

DATES TO REMEMBER

Payment Deadline
Tues. January 29th

Advisory Committee Meeting
Tues. 1pm Feb. 5th
Hillcrest Church
3785 - 13th Ave SE
Room 22, Entrance 4
All Members Welcome!

Next Pick-Up Date
Tues. Feb. 12th
2nd Tuesday of the month

Good Food Club News

We hope that the Good Food box introduces you to some produce that you wouldn't normally pick up for yourself at the grocery store.

This month there is a squash in your box. There are a variety of long-keeping winter squashes which are a good local vegetable option in the winter. Cooking squash varieties vary depending on the type, particularly spaghetti squash, which we've had in the past.

Winter squash have hard, thick skins, seeds in the middle, and dense, firm flesh that ranges from pale yellow to deep orange. They also require longer cooking times than other vegetables. Well-known varieties of winter squash include acorn, buttercup, butternut, Hubbard, spaghetti, and turban. Winter squash are good sources of vitamins A and C, as well as riboflavin and iron.

Roasting a Squash

Preheat oven to 350 degrees F. Using a sharp, sturdy knife, cut the winter squash in half. Use a large, sturdy spoon to remove the seeds.

Place the squash halves in a shallow roasting pan, cut sides up.

Place 1 tablespoon butter in each squash half. If desired, sprinkle each half with salt, brown sugar, fresh or dried herbs, and/or cinnamon-sugar. You may also drizzle each half with honey or maple syrup.

Bake the squash for 30 to 40 minutes or until tender.

Allow the squash to cool slightly after baking. Slice the squash halves into individual servings or scrape the flesh into a bowl.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Box in December:

\$14.59

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$32.86	\$12.86	\$35.17	\$15.17	\$34.01	\$14.01	\$42.30	\$22.30	\$28.63	\$8.63	\$14.59
Regular	\$15	\$25.55	\$10.55	\$28.37	\$13.37	\$27.57	\$12.57	\$33.46	\$18.46	\$22.89	\$7.89	\$12.57
Small	\$10	\$14.57	\$4.57	\$17.59	\$7.59	\$17.06	\$7.06	\$21.52	\$11.52	\$13.18	\$3.18	\$6.78

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Blueberries

Blueberries are a delicious addition to a healthy diet because they're loaded with vitamin C, dietary fiber, manganese, and antioxidants.

Usage - Eating fresh, fruit salads, baked in pies, glazes.

Selection - Blueberries should be firm and plump with uniform size and color. The coloring of fresh blueberries should be deep purple to nearly black with a silver to white frost on the skin. Blueberries should also be dry and mostly free from leaves and stems.

Avoid - Overripe or old berries will have a dull appearance and be soft or leaking juice.

Storage - Do not wash Blueberries until right before using. Chilled Blueberries will keep in your refrigerator for 10 to 14 days. Unwashed Blueberries can be frozen. Just freeze them in a single layer, then pour them into a freezer container for long-term storage.

Ripening - After picking, berries will get more juicy, but their sugar content does not increase much.

Nutrition Facts

Serving Size 148 g - 1 cup

Amount Per Serving

Calories 84 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 14%

Sugars 15g

Protein 1g

Vitamin A 2% • Vitamin C 24%

Calcium 1% • 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.

NutritionData.com

Best Blueberry Muffins

Ingredients

1 1/2 cups all-purpose flour
3/4 cup white sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/3 cup vegetable oil
1 egg
1/3 cup milk
1 cup fresh blueberries
1/2 cup white sugar
1/3 cup all-purpose flour
1/4 cup butter, cubed
1 1/2 teaspoons ground cinnamon

Directions

Preheat oven to 400 degrees. Grease muffin cups or line with muffin liners. Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

To Make Crumb Topping:

Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven, or until done.

