

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

March 2015

We will be having a booth display at the Thursday night **Market at Medalta** on **March 12**. I am looking for volunteers to sit at our booth during this event in order to hand out brochures and answer questions about our programs. The hours spent at the booth go towards your volunteer hours and are a good option for those who wish to volunteer, but may have some mobility issues that prevent volunteering on pick-up day. Please call me if you are able to volunteer.

An exciting potential addition to your Good Food box is a variety of local dried beans! We are offering **1 lb. bags for \$1.25** at several of our depot locations which can be purchased when you come to pick up your box. The depot locations with beans for sale are: Hillcrest Church, Medicine Hat College, Community Health Services, Redcliff Public Library, Redi Enterprises, Y's Choice Wellness and Elm Street School.

We are offering 3 types of beans: Pinto, Small Red and Great Northern White beans. Each 1 lb. bag will include instructions on how to cook the beans. Beans are an inexpensive and healthy source of protein and fiber. The beans are purchased in bulk from the bean cleaning plant in Bow Island which obtains the beans from the local growers. I've included more information about the beans on the back of this newsletter and hopefully you will consider adding them to your diet!

DATES TO REMEMBER

Payment Deadline:

March 24th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm April 7th, 2015

1st Tuesday of the month

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

All Members Welcome!

Next Pick-Up Date:

Tuesday, April 14th, 2015

2nd Tuesday of the month

- *Alison Van Dyke, Food Security Coordinator*

Average Savings for a Large Good Food Box in February 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	\$32.47	\$12.47	\$31.26	\$11.26	\$31.41	\$11.41	\$53.21	\$33.21	\$28.38	\$8.38	\$15.35
Regular	\$15.00	\$27.37	\$12.37	\$26.46	\$11.46	\$26.76	\$11.76	\$39.54	\$24.54	\$24.25	\$9.25	\$13.88
Small	\$10.00	\$11.12	\$1.12	\$12.40	\$2.40	\$11.84	\$1.84	\$22.16	\$12.16	\$10.30	\$0.30	\$3.56

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

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Cooking with Dried 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.

1. 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.
 2. 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.

Pinto Beans

"Pinto" means painted in Spanish. Pinto Beans get their name from their mottled beige and brown skin. 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.

Nutritional Information:

PINTO BEANS (1/2 cup serving)

Calories: 118

Carbohydrates: 22g

Protein: 7g

Dietary Fiber: 6g

Folate: 147mcg

Calcium: 41mg

Iron: 2mg

Fat: 0.5g

Sodium: 2mg

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.

Nutritional Information:

SMALL RED BEAN (1/2 cup serving)

Calories: 147

Carbohydrates: 28g

Protein: 8.5g

Dietary Fiber: 7g

Folate: 128mcg

Calcium: 43mg

Iron: 2mg

Fat: 0.5g

Sodium: 1mg

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.

Nutritional Information:

GREAT NORTHERN WHITE BEAN (1/2 cup serving)

Calories: 104

Carbohydrates: 19g

Protein: 7.5g

Dietary Fiber: 6g

Fat: 0.4g