

DATES TO REMEMBER

Payment Deadline

Tues. May 29th
Last Tuesday of the month

Advisory Committee Meeting

Tues. 1pm June 5th
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date

Tues. June 12th
2nd Tuesday of the month

Good Food Club News

The recent outbreak of E.coli in romaine lettuce is a good reminder that regardless of it's source, all produce should be washed thoroughly before using. This includes fruits such as citrus and melons - cutting through the rind of those fruits can transfer contaminants to the interior flesh of the fruit. Vegetables that are peeled, such as carrots or potatoes, should be peeled and then rinsed before use.



Just a reminder that proper storage is a key to keeping your produce fresh when you get it home. Potatoes, onions, and garlic should be removed from the plastic bags and stored in a cool dark place. Carrots, parsnips, turnips and other root vegetables store best in plastic bags with holes in them in the refrigerator. Cucumbers, tomatoes and peppers store best on the countertop.

Fruit will not ripen in the refrigerator so should be kept on the countertop until ready to eat or can be stored in the fridge if it is full ripe. A general rule is to store produce in the same manner that you find it at the grocery store.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in April:

\$16.42

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$39.49	\$19.49	\$35.68	\$15.68	\$40.75	\$20.75	\$32.18	\$12.18	\$33.99	\$13.99	\$16.42
Regular	\$15	\$36.24	\$21.24	\$20.35	\$5.35	\$30.78	\$15.78	\$25.34	\$10.34	\$25.27	\$10.27	\$12.60
Small	\$10	\$25.74	\$15.74	\$16.66	\$6.66	\$17.59	\$7.59	\$17.66	\$7.66	\$15.12	\$5.12	\$8.55

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Parsnips

Parsnips are very low in Saturated Fat, Cholesterol and Sodium. They are also a good source of Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Folate and Manganese.

Usage - Stews and roasted

Selection - Good-quality parsnips will be firm, straight and have no deformities or blemishes. The coloring will be even and white to cream.

Avoid - Avoid product that is dry, shriveled, soft or has dark blemishes. Yellow or tan coloring indicates old product.

Storage - You can store root vegetables like parsnips in your refrigerator's crisper drawer for a few weeks if placed in a perforated plastic bag. To prolong storage life, soak in warm water for 2-3 minutes before storing in your refrigerator.



Nutrition Facts

Serving Size 160 g -1 parsnip

Amount Per Serving

Calories 114 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 16mg 1%

Total Carbohydrate 27g 9%

Dietary Fiber 6g 23%

Sugars 8g

Protein 2g

Vitamin A 0% • Vitamin C 35%

Calcium 6% • Iron 5%

Parsnips with Honey & Chinese Five-Spice

1 lb. of parsnips, peeled and cut into quarters lengthwise

2 tablespoons olive oil

½ teaspoon Chinese five-spice

sea salt and freshly ground black pepper

1 tablespoon honey

Preheat the oven to 350°. Grease a casserole dish or baking sheet.

Toss the parsnips in the olive oil and season with the Chinese five-spice and salt and pepper so that they are evenly coated.

Place the parsnips in the oven dish and roast for 40 minutes, or until they are golden and tender. Add the honey and toss it through the parsnip pieces.

Creamy Potato & Parsnip Gratin

4 potatoes, peeled & thinly sliced

4 parsnips, peeled & thinly sliced

1/2 tsp. dried thyme

Garlic salt

Pepper

1 cup of whipping cream

Generously butter a 9x9 casserole dish. Arrange a single layer of potatoes in the dish. Sprinkle lightly with some thyme, garlic salt & pepper. Cover with a layer of parsnips. Sprinkle with seasonings. Repeat layer with remaining vegetables. Pour cream over the vegetables. Cover & bake in the oven at 375° on a baking sheet for 30 minutes. Uncover and bake for another 30 minutes until the top is brown and crusty and the potatoes are baked through.