

AUGUST 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, August 8th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, September 5th

Online orders with credit card or PayPal until Thursday, September 5th

Next Pick-Up

Date

2nd Thursday of the month
2-6pm Thursday,
September 12th

Food Talk Newsletter

Share the Harvest - fallingfruit.org

I've recently noticed a few posts online where people are sharing that their fruit trees are heavy with fruit and they can't pick it all themselves—and they are offering free fruit to anyone wanting to come and pick.

Gleaning is a tradition spoken of in ancient religious texts of harvesting produce that's left in the field for various reasons. It is a term that has come back into use as people want to prevent food waste by harvesting fruit from trees and bushes that may otherwise go to waste. This commonly happens when a homeowner has an abundance of crop that they don't have the physical ability or the time to harvest and they would like to see it go to good use.

Many communities in Canada have founded organizations to assemble

volunteers to pick these "leftovers". The volunteers either split the pickings among themselves or divide them among the homeowner, food banks, and the volunteers.

We have found a free program online which allows property owners to list their fruit and allows those who wish to glean to find those locations. We encourage you and those you know with too much fruit to pick to register your trees and bushes. The website is: fallingfruit.org



Our hope is that the use of this website will connect those in the community who wish to prevent food waste with people who are interested in using and preserving local food.

- Alison Van Dyke
Food Security Coordinator

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Twitter & Instagram: @CFCA_MH

Beets

Usage - Boiled, pickled or in salads. Can be added to soups. Beet tops can be used like spinach.

Selection - Good quality beets will be relatively smooth, firm, small-sized and not too dark-colored. Greens still attached to the root assures the freshest product possible. Fresh beet greens should have bright green leaves with red veins running through them.

Avoid - Avoid beets that are dark red to the point of almost being black or soft globes with rough pock-marked skin. Other signs to avoid are leaves that are limp and wilted looking or dark green with spots of yellow or slime.

Storage - Always store in the refrigerator. To prolong storage life, cut the stem end and soak in warm water for 2-3 minutes before storing in your refrigerator.

Nutrition Facts	
Serving Size 85 g	
Amount Per Serving	
Calories 37	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Vitamin C 5%
Calcium 1%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How to Roast Beets in the Oven

Instructions:

1. Heat the oven to 400°F. This is a flexible cooking temperature; if you're using the oven for cooking something else, beets can be cooked at that temperature. Beets will cook more slowly at lower temperature and more quickly at higher temperatures. At higher temperatures, check more frequently for scorching.
2. Slice off the beet leaves close to the tip of the beet, leaving yourself enough to grip. Save the beet greens for another purpose. Scrub the beets thoroughly, then wrap them loosely in foil. No need to dry the beets before wrapping. Small beets can be wrapped together, but it's easiest to roast large beets individually.
3. Transfer the wrapped beets to a baking sheet (to catch drips in case the beet juices leak). Roast for 50-60 minutes. Check the beets every 20 minutes or so. If they are starting to look dry or are scorching on the bottoms, dribble a tablespoon of water over the beets before re-wrapping. Beets are done when a fork or skewer slides easily to the middle of the beet. Small beets will cook more quickly than large beets.
4. Let the beets cool enough to handle. Hold one of the beets in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Peel the remaining beets.
5. Beets can be stored whole or sliced for up to a week in the refrigerator.

Cooking Beet Greens

Please don't throw away those fresh beet greens when cooking fresh beets! Beet greens are a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese. Beet greens can be substituted in any recipe that calls for spinach.

Wash the fresh beet greens in cold water. Place washed beet greens in a large pot. There is no need to add additional water as the rinsed leaves will provide adequate moisture. If the leaves are dry, add a couple of tsp. of water to the bottom of the pot. Cook, covered, over medium heat until the greens look wilted, approximately 3 to 5 minutes. Beet greens cook quickly, so take care not to overcook them. Beet greens will cook down quite a lot (just like fresh spinach leaves). When cooked, remove cooked beet greens to your serving bowl, season with some butter, salt, and pepper to your liking.