

Food Talk

JUNE 2018

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadline

Tues. June 26th Last Tuesday of the month

Advisory Committee Meeting

Tues. I pm July 3rd Ist Tuesday of the month Hillcrest Church 3785 - I 3th Ave SE Entrance I All Members Welcome!

Next Pick-Up Date

Tues. July 10th 2nd Tuesday of the month

Small

Good Food Club News

We are seeing a slow, but steady increase in the variety of food being grown in our area. Please be assured that I am always on the lookout and hunting down new producers or existing producers who are growing new crops. I tried unsuccessfully to get local asparagus this year. Unfortunately the local supplier did not have the quantity available that we would need for our club. We will try again next year!

If you know of any local producers growing unique crops that would be willing to sell directly to our club, please be sure to pass that information along to me. We are always looking local producers.

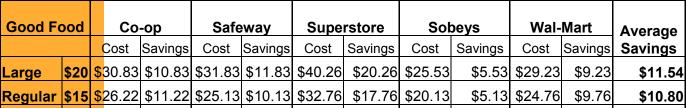
We want to be able to bring you the freshest produce available at the best prices, and that means buying local whenever we can.

Please be sure to tell your friends, family & neighbours about the Good Food Club. If they join after June 30th their membership fees and volunteer commitments are cut in half. And don't forget, you can order on our secure website using credit card or Paypal!

- Alison Van Dyke, Food Security Coordinator



Average Savings for a Large Good Food Box in May:



\$8.42

\$11.22

\$1.22 \$15.37

Phone: (403)502-6096

\$10 \$17.01

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

\$7.01 \$15.96 \$5.96 \$18.42



\$5.37

\$5.60

Spinach

Usage - Salads, sandwiches, braised as a side for other dishes.

Selection - Good-quality spinach will have broad, thick and crisp dark green leaves. The stems will be unblemished and free of mud.

Avoid - Avoid product with thin, limp leaves that are pale-green or yellow. Also avoid mud-caked product, or bunches with extremely large or blemished stalks.

Storage - Always store lettuce and cabbage in the refrigerator. To prolong storage life, cut the stem end and soak in warm water for 2-3 minutes before storing in your refrigerator. Don't throw away lettuce, greens, celery, etc that has been in your refrigerator a little too long and gone limp. Revive most leafy vegetables by cutting a small amount from the stem-end, soaking in warm (100 degree) water for 5 minutes, drain and refrigerate.

Spinach is low in Saturated Fat, and very low in Cholesterol. It's also a good source of Niacin and Zinc, and a great source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, and Folate.

Make washing spinach easy by adding a small amount of salt to cold water. Swish around, transfer to colander, rinse and drain immediately, pat dry.

The spinach plant is related closely to beets and Swiss chard.

Nutrition Facts Serving Size 30 g -I cup, raw Amount Per Serving Calories 7 Calories from Fat 1 % Daily Value³ Total Fat 0g 0% Saturated Fat 0g Trans Fat Cholesterol 0mg 0% Sodium 24mg 1% 0% Total Carbohydrate 1g 3% Dietary Fiber 1g Sugars 0g Protein 1q Vitamin A 56% • Vitamin C 14%

3% • Iron

5%

Calcium

LEMON GNOCCHI WITH SPINACH AND PEAS

This is a delicious springtime meal.

INGREDIENTS

I cup frozen baby peas (not thawed)

1/2 cup heavy cream

1/4 teaspoon dried hot red-pepper flakes

I garlic clove, smashed

3 cups packed baby spinach (3 ounces)

I teaspoon grated lemon zest

I 1/2 teaspoons fresh lemon juice

I pound dried gnocchi

1/4 cup grated parmesan

PREPARATION

Simmer peas with cream, red-pepper flakes, garlic, and 1/4 teaspoon salt in a 12-inch heavy skillet, covered, until tender, about 5 minutes.

Add spinach and cook over medium-low heat, uncovered, stirring, until wilted. Remove from heat and stir in lemon zest and juice.

Meanwhile, cook gnocchi in a pasta pot of boiling salted water until al dente. Reserve 1/2 cup pasta-cooking water, then drain gnocchi.

Add gnocchi to sauce with cheese and some of reserved cooking water and stir to coat. Thin with additional cooking water if necessary.

