

APRIL 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

# Food Talk Newsletter

## DATES TO REMEMBER

### Ordering Options

In person with cash or cheque when you pick up your box:  
Thursday, April 14th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, May 5th

Online orders with credit card or PayPal until Thursday, May 5th

**Next Pick-Up Date**  
2nd Thursday of the month  
2-6pm Thurs. May 12th



**PLEASE JOIN ME IN WELCOMING OUR NEW GARDEN PROGRAM COORDINATOR...**

# GENEVIEVE MATHIEU

Genevieve comes to CFCA with a wealth of gardening knowledge and experience. She is a Master Gardener and Prairie Horticulturalist, as well as being certified in Permaculture Design.

You may recognize Genevieve as she has been a long-time CFCA volunteer - organizing Food Forest work bees, assisting with children's summer day programming, and leading a community kitchen.



**Average Savings for a Large Box in March:**



Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$19.89	-\$0.11	\$29.53	\$9.53	\$28.52	\$8.52	\$28.53	\$8.53	\$31.93	\$11.93	\$7.68
\$13.46	-\$1.54	\$23.10	\$8.10	\$20.34	\$5.34	\$18.80	\$3.80	\$20.51	\$5.51	\$4.24
\$7.13	-\$2.87	\$16.26	\$6.26	\$14.15	\$4.15	\$11.95	\$1.95	\$14.87	\$4.87	\$2.87

**Phone:** (403)502-6096

**Email:** communityfoodconnections@gmail.com

**Website:** www.foodconnections.ca

**Facebook:** 'Community Food Connections Association'

# Parsnips

Parsnips are root vegetables and belong to the carrot family. They have been grown in Europe since Roman times. Parsnips have a delicate, sweet and slightly nutty flavour. The sweet flavour comes when starch is converted to sugar. This happens in cold weather, preferably when frosts occur. For pre-winter crops store parsnips at low temperatures (0°C) and some starch conversion to sugar will occur.

**What to look for** - Look for smooth and firm parsnips. Small to medium sized parsnips are the best quality, preferably around 5-7 cm shoulder diameter and approximately 19-25 cm in length. Avoid large coarse roots, which usually have woody or fibrous centres. Different varieties are available with slightly differing shaped tapers but taste variations are marginal.

**Store** - Refrigerate in plastic bags.

**How to prepare** - Trim ends and peel. Cut into even portions or, if small, use whole. Remove woody centres from large parsnips. Young parsnips do not need peeling, however, older and tougher parsnips may need to be peeled. Cooking time depends on the size of the pieces and the age of the parsnip; the cooked pieces should be tender but still firm.

**Ways to eat** - Parsnips make delicious chips or wedges; chop and add to braises or stews; use in stir fries, salads, pies, soups, soufflés. Parsnips can included with other roast vegetables; boiled and mashed with carrots and parsnip cake is similar in texture to carrot cake.

**Cooking methods** - Bake, boil, microwave, roast, sauté, steam, stew.

**Nutrition** - Parsnips are a good source of dietary fibre and vitamin K, a source of niacin, pantothenic acid and vitamin C, and contains potassium at levels of dietary significance. While not rich in phytonutrients, parsnips do contain falcarinol (also found in carrots), which may be protective against some cancers.

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## Vegetable Pot-au-Feu - Bon Appetit

Serves 4 as a side dish

2 large carrots, peeled, cut on a diagonal into 2" pieces

2 large leeks, white and light-green parts only, cut on a diagonal into 2" pieces

2 large or 3 medium parsnips, peeled, halved lengthwise if large (remove woody center, if needed), cut on a diagonal into 2" pieces

1/2 medium head of savoy cabbage, cut into 4 wedges, each with some core attached

2 flat-leaf parsley sprigs plus 1 tablespoon chopped for garnish

5 cups homemade chicken stock or low-sodium canned chicken broth

Salt and Pepper to taste



Place carrots, leeks, parsnips, cabbage, parsley sprigs, and stock in large heavy pot. Bring to a boil; reduce heat to low, cover, and simmer until vegetables are tender but not falling apart, about 20 minutes. Serve.