



Kerr Street Mission
Oakville's Mission of Hope

KSMnews
DECEMBER 2021

ALONE FOR CHRISTMAS?
KERR STREET MISSION WILL BE HOSTING A

**CHRISTMAS
DINNER**

FUN, FOOD, & FESTIVITIES FOR MEMBERS WITH
NO ONE TO CELEBRATE WITH THIS YEAR.

Saturday, December 25 • 3:30 pm
In the KSM Gym

As this is not an essential service, proof of double
vaccination will be required.

Space is limited. To register, please email
signmeup@kerrstreet.com - OR - speak with
reception.

**choose
FRESH**

Produce or protein available weekly.
Please see the front desk for more details.

MONTHLY SIGN UP IS NECESSARY

**Orders must be submitted by the
24th this month.**

SPECIAL MARKET HOURS

**Friday, December 17th
10:30 am - 11:00 am**

**LAST MARKET
OF 2021**

Thursday, December 23rd

**KSM HOLIDAY
CLOSURES**

Please note that the Market will be closed
and no Meals available from

**Friday, December 24th
to Sunday, January 2nd**

**Regular hours will resume
Monday, January 3rd**

Sweet & Savory Harvest Sweet Potato Hash

Paleo Running Mama - paleorunningmamma.com

Ingredients:

Spice Mixture:

- 1/2 tsp organic ground sage
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- Pinch black pepper
- 1/2 tsp cinnamon
- 1/8 tsp allspice or ground cloves
- 1/8 tsp nutmeg
- 1/2 tsp onion powder







































Hash:

- 1 large sweet potato diced into 1/2" cubes
- 12 oz Brussels sprouts cut in halves or quarters
- 1 1/2 Tbsp avocado oil for roasting Brussels sprouts and pecans
- 2 Tbsp + 2 tsp coconut oil divided (for sweet potatoes and apples)
- 2 medium apples I used fuji diced the same size as sweet potato
- 3/4 cup pecan halves
- 1/2 tsp sea salt
- 1/4 cup dried cranberries fruit



1. Preheat your oven to 425 degrees. Combine the spice mixture ingredients in a small bowl and set aside.
2. Toss brussels sprouts with 1 1/2 tbsp avocado or olive oil, a pinch of sea salt, and sprinkle with 1 tsp of the spice mixture. Roast in the preheated oven for 15 minutes, then add the pecans to the baking sheet and gently toss. Continue to roast for 5-7 minutes or until toasty.
3. Heat a large, seasoned cast iron pan (or any heavy skillet that won't stick) over medium heat and add 2 tbsp of the coconut oil.
4. Add the diced sweet potatoes and sprinkle evenly with the 1/2 tsp sea salt and stir/toss to coat the potatoes cooking fat and salt. Cover the pan for about 2 minutes. Uncover and stir, reduce heat if the potatoes are starting to brown too much. Recover and cook for another 2-4 minutes until the potatoes are soft.
5. Uncover and continue to cook, stirring, until the potatoes are light brown all over. Add the diced apples plus the 2 tsp coconut oil and stir to combine. Cook over medium heat, stirring occasionally, for another 5 minutes or until the apples and potatoes are brown. Adjust the heat of your stovetop as necessary to avoid burning.
6. Once apples and potatoes are toasty, turn the heat off and immediately stir in the remaining spice mixture, cranberries and roasted brussels sprouts & pecans. Allow the hash to sit in the hot skillet for several minutes to let the flavors mix. Serve warm as a side dish or meatless meal. Enjoy!

COMMUNITY CALENDAR DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 MARKET  MEALS "TO-GO" *Kerr Village Church Services can be streamed on facebook: www.facebook.com/Kerr-Village-Church-107017454512658			1  <i>chooseFRESH</i> sign up begins for JANUARY	2  	3  	4  
			<i>chooseFRESH</i> THIS WEEK: PROTEIN			
5 Kerr Village Church Service In-Person or Online*	6  	7  	8 	9  	10  	11  
	<i>chooseFRESH</i> THIS WEEK: PRODUCE					
12 Kerr Village Church Service In-Person or Online*	13  	14  	15 	16  	17   SPECIAL MARKET HOURS 10:00 am - 11:30 am	18  
	THIS WEEK: Pet Food available in the Market (Oakville & Milton Humane Society)					
	<i>chooseFRESH</i> THIS WEEK: PROTEIN					
19 Kerr Village Church Service In-Person or Online*	20  	21  	22 	23   LAST MARKET OF 2021	24 LAST DAY FOR <i>chooseFRESH</i> sign up KSM CLOSING AT 12 PM	25 CHRISTMAS DAY KSM CLOSED
	<i>chooseFRESH</i> THIS WEEK: PRODUCE					
26 Kerr Village Church Service In-Person or Online*	27 KSM CLOSED	28 KSM CLOSED	29 RECEPTION OPEN NO MARKET OR MEALS	30 RECEPTION OPEN NO MARKET OR MEALS	31 KSM CLOSED	

MARKET HOURS

Monday:	1:00 pm – 2:30 pm
Tuesday:	1:00 pm – 2:30 pm 6:30 pm – 8:00 pm
Wednesday:	1:00 pm – 2:30 pm
Thursday:	10:00 am – 11:30 am 6:30 pm – 8:00 pm
Friday:	1:00 pm – 2:30 pm
December 17:	10:00 am – 11:30 am
Saturday:	9:00 am – 10:30 am
Sunday:	CLOSED

MEALS "TO-GO" HOURS

Monday:	1:00 pm – 2:30 pm
Tuesday:	1:00 pm – 2:30 pm 6:30 pm – 8:00 pm
Thursday:	10:00 am – 11:30 am 6:30 pm – 8:00 pm
Friday:	1:00 pm – 2:30 pm
Saturday:	9:00 am – 10:30 am

SPECIAL ITEMS THIS MONTH

November 29 - December 4
Snacks, Bar Soaps

December 6 - 11
Sugar, Flour, Oral Hygiene Products,

December 13 - 18
Kraft Dinner, Deodorant
Pet Food (from Oakville & Milton Humane Society)

December 20 - 23
Toiletries

WHEN VISITING
KSM REMEMBER
TO PLEASE:

