



# Preserving the Harvest

Making this month's  
bounty a year-long  
celebration of savings.

“Don't judge each day by the  
harvest you reap but by the  
seeds you plant.”

Robert Louis Stevenson

3

Hope from a debt survivor.

**Client of the Month.**

Regardless of your financial situation, fall brings with its cooler temperatures and vibrant leaves a bountiful harvest on the Earth. This year, learn how to prolong the bounty of the season and make it last for months.

With these simple, money-saving tips, you and your family can enjoy the fresh fruits of the summer season well into the spring without breaking the bank, or your back. Whether you were able to grow your own fruits and vegetables this year, or simply frequent the local farmer's markets on Saturday mornings, these few basic preservation processes will provide you with quality vegetables for an economic price, year-round.

4

This month's recipe, a few  
laughs and how to connect  
with us on online.

**Cook, Laugh, Connect.**

**Find out the best ways to prolong your harvest on page 2.**



# Preservation of food for preservation of finance

Try any of these ideas for preserving the fruits of fall to reduce waste, save on the grocery bill and stay healthy, year-round.

## 1) Freeze your vegetables.

In order to ensure the highest quality vegetable upon thaw time, blanching your reaping is a good idea. For every pound of vegetable, boil two gallons of water: using a perforated pot, insert the batch of veggies into a large kettle, cover and let boil for a recommended amount of time specific to the type of vegetable. Once boiled, move the perforated pot of vegetables to a cooling bath of ice water and cool for a time equal to that of the boiling. Drain the vegetables thoroughly, insert into gallon-sized freezer bags and mark with the type of vegetable and freezing date.

Airtight packaging and cooler temperatures will extend the life of any frozen vegetable. Freezers kept at zero degrees will preserve vegetables excellently for eight to 12 months.

## 2) Can your vegetables.

Although an involved and rather meticulous process, canning foods is ideal for long-term storing, gift-giving and recipe-adventuring. It takes practice, patience and creativity – but keeps on giving for months. Canned foods can last for up to one year in the pantry!

To begin, prepare your glass Mason jars by washing them thoroughly and keeping them warm in simmering water. Fill a canning pot with enough simmering water to submerge the jars leaving one inch of water over their tops. Set the canner and warming jars aside.

Next, select your recipe from a website or canning book and prepare the mixture. Some suggestions

are brandied peaches, pickled vegetables and chili. When putting the mixtures in the jar, leave one inch to allow food to expand.

Remove any air bubbles by pressing the food against the inner-side of the jar with a spatula. Wipe the jar clean of any spillage and screw the top on. Don't seal the jar airtight because air will continue to escape during the heating process.

Submerge the Mason jars in the rack into the simmering water and slowly heat to a boil. Let boil for the time specified in the recipe and adjust time for altitude. These times are listed on many canning websites, where you can find your recipe. Once finished boiling, turn off heat and let jars stand in water for five minutes before removing them and letting them sit on the counter to cool for at least 12 hours.

If the recipe has been canned properly, the top will not pop up or down when pressed.

## 3) Make herb ice-cubes.

Fresh herbs are essential to soups and sauces and soups and sauces are essential to the fall season. By freezing them in ice-cube trays, you can savor the irreplaceable flavors of fresh herbs anytime.

Begin by washing, de-stemming and chopping your herbs. Drop an equal amount into each cube-space and add enough water (pouring slowly, so as not to wash out your herbs) to fill the remainder of the cube. Place in the freezer over night and eventually, when frozen completely, transfer cubes to freezer bags and maintain until use. Drop the cubes into

**(Continued on next page.)**

sauces or soups and let the flavor melt into your dish. Be careful to distinguish between your herb cubes and your ice cubes – rosemary lemonade is typically a required taste.

Have the financial and creative freedom to experiment with and hone these few basic practices is an adventurous and sustainable way to enjoy the fruits of your labor for more than just a few months each year. Hibernate happily this winter with a full pantry and wallet. Happy harvesting!



## Client of the month.

Each month we honor an SDS client who has shown commitment to the program in the face of extreme challenge. We hope this story encourages you in your own hardships.

**Name and location:** Debbie from Mukwonago, WI

**What is something interesting about yourself?**

I am a single mom of a son of 13. LOVE spending time with him!!! I am a school bus driver and I LOVE my Job. Love taking our dog for walks, reading books, and spending quality time with my son, Ryan.

**What brought you to Superior?**

I found my self out on my own after 9 years of living with my son's father. All of a sudden I had rent to pay, utilities to pay, car payment, insurance, etc. I just couldn't handle the bills I had. I was only paying the minimum on my cards and I felt like I was drowning and needed HELP!

**How many accounts did you have when you started and about how much debt?**

7 accounts - \$9000.00

**What was the hardest thing about being in debt?**

Just being able to pay the minimum and knowing that I was never going to get caught up.

**How did being in the program change the way you thought about money?**

I basically think..... if I don't have the cash for it, I shouldn't be buying it.

**How has your life changed since being in the program?**

A lot less stress about money!

**How many accounts do you have left to settle?**

Two accounts.

**Do you have any advice for those just entering the program?**

Stick with your monthly payments, if you are having trouble or need to talk about something, DON'T hesitate to call Superior. They're there for you !!!!

## Cooking Without Credit

### Butternut Squash Soup

The perfect use for the late summer harvest.

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- Two tablespoons unsalted butter (1/4 stick)
- 1 medium Granny Smith apple (about 8 ounces)
- 1/2 medium yellow onion
- 8 fresh sage leaves
- 2 1/2 cups low-sodium vegetable or chicken broth
- 2 1/2 cups water
- 1 1/2 teaspoons kosher salt, plus more as needed
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 1/3 cup heavy cream
- 1/2 cup toasted pumpkin seeds, for garnish (optional)



Heat the oven to 425°F and arrange a rack in the middle.

Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, about 50 minutes to 1 hour.

Meanwhile, peel, core, and cut the apple into medium dice. Cut the onion into medium dice. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.

When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins.

Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.

Using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam to escape and prevents the lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds, if using.

## Laughing Matters

*Jokes by Les Brittingham*

“A man entered 10 puns in a contest. His friend asked if any of them won a prize, and he responded “No pun in 10 did.”

“A man calls his friend and tells him he just purchased a hearing aid with the latest technology and advanced design. The friend asked, ‘What kind is it?’ The man responded, ‘3 o'clock.’”

“I went to the doctor and told him I had a problem with kleptomania. The doctor said, ‘Just take something for it.’”

## Connect with Superior

For more money-saving tips and a place to give us feedback, check out our blog at <http://superiordebtrelease.com/blog> or follow us on Facebook and Twitter [@SuperiorDebt](#).

### Refer-a-Friend

Know someone who could also benefit from our services? Contact one of our member services representatives to join our refer-a-friend program and start receiving

### Who We Are

Established in 1998, Superior Debt Services is a debt relief company committed to ethically helping consumers lower their credit card debt while encouraging healthy financial habits. Find out more at [superiordebtrelease.com](http://superiordebtrelease.com).