

## DATES TO REMEMBER

### Payment Deadline

Tues. August 28th  
Last Tuesday of the month

### Advisory Committee Meeting

Tues. 1pm Sept. 4th  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
Entrance 1  
All Members Welcome!

### Next Pick-Up Date

Tues. Sept. 11th  
2nd Tuesday of the month

## Good Food Club News

Gleaning is a tradition spoken of in ancient religious texts of gathering a group to harvest produce that's left in the field for various reasons. It is a term that has come back into use as people want to prevent food waste by harvesting fruit from trees and bushes that may otherwise go to waste. This commonly happens when a homeowner has an abundance of crop that they don't have the physical ability or the time to harvest and they would like to see it go to good use. Many communities in Canada have founded organizations to assemble volunteers to pick these "leftovers". The volunteers either split the pickings among themselves or divide them among the homeowner, food banks and the volunteers.

We have found a free program online which allows property owners to list their fruit and allows those who wish to glean to find those locations.

In order for this to be successful, we would ask that you sign up on this free website and encourage those you know with fruit to pick to register their trees and bushes. If they are not computer savvy, perhaps you could assist them with listing their trees.

The website is: [www.ripenear.me](http://www.ripenear.me)



Our hope is that the use of this website will connect those in the community who wish to prevent food waste with people who are interested in using and preserving local food.

- Alison Van Dyke,  
Food Security Coordinator

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

**\$12.59**

| Good Food Box |      | Co-op   |         | Safeway |         | Superstore |         | Sobeys  |         | Wal-Mart |         | Average Savings |
|---------------|------|---------|---------|---------|---------|------------|---------|---------|---------|----------|---------|-----------------|
|               |      | Cost    | Savings | Cost    | Savings | Cost       | Savings | Cost    | Savings | Cost     | Savings |                 |
| Large         | \$20 | \$42.88 | \$22.88 | \$30.49 | \$10.49 | \$26.12    | \$6.12  | \$30.44 | \$10.44 | \$33.00  | \$13.00 | \$12.59         |
| Regular       | \$15 | \$30.43 | \$15.43 | \$17.51 | \$2.51  | \$13.88    | -\$1.12 | \$23.78 | \$8.78  | \$19.32  | \$4.32  | \$5.98          |
| Small         | \$10 | \$23.94 | \$13.94 | \$13.53 | \$3.53  | \$11.68    | \$1.68  | \$14.64 | \$4.64  | \$18.12  | \$8.12  | \$6.38          |

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**Email:** [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com)

**Website:** [www.foodconnections.ca](http://www.foodconnections.ca)

**Facebook:** 'Community Food Connections Association'

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

# Kohlrabi

Translated from German, kohlrabi means cabbage-turnip. These two names explain the taste and texture of kohlrabi, although it is milder and sweeter than either of them. It is not a root vegetable, but rather a stem that swells to a turnip-shape above the ground. It is a member of the brassica family. The inside flesh of kohlrabi is pale green, slightly sweet, and crispy. The taste of kohlrabi is similar to broccoli stems or cabbage heart, but sweeter.

**What to look for** - Select firm smooth skinned kohlrabi.

**Store** - In the refrigerator vegetable drawer.

**How to prepare** - Prepare kohlrabi in a similar way to turnips. Cut off the base and trim or remove the stalks. Boil, steam or microwave whole if they are small, otherwise slice first. Peel after cooking for to retain nutrients and for maximum flavour. Kohlrabi can be peeled, sliced or grated, and eaten raw.

**Ways to eat** - Serve steamed, mashed or in a stir fry. Bake, stuff, or add to soups, braises or stews. Young kohlrabi can be eaten raw, sliced or finely grated in a salad. Kohlrabi leaves are very high in nutrients and can be treated like spinach – eaten raw or cooked. Kohlrabi can be peeled, sliced and grated and used in salads, sandwiches, wraps or sliced and eaten as a snack.

**Cooking Methods** - Bake, boil, microwave, steam, stew.

## Nutrition Facts

Serving Size 135 g - 1 cup, raw

### Amount Per Serving

**Calories** 36 Calories from Fat 1

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 27mg 1%

**Total Carbohydrate** 8g 3%

Dietary Fiber 5g 19%

Sugars 4g

**Protein** 2g

Vitamin A 1% • Vitamin C 140%

Calcium 3% • Iron 3%

## Bavarian Kohlrabi Soup

Ingredients:

- 1-1/2 large kohlrabi bulbs, peeled and grated
- 1/2 small head white cabbage, shredded
- 2 carrots, grated
- 2 red bell peppers, grated
- 1 green bell peppers, grated
- 1/4 pound French-cut green beans
- 1/4 bunch fresh parsley, chopped
- 2 cups chicken broth, or as needed to cover
- 1/2 teaspoon white sugar, or to taste
- 1/2 pinch Hungarian paprika, or to taste
- salt and ground black pepper to taste
- 2 tablespoons sour cream, for topping
- 1-1/2 teaspoons prepared horseradish, or to taste (optional)



Directions:

Combine kohlrabi, cabbage, carrots, red bell peppers, green bell peppers, green beans, and parsley in a stockpot. Pour enough chicken broth over the vegetables to cover; bring to a simmer over medium heat and cook until vegetables are tender, about 20 minutes. Season with sugar, paprika, salt, and black pepper. Top with sour cream and horseradish.