

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY



CHANGES TO HARVESTING FROM PUBLIC TREES & BUSHES

We wanted to share some interesting news for local food enthusiasts: The City of Medicine Hat has changed the Parks Bylaw to allow the public to forage within city limits. The new bylaw reads as follows:

Bylaw 4859

5.9 While in a Park, no Person shall:

(d) break, cut, damage, destroy, dig, disturb, or remove any Vegetation, whether dead or alive, other than the foraging, harvesting and gleaning of edible produce of plants and trees for one's personal non-commercial use, provided that no damage or harm is caused to the tree or plant;

While undoubtedly an exciting prospect, there are a few important things to keep in mind to not only protect our health but also protect local wildlife:

Identify Accurately: Before harvesting, confirm that you have correctly identified the plant. Failing to do so can result in sickness or even death.

Consider the needs of the plants: Improper harvesting can reduce future yields, create wounds through which disease can enter, potentially even kill plants. Use the right tools for the job, take your time and make sure you know the correct way to harvest.

Consider wildlife and other people: Take only what you will use and leave some for other people and wildlife (especially when harvesting from native plants).

*-Genevieve Mathieu
CFCA Garden Program Coordinator*



BLACK BEAN SQUASH SOUP

>>> INGREDIENTS

Three 15 1/2 ounce cans black beans (about 4 1/2 cups), rinsed and drained
1 cup drained canned tomatoes, chopped
1 1/4 cups chopped onion
4 garlic cloves minced
1 tablespoon plus 2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup butter
4 cups beef broth
1.5 cups squash puree
1/2 pound cooked ham, cut into 1/8-inch dice
3 to 4 tablespoons red wine vinegar
Garnish: sour cream



>>> DIRECTIONS

In a food processor coarsely puree beans and tomatoes.

In a large stockpot cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth and pumpkin until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

How to roast a squash for puree

Heat the oven to 400 degrees F.

Slice a small piece of skin off the one side of the squash so when laid on its side, the pumpkin will lay flat without rolling. Remove the stem and split the squash in half from top to bottom, using a large knife. Scoop out the seeds and fiber with a large metal spoon. Lay the halves, flesh side down, on a parchment paper or foil-lined sheet pan. Roast until a paring knife can be easily inserted and removed from the pumpkin, 30 to 45 minutes. Test in several places to ensure doneness.

Cool the squash for 1 hour. Using a large spoon, remove the roasted flesh of the squash from the skin to the bowl of a food processor. Process until the flesh is smooth, 3 to 4 minutes. Store in the fridge for up to 1 week or freeze for up to 3 months.

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, October 9th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until:
Thursday, November 6th

Online orders with credit card or PayPal until:
Thursday, November 6th

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, November 16th

PHONE: (403)502-6096

EMAIL:

COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH