

Loudoun County
Senior Center at
Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/
seniors-cascades](http://www.loudoun.gov/seniors-cascades)



Staff:

Manager:

Brenda Davis

Assistant Manager:

Judith Mangilin

Café Supervisor:

Carrie Randolph

Recreation

Programmer:

Paul Torrible

Customer Service:

Haley Moore

Vehicle Operator:

Felix Duran

Vehicle Operator:

Satish Sharma



CASCADES SENIOR CENTER

E-NEWS June 11, 2021

Pride Month a Time of Celebration and Reflection

"We are powerful because we have survived"

- Audre Lorde

The month of June was specifically chosen for LGBTQ+ Pride Month to commemorate the Stonewall Uprising in New York, which occurred at the end of June in 1969. The Stonewall uprising is historically known as the start of the Gay Liberation Movement. Initially being a one-day event, Pride grew over time and across the nation to what is now a month-long celebration of events! Usually, Pride is marked by joyful celebrations, picnics, parties, music programs, and, of course, parades! But we did not get to this point easily or without enormous effort and sacrifice on the part of many LGBTQ+ Americans who helped to shape the course of LGBTQ+ history and make Pride month possible. During Pride month, we reflect on the past and the struggles, but celebrate and remember along the way those who made sacrifices making Pride month what it is today. It is important to take a moment to appreciate the past and the efforts made by so many.

Gilbert Baker, was a gay rights activist, educator, artist, in addition to being the designer of the LGBTQ+ rainbow flag! In his memoir, RAINBOW WARRIOR, which is a wonderful book to read during Pride month, he eloquently describes its origins: "We were all in a swirl of color and light. It was like a rainbow. A rainbow. That's the moment when I knew exactly what kind of flag I would make. A Rainbow Flag was a conscious choice, natural and necessary. The rainbow came from earliest recorded history as a symbol of hope. In the Book of Genesis, it appeared as proof of a covenant between God and all living creatures. It was also found in Chinese, Egyptian and Native American history. A Rainbow Flag would be our modern alternative to the pink triangle. Now the rioters who claimed their freedom at the Stonewall Bar in 1969 would have their own symbol of liberation" This flag, since its debut, has been an internationally known symbol of LGBTQ+ pride!

Audre Lorde, born in 1934, was a poet, a mother, a warrior, an innovator, and a proud lesbian. She dedicated her life to her creative and extraordinary literary talents and was also a strong voice and advocate for others by confronting and addressing the vast injustices of the time, including homophobia. She profoundly understood the intersectionality of one's personal identity and, through her work and actions, influenced thoughts and broke through societal barriers. She is a prominent social justice trailblazer who laid a firm foundation and philosophy for activists and others to follow.

Barbara Gittings was another gay pioneer who is often known as the mother of the LGBTQ+ civil rights movement. During her time, gay activism was truly in its infancy, with Barbara taking the lead and pushing things forward: "I've had the satisfaction of working with other gay people all across the country to get the bigots off our back, to oil the closet hinges, to change prejudiced hearts and minds, and to show that gay love is good for us and for the rest of the world too." She started the New York chapter of the Daughters of Bilitis (DOB). Founded in San Francisco, the DOB was the first lesbian civil rights organization in the United States.

These are just a few of the trailblazers who have made an impact on social justice and the rights of the LGBTQ+ community. Although this Pride month will be different for many due to COVID-19, we will still celebrate and reflect on the past and present. Pride month is more than just parades, picnics, and events, it is a time of reflection on the progress we have made and of our hopes for the future.

Karen M. McPhail, RN, BSN, MSN, CCM, CDP

Visit the [Aging Rainbows](https://www.agingrainbows.org) website for more information and resources for aging in the LGBTQ community.

Welcome Back to the Senior Center at Cascades!!



