

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

April 2015

I don't think it is a stretch to declare that Spring is finally here! With the warmer weather comes the return of local produce. I'm happy to share that this month all of the contents of our box, other than the fruit, is from local suppliers & producers.

Tomatoes, Peppers & Cucumbers - Market Centre
 Onions & Parsnips - Downey Lake Hutterite Colony
 Butter Lettuce & Eggplants - Red Hat Co-op
 Dried beans available at some depots - Viterra (bean growers in the Bow Island area)

If you know of any local producers or products that you would like to see included in the Good Food box, please come to the Advisory Committee Meeting that takes place on the 1st Tuesday of each month to make your voice heard! We welcome your input.

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 as being posted on our Facebook page.

CFCA has many upcoming events, please be sure to check out our website, www.foodconnections.ca to see what is happening around Medicine Hat.

- *Alison Van Dyke, Food Security Coordinator*

DATES TO REMEMBER

Payment Deadline:

April 28th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm May 5th, 2015

1st Tuesday of the month

**Hillcrest Church
 3785 - 13th Ave SE
 North Entrance**

All Members Welcome!

Next Pick-Up Date:

**Tuesday, May 12th, 2015
 2nd Tuesday of the month**

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



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	\$27.83	\$7.83	\$37.98	\$17.98	\$26.64	\$6.64	\$28.20	\$8.20	\$16.54	-\$3.46	\$7.44
Regular	\$15.00	\$21.66	\$6.66	\$26.94	\$11.94	\$19.03	\$4.03	\$21.24	\$6.24	\$12.06	-\$2.94	\$5.19
Small	\$10.00	\$11.95	\$1.95	\$17.29	\$7.29	\$12.60	\$2.60	\$13.54	\$3.54	\$8.09	-\$1.91	\$2.69

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

Web-site: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Eggplants & Onions

Nutrition Facts

Serving Size 548 g **Eggplant**

Amount Per Serving

Calories 132 Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 11mg 0%

Total Carbohydrate 32g 11%

Dietary Fiber 19g 75%

Sugars 13g

Protein 6g

Vitamin A 3% • Vitamin C 20%

Calcium 5% • Iron 7%

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

Eggplants

Usage - Baked, microwaved, roasted or fried.

Selection - Good quality eggplant should be firm, dark-colored with smooth & shiny skin with a fresh looking green "cap" on the stem end. Eggplant can be any size from small to quite large and varieties will vary from egg-shaped to almost round. For the most common variety, a small to medium eggplant is best with larger eggplant tending to be more bitter and less tender.

Avoid - Avoid product that is soft, has blemishes, discolored marks or soft spots. Eggplant with wrinkled and dull colored skin indicates old product.

Storage - Always store eggplants in your refrigerator. Handle as little as possible and only wash just prior to use.

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

Baba Ghanoush - Eggplant Dip

- 1 Large Eggplant
- 1.5 tsp. Lemon Juice
- 2 heaping tsp. Tahini Paste
- 2-3 cloves of Garlic
- ½ tsp Salt
- 1 Tbsp Greek Yogurt or thick plain yogurt (optional, you can always add later to check if you want it or not).

Preheat the oven to 400 degrees. Puncture the eggplant and roast it on a baking sheet at 400 degrees for 40 minutes.

Then place the eggplant in a bowl and cover with a cling wrap. Once it cools down, you can easily peel it and extract just the pulp.

Add the minced garlic, lemon juice and tahini paste, blend in a blender or food processor.

If you feel you want it a little creamier and eggplant-garlic taste is a bit too strong, add Greek yogurt, sour cream and blend well.

Serve with pita bread or crackers

French Onion Soup

- 2 onions, thinly sliced
- 2 cups beef broth
- 2 teaspoons vegetable oil
- 1 tablespoon butter
- 5 ounces shredded Swiss cheese
- 1/4 teaspoon white sugar
- 2 tablespoons and 2 teaspoons white wine salt and pepper to taste
- sliced French bread

In a medium stock pot, heat beef broth over medium-high heat. In a saute pan, add butter and oil and cook over medium-high heat. Once heated, add onions and stir, until onions are tender and transparent. Stir in sugar. Add onions to heated broth, stir and let simmer for 20 minutes. Add wine and season with salt and pepper, simmer for 10 minutes. Pour soup mixture into individual serving bowls and place a slice of bread on top, making sure bread gets well soaked. Place shredded cheese on top of bread and broil, 3 inches below heat, until cheese bubbles.

ADVISORY COMMITTEE UPDATE

- There is a new depot opening at the Medicine Hat & District Food Bank.
- We are looking at working out a way to order from a new supplier.
- Local produce is now available from 3 of our suppliers.
- Continued awareness of the increased price of produce and how we can still provide sufficient produce at a good value.

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.