

DATES TO REMEMBER

Payment Deadline

Tues. July 31st
Last Tuesday of the month

Advisory Committee Meeting

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

Next Pick-Up Date

Tues. Aug. 14th
2nd Tuesday of the month

Good Food Club News

Volunteer Opportunity

Here are the upcoming dates of volunteer opportunities for our volunteer members. This opportunity is perfect for volunteer members who are not able to do lifting or participate in weekday events.

as soon as possible at communityfoodconnections@gmail.com or call 403-502-6096.

- Alison Van Dyke,
Food Security Coordinator

Medicine Hat Exhibition: July 25-28 12noon - 8pm

Volunteers are able to contribute by providing assistance at a promotion table, hand out brochures and membership applications, and generally to serve as an information person for those interested. Entrance and parking passes are provided. I will handle the set-up and take-down. Our display is located in the 'Country in the City' exhibit hall in the Kinplex.

Please look through your calendar and see what you can commit to and notify me



Average Savings for a Large Good Food Box in June:

\$19.24

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$43.44	\$23.44	\$42.09	\$22.09	\$49.52	\$29.52	\$38.81	\$18.81	\$22.36	\$2.36	\$19.24
Regular	\$15	\$27.01	\$12.01	\$24.31	\$9.31	\$32.69	\$17.69	\$25.88	\$10.88	\$18.89	\$3.89	\$9.02
Small	\$10	\$18.55	\$8.55	\$16.53	\$6.53	\$23.67	\$13.67	\$15.22	\$5.22	\$11.68	\$1.68	\$5.50

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Beet Greens

Besides supplying good amounts of protein, phosphorus, and zinc, beet greens are also a great source of fiber. Packed with antioxidants, they're high in vitamin B6, magnesium, potassium, copper, and manganese, and low in fat and cholesterol. Based on a 2,000 calorie diet, daily values of beet greens contain: 220% of vitamin A, 60% of vitamin C, 16% of calcium, and 15% of iron.

As if that weren't enough, studies have also shown that the vitamin K in beet greens contains blood clotting properties, helps ward off osteoporosis, works with calcium to boost bone strength, and may also play a role in fighting Alzheimer's disease. Beet greens have a higher iron content than spinach, and a higher nutritional value than the beetroot itself.

The vitamin A content in beet greens helps strengthen the immune system and stimulates production of antibodies and white blood cells. The beta-carotene in vitamin A is a known antioxidant that can fight the effects of free radicals in the body along with cancer and heart disease. Doctors often recommend vitamin A to patients at risk of developing night blindness.

- mercola.com

Nutrition Facts

Serving Size 144 g - 1 cup, chopped

Amount Per Serving

Calories 39 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 347mg 14%

Total Carbohydrate 8g 3%

Dietary Fiber 4g 17%

Sugars 1g

Protein 4g

Vitamin A 220% • Vitamin C 60%

Calcium 16% • Iron 15%

Roasted Beets and Sautéed Beet Greens

"This is a great way to use every part of the fresh beets you buy. You can get two delicious side dishes out of this one vegetable."

Ingredients:

1 bunch beets with greens
1/4 cup olive oil, divided
2 cloves garlic, minced
2 tablespoons chopped onion (optional)
salt and pepper to taste
1 tablespoon red wine vinegar (optional)

Directions

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

How to cut a Pineapple

Step 1: Cut the top and bottom off of the pineapple.

Step 2: Cut the pineapple in half.

Step 3: Cut each half into half again so that you are left with quarters.

Step 4: There is a hard core that runs down the center of the pineapple. Stand each quarter up and cut straight down to remove the core. You will easily be able to see where the core is to know how much to cut off.

Step 5: Cut each quarter in half again so that you are left with 8 spears of pineapple.

Step 6: Cut away the outside skin of the pineapple and discard it. Repeat this step for all 8 spears of pineapple.

Fresh pineapple will keep in the freezer for about 10-12 months. If you're just refrigerating the pineapple, you will want to eat it within 5 days.