Click the link
below to view our
"Welcome Back"
video:



[VIDEO](#)

finally the wait is over



The Loudoun County Senior Center at Cascades
Advisory Board has purchased new furniture for our
lobby area!



thank
you



*The Cascade Senior Center Advisory Board –
needs you!*

As the Cascade Senior Center re-opens the current members of the Cascade Senior Center Advisory Board would appreciate your consideration to become part of the board. This will be an exciting year as we return to our normal activities at the Senior Center and the current board members are excited about the opportunity to be a part of the re-opening.

Visit the Advisory Board webpage for more information and a board member application form – Click [here!](#)



Please Join Us!

GRAND OPENING OF THE ASHBURN SENIOR CENTER

THURSDAY, JUNE 17, 2021
10:30 A.M.

20880 Marblehead Drive
Ashburn, VA 20147

RSVP: prcs@loudoun.gov

**LOUDOUN
COUNTY**

VIRGINIA

Ashburn Senior Center

Sign up for bus transportation and lunch

Open House 6/17/21 10:30 - 3PM

Regular service starting 6/21/21 9-5pm



**Time to sign up for
transportation to the new
ASHBURN SENIOR CENTER!
call 571-367-8340**

**Time to sign up for
Lunch service at the new
ASHBURN SENIOR
CENTER!
call 571-367-8340**




Please call 24 hours in advance to receive bus transportation and lunch service at Ashburn Senior Center.

Grand Opening June 17th 10:30- 3:00pm

Daily Opening beginning June 21st 9:00 AM to 5:00PM

**** CASCADES ACTIVITIES SCHEDULE ****

MON 6/14	TUES 6/15	WED 6/16	THURS 6/17	FRI 6/18
9:30a-10:30a Line Dancing (Indoor) 9:30a-10:00a Walking Group (Outdoor) 10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a ESL Class (Virtual) 1:00p-2:00p Bingo (Indoor) 1:00p-2:00p Yoga Class (Virtual) 2:30p-3:30p Teen Tech (Virtual)	10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a Conversational Spanish (Virtual) 1:00p-2:00p Ukulele Jam Session (Indoor) 3:00p-5:00p Pickle Ball (Indoor)	10:00a-11:00a Tai Chi (Indoor) 10:00a-11:00a Aerobics Video (Indoor) 10:00a-12:00p O'Heck (Indoor) 10:30a-11:30a Yoga Class (Virtual) 12:00p-2:00p Movie Day "I Am Not Your Negro" (Indoor) 1:00p-4:00p Party Bridge (Indoor)	10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a Learn Mandarin (Virtual) 11:45a-12:30p Special BBQ Lunch & Video Presentation to commemorate JUNETEENTH (lunch sign up required) 1:00p-2:00p Current Events (Indoor) <div> Billiards Room NOW OPEN Exercise Room NOW OPEN Computer Room NOW OPEN Ceramics Room NOW OPEN </div>	Senior Center Closed in observance of Juneteenth  JUNETEENTH


6/21	6/22	6/23	6/24	6/25
9:30a-10:30a Line Dancing (Indoor) 9:30a-10:00a Walking Group (Outdoor) 10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a ESL Class (Hybrid: Virtual & Indoor) 1:00p-2:00p Bingo (Indoor) 1:00p-2:00p Book Club (Indoor) 1:00p-2:00p Yoga Class (Virtual) 2:30p-3:30p Teen Tech	10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a Conversational Spanish (Virtual) 1:00p-2:00p Ukulele Jam Session (Indoor) 1:00p-2:15p Intermediate Spanish III (Virtual) 3:00p-5:00p Pickle Ball (Indoor)	10:00a-11:00a Tai Chi (Outdoor) 10:00a-11:00a Aerobics Video (Indoor) 10:00a-12:00p O'Heck (Indoor) 10:30a-11:30a Yoga Class (Virtual) 12:00p-2:00p Movie Day "Prom" (Indoor) 1:00p-4:00p Party Bridge (Indoor)	10:00a-11:00a Aerobics Video (Indoor) 10:30a-11:30a Learn Mandarin (Virtual) 1:00p-2:00p Current Events (Indoor) 2:00p-3:00p SPECIAL ZOOM PRESENTATION Karen McPhail- "The Importance of Long Term Care Planning: Consider- ations for LGBT+ Older Adults" (Virtual)	9:30a-11:30a Knit & Crochet (Indoor) 10:00a-11:00a Aerobics Video (Indoor) 1:00p-2:00p Bingo (Indoor) 1:00p-2:00p Yoga Class (Virtual)

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.

