

DATES TO REMEMBER

Payment Deadline
Tues. September 26th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm Oct. 3rd
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date
Tues. October 10th
2nd Tuesday of the month

Good Food Club News

Saving Garden Produce: a preserving & gardening idea exchange

Do you have special methods or a customized tool that makes for easier preservation of your garden harvest? Have you discovered the tricks to earlier and more abundant harvests with fewer pests? Come and share your experience with others and learn tricks from other gardeners and preservers!

This is a great learning opportunity for those new to gardening and preserving as well. Please bring your special tools to show the other participants. This is an informal gathering to share gardening and preserving techniques and tools that have worked well for you. 7pm, September 20th in the Legion Room of the Medicine Hat Public Library - Free admission



Community Kitchens

Community Kitchens will be starting up again shortly. Please see our website for a full list of current kitchens. If you are interested in leading a kitchen, please contact me at 403-502-6096.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in August:

\$3.97

Savings show as significantly less as many of the stores don't have all of the items we include in the box.

| Good Food Box | | Safeway | | Superstore | | Sobeys | | Wal-Mart | | Average Savings |
|---------------|---------|---------|---------|------------|---------|---------|---------|----------|---------|-----------------|
| | | Cost | Savings | Cost | Savings | Cost | Savings | Cost | Savings | |
| Large | \$20.00 | \$26.62 | \$6.62 | \$22.21 | \$2.21 | \$26.37 | \$6.37 | \$20.67 | \$0.67 | \$3.97 |
| Regular | \$15.00 | \$18.89 | \$3.89 | \$15.18 | \$0.18 | \$19.98 | \$4.98 | \$16.81 | \$1.81 | \$2.72 |
| Small | \$10.00 | \$13.73 | \$3.73 | \$8.51 | -\$1.49 | \$12.49 | \$2.49 | \$11.10 | \$1.10 | \$1.46 |

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

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 103 g - 1 ear, cooked

Amount Per Serving

| | |
|-------------------------------|----------------------|
| Calories 111 | Calories from Fat 11 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 1% |
| Trans Fat | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 5% | Vitamin C 11% |
| Calcium 0% | Iron 3% |

Sweet Potato Corn Cakes with Garlic Dipping Sauce

Servings: 10

3 lbs cooked sweet potatoes
1 cup corn kernels
2 green onions
1/4 bunch cilantro, divided
1/4 tsp cayenne pepper
1 tsp cumin
1 tsp salt
1 large egg
1/3 cup yellow cornmeal
1 cup plain breadcrumbs
1/2 cup vegetable oil for frying
1 cup plain yogurt
1 clove garlic



In a bowl mash the sweet potatoes. Slice the green onions and roughly chop a handful of cilantro (about 1/8th of a bunch). Add the green onions, cilantro, corn kernels, salt, cumin, and cayenne pepper to the bowl with the cooked sweet potatoes. Stir until well combined. You can taste it at this point and adjust the seasoning as desired. Add the breadcrumbs, cornmeal, and egg to the bowl. These ingredients will bind the mixture together and keep it from falling apart while cooking. Stir until evenly combined. Cover the bowl and refrigerate for 30 minutes to allow the breadcrumbs to absorb moisture. While the sweet potato mixture is refrigerating, mix up the garlic sauce. In a small bowl combine the yogurt, one clove of well minced garlic, and a handful of cilantro leaves (roughly chopped). Stir until combined and then refrigerate until ready to serve. After the sweet potato mixture has refrigerated, it's time to cook. Add enough vegetable oil to fully cover the bottom of a medium skillet. Heat the oil over medium-high heat until the surface appears wavy (if it begins to smoke, remove it from the burner immediately and turn down the heat). Shape the sweet potato mixture into small patties (about 2-3 Tbsp each) and cook about 4 at a time in the hot oil. Cook until golden brown on each side; about 2 minutes per side. After cooking, place on a paper towel covered plate to drain. Add more oil to the skillet as needed.