

# Food Talk

Improving Access to Healthy Foods in our Community



## Good Food News

## August 2015

### Good Food Club Savings

Just a word about our Good Food Box savings listed below. We do see a decrease in savings during the summer months as more and more local produce becomes available at grocery stores at reasonable prices. However, the Club is able to include produce that is not available at all the grocery stores all the time, which alters the averages on the totals. So although the average savings showing for July is only \$1.30, you should know that most of the grocery stores didn't have 1-3 of the items that were included in the July box, therefore altering the total savings.

### Volunteer Opportunity

We are 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:

**Fresh Start to School:** 11am-7pm, Tuesday August 25th in St. Mary's School gym.

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](mailto: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.

### **DATES TO REMEMBER**

#### Payment Deadline:

**August 25th, 2015**

**Last Tuesday of the month**

#### Advisory Committee Meeting:

**1pm September 1st, 2015**

**1st Tuesday of the month**

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

**All Members Welcome!**

#### Next Pick-Up Date:

**Tuesday, September 8th, 2015**

**2nd Tuesday of the month**

**Special thanks to all those who sat at our booth during the Canada Day event in Kin Coulee and at the 4 days of the Medicine Hat Exhibition & Stampede!**

*- Alison Van Dyke, Food Security Coordinator*

**Average Savings for a Large Good Food Box in July was:**

**\$1.30**

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
<b>Large</b>	<b>\$20.00</b>	\$19.70	-\$0.30	\$18.38	-\$1.62	\$20.88	\$0.88	\$25.67	\$5.67	\$21.89	\$1.89	<b>\$1.30</b>
<b>Regular</b>	<b>\$15.00</b>	\$16.97	\$1.97	\$14.52	-\$0.48	\$16.20	\$1.20	\$20.96	\$5.96	\$21.29	\$6.29	<b>\$2.99</b>
<b>Small</b>	<b>\$10.00</b>	\$10.99	\$0.99	\$9.70	-\$0.30	\$10.58	\$0.58	\$17.48	\$7.48	\$12.07	\$2.07	<b>\$2.16</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

# Italian Prune Plums

<b>Nutrition Facts</b>	
Serving Size 66 g Per 1 plum	
<b>Amount Per Serving</b>	
<b>Calories</b> 30	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
<b>Protein</b> 0g	
Vitamin A 5%	Vitamin C 10%
Calcium 0%	Iron 1%

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

**Usage** - Sweet, savory dishes, desserts such as compotes and cakes, juice.

**Selection** - Good-quality Italian Prune Plums will be fairly firm to slightly soft with smooth skin. The coloring will be deep-purple with a red blush and will darken to black as they ripen.

**Avoid** - Avoid product with wrinkled, punctured or rough skin. Also avoid product that is extremely hard or has brown skin discolorations.

**Storage** - Soft fruit should be ripened at room temperature and then refrigerated until you're ready to eat them. Unripened soft fruit can be stored for up to a week in the coldest part of your refrigerator, and will still ripen correctly. Ripen plums at room temperature, or placed in a paper bag with an unripe banana for a two to four days.

## Pflaumenkuchen (Plum Cake)

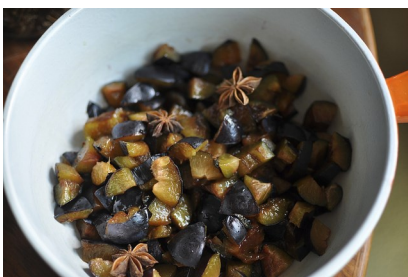
Small Italian prune plums or other fruit  
 2 Cups of flour  
 2 tsp. baking powder  
 2 eggs  
 2 egg yolks, beaten (optional)  
 1 Cup sugar, plus some for sprinkling over  
 1/2 Cup butter  
 1 tsp. fresh lemon juice

Mix all ingredients except for the plums in a bowl. Spread widely on greased cookie sheet. (If desired, brush with egg yolk here, before distributing fruit.) Slice fruit medium to thin widths; arrange on cake. Sprinkle lightly with sugar before and after baking. Bake at 350°-375° for 1/2-3/4 hour.



## Italian Plum Jam with Star Anise - Marisa McClellan from the cookbook "Preserving by the Pint"

Makes 1 pint



1 lb of Italian prune plums, pitted and chopped  
 3/4 Cup of granulated sugar  
 3 Star Anise

Combine ingredients in a small bowl and let sit for an hour to give the anise a chance to infuse the fruit. Put fruit in a medium-sized pan and place over high heat. Bring to a boil and cook for 10 to 15 minutes, until the jam thickens. Remove Star Anise. Because this jam has such a small yield, you can skip the canning step and just pour it into the jars and pop it into the fridge.

### ADVISORY COMMITTEE UPDATE

- Discussed the annual survey questions to determine what kind of information we are looking for from members.
  - We are coming into the height of the local food season as well as B.C. fruit becoming available.
- 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.