

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

July 2015

We're so excited about the new local produce that we are able to include in the box this month. All the vegetables are local, and the cherries are from B.C.! We hope you enjoy it. If you would like to participate in choosing what is included in the boxes, be sure to come to our Advisory Committee meetings which take place the 1st Tuesday of each month.

Upcoming Volunteer Opportunities

If you have signed up as a volunteer member and are wondering how you will get in your 8 hour commitment for 2015, please look at the attached dates & times and consider volunteering for one or more of these upcoming events. We are looking for people who are willing to sit at our displays and hand out brochures as well as answering any questions that people may have about our programs:

The Medicine Hat Exhibition and Stampede:

Wednesday July 22 12noon - 8pm
 Thursday July 23 2-5pm
 Friday July 24 4-5pm
 Saturday July 25 4-5pm

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 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.

- *Alison Van Dyke, Food Security Coordinator*

DATES TO REMEMBER

Payment Deadline:

July 28th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm August 4th, 2015

1st Tuesday of the month

Hillcrest Church
 3785 - 13th Ave SE
 North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, August 11th, 2015

2nd Tuesday of the month

Average Savings for a Large Good Food Box in June was:

\$9.17

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20.00	\$28.12	\$8.12	\$32.23	\$12.23	\$28.25	\$8.25	\$28.60	\$8.60	\$28.63	\$8.63	\$9.17
Regular	\$15.00	\$23.76	\$8.76	\$26.41	\$11.41	\$24.24	\$9.24	\$24.51	\$9.51	\$22.80	\$7.80	\$9.34
Small	\$10.00	\$17.28	\$7.28	\$17.60	\$7.60	\$16.62	\$6.62	\$17.83	\$7.83	\$15.34	\$5.34	\$6.93

Good Food Club, Community Kitchens, Community Gardens & the Hat Food Movement

Web-site: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Beets

Nutrition Facts

Serving Size 85 g	
Amount Per Serving	
Calories 37	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Vitamin C 5%
Calcium 1%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Usage - Boiled, pickled or in salads. Can be added to soups, baked or fried. Beet tops can be used like spinach.

Selection - Good quality beets will be relatively smooth, firm, small-sized and not too dark-colored. Greens still attached to the root assures the freshest product possible. Fresh beet greens should have bright green leaves with red veins running through them.

Avoid - Avoid beets that are dark red to the point of almost being black or soft globes with rough pock-marked skin. Other signs to avoid are leaves that are limp and wilted looking or dark green with spots of yellow or slime.

Storage - Always store in the refrigerator. To prolong storage life, cut the stem end and soak in warm water for 2-3 minutes before storing in your refrigerator.

How to Roast Beets in the Oven

Instructions:

1. Heat the oven to 400°F. This is a flexible cooking temperature; if you're using the oven for cooking something else, beets can be cooked at that temperature. Beets will cook more slowly at lower temperature and more quickly at higher temperatures. At higher temperatures, check more frequently for scorching.
2. Slice off the beet leaves close to the tip of the beet, leaving yourself enough to grip. Save the beet greens for another purpose. Scrub the beets thoroughly, then wrap them loosely in foil. No need to dry the beets before wrapping. Small beets can be wrapped together, but it's easiest to roast large beets individually.
3. Transfer the wrapped beets to a baking sheet (to catch drips in case the beet juices leak). Roast for 50-60 minutes. Check the beets every 20 minutes or so. If they are starting to look dry or are scorching on the bottoms, dribble a tablespoon of water over the beets before re-wrapping. Beets are done when a fork or skewer slides easily to the middle of the beet. Small beets will cook more quickly than large beets.
4. Let the beets cool enough to handle. Hold one of the beets in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Peel the remaining beets.
5. Beets can be stored whole or sliced for up to a week in the refrigerator.

Cooking Beet Greens

Please don't throw away those fresh beet greens when cooking fresh beets! Beet greens are a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese. Beet greens can be substituted in any recipe that calls for spinach.

Wash the fresh beet greens in cold water. Place washed beet greens in a large pot. There is no need to add additional water as the rinsed leaves will provide adequate moisture. If the leaves are dry, add a couple of tsp. of water to the bottom of the pot. Cook, covered, over medium heat until the greens look wilted, approximately 3 to 5 minutes. Beet greens cook quickly, so take care not to overcook them. Beet greens will cook down quite a lot (just like fresh spinach leaves). When cooked, remove cooked beet greens to your serving bowl, season with some butter, salt, and pepper to your liking.

ADVISORY COMMITTEE UPDATE

- Discussed the use of new suppliers.
- Looking for volunteers for several events this summer as well as pick-up day.
- Ray Turcotte, the Facilities Director at Hillcrest Church is retiring. Thank you Ray for all your support of our program with set-up and take-down each month!
- Imported produce costs continue to rise due to a weak dollar and drought in California.