

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, September 9th

Online orders with credit card or PayPal:
Thursday, Oct. 7th, 2021

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

Next Pick-Up Date
2-6pm Thurs. Oct 14th
2nd Thursday of the month

Good Food Club News

Club Membership

This is a reminder that the Good Food Club is open to anyone in our community! We want to make the healthy choice the affordable choice.

Please tell your friends about the club and encourage them to join, as the more members we have, the greater buying power we have with some local suppliers.

If someone wants to try out the club, they can purchase a box without purchasing a membership. Just tell them to choose "Waived" as the membership option on their online order. Then, if they like what they try, they can join with the volunteer or non-volunteer membership option the next time they order. And don't forget, if you are a student, your membership is waived!

Organic Produce

I wanted to let you know that Downey Lake Colony, the Hutterite Colony we purchase much of our produce from, has switched to fully organic growing. This means that all the beautiful produce we have been getting from them has been organic, still at amazing prices!

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.

- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in August:

\$8.38

Good Food		Store A		Store B		Store C		Store D		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$28.49	\$8.49	\$27.68	\$7.68	\$25.91	\$5.91	\$31.42	\$11.42	\$8.38
Regular	\$15	\$19.51	\$4.51	\$21.72	\$6.72	\$21.97	\$6.97	\$23.44	\$8.44	\$6.66
Small	\$10	\$14.15	\$4.15	\$17.40	\$7.40	\$16.09	\$6.09	\$18.45	\$8.45	\$6.52

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Italian Prune Plums

Usage - Sweet, savory dishes, desserts such as compotes and cakes, juice.

Selection - Good-quality Italian Prune Plums will be fairly firm to slightly soft with smooth skin. The coloring will be deep-purple with a red blush and will darken to black as they ripen.

Avoid - Avoid product with wrinkled, punctured or rough skin. Also avoid product that is extremely hard or has brown skin discolorations.

Storage - Soft fruit should be ripened at room temperature and then refrigerated until you're ready to eat them. Unripened soft fruit can be stored for up to a week in the coldest part of your refrigerator, and will still ripen correctly. Ripen plums at room temperature, or placed in a paper bag with an unripe banana for a two to four days.

Nutrition Facts

Serving Size 66 g Per 1 plum

Amount Per Serving

Calories 30 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 7g

Protein 0g

Vitamin A 5% • Vitamin C 10%

Calcium 0% • 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.

Pflaumenkuchen (Plum Cake)

Small Italian prune plums or other fruit

2 Cups of flour

2 tsp. baking powder

2 eggs

2 egg yolks, beaten (optional)

1 Cup sugar, plus some for sprinkling over

1/2 Cup butter

1 tsp. fresh lemon juice



Mix all ingredients except for the plums in a bowl. Spread widely on greased cookie sheet. (If desired, brush with egg yolk here, before distributing fruit.) Slice fruit medium to thin widths; arrange on cake. Sprinkle lightly with sugar before and after baking. Bake at 350°-375° for 1/2-3/4 hour.

Italian Plum Jam with Star Anise - Marisa McClellan from the cookbook "Preserving by the Pint"



Makes 1 pint

1 lb of Italian prune plums, pitted and chopped

3/4 Cup of granulated sugar

3 Star Anise

Combine ingredients in a small bowl and let sit for an hour to give the anise a chance to infuse the fruit. Put fruit in a medium-sized pan and place over high heat. Bring to a boil and cook for 10 to 15 minutes, until the jam thickens. Remove Star Anise. Because this jam has such a small yield, you can skip the canning step and just pour it into the jars and pop it into the fridge.