

DATES TO REMEMBER

Payment Deadline

Tues. July 25th
Last Tuesday of the month

Advisory Committee Meeting

Tues. 1pm August 1st
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date

Tues. August 8th
2nd Tuesday of the month

Good Food Club News

Volunteer Opportunities

Here are the upcoming dates of volunteer opportunities for our volunteer members. Members are able to contribute by providing assistance at a promotion table, hand out brochures and membership applications, and generally to serve as an information person for those interested.

Please look through your calendar and see what you can commit to and notify me as soon as possible at communityfoodconnections@gmail.com or call 403-502-6096.

Medicine Hat Exhibition:

July 26, 27 & 29 12noon - 8pm

The person volunteering at noon on the 26th will be responsible for set-up and the person volunteering until 8pm on the 29th will be responsible for take-down. This is

very quick and easy and does not include tables or any heavy lifting. Volunteer and parking passes are provided. I will arrange with the volunteer for them to get the display in advance of this event.

Fresh Start to School

Wednesday, August 23 9am-3pm in the St. Mary's Gymnasium

The person volunteering will be responsible for set-up and take-down. I will arrange with the volunteer for them to get the display in advance of this event.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Good Food Box in June:

\$11.27

Good Food Box		Co-op		Safeway		Superstore		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$31.45	\$11.45	\$36.15	\$16.15	\$29.63	\$9.63	\$27.86	\$7.86	\$3.87
Regular	\$15	\$21.90	\$6.90	\$23.19	\$8.19	\$22.44	\$7.44	\$21.28	\$6.28	\$1.59
Small	\$10	\$13.63	\$3.63	\$15.23	\$5.23	\$15.01	\$5.01	\$13.69	\$3.69	\$0.64

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Beets

Although best known for its red/purple root called beetroot or garden beet, there are other cultivated varieties prized for their leaves. These popular vegetables include chard and spinach beet. Another important beet variety is known as the sugar beet which is used to make table sugar.

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 and small-sized. Bulk beets should be firm and not too dark-colored with 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.

Nutritional Information

Beets are very low in Saturated Fat and Cholesterol. They're also a good source of Vitamin C, Iron and Magnesium, and a very good source of Dietary Fiber, Folate, Potassium and Manganese.

Nutrition Facts

Serving Size 85 g - 1/2 cup, cooked

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%



Harvard Beets

Ingredients:

- 3/4 cup white sugar
- 4 teaspoons cornstarch
- 1/3 cup white vinegar
- 1/3 cup water
- 2 cups of cooked sliced beets
- 3 tablespoons butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

In a saucepan, combine the sugar, cornstarch, vinegar and water. Bring to a boil, and cook for 5 minute. Add the beets to the liquid, and simmer for 30 minutes over low heat. Stir in butter, salt and pepper and remove from the heat. Serve warm or chilled.

Beetroot and Feta Cheese Salad

For Salad:

- 4 medium beets
- 60 grams feta cheese
- 2 tablespoon roughly chopped parsley
- lemon vinaigrette

For Lemon Vinaigrette:

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 garlic cloves - minced
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)

Instructions:

Boil the beets on medium heat for 45 mins or until it can be easily pierced through with a knife. The skin will easily peel off. After removing the skin of the beets, chop into cubes and do the same with the feta cheese. Roughly chop the parsley. Combine beets, feta cheese, parsley with the lemon vinaigrette and serve.