

## DATES TO REMEMBER

### Payment Deadline

Tues. October 30th  
Last Tuesday of the month

### Advisory Committee Meeting

Tues. 1pm Nov. 6th  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
Room 22, Entrance 4  
All Members Welcome!

### Next Pick-Up Date

Tues. Nov. 13th  
2nd Tuesday of the month

## Good Food Club News

Just a reminder that proper storage is a key to keeping your produce fresh when you get it home. Potatoes and onions 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. Winter squash store best in a cool dark place.

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.

Please assess your produce when you un-

pack it at home and determine what is ripe and should be eaten in the next day or two and what can be stored for longer in either a cool, dark place or the refrigerator.

If you have any questions or concerns or would like greater participation in decisions about the Good Food Club or what is in the box each month, we invite you to participate at the Advisory Committee meeting - info about this meeting is always located in the sidebar on the left of this newsletter.

You are also free to contact me at the phone number and email listed below.

- Alison Van Dyke,  
Food Security Coordinator

### Average Savings for a Large Box in September:

**\$12.48**

| Good Food Box |      | Co-op   |         | Safeway |         | Superstore |         | Sobeys  |         | Wal-Mart |         | Average Savings |
|---------------|------|---------|---------|---------|---------|------------|---------|---------|---------|----------|---------|-----------------|
|               |      | Cost    | Savings | Cost    | Savings | Cost       | Savings | Cost    | Savings | Cost     | Savings |                 |
| Large         | \$20 | \$36.04 | \$16.04 | \$39.33 | \$19.33 | \$29.74    | \$9.74  | \$30.33 | \$10.33 | \$26.97  | \$6.97  | \$12.48         |
| Regular       | \$15 | \$27.61 | \$12.61 | \$24.44 | \$9.44  | \$19.04    | \$4.04  | \$19.40 | \$4.40  | \$17.58  | \$2.58  | \$6.61          |
| Small         | \$10 | \$19.59 | \$9.59  | \$17.65 | \$7.65  | \$11.48    | \$1.48  | \$11.43 | \$1.43  | \$10.76  | \$0.76  | \$4.18          |

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Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA\_MH

# Parsnips

Parsnip is very low in Saturated Fat, Cholesterol and Sodium. It's 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 carrots in your refrigerator's crisper drawer for a few weeks if placed in a perforated plastic bag.



## Nutrition Facts

Serving Size 78 g - 1/2 cup cooked

### Amount Per Serving

Calories 55      Calories from Fat 2

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 8mg      0%

Total Carbohydrate 13g      4%

Dietary Fiber 3g      11%

Sugars 4g

Protein 1g

Vitamin A 0% • Vitamin C 17%

Calcium 3% • Iron 3%

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

### Parsnips with Honey & Chinese Five-Spice

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

2 tablespoons olive oil

1/2 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.