

JULY 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Ordering Options

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

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, August 4th

Online orders with credit card or PayPal until Thursday, August 4th

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thurs. August 11th

Food Talk Newsletter

Medicine Hat Exhibition & Stampede Volunteer Opportunities

After two years we are heading back to the Stampede! We will once again be having a booth at the “Country in the City” location at this year’s Exhibition & Stampede. We are looking for volunteers to sit at the booth, hand out brochures and other information, and answer questions about our programs.

This is a great way to get your 8 volunteer hours/year in a big chunk of time.

I am looking for volunteers to sit at the booth for 4 hours increments for the following days & times:

- Wednesday July 27, 4-8pm
- Thursday July 28, 4-8pm
- Friday July 29, 4-8pm
- Saturday July 20, 12-4pm
- Saturday July 20, 4-8pm

If you are available for any of these shifts, please contact me via phone, text or email to sign-up.
403-502-6096
communityfoodconnections@gmail.com

You will receive a free entry for the day of your volunteer shift which will need to be picked up in advance of your shift.
- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in June:



Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings											
\$35.32	\$15.32	\$35.54	\$15.54	\$30.58	\$10.58	\$42.31	\$22.31	\$35.78	\$15.78	\$41.74	\$21.74	\$16.88
\$28.67	\$13.67	\$26.81	\$11.81	\$27.00	\$12.00	\$33.56	\$18.56	\$35.78	\$20.78	\$34.49	\$19.49	\$16.05
\$14.37	\$4.37	\$14.89	\$4.89	\$17.51	\$7.51	\$16.29	\$6.29	\$17.13	\$7.13	\$15.51	\$5.51	\$5.95

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Broccoli

What to look for—Choose compact bud clusters with no yellow colouring or large open buds. Heads should be dark green or have a purple tinge (except for Romanesco, orange broccoli and broccoflower – they are a lighter, brighter green).

Store - Refrigerate in plastic bags. Use promptly.

How to prepare - Trim stalks and divide heads into even sized portions. The stalks can be left attached to the florets. Alternatively, stalks can be removed, sliced finely and used in stir fries and soups; or julienned and used in coleslaw. Broccoli is usually eaten cooked – however, cook only until tender and still slightly crisp. Cook using methods such as steaming, microwaving and stir frying. To blanch, simply place portions in boiling water for 1-2 minutes, drain and cool under cold running water. Blanching improves taste, colour and texture.

Ways to eat - Broccoli is one of the most versatile vegetables. It can be served raw or lightly blanched and used in salads, pasta dishes, omelettes, quiches, soups and as a side dish.

Cooking methods - Boil, steam, microwave, roast, stir fry.

Nutrition - Broccoli is a good source of vitamin C, and one serving [1 cup] easily provides an adult's vitamin C requirements for a day. It is also a source of dietary fibre, folate, niacin, riboflavin, vitamin A, vitamin B6, and contains a dietary significant amount of potassium. Phytonutrients, including glucosinolates, phenolic compounds and carotenoids, are abundant in broccoli.

Best Broccoli of Your Life

Preheat the oven to 425.

Take two large bunches of broccoli, cut into florets. Wash and dry thoroughly. Put the broccoli on a cookie sheet. Toss with 3 Tbsp. olive oil, salt and pepper to taste. Add 4 garlic cloves that are peeled and sliced and toss them in too.

Roast in the oven 20 to 25 minutes, until “crisp-tender and the tips of some of the florets are browned.”

When it's done, take it out of the oven and zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1.5 Tbs more olive oil, 1/3 cup of freshly grated Parmesan cheese. Serve.

Kohlrabi

Translated from German, kohlrabi means cabbage-turnip.

These two names explain the taste and texture of kohlrabi, although it is milder and sweeter than either of them. It is not a root vegetable, but rather a stem that swells to a turnip-shape above the ground. It is a member of the brassica family. The inside flesh of kohlrabi is pale green, slightly sweet, and crispy. The taste of kohlrabi is similar to broccoli stems or cabbage heart, but sweeter.



What to look for - Select firm smooth skinned kohlrabi.

Store - In the refrigerator vegetable drawer.

How to prepare - Prepare kohlrabi in a similar way to turnips. Cut off the base and trim or remove the stalks. Boil, steam or microwave whole if they are small, otherwise slice first. Peel after cooking for to retain nutrients and for maximum flavour. Kohlrabi can be peeled, sliced or grated, and eaten raw.

Ways to eat - Serve steamed, mashed or in a stir fry. Bake, stuff, or add to soups, braises or stews. Young kohlrabi can be eaten raw, sliced or finely grated in a salad. Kohlrabi leaves are very high in nutrients and can be treated like spinach – eaten raw or cooked. Kohlrabi can be peeled, sliced and grated and used in salads, sandwiches, wraps or sliced and eaten as a snack.

Cooking Methods - Bake, boil, microwave, steam, stew.