

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

June 2015

SUMMER DEPOT REMINDERS!

This is a reminder that both the **McCoy High School & Elm Street School** depots will be closed during July & August. Elm Street School members will be picking up their boxes in the foyer of the Christ the King Church, which is just up the street from Elm Street School at 1101 Queen Street. Pick-up hours will remain the same. McCoy members need to choose an alternate depot to pick-up at during July & August.

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: July 22nd-25th, 12noon to 8pm daily

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:

June 30th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm July 7th, 2015

1st Tuesday of the month

Hillcrest Church
3785 - 13th Ave SE
North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, July 14th, 2015

2nd Tuesday of the month

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

\$13.65

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20.00	\$34.40	\$14.40	\$35.48	\$15.48	\$32.59	\$12.59	\$32.11	\$12.11	\$13.65
Regular	\$15.00	\$27.44	\$12.44	\$29.52	\$14.52	\$26.82	\$11.82	\$25.65	\$10.65	\$12.36
Small	\$10.00	\$18.63	\$8.63	\$21.88	\$11.88	\$18.23	\$8.23	\$16.51	\$6.51	\$8.81

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

Web-site: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Radishes

Nutrition

Serving Size 4 g - 1 radish

Amount Per Serving

Calories 1 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 1%

Calcium 0% • Iron 0%

Usage - Salads, garnish & vegetable platters.

Selection - Good-quality radishes will be smooth, firm and small to medium-sized. The coloring will be an even bright cherry red with no blemishes or scars and the tops will be bright green and crisp.

Avoid - Avoid product that is soft, dull-colored, has white or brown scars, or black spots. If the tops are yellow, limp or slimy, the radishes are either old or have not been refrigerated properly.

Storage - Always store in the refrigerator. To prolong shelf life, soak in warm water for 2-3 minutes before refrigerating.

Roasted Radishes

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
- If the radishes are large, cut them in half, otherwise leave them whole.
- Place in a casserole dish or on a baking sheet.
- Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.

Roast at 400° for 15 minutes or until fork tender.



How to cut a Pineapple

Step 1: Cut the top and bottom off of the pineapple.

Step 2: Cut the pineapple in half.

Step 3: Cut each half into half again so that you are left with quarters.

Step 4: There is a hard core that runs down the center of the pineapple. Stand each quarter up and cut straight down to remove the core. You will easily be able to see where the core is to know how much to cut off.

Step 5: Cut each quarter in half again so that you are left with 8 spears of pineapple.

Step 6: Cut away the outside skin of the pineapple and discard it. Repeat this step for all 8 spears of pineapple.

Fresh pineapple will keep in the freezer for about 10-12 months. If you're just refrigerating the pineapple, you will want to eat it within 5 days.

ADVISORY COMMITTEE UPDATE

- Discussion about changing the volunteer shifts in the afternoon at the Hillcrest Depot to accommodate people's schedules. This will happen as a trial in the upcoming months.
- The purchase of additional small bins will be dependent on one of our private depot's decision regarding usage. We strongly encourage your participation in the decision making that happens at the Advisory Committee meetings, 1pm on the 1st Tuesday of each month at Hillcrest Church - 3785 13th Ave. SE, North Entrance.