



OCTOBER 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, October 14th

Online orders with credit card or PayPal:

Thursday, Nov. 11th, 2021

### Advisory Committee Meeting

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

### Next Pick-Up Date

2-6pm Thurs. Nov 18th  
3rd Thursday of the month

## Good Food Club News

# **NOVEMBER PICK-UP DATE CHANGE!!!**

Due to the next pick-up day falling on Remembrance Day, we will be shifting pick-up day to Thursday, November 18th.

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**Facebook:** 'Community Food Connections Association'

**Twitter & Instagram:** @CFCA\_MH

## Buttercup Squash

Buttercup squash is a good source of folate, vitamin A and vitamin C, a source of dietary fibre, folate, vitamin E and pantothenic acid, and contains a dietary significant amount of potassium. Store in a cool, dark, dry place. Once cut, scoop out the seeds, wrap the flesh in plastic film and refrigerate.

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### Buttercup & Pear Soup

1 (2 pound) buttercup squash  
3 tablespoons unsalted butter  
1 onion, diced  
2 cloves garlic, minced  
2 teaspoons minced fresh ginger root  
1 tablespoon curry powder  
1 teaspoon salt  
4 cups reduced sodium chicken broth  
2 eaches firm ripe Bartlett pears, peeled, cored, and cut into 1 inch dice  
½ cup half and half

Preheat an oven to 375 degrees F (190 degrees C). Line a rimmed baking sheet with parchment paper. Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on the prepared baking sheet. Roast in preheated oven until very soft, about 45 minutes. Scoop the pulp from the peel, and reserve. Melt butter in a large soup pot over medium heat. Stir in the onion, garlic, ginger, curry powder, and salt. Cook and stir until the onion is soft, about 10 minutes. Pour the chicken broth into the pot, and bring to a boil. Stir in the pears and the reserved squash, and simmer until the pears are very soft, about 30 minutes. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender. Puree in batches until smooth. Return the soup to the pot, stir in the half and half, and reheat.

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### How To Roast Squash - from The Kitchn

#### Ingredients

1 medium squash  
Olive oil or melted butter  
Salt  
Freshly ground black pepper

#### Equipment

Chef's knife or other hefty knife  
Spoon  
Roasting pan or baking sheet

Arrange a rack in the bottom third of the oven and heat to 375°F.

Cut the squash in half from stem to tip. Place the squash on a cutting board. Using a chef's knife, start on one side of the stem and cut straight through until the knife stops hitting resistance and you've cut through to the hollow middle. Continue cutting around the squash, through the tip, ending up on the other side of the stem. Do not try to cut through the stem. Break the squash in half. Put down your knife and hold the squash in both hands. Pull the two halves away from each other, cracking the shell at the stem. The stem will stay with one half and leave the other half clean; you can trim away the stem if you want. Scoop out the seeds. Use a sturdy spoon to scrape out all the seeds and stringy bits from inside both squash halves.

Rub the squash halves with oil or butter. Place the squash halves cut-side up, like bowls, in a roasting pan or on a rimmed baking sheet. Drizzle with a little olive oil or butter and use your fingertips to rub it all over the cut surface and inside of the squash. Sprinkle both halves generously with salt and pepper.

Roast until the halves are caramelized and roasted around the edges, 45 to 60 minutes. You should be able to easily poke a fork or knife all the way through the flesh. Eat immediately, or cool and refrigerate for up to 5 days.