

# THE FOODIES MONTHLY NEWS LETTER

## HARVEST TIME



Aramark is hiring!

- Food Service Workers
- Cashiers

NO nights or weekends

\$18 per hour

### This Month’s Spotlight



Our coffee shop is a Big Hit! Hot and cold brews are fueling our days!  
Try some apple cider coming your way for the month of October.  
Grab your favorite brews, or try something new.  
Our coffee shop is bringing in new items for you to try and enjoy each and every month.

### And Action!! Tips from the Director Michele Pischl

October is Fire safety month. If you hear an alarm, get outside and to a safe place. October is harvest time. Take a hayride, pick out your pumpkins and get some apples too. Apples are a great source of vitamins. An apple a day keeps the doctor away.



Questions?  
Michele Pischl  
610-489-5000  
x30216

### Things to Know.....



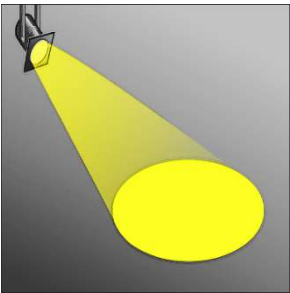
Always have an adult check your candy, to make sure its safe to eat. Always take a flashlight when your out trick or treating, it will light your way and keep you safe.



Although we often think of pumpkins as vegetables, they’re actually fruits! Pumpkins, along with cucumbers, tomatoes, and avocados, come from the flowers of their plants. That makes them all fruits.

### Employee Spotlight

Our Employee in the spotlight is **Vera Uhrich!!**



**Vera has been with Aramark for 12 years, and with Methacton for 8 years.**  
Vera is our manager at Arrowhead Elementary. She loves working at Arrowhead with all the great people in her school. Cooking for all the kids, and keeping everyone happy makes her day. Vera loves to cook and bake for her family at home; she loves hosting the holidays with her extended family. Gardening, crafts, and going to the casinos are her favorite things to do outside of work. Vera has a dog named Reo, who is her shadow and loves always being right with her. Vera has 3 children, and 1 grandchild named Via, who are the highlight of her life.

### Chef’s Table

#### Chef’s Table: Recipe of the Month: RUTH'S CHRIS SWEET POTATO CASSEROLE

Taken from my summer vacation with my parents in Fort Wayne, IN.  
Never a fan of sweet potatoes but as we approach the season for pumpkin and butternut squash or sweet potato everything, I found this to be quite delish.

#### INGREDIENTS

**CRUST:** 1 cup brown sugar, 1/3 cup all-purpose flour, 1 cup chopped pecans, 1/3 cup butter, melted  
**SWEET POTATO MIXTURE:** 9 Sweet Potatoes, 1 cup white sugar, ½ teaspoon salt, 1 teaspoon vanilla extract, 2 eggs, well beaten, 1/2 cup butter, melted, (1 stick)

#### 1 – INSTRUCTION: SWEET POTATOES

- Wash the sweet potatoes.
- Bake the sweet potatoes at 400 degrees for 50-60 minutes (soft).
- Mash the sweet potatoes.

#### 2 – INSTRUCTION: CRUST

- Combine brown sugar, flour, nuts and butter in mixing bowl.
- Place in the fridge while you make the casserole. This helps the crumble maintain its form and not melt into the sweet potatoes.

#### 3 – INSTRUCTION: CASSEROLE

- Combine sweet potatoes, sugar, salt, vanilla, eggs and butter in a large mixing bowl in the order listed.
- Beat thoroughly with a hand mixer for about 3-4 minutes to increase the fluffiness of the sweet potato mixture. Add a splash of milk if needed and mix.

- Pour mixture into the baking dish (I use a round 2 quart dish). Bake for 25 minutes. Once cooled, dish can be covered and refrigerated for a couple of days, if made ahead of time.
- Sprinkle the surface of the sweet potato mixture evenly with the crust mixture and return to oven for 10-20 minutes or until crumble is browned. Allow to set at least 30 minutes before serving.