What's for lunch at Cascades?

REMINDER:

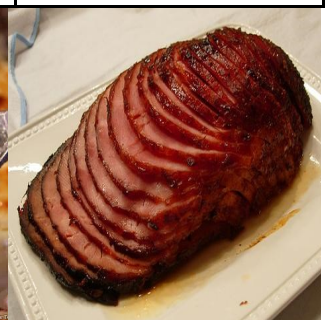
If you are in need of a lunch meal or food in general, please call the center at 571-258-3280.

MON 6/14	TUES 6/15	WED 6/16	THURS 6/17	FRI 6/18
Stuffed Cabbage Mashed Potato Vegetable Blend Bread, Fruit & Milk Vegetarian meal Available	Hot Dog/Bun Baked Beans Caribbean Blend Vegetable Fruit & Milk Vegetarian meal Available	Spaghetti/ Meat Sauce Vegetable Blend Fruit, Bread & Milk Vegetarian meal Available	Special Barbeque Lunch & Video Presentation Vegetarian meal Available	CENTERS CLOSED TODAY  JUNETEENTH COUNTY HOLIDAY



DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)

MON 6/21	TUES 6/22	WED 6/23	THURS 6/24	FRI 6/25
Chili Rice Mixed Vegetables Corn Muffin Fruit & Milk Vegetarian meal Available	BBQ Chicken Corn Collard Greens Fruit, Bread & Milk Vegetarian meal Available	Meatloaf Mashed Potato Green Peas Fruit, Bread & Milk Vegetarian meal Available	Escalloped Chicken Green Beans Lima Beans Fruit, Bread & Milk Vegetarian meal Available	Baked Ham Scalloped Potato Spinach Fruit, Bread & Milk Vegetarian meal Available





JUNETEENTH

**Join the Senior Center at Cascades
for a special barbeque lunch
and video presentation
to commemorate Juneteenth**

THURSDAY, JUNE 17

**Video presentation will explore the
history of Juneteenth, the
commemoration of the end of slavery,
and why it is so important**

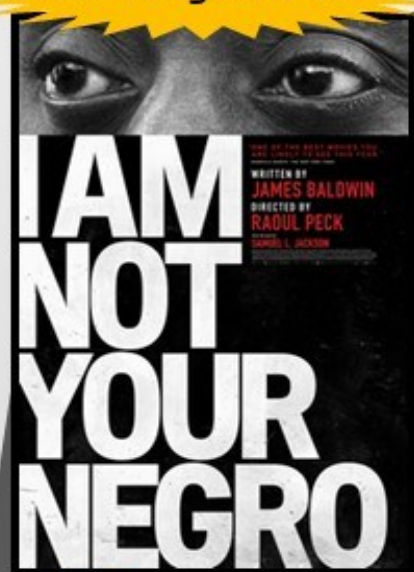
On the Big Screen

@ Cascades Senior Center

free for senior center members



Celebrating Juneteenth



Wednesday June 16th @ 12:00pm
"I Am Not Your Negro" (Documentary)
 This 2016 documentary and social critique is directed by Raoul Peck, based on James Baldwin's unfinished manuscript *Remember This House*. Narrated by actor Samuel L. Jackson, the film explores the history of racism in the United States through Baldwin's reminiscences of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King Jr., as well as his personal observations of American history. It was nominated for Best Documentary Feature at the 89th Academy Awards and won the BAFTA Award for Best Documentary.

