

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

### Payment Deadline

Tues. February 28th  
Last Tuesday of the month

### Advisory Committee Meeting

Tues. 1pm March 7th  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
North Entrance  
All Members Welcome!

### Next Pick-Up Date

Tues. March 14th  
2nd Tuesday of the month

## Good Food Club News

Welcome to all the new Good Food Club members!

### Produce Storage:

This is just a reminder that in order to get the most from your produce with the least amount of spoilage, you should remove all produce from the plastic bags when you get it home. Generally you should not wash produce before you store it as it will spoil faster.

Keep winter squash, potatoes, onions and garlic in a cool, dark, dry place.

Long cucumbers, tomatoes, peppers, bananas, and melons can be kept on the countertop. Mini cucumbers, however, should be kept in the fridge.

Cauliflower, broccoli, leafy greens, berries and grapes need to be stored in a fridge and used as soon as possible.

Store mushrooms in a brown paper bag, or in a Tupperware type container on a paper towel in the refrigerator.

Apples, cabbages and root vegetables such as carrots, parsnips, beets, and radishes will keep from weeks to months in the fridge.

Please be sure to always wash your produce before cooking or eating as it has been handled many times over by pickers and packers.

- Alison Van Dyke,  
Food Security Coordinator



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

**\$11.11**

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$34.10	\$14.10	\$21.04	\$1.04	\$25.70	\$5.70	\$48.80	\$28.80	\$25.91	\$5.91	\$11.11
Regular	\$15	\$24.88	\$9.88	\$12.65	-\$2.35	\$19.81	\$4.81	\$34.10	\$19.10	\$20.72	\$5.72	\$7.43
Small	\$10	\$20.93	\$10.93	\$11.87	\$1.87	\$14.49	\$4.49	\$21.04	\$11.04	\$13.61	\$3.61	\$6.39

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# Mushrooms

**Usage** - Eating fresh, cooking, in salads and stir-fry.

**Selection** - Good-quality button mushrooms are dry, have smooth, firm caps and are completely closed at the gills (the area where the stem joins the mushroom).

**Avoid** - Avoid button mushrooms that are wet, brown (other varieties should be brown), bruised, or open at the gills.

**Storage** - To store mushrooms, keep them unwashed, dry, cool and dark. Store mushrooms in a brown paper bag, or in a Tupperware type container on a paper towel in the refrigerator. Do not store mushrooms in plastic bags!

**Ripening** - Mushrooms will not ripen further after picking - they will only deteriorate, so use as soon as possible.

# Nutrition Facts

Serving Size 70 g - 1 Cup

## Amount Per Serving

**Calories** 15 Calories from Fat 2

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 4mg 0%

**Total Carbohydrate** 2g 1%

Dietary Fiber 1g 3%

Sugars 1g

**Protein** 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%



## Mushrooms with Soy Sauce Glaze

- 2 tablespoons butter
- 1 cup sliced white mushrooms
- 2 cloves garlic, minced
- 2 teaspoons soy sauce
- ground black pepper to taste

Melt the butter in skillet over medium heat; add the mushrooms; cook and stir until the mushrooms have softened and released their liquid, about 5 minutes. Stir in the garlic; continue to cook and stir for 1 minute. Pour in the soy sauce; cook the mushrooms in the soy sauce until the liquid has evaporated, about 4 minutes.

Serve as a side or on steak or chicken.



## Chicken Stroganoff

- 2 Tbsp canola or olive oil
- 3 chicken breasts cut into uniform cubes
- 1 cup chopped onion
- 2-3 cups sliced or quartered fresh mushrooms.
- 2 Tbsp flour
- 1/4 tsp. pepper
- 1/2 tsp. paprika
- 1 Tbsp. parsley flakes
- 1 Tbsp. beef bouillon powder.
- 1/4 cup of water
- 1-1.5 cups of sour cream

Saute the chicken and onions in the oil in a hot pan. Add the mushrooms and cook down a little. Mix in the next 6 ingredients and stir until it's simmering and thickened. Add sour cream and heat without boiling. Serve over hot egg noodles and with a vegetable side.

