

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadlines
In person at a depot with cash or cheque: Tues. August 27th
Online orders with credit card or PayPal: Thursday, Sept. 5th

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

Next Pick-Up Date
Thursday September 12th
2nd Thursday of the month

Good Food Club News

We are partnering with Resilient SEA for their SEA Change movie night.

SEA Change Showcases films about food security, climate change, environmental issues and community building.

- Free to the public. Donations for the Medicine Hat Food Bank appreciated. Popcorn and tea provided.
- Takes place at Café Verve (1775 Dunmore Road SE, Medicine Hat, AB) on the last Wednesday of each month. Start time: 7pm. Wednesday, August 28, 2019.

Growing cities is a “documentary film that examines the role of urban farming in America and asks how much power it has to revitalize our cities and change the way we eat.” Join filmmakers Dan Susman and Andrew Monbouquette, “as they discover

that good food isn’t the only crop these urban visionaries are harvesting. They’re producing stronger and more vibrant communities, too.”



Run Time: 92 minutes. Language: English.
Age Recommendation: 14+.

What is Resilient SEA? Resilient SEA (South Eastern Alberta) is a group of passionate people working together to promote sustainability in energy, ecology, economy and social equity. We want to empower and educate individuals to embrace

permaculture principles in their homes and the greater community.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in July:

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

Good Food		Store A		Store B		Store C		Store D		Store E		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$28.91	\$8.91	\$35.99	\$15.99	\$25.29	\$5.29	\$24.39	\$4.39	\$24.43	\$4.43	\$7.80
Regular	\$15	\$17.86	\$2.86	\$24.95	\$9.95	\$17.39	\$2.39	\$16.54	\$1.54	\$13.22	-\$1.78	
Small	\$10	\$11.38	\$1.38	\$16.72	\$6.72	\$9.45	-\$0.55	\$9.35	-\$0.65	\$5.99	-\$4.01	

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Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Fruit Sharing

I'm sure many of you have seen fruit trees, bushes, or vines, heavy with ripe fruit in your neighbourhood. Or perhaps you have a friend or family member who posts on social media each year that they are inundated with apples or other fruits.

Gleaning is a tradition spoken of in ancient religious texts

of harvesting produce that's left in the field for various reasons. It is a term that has come back into use as people want to prevent food waste by harvesting fruit from trees and bushes that may otherwise drop and rot. Harvest or fruit sharing commonly happens when a homeowner has an abundance of crop that they don't have the physical ability or the time to harvest and they would like to see it

go to good use. Many communities in Canada have founded organizations to assemble volunteers to pick these "leftovers". The volunteers either split the pickings amongst themselves or divide them among the homeowner, food banks and the volunteers.

These Harvest or Fruit Share programs are often facilitated by municipal mapping of public fruit trees and bushes, or listings of similar fruit bearing plants on private proper-



ty by their owners on a variety of websites or through organizational databases.

There is a free program online which allows property owners to list their fruit and allows those who wish to glean to find those locations. The website is: www.ripenear.me

This website is designed for private homeowners who wish to connect with people who are interested in using and preserving local food. Gleaning is an activity that anyone interested in preventing food waste or home preservation can participate in, as well as an amazing way to access local fruit that you may otherwise not be able to source through regular avenues such as grocery

stores. I myself have gleaned grapes, sour cherries, wild plums, apricots, pears, nanking cherries and apples. You may be astonished at the variety of fruits that your local climate can produce!

Those neighbours, friends and family with all that extra fruit? You can suggest that they list their trees or bushes with a local fruit rescue organization or on the www.ripenear.me website.

Roasted Beets

6 fresh beets or as many as desired
1 tablespoon olive oil, about 1 tablespoon for every 4-6 beets
salt and pepper to taste

Preheat oven to 375°F. Wash beets under cold water and cut off the top and bottom. Cut beets in half and toss with olive oil, salt & pepper. Lay out a large piece of tinfoil, top with a piece of parchment paper. Wrap and seal beets. (Or place beets in a greased baking dish and cover). Roast the foil package for 1 hour or until beets are tender when poked with a fork. Using rubber gloves or paper towels, rub the beets and the skins will just slide right off. Serve warm with butter or chilled in salads.