Celebrating Pride Month



Wednesday June 23rd @ 12:00pm
"Prom" 2020 (PG-13)
 Down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who wants to go to the prom with her girlfriend. The film stars Meryl Streep, James Corden, and Nicole Kidman.

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call the appropriate community center/program area at least 3 business days prior to the start of the activity.

Special Zoom Presentation
Thursday, June 24th at 2:00pm



“The Importance of Long-Term Care Planning: Considerations for LGBT+ Older Adults”

Long Term Care Planning is an individualized, fluid, multidisciplinary process that details specifics and supports expressed wishes for the future. All individuals, especially LGBT+ older adults should have a plan in place to ensure that their express wishes are understood, documented, and valued. Learn more about how to begin the process in this informative session led by Karen McPhail, RN, BSN, MSN, CCM, CDP, the Founder of Aging Rainbows and Executive Director of Eldementals.

Topic: Long Term Care Planning
Time: Jun 24, 2021 @ 2:00 PM

Join Zoom Meeting [here!](#)

Meeting ID: 815 1427 6636
Passcode: 40iqbx

This special Zoom presentation is led by Karen McPhail. Karen is the founder of Aging Rainbows, a regional organization that provides outreach, education and support programs for older LGBT+ adults.



JUNETEENTH

At CLAUDE MOORE PARK

21544 Old Vestals Gap Rd, Sterling, VA

JUNE 19, 2021 | 12:00 Noon - 7:00 PM EST

THEME: PROSPERITY THROUGH JUNETEENTH
LOUDOUN'S 1ST CELEBRATION!



Flag Raising by the Buffalo Soldiers

Speeches

Poetry: Michael Crabbe

Gospel: Rev. Isaac Howard & Howard Harmonizers

Blues: Johnny Rawls

Jazz & Funk: Funkativity Band

Food vendors: Fish, BBQ, Soul Food & Much More!

Activities: Fishing - Card Games - Kid's Games - Juneteenth Classes

Free entry and free parking.

Bring your own blanket/chair. Mask wearing optional outside.

Note

11:00 AM - Juneteenth Caravan from Belmont Country Club to Claude Moore

To volunteer or for more information:

email: info@juneteenthloudoun.org or call 571-207-5528.

www.juneteenthloudoun.org

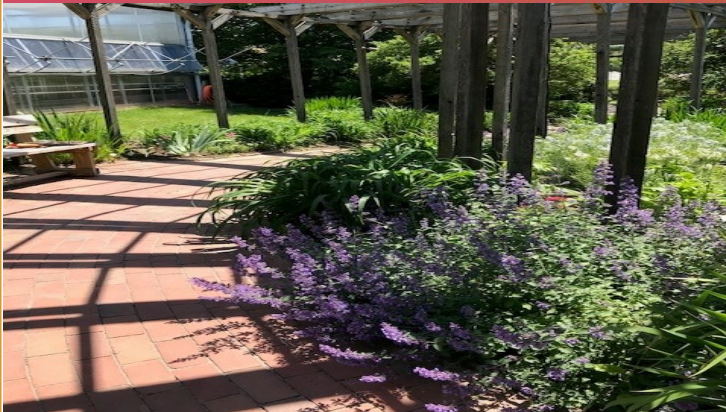
Sponsored by the Loudoun County Juneteenth Committee

Design by Corey Hampton



CASCADES WALKING GROUP

MONDAYS AT 9:30 A.M.



Join member Steve Creskoff for a stroll through the gardens and civil war memorial at NOVA College on Monday, June 14 – we will meet in the parking lot and begin the walk promptly at 9:30am!



On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14. Many Americans celebrate Flag Day by displaying the Red, White and Blue in front of homes and businesses. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States. Source: americaslibrary.gov

HAPPY FATHER'S DAY

June 20th is Father's Day! It is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. June 20th is also the official first day of Summer!!

REGISTER NOW! WELCOME TO MEDICARE VIRTUAL FAIR



JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



SPONSORED BY:



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.

**The Virginia SHIP is called VICAP
Loudoun County VICAP Helpline
703-737-8036**

www.shiphelp.org

✉ info@shiphelp.org

☎ 877-839-2675

This project was supported, in part, by grant number 90SATC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

¡REGÍSTRESE HOY! PARA UN EVENTO VIRTUAL DE BIENVENIDA A MEDICARE



23 DE JUNIO DE 2021

DE LAS 3:00 P. M. HASTA LAS 7:00 P. M., HORA DEL ESTE

¡Aprenda cómo inscribirse a Medicare! Visite www.shiphelp.org para obtener más detalles, ver el programa y registrarse.

Esta feria virtual de Medicare es para las personas que van a cumplir 65 años de edad o que se van a inscribir en Medicare debido a una discapacidad. Obtenga información sobre Medicare, y todas sus partes, para ayudarle con tus decisiones iniciales de inscripción. Asistir no tiene costo alguno. Únase a nosotros en línea durante el tiempo que guste.

Obtenga educación imparcial y de confianza sobre Medicare para ayudarle a tomar las decisiones sobre Medicare que mejor se adapten a tus necesidades.

Habrá presentadores nacionales expertos que hablarán sobre la elegibilidad, la inscripción y las opciones de cobertura de Medicare. También habrá expositores de Programas Estatales de Asistencia sobre Seguro Médico (SHIP, por sus siglas en Inglés) que podrán contestar sus preguntas individuales.



Los Programas Estatales de Asistencia sobre Seguro Médico (SHIP, por sus siglas en Inglés) están en los 50 estados, Washington DC, Puerto Rico y las Islas Vírgenes de los EE. UU.

**Su SHIP en el condado de Loudoun: VICAP
703-737-8036**

PATROCINADO POR:



www.shiphelp.org

✉ info@shiptacenter.org

☎ 877-839-2675

Este proyecto recibió apoyo parcial del número de subvención 90SATC0002, de parte de la Administración de Vida Comunitaria de EE. UU. del Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se insta a los beneficiarios que llevan a cabo proyectos con el patrocinio gubernamental a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista o las opiniones no necesariamente representan la política oficial de la Administración de Vida Comunitaria.

Super Senior Discount

for Loudoun County Recreation Centers

What is a Super Senior Discount?

- It's a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
 - Monday through Friday from 9:00 to 5:00.
 - No evenings or weekends

Who qualifies for a Super Senior Discount?

- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

How much does it cost?

- Super Senior discounted annual membership:
 - \$245 for a single senior (*non-member of a senior center \$350*)
 - \$420 for 2 seniors who live in the same household (*non-member of a senior center \$600*)

Where can I purchase a Super Senior Discount?

Passes can be purchased in person at any senior center or recreation center
The passes cannot be purchased on-line





SUMMER SENIOR COOLING PROGRAM

Fans and limited summer cooling assistance is available for persons aged *60 years and older* who are *income eligible in Loudoun County*.

The Senior Cooling Program runs
from
June 1 – September 30

Please call:
Loudoun County
Area Agency on Aging

Phone: (703) 777-0257
Email: aaa@loudoun.gov



The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services



Weekly Program Schedule

Virtual Programs

Monday, June 14

11 a.m. — Online Storytime: Ms. Bethany from Rust Library reads *Rattletrap Car* by Phyllis Root.

2 p.m. — Advanced ESOL English Practice: Work on your English in this conversation-based program.

Tuesday, June 15

noon — Midday Meditation: Take a deep breath and relax with instructor Gretchen Schutte.

4 p.m. — DIY Teens: Create a kite using simple supplies.

7 p.m. — Virtual Marvel Trivia Night: Test your knowledge on all things Marvel.

