

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

June 2016

SUMMER DEPOT REMINDERS!

This is a reminder that the McCoy High School, Ecole les Cypres, & Elm Street School depots will be closed during July & August. Elm Street School members will be picking up their boxes in the foyer of the Christ the King Church, which is just up the street from Elm Street School at 1101 Queen Street. Pick-up hours will remain the same. McCoy & Ecole les Cypres members need to choose an alternate depot to pick-up at during July & August.

WORKSHOPS

We have a variety of gardening and preserving workshops coming up this season with more being added all the time. Please "like" us on Facebook, "Community Food Connection Association" or check out our website, www.foodconnections.ca for more information about dates and locations as well as registration information.

UPCOMING VOLUNTEER OPPORTUNITIES

If you have signed up as a volunteer member and are wondering how you will get in your 8 hour commitment for 2016, please look at the following dates & times and consider volunteering for all or part of one or more of these upcoming events. We are looking for people who are willing to sit at our displays and hand out brochures as well as answering any questions that people may have about our programs:

Canada Day Event at Kin Coulee Park: July 1st, 10am-6pm

The Medicine Hat Exhibition and Stampede: July 27th-30th, 12noon to 8pm daily

Fresh Start to School: August 24th in St. Mary's School gym, 11am-7pm

Please remember that if you have signed up as a volunteer member, that you are responsible to contact the Food Security Coordinator at 403-502-6096 or communityfoodconnections@gmail.com to sign up for volunteer roles. For your convenience, a volunteer sign-up sheet is set out on pick-up day and at the advisory meeting as well positions being posted on our Facebook page.

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

Tuesday, June 28th, 2016
Last Tuesday of the month

Advisory Committee Meeting:

Tuesday, 1pm July 5th, 2016
1st Tuesday of the month

Hillcrest Church
 3785 - 13th Ave SE
 North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, July 12th, 2016
2nd Tuesday of the month

Average Savings for a Large Good Food Box in May was:

\$4.91

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20.00	\$27.09	\$7.09	\$23.94	\$3.94	\$26.53	\$6.53	\$25.48	\$5.48	\$21.52	\$1.52	\$4.91
Regular	\$15.00	\$20.71	\$5.71	\$19.26	\$4.26	\$20.19	\$5.19	\$20.48	\$5.48	\$18.06	\$3.06	\$4.74
Small	\$10.00	\$18.64	\$8.64	\$17.19	\$7.19	\$18.15	\$8.15	\$20.48	\$10.48	\$16.59	\$6.59	\$8.21

Good Food Club, Community Kitchens, Community Gardens & the Hat Food Movement

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Radishes

Usage - Salads, garnish & vegetable platters.

Selection - Good-quality radishes will be smooth, firm and small to medium-sized. The coloring will be an even bright cherry red with no blemishes or scars and the tops will be bright green and crisp.

Avoid - Avoid product that is soft, dull-colored, has white or brown scars, or black spots. If the tops are yellow, limp or slimy, the radishes are either old or have not been refrigerated properly.

Storage - Always store in the refrigerator. To prolong shelf life, soak in warm water for 2-3 minutes before refrigerating.

Ripening - In general, vegetables will not ripen further after harvest.

Nutrition Facts

Serving Size 116 g - 1 Cup sliced

Amount Per Serving	
Calories 19	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 29%
Calcium 3%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ROASTED RADISHES

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
- If the radishes are large, cut them in half, otherwise leave them whole.
- Place in a casserole dish or on a baking sheet.
- Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.

Roast at 400° for 15 minutes or until fork tender.



ADVISORY COMMITTEE UPDATE

- We have a new Board Chair of Community Food Connections Association, our umbrella organization, following our AGM in May. Celina Symmonds is our new chair. You may recognize her name as she is a City Councilor and Co-Executive Director of the Medicine Hat & District Food Bank.
- We will no longer be asking our members to do a “pre” membership survey as our surveys are changing to suit our needs.
- The advisory committee motioned and passed that it will now require 10 members to start a new depot. This is due to the cost of operating a depot.

We strongly encourage your participation in the decision making that happens at the Advisory Committee meetings, 1pm on the 1st Tuesday of each month at Hillcrest Church - 3785 13th Ave. SE, North Entrance.