



JULY 2021

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadlines
In person with cash or cheque when you pick up your box:
 Thursday, July 8th

Online orders with credit card or PayPal:
 Thursday, August 5, 2021

Advisory Committee Meeting
 We are currently not holding the Advisory Committee meetings due to COVID-19.

Next Pick-Up Date
 2-6pm Thurs. August 12th
 2nd Thursday of the month

Good Food Club News

This summer CFCA is partnering with several other community organizations to offer outdoor programming.

There are several “A Taste of Culture” Community Kitchens happening, and although registration for the first one is past, there are another three events happening on July 24th, August 28th and September 11th. Please check out our event listings on Facebook for more information on these events or scan the QR code below.

We will also be co-hosting, along with Resilient.SEA, 2 tours of several unique and

eco-friendly yards demonstrating interesting gardening practices and landscaping, which highlight such things as xeriscaping, water conservation or capture systems, permaculture guilds, unique fruit production, yard conversion to food production, low maintenance landscaping, etc.

The first of these tours will be taking place on July 25th. Watch our Facebook page and website for more information and to register, as registration is limited.

- Alison Van Dyke, *Food Security Coordinator*



Average Savings for a Large Box in May:



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	
\$24.44	\$4.44	\$31.18	\$11.18	\$31.00	\$11.00	\$26.49	\$6.49	\$27.02	\$7.02	\$32.81	\$12.81	\$8.82
\$20.45	\$5.45	\$22.45	\$7.45	\$22.82	\$7.82	\$26.49	\$11.49	\$23.05	\$8.05	\$26.82	\$11.82	\$8.68
\$14.97	\$4.97	\$19.21	\$9.21	\$16.25	\$6.25	\$19.96	\$9.96	\$16.78	\$6.78	\$20.85	\$10.85	\$8.00

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Radishes

What to look for: Firm flesh with a bright colour and smooth, unblemished skin. The leaves, if they're still attached, should be fresh, green and not wilted. Avoid oversized red radishes as these can be woody or pulpy.

Availability & season: All year, but are often one of the first spring vegetables and prefer cooler growing conditions.

Store: Remove tops and refrigerate in a plastic bag. Use promptly.

How to prepare: Remove green tops, scrub and rinse. Trim the thin tip of the root.

Ways to eat: Eat red radishes raw as a snack, in salads and sandwiches or use as a garnish.

Nutrition: Radishes, like many salad vegetables, have a high water content and are therefore not nutrient dense. They are not consumed in high enough amounts to make a significant contribution nutritionally with the exception of vitamin C which they are a good source of. The main phytonutrients in radishes are the glucosinolates (also found in broccoli and cabbage) and anthocyanins in the red skin varieties.

Roasted Radishes

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
 - If the radishes are large, cut them in half, otherwise leave them whole.
 - Place in a casserole dish or on a baking sheet.
 - Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.
- Roast at 400° for 15 minutes or until fork tender.

Kohlrabi

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.

Cooking Methods - Bake, boil, microwave, steam, stew.