Wednesday, June 16

11 a.m. — Online Bilingual Storytime: Ms. Elizabeth from Lovettsville Library reads *Uno, Dos, Tres: One, Two, Three* by Pat Mora.

1 p.m. — 123 Andrés: Go on a bilingual adventure with Latin Grammy-winning duo Andrés and Christina. This musical performance is filled with fun so get ready to dance! *Sponsored by the Loudoun Library Foundation.*

6:30 p.m. — Photography Workshop: Creative Portraiture: Professional photographer Samantha Marshall shows you how to use poses, lighting, angles and editing processes to create unique portraits.

Subscribe to our YouTube channel to access recordings of our virtual programs.



Thursday, June 17

6:30 p.m. — Copyright for Photographers: Learn about copyright protections and how to properly register your photography for maximum benefits under the law in this session led by the U.S. Copyright Office.

8 p.m. — Teen Book Club: Discuss *Nimona* by Nicole Stevenson.

Friday, June 18

11 a.m. — Online Storytime: Ms. Elizabeth from Lovettsville Library reads *A Perfect Day* by Sarah S. Brannen.

4 p.m. — Paint with Watercolors: Paint a Sicilian orange and olive branch with artist Kris Loya.

Saturday, June 19

11 a.m. — Mr. Jon & Friends: Mr. Jon and his companion George the Monkey will rock and rhyme in this live musical.

Links for these virtual programs and the complete calendar are available at
library.loudoun.gov/calendar.



In-Person Programs

Monday, June 14

8:30 a.m.-4 p.m. — Flag Day Celebration, Law Library, 18 E. Market St., Leesburg
10 a.m. — Messy Monday, Lovettsville Library
10:15 a.m. — Outdoor Family Storytime, Purcellville Library
noon — Homeless Outreach Drop-In, Rust Library
2 p.m. — Make and Take Craft Drop-In: Safari Animals, Gum Spring Library
7 p.m. — Adult Book Club, Middleburg Library

Tuesday, June 15

10 a.m. — ESOL: Beginning English Conversation Group, Rust Library
10:30 a.m. — Outdoor Family Storytime, Middleburg Library
1:30 p.m. — Adult Book Club, Rust Library
2 p.m. — Tech Tuesday, Rust Library
4:30 p.m. — Teen Tuesday: Pointillism, Sterling Library

Wednesday, June 16

10 a.m. — Outdoor Family Storytime, Cascades Library
10:15 a.m. — Outdoor Family Storytime, Purcellville Library
10:30 a.m. — ESOL: English Conversation Group, Rust Library
10:45 a.m. — Outdoor Family Storytime, Cascades Library
11 a.m. — ESOL: English Conversation Group, Brambleton Library
11 a.m. — Outdoor Family Storytime, Rust Library
11 a.m. — Outdoor Family Storytime, Sterling Library
2 p.m. — Make and Take Craft Drop-In: Animal Masks, Brambleton Library
2 p.m. — DIY Teens: Wild Felt Succulent, Ashburn Library
7 p.m. — Adult Book Club, Purcellville Library
7 p.m. — BYO (Bring Your Own) Craft Mixer, Sterling Library

For complete details, visit
library.loudoun.gov/calendar.

To request a reasonable accommodation for a disability, call 703-777-0368. Three days' notice is requested.

Thursday, June 17

10 a.m. — ESOL: English Conversation Group, Ashburn Library
2 p.m. — DIY Teens: Tie-Dye Pillowcase, Rust Library
2 p.m. — Tech Thursday, Rust Library
2 p.m. — DIY Teens: Make and Take/Take and Make, Brambleton Library
3:30 p.m. — Minecraft, Purcellville Library
6 p.m. — Sidewalk Chalk and '80s Music, Cascades Library
7 p.m. — DC Jeopardy Trivia Night, Purcellville Library

Friday, June 18

10:00 a.m. — Sidewalk Science, Purcellville Library
10:15 a.m. — Outdoor Family Storytime, Ashburn Library
2 p.m. — Front Yard Friday, Rust Library

Saturday, June 19

All branches are closed for the Juneteenth holiday.

