

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

November 2016

I am still looking for people willing to sit at our display and hand out brochures as well as answering any questions that people may have about our programs at **Flulapalooza - Thursday, November 10th, 1-6pm at the Cypress Centre.**

Time spent there will go towards your volunteer membership requirements.



We're coming up to that time again, Christmas! This year consider giving the gift that keeps on giving. Purchase memberships and monthly Good Food Club boxes for your family and friends this season. Give the gift of healthy food and convenience.

Contact me at (403)502-6096 or communityfoodconnections@gmail.com to arrange for a card with information about your gift to give to that special someone or as a donation to someone in the community who would love to receive a box of fresh produce this Christmas season or anytime in 2017.

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

**Tuesday, November 29th
Last Tuesday of the month**

Advisory Committee Meeting:

**Tuesday, 1pm December 6th
1st Tuesday of the month**

**Hillcrest Church
3785 - 13th Ave SE
North Entrance**

All Members Welcome!

Next Pick-Up Date:

**Tuesday, December 13th
2nd Tuesday of the month**

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



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	\$24.55	\$4.55	\$27.05	\$7.05	\$23.35	\$3.35	\$33.37	\$13.37	\$22.84	\$2.84	\$6.23
Regular	\$15.00	\$23.97	\$8.97	\$20.41	\$5.41	\$18.98	\$3.98	\$22.57	\$7.57	\$15.09	\$0.09	\$5.20
Small	\$10.00	\$20.01	\$10.01	\$13.05	\$3.05	\$13.02	\$3.02	\$18.31	\$8.31	\$10.61	\$0.61	\$5.00

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Anjou Pears

The Anjou pear is thought to have originated in Belgium and it's named after the Anjou region of France. They first appeared in the United States in 1842 and have become one of the most popular of all pear varieties.

Usage - In salads and eaten raw by themselves or paired with cheese. Sweet juicy Anjous are perfect for baking into desserts like tarts.

Selection - A good-quality Anjou pear will be medium-sized or larger with no scars or bruises. The coloring will be yellow-green with an occasional red blush.

Avoid - Avoid Anjous with soft spots or scars that are more than skin-deep. Some pears such as Bartlett will turn yellow when ripe – but not the Anjou. Too much yellow means an Anjou pear is over-ripe.

Storage - Unripe pears may be stored in the refrigerator for long periods and still ripen correctly. Ripen in a cool, dark place. Handle with care, especially when fully ripe. Once ripe, pears may be refrigerated for a few days.

Ripening - Product that is extremely hard will ripen best at room temperature. Only refrigerate after ripening or if you want to slow down the ripening of some of your pears. You can speed ripening by placing a ripe banana in a sealed plastic bag with your pears. Pears are ripe when they yield slightly to gentle pressure at the stem end and the skin has a slight waxy feel.

Nutrition

Serving Size 178 g - 1 medium size pear

Amount Per Serving

Calories 103 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 6g 22%

Sugars 17g

Protein 1g

Vitamin A 1% • Vitamin C 12%

Calcium 2% • Iron 2%

Spiced Anjou Pear Bread

Ingredients:

2 cups brown sugar	1 1/2 teaspoons ground cinnamon
1 cup vegetable oil	3/4 teaspoon ground cloves
1/4 cup molasses	1 1/2 teaspoons ground ginger
3 eggs	1/4 teaspoon ground allspice
1 1/4 teaspoons salt	4 very firm Anjou pears, thinly sliced
1 teaspoon baking soda	3 cups all-purpose flour

Directions:

Preheat oven to 350 degrees F (175 degrees C), and generously grease two large loaf pans. (The long pieces of pear make the loaves more susceptible to sticking in the pans and falling apart, so make sure you grease the pans generously.)

In a large bowl, combine brown sugar, vegetable oil, molasses, and eggs. Mix in salt, baking soda, cinnamon, cloves, ginger, and allspice. Stir the pear slices in, coating them evenly. Stir in the flour. Pour batter into the prepared loaf pans. Bake for 50 to 65 minutes. Allow loaves to cool in pan about ten minutes before removing them and placing them on a wire rack to cool completely.



ADVISORY COMMITTEE UPDATE

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.