



JUNE 2019

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## Good Food Club News

### DATES TO REMEMBER

#### Payment Deadlines

In person at a depot with cash or cheque:  
Tues. June 25th  
Online orders with credit card or PayPal:  
Tues. July 2nd

#### Advisory Committee Meeting

Tues. 1pm July 2nd  
Hillcrest Church  
3785 - 13th Ave SE  
Room 22, Entrance 4  
All Members Welcome!

#### Next Pick-Up Date

Tues. July 9th  
2nd Tuesday of the month

### Good Food Club Packing Venue Change

I am still in the process of trying to secure a new location for our Good Food Club packing and main depot. As soon as I have a new location in place I will notify all the members.

### Volunteer Opportunity

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

#### **Medicine Hat Exhibition:**

July 24-27 12noon - 8pm  
Volunteers are able to contribute by providing assistance at a promotion table, hand out brochures and membership applications, and generally to serve as an information person for those interested.

Entrance and parking passes are provided. I will handle the set-up and take-down. Our display is located in the 'Country in the City' exhibit hall in the Kinplex.

Please look through your calendar and see what you can commit to and notify me as soon as possible at [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com) or call 403-502-6096.

- Alison Van Dyke,  
Food Security Coordinator

**We Could Use a Hand...**



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

**\$15.47**

Good Food Box		Store A		Store B		Store C		Store D		Store E		Average Savings
		Cost	Savings									
Large	\$20	\$41.41	\$21.41	\$47.66	\$27.66	\$32.08	\$12.08	\$32.82	\$12.82	\$23.39	\$3.39	\$15.47
Regular	\$15	\$30.11	\$15.11	\$29.52	\$14.52	\$21.96	\$6.96	\$21.86	\$6.86	\$14.59	-\$0.41	\$9.02
Small	\$10	\$20.00	\$10.00	\$24.53	\$14.53	\$17.42	\$7.42	\$16.88	\$6.88	\$10.88	\$0.88	\$8.07

**Phone:** (403)502-6096

**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

# Lemon-Chile Asparagus Fridge Pickles

## INGREDIENTS:

1 lb. asparagus, washed and stalk bottoms trimmed off  
1 lemon, thinly sliced, seeds removed  
4 garlic cloves, smashed  
1 cup distilled white vinegar  
2 tablespoons kosher salt  
2 teaspoons sugar  
1 teaspoon crushed red pepper flakes

## Special Equipment:

Two 1-qt. glass jars with lids

Divide asparagus, lemon, and garlic between jars.



Bring vinegar, salt, sugar, red pepper flakes, and 2 cups water to a boil in a small saucepan, stirring to dissolve salt and sugar. Pour hot brine into jars, dividing evenly, and cover. Let cool, then chill. Can be kept in the fridge for up to 2 months.

## 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.



## Basic Rhubarb Compote

6 cups fresh chopped rhubarb, washed  
1/2 cup fresh orange juice  
1/2 cup maple syrup or brown sugar

Combine all ingredients in a medium heavy-bottomed saucepan.

Bring to a boil over medium heat, stirring occasionally. Cover and simmer gently for about five minutes. Rhubarb will begin to soften. Uncover and continue to cook another five minutes.

Remove from heat, cool.

Makes about three cups which can be stored in the fridge or frozen.

Rhubarb compote can be eaten on granola, oatmeal, yogurt, ice cream, in yogurt parfaits or on its own.

