

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadline
Tues. November 27th
Last Tuesday of the month

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

Next Pick-Up Date
Tues. Dec. 11th
2nd Tuesday of the month

Good Food Club News

Volunteer Opportunity

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

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.

Don't forget that attendance at our monthly Good Food Club Advisory meeting counts as an hour towards your volunteer commitment. Not only do you accrue volunteer hours, but you get to help choose the produce in the box each month! We are now meeting in Room 22 of Hillcrest Church - please use Entrance 4.

We hope to see you there!
- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in October:

\$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	\$31.30	\$11.30	\$43.23	\$23.23	\$36.58	\$16.58	\$29.32	\$9.32	\$21.98	\$1.98	\$12.48
Regular	\$15	\$23.87	\$8.87	\$14.85	-\$0.15	\$31.23	\$16.23	\$19.89	\$4.89	\$14.89	-\$0.11	\$5.95
Small	\$10	\$12.92	\$2.92	\$12.86	\$2.86	\$21.00	\$11.00	\$10.92	\$0.92	\$9.16	-\$0.84	\$3.37

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Hulless Pumpkin Seed Pumpkins - From Grainews, published: February 17, 2017 by Debbie Chikousky

Pepitas, or hulless pumpkin seeds, come from the Cucurbita pepo. They are known as oilseed pumpkins and the common name for the more popular variety is Styrian pumpkin.

Pepitas are loaded with nutrition. Just one-quarter cup (32.25 grams) provides significant amounts of manganese, tryptophan, magnesium, phosphorus, copper, protein, zinc and iron. The seeds are also an excellent source of vitamins A and E, and omega-3 and omega-6 essential fatty acids. The World's Healthiest Foods website cites studies that suggest pumpkin seeds may promote prostate health, protect your bones, act as an anti-inflammatory and lower cholesterol. To increase digestibility it is recommended to soak the pepitas.

Pepitas

4 c. raw hulless pumpkin seeds (from about two pumpkins)
2 tbsp. sea salt

Dissolve salt in water, pour over seeds, using enough water to cover. Leave in a warm place for seven hours. Drain in a colander and pat dry.

To oven roast, drizzle lightly with olive oil or sesame oil and toss with seasonings or additional salt, if desired. Toast until crispy, mixing every 15 minutes to half-hour. At 250 F it will take around 45 minutes to an hour to get them crispy. These should keep for a week or two in a tightly sealed container.

How To Roast Squash - from The Kitchen

Ingredients

1 medium squash
Olive oil or melted butter
Salt
Freshly ground black pepper

Equipment

Chef's knife or other hefty knife
Spoon
Roasting pan or baking sheet

Arrange a rack in the bottom third of the oven and heat to 375°F.

Cut the squash in half from stem to tip. Place the squash on a cutting board. Using a chef's knife, start on one side of the stem and cut straight through until the knife stops hitting resistance and you've cut through to the hollow middle. Continue cutting around the squash, through the tip, ending up on the other side of the stem. Do not try to cut through the stem.

Break the squash in half. Put down your knife and hold the squash in both hands. Pull the two halves away from each other, cracking the shell at the stem. The stem will stay with one half and leave the other half clean; you can trim away the stem if you want. Scoop out the seeds. Use a sturdy spoon to scrape out all the seeds and stringy bits from inside both squash halves.

Rub the squash halves with oil or butter. Place the squash halves cut-side up, like bowls, in a roasting pan or on a rimmed baking sheet. Drizzle with a little olive oil or butter and use your fingertips to rub it all over the cut surface and inside of the squash.

Season with salt and pepper. Sprinkle both halves generously with salt and pepper.

Roast until the halves are caramelized and roasted around the edges, 45 to 60 minutes. You should be able to easily poke a fork or knife all the way through the flesh. Eat immediately, or cool and refrigerate for up to 5 days.

How to Cook Brussel Sprouts (the boiling method)

Trim a thin slice off the stalk end of each sprout and remove 2 or 3 outer leaves. Cut a cross in the stalk end just deep enough to cut the surface. Cutting an X in the base of the stem ensures even cooking. This allows the boiling water to help cook the centre at the same time as the outer leaves.

Place in a saucepan, cover with cold water and add a liberal amount of salt, the same as you would add to pasta cooking water. Cover and cook until just tender when pierced with a sharp knife. Drain thoroughly and then add butter to melt onto the sprouts before serving.