

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

September 2016

LAST CHANCE TO ENTER!

A Summer Foodlovin' Contest

*****You Could Win a FREE LARGE GOOD FOOD BOX!*****

This contest is open to members and participants of any of our Community Kitchens, Community Gardens or the Good Food Club. You don't have to be a member to vote though!

1. "Like" our Facebook page if you haven't already—'Community Food Connections Association'.
2. Submit a photo(s) and description of a food or meal you prepared at your Community Kitchen, OR a food or meal you prepared with produce from your Community Garden plot, OR a food or meal you prepared with produce from your Good Food Club box.
3. Check the page frequently and "Like" your favourite submissions. If your family & friend "Like" the page, they can vote too!
4. The picture and description with the most "Likes" wins!

Contest closes September 15th.

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

**Tuesday, September 27th
Last Tuesday of the month**

Advisory Committee Meeting:

**Tuesday, 1pm October 4th
1st Tuesday of the month**

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

All Members Welcome!

Next Pick-Up Date:

**Tuesday, October 11
2nd Tuesday of the month**

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

\$3.02

This savings would have been more significant, except that several of the items in the boxes weren't carried in the grocery stores.

Good Food Box		Co-op		Superstore		Sobeys		Wal-Mart		Average Savings
	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings		
Large	\$20.00	\$34.24	\$14.24	\$21.53	\$1.53	\$19.35	-\$0.65	\$16.96	-\$3.04	\$3.02
Regular	\$15.00	\$24.27	\$9.27	\$17.62	\$2.62	\$14.67	-\$0.33	\$11.25	-\$3.75	\$1.95
Small	\$10.00	\$19.02	\$9.02	\$13.81	\$3.81	\$9.31	-\$0.69	\$7.17	-\$2.83	\$2.33

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

Website: www.foodconnections.ca

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Corn

Usage - Boiled, microwaved or roasted.

Selection - Corn husks will be fresh-looking and bright green, and the silk ends free of decay or worm damage. Be sure the coloring of the kernels is bright and shiny. Pull back the husk and poke one of the kernels at the tip of the silk end with a finger-nail. If juice squirts out and is only slightly cloudy, it's fresh. If the juice is thick or non-existent, the corn is old.

Avoid - Avoid corn that has shriveled, burned looking husks or has dark-colored slime in the tassel. Avoid underdeveloped kernels lacking good color (except in the white variety) and short or crooked ears that are not filled almost to the tip with kernels. Large kernels, those with dark yellow and dents and wrinkled kernels with no juice in them are all indications of old corn.

Storage - Keep corn as cold as possible - even husks topped with ice will not be harmful.

Ripening - Corn will not ripen further after picking. In fact, sugars will start to turn to starch immediately after picking, so eat as soon as possible.

Nutrition Facts			
Serving Size 90 g - 1 ear			
Amount Per Serving			
Calories 77	Calories from Fat 9		
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			1%
Trans Fat			
Cholesterol 0mg			0%
Sodium 13mg			1%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			10%
Sugars 3g			
Protein 3g			
Vitamin A	3%	Vitamin C	10%
Calcium	0%	Iron	3%



Curried Cream Corn

Ingredients:

- 2 cups corn kernels (frozen or fresh)
- 2 tablespoons butter
- 3 tablespoons onions, finely chopped
- 1/2 teaspoon curry powder
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper

Directions:

Put first 4 ingredients into saucepan. Saute for 1 minute. Cover and simmer slowly until tender, about 8 to 10 minutes. Stir often. Add sour cream, salt and pepper. Serves 3.

Microwave Corn on the Cob

Corn, in husk with silk

Place corn on a dampened paper towel.

Cooking time:

- 1 ear— 1½ minutes
- 2 ears— 3-4 minutes
- 3 ears— 5-6 minutes
- 4 ears— 7-8 minutes
- 6 ears— 8-9 minutes

Be sure to turn ears half way through cooking time.

Can check doneness by peeling back a part of the husk and feeling kernels. Microwave longer if required.

Once cooked, remove husk & silk by cutting off the non-silk end by hitting that end on a cutting board. You should then be able to squeeze the cob out of the husk without the silk (the traditional way of peeling husk & silk will also work) be sure to use oven mitts as the corn may still be quite hot.

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.