



NOVEMBER 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. November 26th
Online orders with credit card:
Thursday, December 5th

Advisory Committee Meeting

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

Next Pick-Up Date

Thursday December 12th
2nd Thursday of the month

Lets Talk About...Food Waste

7:30pm Wednesday, November 20th

Legion Room, Medicine Hat Public Library

Co-hosted by Community Food Connections Association & Resilient SEA

58 per cent of all food produced in Canada — 35.5 million tonnes — is lost or wasted each year. If you are interested in what is happening in our local community to prevent commercial food waste, or if you'd like information on how to prevent household food waste or what your options are once food has spoiled, then you will want to attend this community information event. We will have various speakers presenting information and taking questions regarding food waste and diversion all along the food chain.



We are currently experiencing some issues with PayPal which prevents its use for our Good Food Club online ordering at this time. Our online credit card payment system is still up-and-running though, and we hope to have PayPal available for use in the near future. Thank you for

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		October Average Savings
	Cost	Savings											
\$20.00	\$13.45	-\$6.55	\$25.61	\$5.61	\$20.36	\$0.36	\$15.77	-\$4.23	\$14.16	-\$5.84	\$22.36	\$2.36	-\$1.38
\$15.00	\$10.78	-\$4.22	\$17.15	\$2.15	\$14.50	-\$0.50	\$10.30	-\$4.70	\$10.29	-\$4.71	\$17.35	\$2.35	-\$1.61
\$10.00	\$10.78	\$0.78	\$14.16	\$4.16	\$11.52	\$1.52	\$10.30	\$0.30	\$10.29	\$0.29	\$17.35	\$7.35	\$2.40

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Green Onions or Scallions

Green onions are a source of folate. Flavonoids, carotenoids and some sulphur compounds are the phytonutrients found in green onions.

Usage - Salads, seasoning, vegetable platters, roasted, baking, stir-fry, soups & virtually all meat dishes.

Selection - Good-quality green onions have bright-white bulbs with dark green ends, are straight along their entire length and are crisp.

Storage - Green onions should be stored in the refrigerator.

Nutrition Facts

Serving Size 1 stalk 12g (12 g)

Amount Per Serving

Calories 3	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 0g	
Vitamin A	10% • Vitamin C 9%
Calcium	1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Green Onion Cakes

3 cups flour
1 1/4 cups boiling water
2 tablespoons vegetable oil
salt and pepper to taste
1 bunch green onions, finely chopped
2 teaspoons vegetable oil

Use a fork to mix flour and boiling water in a large bowl. Knead dough into a ball. Cover bowl with plastic wrap; let dough rest for 30 to 60 minutes.

Evenly divide dough into 16 pieces. Roll each piece into a 1/4 inch thick circle. Brush each circle with oil, season with salt and pepper, and sprinkle with about 1 teaspoon of green onions. Roll up, cigar style, and pinch open ends together to form a circle. Roll each circle flat to 1/4 inch.

Heat 2 teaspoons oil in a large skillet. Fry cakes until golden brown, about 2 minutes on each side.



Mashed Rutabaga

2 pounds rutabagas
1/4 cup butter
Pinch nutmeg
Salt and pepper, to taste

Carefully slice off about 1/2 inch from the top and bottom of the rutabaga. Stand the rutabaga on the top end and cut it in half. Use a paring knife or vegetable peeler to carefully peel off the top layer of skin. Rinse the rutabaga before chopping. Chop into small chunks. Use a kitchen knife and cut the peeled halves into 1-inch chunks. Cut all the chunks to the same size and thickness to ensure even cooking. Transfer the chunks to a large stockpot and fully cover the rutabaga with water. Put on a lid and cook over medium-high heat for approximately 30-40 minutes until tender and easily pierced with a fork. When it is cooked through, drain the water and add the butter and nutmeg. Use a potato masher, hand mixer, or fork to mash the rutabaga until it's smooth. Season before serving.