

JULY 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, July 11th

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

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

#### Next Pick-Up

Date  
2nd Thursday of the month  
2-6pm Thursday, August 8

# Food Talk Newsletter

## Medicine Hat Exhibition & Stampede Volunteer Opportunities

We will once again be having a booth at the “Country in the City” location at this year’s Exhibition & Stampede. We are looking for volunteers to sit at the booth, hand out brochures and other information, and answer questions about our programs.

This is a great way to get your 8 volunteer hours/year in a big chunk of time.

I am looking for volunteers to sit at the booth for 4 hours increments for the following days & times:

- Wednesday July 24, 12 noon-4pm
- Wednesday July 24, 4-8pm
- Thursday July 25, 12 noon-4pm
- Thursday July 25, 4-8pm

- Friday July 26, 4-8pm
- Saturday July 27, 4-8pm

If you are available for any of these shifts, please contact me via phone, text or email to sign-up.

403-502-6096  
communityfoodconnections@gmail.com

You will receive a free entry for the day of your volunteer shift which will need to be picked up in advance of your shift during business hours at the front desk of Community Health Services (2948 Dunmore Road SE).

- Alison Van Dyke  
Food Security Coordinator

**Phone:** (403)502-6096  
**Email:** communityfoodconnections@gmail.com  
**Website:** www.foodconnections.ca  
**Facebook:** ‘Community Food Connections Association’  
**Twitter & Instagram:** @CFCA\_MH

# Kohlrabi

Translated from German, kohlrabi means cabbage-turnip.

These two names explain the taste and texture of kohlrabi, although it is milder and sweeter than either of them. It is not a root vegetable, but rather a stem that swells to a turnip-shape above the ground. It is a member of the brassica family. The inside flesh of kohlrabi is pale green, slightly sweet, and crispy. The taste of kohlrabi is similar to broccoli stems or cabbage heart, but sweeter.

**What to look for** - Select firm smooth skinned kohlrabi.

**Store** - In the refrigerator vegetable drawer.

**How to prepare** - Prepare kohlrabi in a similar way to turnips. Cut off the base and trim or remove the stalks. Boil, steam or microwave whole if they are small, otherwise slice first. Peel after cooking for to retain nutrients and for maximum flavour. Kohlrabi can be peeled, sliced or grated, and eaten raw.

**Ways to eat** - Serve steamed, mashed or in a stir fry. Bake, stuff, or add to soups, braises or stews. Young kohlrabi can be eaten raw, sliced or finely grated in a salad. Kohlrabi leaves are very high in nutrients and can be treated like spinach – eaten raw or cooked. Kohlrabi can be peeled, sliced and grated and used in salads, sandwiches, wraps or sliced and eaten as a snack.

**Cooking Methods** - Bake, boil, microwave, steam, stew.

## Nutrition Facts

Serving Size 135 g - 1 cup, raw

### Amount Per Serving

<b>Calories</b> 36	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 27mg	1%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 5g	19%
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 1%	Vitamin C 140%
Calcium 3%	Iron 3%

## Bavarian Kohlrabi Soup

Ingredients:

- 1-1/2 large kohlrabi bulb, peeled and grated
- 1/2 small head white cabbage, shredded
- 2 carrots, grated
- 2 red bell peppers, grated
- 1 green bell peppers, grated
- 1/4 pound French-cut green beans
- 1/4 bunch fresh parsley, chopped
- 2 cups chicken broth, or as needed to cover
- 1/2 teaspoon white sugar, or to taste
- 1/2 pinch Hungarian paprika, or to taste
- salt and ground black pepper to taste
- Chicken broth
- 2 tablespoons sour cream, for topping
- 1-1/2 teaspoons prepared horseradish, or to taste (optional)



Directions:

Combine kohlrabi, cabbage, carrots, red bell peppers, green bell peppers, green beans, and parsley in a stockpot. Pour enough chicken broth over the vegetables to cover; bring to a simmer over medium heat and cook until vegetables are tender, about 20 minutes. Season with sugar, paprika, salt, and black pepper. Top with sour cream and horseradish.