Take a STROLL AROUND THE LIBRARY ON a STORYWALK®!

Brambleton Library

The Seals on the Bus by Lenny Hort, June 1-30

Rust Library

If You're Happy and You Know It! by Jane Cabrera, June 1-30

Cascades Library

Cecily Cicada by Kita Helmetag Murdock, June 2-18

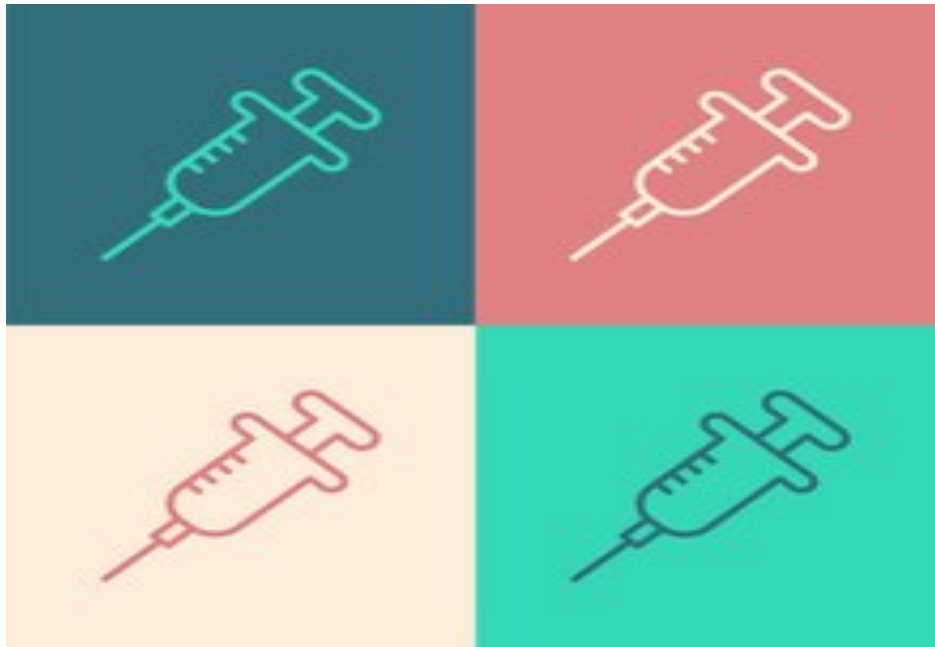
Purcellville Library

Great Dad Jokes, June 14-20

Gum Spring Library

Giraffes Can't Dance
by Giles Andreae, June 16-30





Community-Based Vaccination Events

JUNE 13 & 27

JULY 10 & 11

AUGUST 7

These events will be using the Pfizer vaccine. Translators will be onsite to assist individuals who speak Spanish. The events are free and are open to anyone regardless of health insurance or immigration status.

Individuals may [preregister](#) if they want to reserve a time, or may choose to walk in on the date of the event.

June 13th

11:00 a.m.-7:00 p.m.

Leesburg Elementary
323 Plaza Street N.E.
Leesburg, VA 20176

June 27th

11:00 a.m.-7:00 p.m.

Rolling Ridge Elementary
School
500 E. Frederick Dr.
Sterling, VA 20164

July 10th

11:00 a.m.-7:00 p.m.

Lovettsville Elementary
49 S Loudoun St.
Lovettsville, VA 20180

July 11th

11:00 a.m.-7:00 p.m.

