

DATES TO REMEMBER

Payment Deadline
Tues. February 26

Advisory Committee Meeting
Tues. 1pm March 5th
Hillcrest Church
3785 - 13th Ave SE
Room 22, Entrance 4
All Members Welcome!

Next Pick-Up Date
Tues. March 12th
2nd Tuesday of the month

Good Food Club News

In order to maintain the Good Food Club's ability to purchase at wholesale prices, we need members committed to participating.

We experience a lot of people coming in and going out of the club for a variety of reasons - including moving, financial restrictions, change in living situations, etc. This is not something unexpected. However, occasionally our numbers dip quite low and it makes it difficult to source bulk produce at reduced prices.

This is where you, the club member, comes in. I am asking that you please share your experience in the club with your local family and friends and encourage them to sign up to the Good Food Club in order to continue to support this valuable healthy eating program in our community.

Part of the mandate of the club is to support local producers. When producers know that we will be an ongoing customer,

they can plan ahead for growing and selling their product with the assurance that there will be a market for it, this enables them to make long-term plans including adding additional crops and increasing quantities. As our annual surveys show, supporting local producers is one of the main goals of the club members.

Thank you for your continued involvement in the Good Food Club, every member is important!

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in January:

\$4.50

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$26.68	\$6.68	\$25.01	\$5.01	\$24.22	\$4.22	\$24.81	\$4.81	\$21.76	\$1.76	\$4.50
Regular	\$15	\$18.14	\$3.14	\$14.08	-\$0.92	\$16.47	\$1.47	\$19.26	\$4.26	\$15.10	\$0.10	\$1.61
Small	\$10	\$14.13	\$4.13	\$14.05	\$4.05	\$13.27	\$3.27	\$12.25	\$2.25	\$11.68	\$1.68	\$3.08

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Rutabaga is a root vegetable that's actually a cross between a turnip and a cabbage. These vegetables are full of vitamins and nutrients, including beta carotene, calcium, potassium, and fiber, among others. There are many ways you can cook rutabaga, but some of the most popular include mashing and roasting. The key with rutabaga is to cut it up into small chunks before cooking, otherwise cooking time will be long and the center may not cook through properly.

Mashed Rutabaga

2 pounds rutabagas

¼ cup butter

Pinch nutmeg

Salt and pepper, to taste

Carefully slice off the top and bottom stems from the rutabaga. Trim about ½ inch (1.3 cm) off the top and bottom. Stand the rutabaga on the top end and cut it in half. Use a paring knife to carefully peel off the top layer of skin.

Rinse the rutabaga before chopping. Chop the rutabaga into small chunks. Use a kitchen knife and cut the peeled halves into 1-inch chunks. This will help the rutabaga to cook faster. Cut all the chunks to the same size and thickness to ensure even cooking. Transfer the chunks to a large stockpot and cover the rutabaga with water. Add an extra inch or two of water to ensure the rutabaga is completely covered. Put on a lid and heat the rutabaga over medium-high heat. When the water comes to a boil, reduce the heat to medium and simmer for another 30 to 40 minutes.

The rutabaga is ready when a fork can easily pierce the flesh. When the rutabaga is cooked through, pour the contents of the stockpot through a colander to drain the water. Return the rutabaga to the pot. Add the butter and nutmeg. Use a potato masher, hand mixer, or fork to mash the rutabaga until it's smooth. Season before serving.

ROASTED RADISHES

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
- If the radishes are large, cut them in half, otherwise leave them whole.
- Place in a casserole dish or on a baking sheet.
- Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.

Roast at 400° for 15 minutes or until fork tender.

