

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY



**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.

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick
up your box:
Thursday, November 13

In person with cash or cheque at Community
Health Services, 2948 Dunmore Road SE, or
Redcliff Public Library, until:
Thursday, December 4th

Online orders with credit card or PayPal until:
Thursday, December 4th

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, December 11

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