

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadlines

In person with cash or cheque when you pick up your box:

Thursday, November 18th

Online orders with credit card or PayPal:

Thursday, Dec. 2nd, 2021

Advisory Committee Meeting

We are currently not holding the Advisory Committee meetings due to COVID-19.

Next Pick-Up Date

2-6pm Thurs. Dec. 9th
2nd Thursday of the month

Good Food Club News

We are approaching the end of 2021 and with that a reminder that 2022 Good Food Club memberships can begin to be paid in December.

Good Food Club memberships and pre-paid boxes are a wonderful Christmas gift idea and guarantee that someone you care about will get a box of fresh fruits and vegetables each month of next year. The cost of a non-volunteer membership (\$30) and pre-paid boxes for each month of 2022 is:

Large - \$270
Medium - \$210
Small - \$150

You can even pre-pay and order them anonymously if you prefer, and I will contact the recipient to let them know that someone has pre-ordered and paid for their boxes for a year.

Please contact me if you would like to give the gift of good food for 2022!

- Alison Van Dyke
Food Security Coordinator



Average Savings for a Large Box in September:

\$10.28

Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings											
\$34.60	\$14.60	\$47.97	\$27.97	\$24.77	\$4.77	\$18.99	-\$1.01	\$29.87	\$9.87	\$25.46	\$5.46	\$10.28
\$23.55	\$8.55	\$24.55	\$9.55	\$18.83	\$3.83	\$16.00	\$1.00	\$23.94	\$8.94	\$18.48	\$3.48	\$5.89
\$15.81	\$5.81	\$16.90	\$6.90	\$11.90	\$1.90	\$8.65	-\$1.35	\$15.29	\$5.29	\$11.14	\$1.14	\$3.71

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Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Rutabagas

Rutabagas belong to the same family as turnips and cabbages. They are a hybrid between a turnip and a type of cabbage and were developed in Sweden in the 17th century and are also known as Swedish turnips or Swedes - Swedish for red bags, which refers to the purple, bronze crowns. Different cultures have developed their own ways to use them. Rutabagas have a delicate, sweet flavour, a great texture and are very versatile. The top half of the Rutabaga is purple, and the lower half cream. Rutabagas are more available in winter and taste better after a good frost. leaves are eaten in many countries, however, it's the edible roots that are commercially available in Canada.

What to look for - Smooth skin and firm flesh.

Availability - All year; limited supply in summer.

Store - Refrigerate in plastic bags.

How to prepare - Peel and cut to size.

Ways to eat - Rutabagas can be eaten raw if fresh and young. Older rutabagas can be boiled, mashed, stir fried, roasted, puréed, steamed, baked, glazed or pickled. They absorb flavours well so add to soups, stews or braises. Flavourings such as nutmeg, parsley, coriander and black pepper go well with Rutabagas.

Suggested cooking methods - Bake, boil, braise, microwave, steam, stew.

Nutrition - Rutabagas are a good source of vitamin C, a source of dietary fibre, niacin, thiamin and vitamin B6 and contain a dietary significant amount of potassium. Rutabagas are members of the Brassica family and contain similar phytonutrients, particularly the glucosinolates and phytosterols.

Mashed Rutabaga

2 pounds rutabagas

¼ cup butter

Pinch nutmeg

Salt and pepper, to taste

Carefully slice off about 1/2 inch from the top and bottom of the rutabaga. Stand the rutabaga on the top end and cut it in half. Use a paring knife or vegetable peeler to carefully peel off the top layer of skin. Rinse the rutabaga before chopping. Chop into small chunks. Use a kitchen knife and cut the peeled halves into 1-inch chunks. Cut all the chunks to the same size and thickness to ensure even cooking. Transfer the chunks to a large stockpot and fully cover the rutabaga with water. Put on a lid and cook over medium-high heat for approximately 30-40 minutes until tender and easily pierced with a fork. When it is cooked through, drain the water and add the butter and nutmeg. Use a potato masher, hand mixer, or fork to mash the rutabaga until it's smooth. Season before serving.



Roasted Garlic Mashed Potatoes

1 medium head of garlic

1 tablespoon olive oil

2 pounds russet potatoes, peeled and quartered

4 tablespoons butter, softened

1/2 cup milk

salt and pepper to taste

Directions:

Preheat oven to 350 degrees F (175 degrees C). Drizzle garlic with olive oil, then wrap in aluminum foil. Bake in preheated oven for 1 hour. Remove the garlic from the oven, and cut in half.

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender, about 15 minutes. Drain, cool and chop. Stir in butter, milk, salt and pepper.

Squeeze the softened garlic cloves into the potatoes. Blend potatoes with potato masher until desired consistency is achieved.