Meadowland
Elementary
729 Sugarland Run
Sterling, VA 20164

August 7th

11:00 a.m.-7:00 p.m.
Bluemont Community
Center
33846 Snickersville
Turnpike Bluemont, VA
20135

****KITCHEN CORNER****

Gazpacho ingredients

This chilled tomato soup is the perfect way to use seasonal produce, here is what you'll need to make it:

Tomatoes. About 2 pounds of ripe tomatoes

Cucumber. I like to use English cucumber which is seedless and somewhat sweeter. You can also use Persian or Kirby cucumbers, which are what is typically used in Spain.

Green bell pepper

Onion. I used green onion, both whites and green parts, roughly chopped. Some of the onion is great to use for garnish

Celery. Celery is not traditionally used in this soup, so it is optional, but I do think it adds good flavor. 1 celery rib is all you need here.

2 garlic cloves

Bread. Use stale white bread and trim the crust off. The bread is typically soaked in water until very soft, then squeezed well to dispose of excess water. If you want a low-carb gazpacho soup, you can omit the bread.

Extra Virgin Olive Oil

Sherry vinegar. *vinagre de Jerez* is what is typically used to make gazpacho in Spain, but if you can't find it, you can use a red wine vinegar to your taste.

Seasoning. You can certainly stick only to salt, pepper, and ground cumin, which is a popular ingredient used more in the south of Spain. If you like a little spice, add a pinch of cayenne pepper

Herbs for garnish. I like to use a little mint and cilantro, again this is a personal preference.



What kind of tomatoes to use?

We already agreed that no two gazpacho recipes are the same. In my research, I've found that Roma tomatoes are more commonly used for this chilled tomato soup, but you can use whichever tomatoes you prefer as long as they are ripe. In fact, you can use a combination of different tomatoes (cherry, heirloom, vine ripe), which will add interest to your soup.

****KITCHEN CORNER CONTINUED****

A few tips for gazpacho soup:

Use the best tomatoes and ingredients you can find! Tomatoes are the star here, so be sure to select perfectly ripe tomatoes. Good tomatoes will be fragrant and should be plump and heavy for their size, and the skins should be smooth without blemishes. Select English cucumbers with smooth skin, and examine the herbs well--the herb leaves should be bright green with no blemishes. And lastly, use the best extra virgin olive oil you can find (here are the olive oils I use regularly).

Use stale or day-old white bread. You do need to use bread that is at least one day old here. If possible, choose quality artisan white bread that you like, it does make a difference in how the gazpacho soup tastes.

Allow time for the soup to chill! For more developed flavor, try to chill the tomato gazpacho for a couple of hours or so before serving. You can make it ahead of time and chill it overnight, if you like. I like to use an air-tight glass container or even canning jars like this one.

How to make gazpacho from scratch?

Homemade gazpacho soup takes a few simple steps:

Blanch and peel the tomatoes. Simply put the tomatoes in a pot of boiling water and boil for about 40 seconds or so, then take them out with a slotted spoon and let them sit to cool for a minute. When they are cool enough to handle (but not fully cooled), you can easily peel the skin off.

Puree. Put the tomatoes and the veggies along with the bread (that's been soaked until tender and squeezed dry) and seasoning in a food processor or blender and puree until your desired texture (some of us like a very smooth and creamy gazpacho, while others like some texture). Taste and adjust seasoning.

Chill. Transfer the gazpacho to a large glass container or mason jar (or several smaller jars) and tightly close. Chill in the fridge for a couple hours or overnight

What to serve with gazpacho?

For the perfect summer lunch or light supper, serve tomato gazpacho soup in bowls, topped with a drizzle of extra virgin olive oil and a few fresh herbs. You serve it with a hearty salad such as this Mediterranean bean salad or balela. You don't need bread, since that is already included in the salad. Or you can pour it in small glasses as an appetizer or appetizer to serve a larger number of people.

If you're wondering about the color, gazpacho should be more orange than a deeper red, that's because of the use of bread and other ingredients here.

Can you freeze it?

Yes! You can freeze gazpacho soup for a good 6 months. Be sure to puree the soup very well so it is smooth before transferring to freezer-safe jars or containers.

****MAZE****

