

JANUARY
2024



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, Jan 11th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, February 1st

Online orders with credit card or PayPal until Thursday, February 1st

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday,
February 8th

Food Talk Newsletter

Don't forget that memberships for 2024 are now due. You are able to pay your membership online when ordering your boxes, just click on the option that you prefer and the membership fee will be added to your total.

There is an annual membership fee of:

- \$10 for volunteers (8 hours or more of volunteering required throughout the year)
- \$30 for non-volunteers

Membership fees are waived for college students, and Best Babies & Bridges clients.

The membership year runs from January to December.

After June 30th membership fees are:
Volunteer: \$5 (4 hours of volunteer time)
Non-Volunteer: \$15

Just a reminder that any box not picked up on pick-up day is donated to either the Emergency Shelter, Root Cellar Food & Wellness Hub, Veiner Centre food program, or a family in need. The payment for that box is not carried forward. Orders can be picked up by anyone designated by the club account member.

Don't forget that the Good Food Club is open to anyone in the community! Be sure to tell your friends and family about this affordable, healthy eating opportunity!

- Alison Van Dyke
Food Security Coordinator

Online Membership Renewal

Are you already a member? Please choose one of these options:



- Fee waived. For College Students or Food Bank Pickups
- I have already paid for a membership
- Purchase Volunteer Annual Fee \$10.00
- Purchase Non-Volunteer Annual Fee \$30.00

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Daikon Radishes

Daikon (also known as Japanese radish and Chinese radish) is a winter radish that's native to East Asia. The root veggie, which usually resembles a large white carrot, is subtly sweet and slightly spicy. It has a mild flavor that mellows even more when cooked. When it's eaten raw, it's delightfully crunchy. When it's cooked, it becomes soft and tender — kind of like a cooked turnip.

This versatile veggie has a variety of delicious uses:

- Toss raw daikon with salad or slaw. Wherever you add raw daikon, it'll add mild flavor and a welcome crunch.
- Throw it into a stir-fry with your favorite meats and veggies for a quick and tasty weeknight dinner.
- Pickle it with carrots and make a restaurant-worthy banh mi sandwich.
- Cube and roast with other veggies on a sheet pan with oil and seasonings.

Daikon Nutrition: Daikon is a low-calorie option (with 61 calories per radish) that's loaded with nutrients. It's a fantastic source of vitamin C, which is a powerful antioxidant that promotes immune function. It's also rich in folate, an essential nutrient for red blood cell function.

How to Store Daikon: Since it's a hardy vegetable, you just wrap it in a damp kitchen towel and stick it in the fridge — it'll stay good there for at least two weeks.

Vietnamese Pickled Daikon Radish and Carrots

This crispy Asian-style refrigerated pickle combination is best known as an addition to banh mi sandwiches. This also works well with BBQ pork or as a rice side. They will keep for 4 weeks in the refrigerator.

Ingredients

4 cups water boiled and then cooled to lukewarm
¾ cup rice vinegar
3 tablespoons sugar
2 tablespoons salt
½ pound carrots, julienned
½ pound daikon radish, julienned



Directions

Combine water, vinegar, sugar, and salt in a bowl. Stir until salt and sugar have dissolved. Place carrots and daikon in a sterile jar. Pour vinegar mixture on top until vegetables are completely covered. Seal jar and refrigerate for at least 1 day, ideally 3 days.

Roasted Daikon Radish, Carrots and Peppers

Ingredients

1 large daikon radish, scrubbed and sliced into 1/4-inch rounds
4 carrots, peeled and cut into 1/4-inch rounds
1 red bell pepper, thinly sliced
1 shallot or 1/2 small onion, thinly sliced
2 tbsps extra virgin olive oil
Salt and pepper, to taste
1/4 cup balsamic vinegar

Directions

Preheat the oven to 400 degrees. Combine the daikon, carrots, red peppers, shallot and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice until tender. Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes. Toss well and then transfer to a serving bowl.