

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

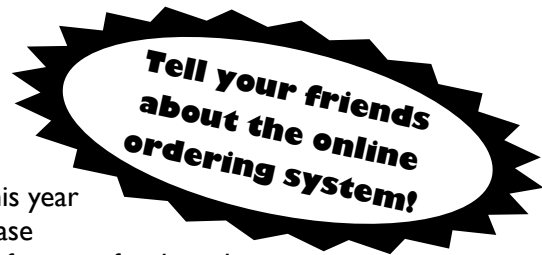
## DATES TO REMEMBER

**Payment Deadline**  
Tues. November 28th  
Last Tuesday of the month

**Advisory Committee Meeting**  
Tues. 1pm Dec. 5th  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
Entrance 1  
All Members Welcome!

**Next Pick-Up Date**  
Tues. December 12th  
2nd Tuesday of the month

## Good Food Club News



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



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



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

Good Food		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$27.29	\$7.29	\$29.11	\$9.11	\$22.46	\$2.46	\$38.89	\$18.89	\$14.58	-\$5.42	\$6.47
Regular	\$15	\$22.38	\$7.38	\$26.12	\$11.12	\$20.16	\$5.16	\$24.64	\$9.64	\$13.61	-\$1.39	\$6.38
Small	\$10	\$18.94	\$8.94	\$17.64	\$7.64	\$14.12	\$4.12	\$18.65	\$8.65	\$11.37	\$1.37	\$6.14

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**Twitter & Instagram:** @CFCA\_MH

# RUSSET POTATOES

There are more than 190 varieties of potatoes grown commercially throughout Canada. Each of these varieties fit into one of seven potato type categories: russet, red, white, yellow, blue/purple, fingerling and petite. Each potato has a cooking method(s) that it is best suited for.

The potato originated in the Andes region of South America and began to appear in other areas four centuries ago. You can now find the potato all over the world. It's now the fourth-largest food crop and appears in recipes of many regional cuisines.

The Russet potato is the most popular baking potato but it is also a great choice when you're making mashed potatoes or french fries.

**Usage** - Besides being the most popular baking potato, Russets are used when frying, mashing, roasting, and boiling. They're also used to make french fries.

**Selection** - Good-quality potatoes will be firm, smooth-skinned and even russet coloring. Good quality potatoes should have few eyes, and those few should be shallow.

**Avoid** - Avoid product that is soft, wrinkled, has cuts in the skin or is green-tinted.

**Storage** - Store potatoes in a cool (40 - 50° F), dry, well ventilated and dark place to inhibit sprouting. Avoid storing potatoes in the refrigerator as it will affect texture and taste. Do not wash raw potatoes before storing - washing them speeds development of decay. If your potatoes do begin to sprout or grow, cut off the sprouts. Prolonged exposure to light causes greening and makes the potato taste bitter. Peel or pare green area from the potato before using.

## Baked Garlic Parmesan Potato Wedges

### Ingredients:

3-4 large russet potatoes, sliced into wedges

4 tablespoons olive oil

2 teaspoons salt

2 teaspoons garlic powder

2 teaspoons Italian seasoning

½ cup grated parmesan cheese

### Instructions:

Preheat oven to 375. Lightly grease a large baking sheet and set aside.

Place potato wedges in a large bowl. Drizzle with olive oil and toss to coat. In a small bowl whisk together salt, garlic powder, and Italian seasoning. Sprinkle potato wedges with the grated cheese, tossing to coat, then sprinkle with the seasoning mixture.

Place potato wedges on prepared baking sheet in a single layer with skin-sides-down. Bake for 25-35 minutes until potatoes are fork-tender and golden.

Nutrition Facts	
Serving Size 173 g - 1 medium potato	
Amount Per Serving	
<b>Calories</b> 168	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 24mg	1%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein</b> 5g	
Vitamin A 0%	• Vitamin C 37%
Calcium 3%	• Iron 10%

