



## Good Food News

**October 2015**

### WE NEED YOU



We are still looking for people willing to sit at our display and hand out brochures as well as answering any questions that people may have about our programs at:

**The Adult Resource Fair: 11am-7pm Tuesday, October 20th at the Cypress Centre**

**Flulapalooza: 1-6pm Monday, November 9th at the Cypress Centre**

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. If you are a volunteer member you are expected to volunteer 8 hours throughout the year and 4 hours if you signed up after July 1st.

If you are unsure as to how many volunteer hours you have completed this year, please contact me to find out!

- Alison Van Dyke, Food Security Coordinator

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

**\$6.25**

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	<b>\$20.00</b>	\$24.83	\$4.83	\$25.84	\$5.84	\$21.21	\$1.21	\$23.60	\$3.60	\$35.75	\$15.75	<b>\$6.25</b>
Regular	<b>\$15.00</b>	\$16.40	\$1.40	\$19.88	\$4.88	\$15.30	\$0.30	\$17.03	\$2.03	\$22.73	\$7.73	<b>\$3.27</b>
Small	<b>\$10.00</b>	\$12.63	\$2.63	\$13.44	\$3.44	\$10.64	\$0.64	\$11.55	\$1.55	\$14.65	\$4.65	<b>\$2.58</b>

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

**Website:** [www.foodconnections.ca](http://www.foodconnections.ca)

**Email:** [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com)

**Phone:** 403-502-6096

# PUMPKIN

**Usage** - Pumpkin pie, pumpkin bread, soups, baked & fried.

**Selection** - Good quality pumpkin will be hard and heavy for its size.

**Avoid** - Avoid pumpkin that is very light for its size or has even a single soft spot.

**Storage** - Hard types of squash can be stored longer than summer or soft squash because their skin is so hard and thick. Most hard squash varieties can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic. Pumpkins without any signs of decay can be stored in a cool, dry place at 45°F to 60°F for up to a month, or refrigerated for up to three months.

## BLACK BEAN PUMPKIN SOUP

Three 15 1/2 ounce cans black beans (about 4 1/2 cups), rinsed and drained

1 cup drained canned tomatoes, chopped

1 1/4 cups chopped onion

1/2 cup minced shallot

4 garlic cloves minced

1 tablespoon plus 2 teaspoons ground cumin

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 cup butter

4 cups beef broth

1.5 cups pumpkin puree

1/2 cup dry Sherry (optional)

1/2 pound cooked ham, cut into 1/8-inch dice

3 to 4 tablespoons sherry or red wine vinegar

Garnish: sour cream and coarsely chopped lightly toasted pumpkin seeds

In a food processor coarsely puree beans and tomatoes.

In a large stockpot cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

Just before serving, add ham and vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper. Serve soup garnished with sour cream and toasted pumpkin seeds. Yield: 9 cups



## Nutrition Facts

Serving Size 245 g - 1 Cup mashed

### Amount Per Serving

Calories 49	Calories from Fat 1	% Daily Value*
Total Fat 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat		
Cholesterol 0mg	0%	0%
Sodium 2mg	0%	0%
Total Carbohydrate 12g	4%	11%
Dietary Fiber 3g		
Sugars 2g		
Protein 2g		

Vitamin A	245%	Vitamin C	19%
Calcium	4%	Iron	8%

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

### How to roast a pumpkin for puree

Heat the oven to 400 degrees F.

Slice a small piece of skin off the one side of the pumpkin so when laid on its side, the pumpkin will lay flat without rolling. Remove the stem and split the pumpkin in half from top to bottom, using a large knife. Scoop out the seeds and fiber with a large metal spoon. Lay the halves, flesh side down, on a parchment paper or foil-lined sheet pan. Roast until a paring knife can be easily inserted and removed from the pumpkin, 30 to 45 minutes. Test in several places to ensure doneness.

Cool the pumpkin for 1 hour. Using a large spoon, remove the roasted flesh of the pumpkin from the skin to the bowl of a food processor. Process until the flesh is smooth, 3 to 4 minutes. Store in the fridge for up to 1 week or freeze for up to 3 months.

## ADVISORY COMMITTEE UPDATE

- In January Ecole Cypress is becoming our depot on the SE Hill instead of Unisphere due to facility changes at that location.
- Best Babies is no longer having their own depot. They are going back to distributing their client boxes through the other depots.
- 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.