



APRIL 2017

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

**Payment Deadline**  
Tues. April 25th  
Last Tuesday of the month

**Advisory Committee Meeting**  
Tues. 1pm May 2nd  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
North Entrance  
All Members Welcome!

**Next Pick-Up Date**  
Tues. May 9th  
2nd Tuesday of the month

## Good Food Club News

Eating locally means eating seasonally and we are so excited to once again have local peppers in our box this month!

We also have 1 lb. bags of dried beans available at our Hillcrest Church depot at a cost of \$1.25. These beans come from local producers and are purchased from the bean cleaning plant in Bow Island.

**Pinto beans** - This medium-sized bean is a staple in the diets of Mexico and the American Southwest. Pintos can be found in chili, refried beans, and many dips.

**Great Northern White beans** - Great northern beans are a type of white bean that is very popular throughout North America. They typically have a delicate flavor and are somewhat small in size, making them ideal additions to soups, stews, and casseroles. A number of cooks will also prepare them on their own as a savory side dish. They share many characteristics with other white beans, like cannellini and

navy beans, and can often be used interchangeably.

**Black beans** - Black Beans are medium to small, oval shaped beans with a shiny black coat or skin, a small white eye or spot, a creamy white interior, and a pleasant mushroom-like flavor which some cooks have described as "earthy" or "meaty." The beautiful glossy black color is actually a dark purple and is retained even when cooked. They are a staple in South American, Mexican, and Caribbean cuisines. Black beans are widely used in salads, dips, and stews, and in thick soups, especially in Cuba, Puerto Rico, Brazil, and Spain.

**Small red beans** - Called red beans in China and Japan, from where they likely originated, the Small Red Beans are small, deep red, and oval shaped. These are a sweet bean, often used in desserts. While the skins can be tough, the inside is tremendously smooth.

- Alison Van Dyke,  
Food Security Coordinator

## Average Savings for a Large Good Food Box in March:



| Good Food Box |      | Co-op   |         | Safeway |         | Superstore |         | Sobeys  |         | Wal-Mart |         | Average Savings |
|---------------|------|---------|---------|---------|---------|------------|---------|---------|---------|----------|---------|-----------------|
|               |      | Cost    | Savings | Cost    | Savings | Cost       | Savings | Cost    | Savings | Cost     | Savings |                 |
| Large         | \$20 | \$30.17 | \$10.17 | \$35.73 | \$15.73 | \$44.98    | \$24.98 | \$35.98 | \$15.98 | \$33.74  | \$13.74 | \$16.12         |
| Regular       | \$15 | \$23.87 | \$8.87  | \$25.05 | \$10.05 | \$24.53    | \$9.53  | \$26.50 | \$11.50 | \$24.77  | \$9.77  | \$9.94          |
| Small         | \$10 | \$18.74 | \$8.74  | \$21.67 | \$11.67 | \$17.91    | \$7.91  | \$19.54 | \$9.54  | \$17.40  | \$7.40  | \$9.05          |

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## Medalta Baked Beans (a recipe from our own Medalta Pottery!)

### Ingredients:

2 cups dried Great White Northern or Pinto beans  
 1 small onion, finely chopped  
 2-3 garlic cloves, crushed  
 3/4 cup ketchup  
 1/4 cup packed brown sugar  
 1/4 cup molasses  
 2 Tbsp. grainy mustard  
 2 Tbsp. balsamic vinegar  
 1 Tbsp. Worcestershire sauce  
 1/2 tsp. each salt and freshly ground black pepper

### Directions:

In a bowl or medium pot, cover the beans with enough water to cover by a couple inches and let soak for 6-8 hours; alternatively, bring the two to a boil, cook for a minute, then remove from heat and let stand for 2 hours. Pour off the excess water. Preheat the oven to 325F. Put the beans into a medium pot (if they aren't already), add enough water to cover by a couple inches and bring to a simmer; cook for 30-40 minutes, until tender but still firm to the bite. Drain, reserving the cooking water. Transfer the beans to your bean pot (or a heavy baking dish) and add the onion, garlic, ketchup, brown sugar, molasses, mustard, balsamic, Worcestershire, salt and pepper. Add 2 cups of the leftover cooking water (add regular water to top it up if you need to) and stir to combine. Bake, uncovered for 4-5 hours, or until the beans are tender and the sauce is thick and sticky around the edges. If they seem too dry, add more water.

| <b>Nutrition Facts</b>                         |                     |
|--|---------------------|
| Serving Size 171 g   cup of cooked Pinto Beans |                     |
| <b>Amount Per Serving</b>                      |                     |
| <b>Calories</b> 245                            | Calories from Fat 9 |
| <b>% Daily Value*</b>                          |                     |
| <b>Total Fat</b> 1g                            | 2%                  |
| Saturated Fat 0g                               | 1%                  |
| Trans Fat                                      |                     |
| <b>Cholesterol</b> 0mg                         | 0%                  |
| <b>Sodium</b> 2mg                              | 0%                  |
| <b>Total Carbohydrate</b> 45g                  | 15%                 |
| Dietary Fiber 15g                              | 62%                 |
| Sugars 1g                                      |                     |
| <b>Protein</b> 15g                             |                     |
| Vitamin A 0%                                   | Vitamin C 2%        |
| Calcium 8%                                     | Iron 20%            |



## Cooking with Beans

Did you know that 1/2 cup of dried beans is the equivalent to a can of beans from the store? 1 cup of dried beans, soaked & cooked will yield 2 2/3 cups of cooked beans.

A couple steps are required to cook dry beans, but the process is not complicated. Before cooking beans and legumes, you just need to pick out any stones or bad beans, rinse until the water runs clean, then soak before cooking. Soaking helps the beans to absorb enough moisture for cooking. There are two methods for soaking dry beans and legumes.

Long soak, or soaking overnight, uses no energy and works while you sleep; it can't get any easier. Just pour the rinsed beans into a medium to large pot with a lid, cover with water about 3 inches over the beans, and allow to sit overnight. Drain before cooking in fresh water.

Quick-soaking on the stove takes less time. Just bring the beans to boil in a large pot, and boil for 2 minutes. Turn off the heat and let stand covered for at least 1 hour, then drain and cook in fresh water.

1-2 hours cooking after a long soak is an average, but cooking time may be longer. It depends on a lot of factors (size, variety, age) and is not always straightforward. For stubborn beans, simmering for a day in a crock pot is a good way to go.

Raw kidney beans, including cannellini and Great Northern beans, contain the toxin phytohemagglutinin, which is destroyed with 10 minutes of boiling. After boiling, you can reduce temperature to a simmer and continue slow cooking.