

DATES TO REMEMBER

Payment Deadlines

In person at a depot with cash or cheque:

Tues. July 30th

Online orders with credit card or PayPal:

Thursday, August 1st

Advisory Committee Meeting

Thursday 1pm Aug. 1st
Hillcrest Church
3785 - 13th Ave SE
Room 22, Entrance 4
All Members Welcome!

Next Pick-Up Date

Thursday August 8th
2nd Thursday of the month

Good Food Club News

NEW MAIN DEPOT!

Thank you for your patience while we have been making the switch over to a new location and pick-up day. I know that it required many of you to change your pick-up locations, so I appreciate your willingness to be flexible.

Please note the new payment deadlines, advisory meeting date and pick-up date listed to the left under "Dates to Remember".

Volunteer Opportunity - Stampede

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 or call 403-502-6096.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in June:

Savings show as significantly less as many of the stores don't have all of the items we include in the box.

Good Food Box		Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
		Cost	Savings											
Large	\$20	\$35.81	\$15.81	\$24.24	\$4.24	\$27.14	\$7.14	\$25.80	\$5.80	\$20.30	\$0.30	\$32.96	\$12.96	\$7.71
Regular	\$15	\$29.92	\$14.92	\$18.45	\$3.45	\$22.13	\$7.13	\$19.23	\$4.23	\$15.25	\$0.25	\$26.39	\$11.39	\$6.90
Small	\$10	\$14.46	\$4.46	\$12.73	\$2.73	\$11.82	\$1.82	\$10.85	\$0.85	\$8.37	-\$1.63	\$15.91	\$5.91	\$2.36

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Kohlrabi

Nutrition Facts

Serving Size 135 g - 1 cup, raw

Amount Per Serving

Calories 36 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 27mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 5g 19%

Sugars 4g

Protein 2g

Vitamin A 1% • Vitamin C 140%

Calcium 3% • Iron 3%

Translated from German, kohlrabi means cabbage-turnip.

These two names explain the taste and texture of kohlrabi, although it is milder and sweeter than either of them. It is not a root vegetable, but rather a stem that swells to a turnip-shape above the ground. It is a member of the brassica family. The inside flesh of kohlrabi is pale green, slightly sweet, and crispy. The taste of kohlrabi is similar to broccoli stems or cabbage heart, but sweeter.

What to look for - Select firm smooth skinned kohlrabi.

Store - In the refrigerator vegetable drawer.

How to prepare - Prepare kohlrabi in a similar way to turnips. Cut off the base and trim or remove the stalks. Boil, steam or microwave whole if they are small, otherwise slice first. Peel after cooking for to retain nutrients and for maximum flavour. Kohlrabi can be peeled, sliced or grated, and eaten raw.

Ways to eat - Serve steamed, mashed or in a stir fry. Bake, stuff, or add to soups, braises or stews. Young kohlrabi can be eaten raw, sliced or finely grated in a salad. Kohlrabi leaves are very high in nutrients and can be treated like spinach – eaten raw or cooked. Kohlrabi can be peeled, sliced and grated and used in salads, sandwiches, wraps or sliced and eaten as a snack.

Bavarian Kohlrabi Soup

Ingredients:

- 1-1/2 large kohlrabi bulb, peeled and grated
- 1/2 small head white cabbage, shredded
- 2 carrots, grated
- 2 red bell peppers, grated
- 1 green bell peppers, grated
- 1/4 pound French-cut green beans
- 1/4 bunch fresh parsley, chopped
- 2 cups chicken broth, or as needed to cover
- 1/2 teaspoon white sugar, or to taste
- 1/2 pinch Hungarian paprika, or to taste
- salt and ground black pepper to taste
- Chicken broth
- 2 tablespoons sour cream, for topping
- 1-1/2 teaspoons prepared horseradish, or to taste (optional)

Directions:

Combine kohlrabi, cabbage, carrots, red bell peppers, green bell peppers, green beans, and parsley in a stockpot. Pour enough chicken broth over the vegetables to cover; bring to a simmer over medium heat and cook until vegetables are tender, about 20 minutes. Season with sugar, paprika, salt, and black pepper. Top with sour cream and horseradish.

