



DECEMBER 2019

# 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. December 31st  
**Online orders with credit card:**  
 Thursday, January 2nd

**Advisory Committee Meeting**  
 Thursday 1pm Jan. 2nd  
 Hillcrest Church  
 3785 - 13th Ave SE  
 Room 22, Entrance 4  
 All Members Welcome!

**Next Pick-Up Date**  
 Thursday January 9th  
 2nd Thursday of the month

## Good Food Club News

### Annual Survey

This year we are trying something new! Instead of an annual paper survey, I have made an online survey using Survey Monkey. The hope is that this will be easier for you to fill out and I will receive more responses than in past years.

Please be assured that this survey is completely anonymous. This survey should take no more than 6 minutes to fill out and your responses are vital to maintaining and improving the Club.

If you have any questions, or would like to discuss the survey with me personally, please feel free to contact me.

Just click on the link to be taken directly to

the survey. If you have not received it in your email box, please check your 'Junk' or 'Spam' box to see if it is there. If you still haven't received it, you can type the following URL into your search bar to be taken directly to the survey:

<https://www.surveymonkey.com/r/WPRGBFR>

You can begin paying your 2020 memberships now and remember that our online ordering system allows you to pay your membership as well as placing your orders.

I hope you have a wonderful holiday season with family and friends!

- Alison Van Dyke  
 Food Security Coordinator



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 your patience as we work through this.

Good Food Box		Store B		Store C		Store D		Store E		Store F		Average Savings
		Cost	Savings									
Large	\$20	\$48.11	\$28.11	\$39.78	\$19.78	\$51.71	\$31.71	\$40.81	\$20.81	\$50.85	\$30.85	\$26.25
Regular	\$15	\$37.64	\$22.64	\$32.51	\$17.51	\$39.84	\$24.84	\$32.70	\$17.70	\$38.21	\$23.21	\$21.18
Small	\$10	\$23.69	\$13.69	\$18.91	\$8.91	\$22.98	\$12.98	\$17.20	\$7.20	\$24.13	\$14.13	\$11.38

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## Classic Dressing

### INGREDIENTS

1 loaf of rustic white bread, cut into 1-inch cubes (about 10 cups)

4 tablespoons butter, plus an additional 2 tablespoons melted

1 pound onions, diced

4 large stalks celery, diced

4 cloves garlic, minced

2 cups turkey, chicken, or vegetable broth

1/2 tsp. poultry seasoning

Freshly ground black pepper

Arrange a rack in the middle of the oven and heat to 225°F. Spread the bread cubes on a large rimmed baking sheet. Bake until quite crisp, stirring every 30 minutes, about 90 minutes total. Meanwhile, prepare the remaining ingredients.

Lightly grease a 9x13-inch or 3-quart baking dish; set aside. Melt the 4 tablespoons butter in a large skillet over medium-high heat. Add the onions, celery, and garlic and cook, stirring frequently, until the vegetables are very soft, about 10 minutes. Stir in the poultry seasoning and cook for 2 minutes more. Remove from the heat. Place the broth and a generous quantity of fresh black pepper in a medium bowl and whisk to combine; set aside.

Transfer the toasted bread cubes and onion mixture to a large bowl and fold to combine. Drizzle the broth into the bowl and fold until evenly moistened. Transfer to the prepared baking dish and spread into an even layer. Drizzle with the remaining 2 tablespoons melted butter. Cover tightly with aluminum foil. (At this point, the dressing can be refrigerated overnight or up to 24 hours.) When ready to bake, arrange a rack in the middle of the oven and heat to 375°F. Bake covered for 25 minutes. Uncover and bake until the top is lightly browned, about 15 minutes more. If you are baking the dressing directly from the refrigerator, expect to add 10 extra minutes baking time. Let stand 10 minutes before serving.

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## Roasted Sweet Potato Wedges

Sweet potatoes, peeled and cut into wedges

2 Tbsp. olive or vegetable oil

1 Tbsp. brown sugar

1/2 tsp. salt

1/2 tsp. chili powder

1/4 tsp. cayenne pepper (optional)

Preheat oven to 400 degrees. Toss wedges with oil and spice mixture in a bowl. Put coated wedges onto a cookie sheet lined with foil, shiny side down. Cook for 30 minutes turning once half-way through.

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## How to Cook Brussel Sprouts (the boiling method)

Trim a thin slice off the stalk end of each sprout and remove 2 or 3 outer leaves. Cut a cross in the stalk end just deep enough to cut the surface. Cutting an X in the base of the stem ensures even cooking. This allows the boiling water to help cook the centre at the same time as the outer leaves.

Place in a saucepan, cover with cold water and add a liberal amount of salt, the same as you would add to pasta cooking water. Cover and cook until just tender when pierced with a sharp knife. Drain thoroughly and then add butter to melt onto the sprouts before serving.