

SEPTEMBER
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, Sept. 12th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, October 3rd

Online orders with credit card or PayPal until Thursday, October 3rd

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday,
October 10th

Food Talk Newsletter

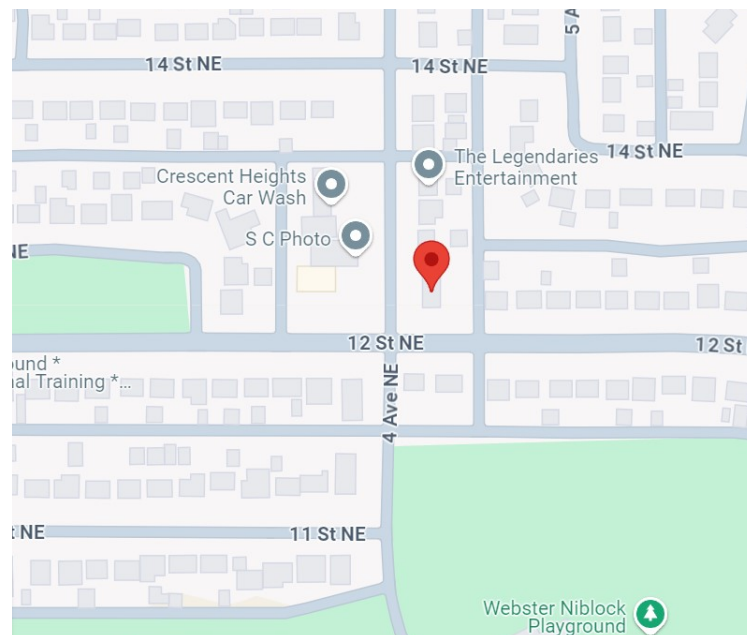
New North East Crescent Heights Depot Location!

I'm very happy to announce that starting October 10th, we will be offering a new pick-up depot location at Holy Trinity Anglican Catholic Church located at 402 - 12th Street N.E.

The depot location will be open from 4-6pm.

Please contact me during September to let me know if you would like to move from your current pick-up location to this new location.

- Alison Van Dyke
Food Security Coordinator



Phone: (403)502-6096
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Twitter & Instagram: @CFCA_MH

Sweet Corn & Black Bean Salad

Ingredients:

1.5 cups of corn
2 cups of canned black beans, drained and rinsed
½ cup of chopped tomatoes
½ cup of chopped bell peppers
¼ cup of finely chopped onion
1 large handful of fresh cilantro, chopped

Dressing:

1 Tbsp. olive oil
2-3 Tbsp. lime juice
Cumin to taste, approximately ¼ tsp.
Salt & Pepper to taste

Whisk together dressing ingredients and add to vegetables. Toss to coat.

Tomato & Corn Biscuit Pie -

Julie Van Rosendaal

Crust:

2 cups all-purpose flour
1 Tbsp baking powder
½ tsp salt
1/3 cup cold butter, grated or cut into pieces
¾ 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 otop 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.