

# FOOD TALK NEWSLETTER

*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, November 14th

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

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

**Next Pick-Up Date**  
2nd Thursday of the month  
2-6pm Thursday, December 12th



**Give the gift of fresh produce this holiday season!**



**Did you know that you can pre-purchase any number/size of boxes as gifts this holiday season?!**  
Talk to Alison for more information.



PHONE: (403)502-6096  
EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM  
WEBSITE: WWW.FOODCONNECTIONS.CA  
FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'  
TWITTER & INSTAGRAM: @CFCA\_MH

# MAKE-AHEAD MOROCCAN STEW

## >>> INGREDIENTS

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground turmeric
- ⅛ teaspoon curry powder
- 1 teaspoon ground black pepper, or to taste
- 1 tablespoon butter
- 1 medium onion, chopped
- 2 cups finely shredded kale
- 4 (14.5 ounce) cans vegetable broth
- 1 (15 ounce) can chickpeas, drained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 3 large potatoes, peeled and diced
- 2 medium sweet potatoes, peeled and diced
- 4 large carrots, chopped
- 1 cup dried lentils, rinsed
- ½ cup chopped dried apricots
- 1 tablespoon honey



## >>> DIRECTIONS

Melt butter in a large pot over medium heat. Add onion and cook until soft and just beginning to brown, 5 to 10 minutes. Stir in kale and spices; cook and stir until kale begins to wilt and spices are fragrant, about 2 minutes.

Add broth, chickpeas, tomatoes, potatoes, sweet potatoes, carrots, lentils, apricots, and honey; stir to combine and bring to a boil. Once ingredients come to a boil, reduce the heat to low and simmer until vegetables and lentils are tender, about 30 minutes.

Other greens can be substituted for the kale. Can be served with rice and naan. Makes a large stockpot of soup.

# UPSIDE-DOWN PEAR GINGERBREAD CAKE

## >>> INGREDIENTS

- 3 tablespoons butter
- 1/3 cup packed dark brown sugar
- 2 medium pears, peeled and thinly sliced
- CAKE:
- 1/2 cup milk
- 1 tablespoon cider vinegar
- 1 large egg
- 1/2 cup packed dark brown sugar
- 1/3 cup molasses
- 1/4 cup butter, melted
- 1-1/4 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon ground cloves
- Whipped cream, optional



## >>> DIRECTIONS

Preheat oven to 350°. In a small saucepan, melt butter over medium heat; stir in brown sugar. Spread over bottom of a greased 9-in. round baking pan. Arrange pears over top.

For cake, mix milk and vinegar; let stand 5 minutes. In a large bowl, beat egg, brown sugar, molasses, butter and milk mixture until well blended. In another bowl, whisk flour, cinnamon, baking soda, ginger, salt and cloves; gradually beat into molasses mixture. Spoon carefully over pears.

Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool 10 minutes before inverting onto a serving plate. Serve warm or at room temperature, with whipped cream if desired.