

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

SEED STOCK + GARDEN TALK

Join fellow gardeners to sort seeds for the Seed Exchange and chat about the growing season.

10:00 - 11:30 AM
LEGION ROOM,
MHPL

SATURDAY,
DECEMBER 14,
2024



\$5 FOR 38 LITRE RUBBERMAID CONTAINERS WITH LIDS. TALK TO ALISON FOR MORE INFORMATION.

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, December 12th

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

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

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, January 9th



Healthy Eating on a Budget

6:30PM
JANUARY 21ST
AT THE
MEDICINE HAT
PUBLIC
LIBRARY

ONLINE
REGISTRATION
REQUIRED
THROUGH MHPL

Learn tips and tricks for menu planning, shopping and cooking to save you money while eating healthy!



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

PRODUCE STORAGE GUIDE

Countertop

Ripen at room temperature, before placing in the fridge. This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!



AVOCADOS



BANANAS



KIWIS



MANGOES



MELONS



ORANGES



PEARS



PEACHES



TOMATOES



Fridge

Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.



APPLES



BERRIES



CHERRIES



GRAPES



LEMONS / LIMES



ASPARAGUS



BEANS



BEETS



BROCCOLI



BRUSSELS SPROUTS

CABBAGE | CARROTS | CAULIFLOWER | CELERY | CORN | CUCUMBERS | EGGPLANT
HERBS | LEAFY GREENS | MUSHROOMS | PEAS | PEPPERS | ZUCCHINIS

Pantry

Store the following in a cool, dry, and dark place. Keep onions away from other vegetables, as onions release a natural gas called ethylene, which could spoil other produce.



GARLIC



ONIONS



POTATOES



SWEET POTATOES



WINTER SQUASH



Freezer

Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.

Try to prepare the following:



FROZEN PIECES OF FRUITS



FROZEN GRAPES



FROZEN VEGETABLES



FROZEN VEGETABLE SCRAPS FOR BROTH



FROZEN BANANAS FOR BAKED GOODS



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To find more recipes and easy tips visit HalfYourPlate.ca