

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY



CLUB MEMBERSHIP

This is a reminder that the Good Food Club is open to anyone in our community! We want to make the healthy choice the affordable choice.

If someone wants to try out the club, they can purchase a box without purchasing a membership. Just tell them to choose “Waived” as the membership option on their online order. Then, if they like what they try, they can join with the volunteer or non-volunteer membership option the next time they order. And don’t forget, if you are a student, your membership is waived!

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, September 11th

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

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

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

PHONE: (403)502-6096

EMAIL:

COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH

TOMATO & CORN BISCUIT PIE - JULIE VAN ROSENDAAL

>>> INGREDIENTS

Crust:

2 cups all-purpose flour

1 Tbsp baking powder

1/2 tsp salt

1/3 cup cold butter, grated or cut into pieces

3/4 cup milk

Filling:

1/3 cup mayonnaise

2 Tbsp lemon juice

1 garlic clove, crushed

1 1/2 lb 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)



>>> DIRECTIONS

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 overtop 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 melt-ed butter.

Bake for 30-35 minutes, until the pie is deep golden. Serve warm, or cool to room temperature. Serves 8.