

APRIL 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, April 11th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, May 2nd

Online orders with credit card or PayPal until Thursday, May 2nd

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, May 9th

Food Talk Newsletter

CFCA'S 9TH ANNUAL
SEEDY SUNDAY

GARDEN PRESENTATIONS		APRIL 21, 2024
SEED EXCHANGE		1:30 - 3:30 PM
EXHIBITORS		504 2 ST SE,
PRIZES + MORE		MEDICINE HAT, ALBERTA

Bring those spare seeds, garden tools, etc down to St. John's Presbyterian Church (West entrance), to share with other gardeners at this FREE garden event. It is guaranteed to be fun, inspiring and informative. To sign up as an exhibitor or volunteer to help out, email CFCAGarden@gmail.com.

 

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH



Roasted Asparagus - Ina Garten

1 bunch of fresh asparagus
olive oil
Salt & pepper
Lemon (optional)

Preheat the oven to 400 degrees.

Break off the tough ends of the asparagus and, if they're thick, peel them. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 25 minutes, until tender but still crisp. Squeeze a lemon over the asparagus if desired.

Simple Eggplant Parmesan - Smitten Kitchen

SERVINGS: 4 TO 6

TIME: 2 HOURS, MOSTLY HANDS-OFF

2 pounds eggplant, cut into generous 1/2-inch slices
Kosher salt
Olive oil
Freshly ground black pepper
1 small onion, finely chopped
3 garlic cloves, minced
1/4 teaspoon red pepper flakes
1 28-ounce can of chopped tomatoes
1 teaspoon dried oregano
Handful fresh basil leaves, roughly chopped
1/2 cup finely grated parmesan cheese
8 ounces grated or thinly-sliced mozzarella



Prepare the eggplant: Arrange eggplant slices on a large (half-sheet) baking pan in one layer. Sprinkle with about 2 teaspoons salt and set aside for 30 minutes.

Heat oven: To 425°F (220°C) degrees.

Roast eggplant: Transfer eggplant slices to paper towels and blot them of as much excess water as possible. Dry the baking sheet, too, and coat it with 3 tablespoons of olive oil and sprinkle the oil with several grinds of black pepper. Arrange eggplant slices in one layer. Drizzle with 2 more tablespoons of oil and more grinds of black pepper. Roast until nicely browned underneath, 20 to 25 minutes. Use a thin spatula to turn eggplant slices over and roast until browned underneath on the second side, another 10 minutes. It's okay if they're not cooked through yet. Reduce oven temperature to 375°F (175°C).

Meanwhile, make sauce: Heat 2 tablespoons olive oil in a medium/large saucepan over medium-high heat. Once hot, add onion and cook until it softens, about 8 minutes. Add garlic and pepper flakes and cook another minute. Add tomatoes, oregano, and season with 1 teaspoon salt, plus more to taste. Let mixture simmer over low heat for about 10 minutes, stirring occasionally. If you'd like the sauce smoother than it is, you can mash the tomatoes with a potato masher as it cooks, or use an immersion blender for a completely smooth sauce. Stir in basil then taste the sauce; adjust salt and pepper to taste.

Assemble: In a 1.5- to 2-quart baking dish (holding 6 to 8 cups), spoon about 1/2 cup of the sauce. Arrange about half of the eggplant slices, slightly overlapped, in one layer. Spoon another 1/2 cup sauce over and spread it evenly. Arrange remaining eggplant slices, then ladle more sauce over it so it's as saucy as you like. [Keep unused sauce in fridge for another day; it will keep for 4 to 5 days.] Sprinkle top with mozzarella and parmesan.

Bake: For 30 minutes, until cheese has melted and sauce is bubbling all over. For more color on top, you can run it briefly under your oven's broiler.

To serve: Once baked, let the eggplant parmesan rest at room temperature for 15 minutes before digging in — this helps the ingredients settle and come together more.

Do ahead: Eggplant parmesan keeps fantastically in the fridge for up to 5 days. Rewarm in a 350-degree oven, covered for the first half of the time, for about 25 to 30 minutes. You can also freeze it, well wrapped, for a few months.