

SEPT 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Ordering Options

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

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, October 6th.

Online orders with credit card or PayPal until Thursday, October 6th.

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, October 13th

Food Talk Newsletter

As I'm sure you've noticed, food prices have risen drastically in the last year. I have tried to continue to provide a high value box of food, regardless of the size you are ordering. We have reduced how much fruit is in the box, as the prices have been so high that the money is better spent on a larger quantity of vegetables.

There is some hope that food prices will peak by the end of September and then plateau - but it is doubtful that they will fall from current levels. Purchasing from local producers is still the most economical option for the Good Food Club and we are fortunate to have so much local produce

available to us.

Please share information about the Good Food Club with your local family and friends, as I'm sure they would appreciate the ability to save money on food too, as well as enjoy the fresh local produce we are able to purchase at wholesale prices.

All the information about the Club can be found on our website:
www.foodconnections.ca

- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in August:

\$2.38

Savings show as significantly less as many of the stores don't have all of the items we include in the box.

Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$22.16	\$2.16	\$19.98	-\$0.02	\$21.54	\$1.54	\$24.66	\$4.66	\$23.54	\$3.54	\$2.38
\$17.44	\$2.44	\$20.62	\$5.62	\$15.76	\$0.76	\$21.67	\$6.67	\$19.66	\$4.66	\$4.03
\$12.35	\$2.35	\$12.92	\$2.92	\$14.76	\$4.76	\$10.70	\$0.70	\$11.36	\$1.36	\$2.42

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.

Tomato & Corn Biscuit Pie - Julie Van Rosendaal

Crust:
 2 cups all-purpose flour
 1 Tbsp baking powder
 1/2 tsp salt
 1/3 cup cold butter, grated or cut into pieces
 3/4 cup milk

Filling:
 1/3 cup mayonnaise
 2 Tbsp lemon juice
 1 garlic clove, crushed
 1 1/2 lb Roma or other not-too-juicy ripe tomatoes
 2 cups corn, cut from the cob (2 ears)
 2 Tbsp (ish) chopped fresh basil
 1 Tbsp (ish) chopped chives
 salt and pepper, to taste
 2 cups grated aged cheddar
 milk or cream, for brushing (optional)

Preheat the oven to 400F.

In a large bowl, combine the flour, baking powder and salt. Add the butter and blend it with a fork or rub it in with your fingers. Add the milk and stir by hand just until you have a soft dough. Divide the dough in half, one half slightly larger than the other,

and roll the larger piece on a lightly floured countertop to about an 11-inch round; transfer to a pie plate and gently fit it inside without stretching.

In a small bowl, whisk together the mayonnaise, lemon juice and garlic. Slice the tomatoes about 1/4 inch thick; if you like, salt them and let them drain in a colander or on paper towels for 20 minutes or so to get rid of excess liquid.

Arrange half of the tomatoes in the bottom crust, overlapping them, and top with half the corn, half the basil and chives, a sprinkle of salt and pepper and half the grated cheese. Repeat with remaining tomatoes, corn, basil, chives, salt and pepper. Pour the lemony mayonnaise overtop and sprinkle with the remaining cheese.

Roll out the other piece of dough into a 10-inch circle and fit it over the filling, folding the overhang under edge of bottom crust (or vice versa) and pinching/crimping to seal around the edge, or press it all around with a fork—it doesn't have to be perfect. Cut a couple vents in the top crust to help let some steam escape and if you like, brush the crust with a bit of milk, cream or melted butter.

Bake for 30-35 minutes, until the pie is deep golden. Serve warm, or cool to room temperature. Serves 8.