

DATES TO REMEMBER

Payment Deadline
Tues. September 25th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm Oct. 2nd
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date
Tues. Oct. 9th
2nd Tuesday of the month

Good Food Club News

Volunteer Opportunities

Here are the upcoming dates of volunteer opportunities for our volunteer members. These opportunities are perfect for volunteer members who are not able to do lifting or participate in other events.

Adult Resource Fair - Veiner Centre
10am-2pm, Wednesday, October 17

Hip Health Hooray! - Family Leisure Centre
10:30am-3:30pm, Saturday, November 24

Volunteers provide assistance at a promotion table, hand out brochures and membership applications, and generally serve as an information person for those interested.

Please look through your calendar and see what you can commit to and notify me at communityfoodconnections@gmail.com or call 403-502-6096.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Good Food Box in August:

Many of the grocery stores did not have all the items which made the savings appear lower.

\$5.92

Good Food Box		Co-op		Safeway		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$27.77	\$7.77	\$30.49	\$10.49	\$26.89	\$6.89	\$18.52	-\$1.48	-\$1.71
Regular	\$15	\$18.79	\$3.79	\$19.24	\$4.24	\$20.26	\$5.26	\$11.58	-\$3.42	-\$2.34
Small	\$10	\$13.31	\$3.31	\$11.96	\$1.96	\$13.83	\$3.83	\$6.84	-\$3.16	-\$1.51

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Cauliflower

Cauliflower is very low in saturated fat and cholesterol. It's also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a great source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, and Potassium.

Usage - Cooking, soups, dips and salads.

Selection - Good-quality cauliflower will have white or slightly off-white heads that are firm with no space between the curds. Cauliflower leaves should be fresh and green.

Avoid - Avoid cauliflower that is soft, has ivory to light brown coloring or that has small dark spots on the curds.

Storage - Always store 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.

Nutrition Facts

Serving Size 100 g - 1 cup, raw

Amount Per Serving

Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 0%	• Vitamin C 77%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Yotam Ottolenghi's Cauliflower Cake

- 1 small cauliflower, outer leaves removed, broken into 1 1/4-inch florets (about 4 cups)
- 2 teaspoons kosher salt, divided
- 1 medium red onion
- 5 tablespoons olive oil
- 1/2 teaspoon finely chopped fresh rosemary leaves
- Melted unsalted butter, for brushing
- 1 tablespoon white sesame seeds
- 1 teaspoon nigella (also known as black caraway), cumin, or black sesame seeds
- 7 large eggs
- 1/2 cup fresh basil leaves, coarsely chopped
- 1 1/2 cups coarsely grated Parmesan or aged cheese
- 1 cup all-purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon ground turmeric
- Freshly ground black pepper



Arrange a rack in the middle of the oven and heat to 400°F. Meanwhile, prepare the cake.

Place the cauliflower florets and 1 teaspoon of the salt in a medium saucepan. Cover with water and simmer over medium-high heat until the florets are quite soft, about 15 minutes. They should break when pressed with a spoon. Drain and set aside in a colander to dry.

Cut 4 round slices, each 1/4-inch, off one end of the onion and set aside. Dice the rest of the onion and place in a small frying pan with the oil and rosemary. Cook over medium heat, stirring occasionally, until soft, about 10 minutes. Remove from the heat and set aside to cool. Meanwhile, line the base and sides of a 9 1/2-inch springform pan with parchment paper. Brush the sides with melted butter, then mix together the sesame and other seeds and toss them around the inside of the pan so that they stick to the sides.

Transfer the onion mixture to a large bowl. Add the eggs and basil and whisk well to combine. Add the cheese, flour, baking powder, turmeric, remaining 1 teaspoon salt, and plenty of pepper. Whisk until smooth. Add the cauliflower and stir gently, trying not to break up the florets.

Pour the cauliflower mixture into the pan, spreading it evenly, and arrange the reserved onion rings on top. Bake until golden brown and set, about 45 minutes. A knife inserted into the center of the cake should come out clean. Let cool at least 20 minutes before slicing and serving. It needs to be served just warm, rather than hot, or at room temperature.

Baking pan options: If you don't have a springform pan, you can just use a regular 9-inch cake pan or even an 8-inch square pan, but still line with parchment paper first.