

DATES TO REMEMBER

Payment Deadlines

In person with cash or cheque when you pick up your box:

Thursday, August 12th

Online orders with credit card or PayPal:

Thursday, Sept. 2nd, 2021

Advisory Committee Meeting

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

Next Pick-Up Date

2-6pm Thurs. Sept 9th
2nd Thursday of the month

Good Food Club News

Produce Pricing and Availability

As I'm sure you are aware, B.C. has been plagued with drought and wildfires this summer, which has impacted fruit availability and pricing. Most, if not all of our stone fruit such as cherries, plums, nectarines, and peaches, as well as Fall tree fruits such as apples and pears, come from B.C.

Please be assured that I try to find you the best value items I can. This usually happens by purchasing seasonal items when they are plentiful. Unfortunately this year doesn't seem to be seeing a lot of good pricing for seasonal fruits, and not only has the pricing increased, some fruit is just not available.

Additionally, some of our vegetable pricing has increased as well, not significantly, but if you add \$0.50 each to 4 items, that \$2 represents 10% of a \$20 large box.

Depots

I am in the process of finding out if we can reopen previous or new depots in the Fall, however, given the rapidly rising Covid numbers, it's difficult to know when that may actually be. Once I have some locations and dates confirmed, I will be emailing all the club members to find out if you would like to move to any of those depots or stay at St. Barnabas.

The main depot at St. Barnabas is the only location that allows you to trade unwanted produce or purchase additional produce if available.

Box Pick-up

I would like to remind you that if you are unable to pick-up a box you have ordered, you can have someone else pick it up for you. If your box is not picked up at all, it is donated to a needy family or the emergency shelter and there is no reimbursement, as per the Good Food Club guidelines.

ripenear.me

Fruit bushes & trees are beginning to bear fruit and so it's time to start thinking about ripenear.me, the website that allows property owners to list their fruit and allows those who wish to pick 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.

Do you have neighbours, friends and family with extra fruit? You can suggest that they list their trees or bushes on the www.ripenear.me website.

- Alison Van Dyke
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Beet Greens

Besides supplying good amounts of protein, phosphorus, and zinc, beet greens are also a great source of fiber. Packed with antioxidants, they're high in vitamin B6, magnesium, potassium, copper, and manganese, and low in fat and cholesterol. Based on a 2,000 calorie diet, daily values of beet greens contain: 220% of vitamin A, 60% of vitamin C, 16% of calcium, and 15% of iron.

As if that weren't enough, studies have also shown that the vitamin K in beet greens contains blood clotting properties, helps ward off osteoporosis, works with calcium to boost bone strength, and may also play a role in fighting Alzheimer's disease. Beet greens have a higher iron content than spinach, and a higher nutritional value than the beetroot itself.

The vitamin A content in beet greens helps strengthen the immune system and stimulates production of antibodies and white blood cells. The beta-carotene in vitamin A is a known antioxidant that can fight the effects of free radicals in the body along with cancer and heart disease. Doctors often recommend vitamin A to patients at risk of developing night blindness. - mercola.com

Nutrition Facts

Serving Size 144 g - 1 cup, chopped

Amount Per Serving

Calories 39 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 347mg 14%

Total Carbohydrate 8g 3%

Dietary Fiber 4g 17%

Sugars 1g

Protein 4g

Vitamin A 220% • Vitamin C 60%

Calcium 16% • Iron 15%

Roasted Beets and Sautéed Beet Greens

This is a great way to use every part of the fresh beets. You can get two delicious side dishes out of this one vegetable.

Ingredients:

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Directions

Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

