohlrabi like French fries, roast and toss with same ingredients.

## OAT NUT BRITTLE



- 1 C quick cooking oats
- ½ C Fiber One Cereal
- ½ C slivered almonds
- ¼ C oil-roasted peanuts
- 1 C sugar
- ¼ C maple syrup
- 2 Tbs lemon juice
- 1 tsp grated fresh lemon peel
- ¼ salt
- 2 Tbs unsalted butter

Preheat oven to 375°.

On a baking sheet, combine the oats, cereal, almonds, and peanuts. Bake stirring occasionally for 12-15 minutes or until the oats are lightly toasted. Transfer to a bowl. Grease the baking sheet and return the ingredient to the baking sheet. In a heavy saucepan over medium high heat, combine the sugar, maple syrup, lemon juice, lemon peel and salt. Bring the mixture to a boil stirring occasionally for 8-9 minutes or until the sugar has dissolved and turned golden. Be careful not to boil too long and burn the sugar! Remove from the heat and stir in the butter. Pour over the oat mixture. Top with a piece of parchment paper and roll the brittle out with a rolling pin. Peel off the parchment paper and cool for 45 minutes.



