



SEPTEMBER 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. September 24th

Online orders with credit card or PayPal:

Thursday, October 3rd

Advisory Committee Meeting

Thursday 1pm Oct. 3rd
Hillcrest Church

3785 - 13th Ave SE

Room 22, Entrance 4

All Members Welcome!

Next Pick-Up Date

Thursday October 10th

2nd Thursday of the month

New Evening Depot at Southridge YMCA!

We have added a new evening depot in the Southridge YMCA hallway from 4:30-6:30pm on pick-up day. If you would like to move your pick-up location to this new depot, please let your depot coordinator know and they will write it on your receipt, or choose the new depot online when you place your order.

You can also email me at communityfoodconnections@gmail.com or call or text 403-502-6096 to let me know that you would like your pick-up location changed. Please note that the school depots have reopened for the school year as well.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in August:

Good Food Box		Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$23.13	\$3.13	\$26.91	\$6.91	\$28.63	\$8.63	\$29.18	\$9.18	\$25.19	\$5.19	\$31.39	\$11.39	\$7.41
Regular	\$15	\$18.95	\$3.95	\$24.63	\$9.63	\$20.33	\$5.33	\$24.13	\$9.13	\$17.57	\$2.57	\$23.42	\$8.42	\$6.51
Small	\$10	\$13.27	\$3.27	\$10.64	\$0.64	\$13.51	\$3.51	\$16.06	\$6.06	\$11.99	\$1.99	\$15.38	\$5.38	\$3.48

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Corn

Usage - Boiled, microwaved or roasted.

Selection - Corn husks will be fresh-looking and bright green, and the silk ends free of decay or worm damage. Be sure the coloring of the kernels is bright and shiny. Pull back the husk and poke one of the kernels at the tip of the silk end with a finger-nail. If juice squirts out and is only slightly cloudy, it's fresh. If the juice is thick or non-existent, the corn is old.

Avoid - Avoid corn that has shriveled, burned looking husks or has dark-colored slime in the tassel. Avoid underdeveloped kernels lacking good color (except in the white variety) and short or crooked ears that are not filled almost to the tip with kernels. Large kernels, those with dark yellow and dents and wrinkled kernels with no juice in them are all indications of old corn.

Storage - Keep corn as cold as possible - even husks topped with ice will not be harmful.

Ripening - Corn will not ripen further after picking. In fact, sugars will start to turn to starch immediately after picking, so eat as soon as possible.

Nutrition Facts

Serving Size 103 g - 1 ear, cooked

Amount Per Serving

Calories 111 Calories from Fat 11

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 3g

Protein 3g

Vitamin A 5% • Vitamin C 11%

Calcium 0% • Iron 3%

Microwaving Corn on the Cob in the husk

Place the corn on a microwave-safe plate and microwave on high as follows:

1 ear – 2 minutes

2 ears – 4 minutes

3 ears – 5 minutes

4 ears – 6 minutes

Allow the corn to cool untouched after cooking for about 5 minutes.

Cut about 1 inch off of the end of the corn that has a stub. Don't cut the end with the silk showing.

Grab the end of the corn with the silk and pull it away, rocking gently if needed to begin the process. This should remove the entire husk and silk.

Sweet Corn & Black Bean Salad

Ingredients:

2 ears of corn, cooked and kernels cut from the cob

2 cups of canned black beans, drained and rinsed

½ cup of chopped tomatoes

½ cup of chopped bell peppers

¼ cup of finely chopped onion

1 large handful of fresh cilantro, chopped

Dressing:

1 Tbsp. olive oil

2-3 Tbsp. lime juice

Cumin to taste, approximately ¼ tsp.

Salt & Pepper to taste



Whisk together dressing ingredients and add to vegetables. Toss to coat.

Can also be quickly heated through in a fry pan with shredded cheese added on top and used as a filling for a burrito.