

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

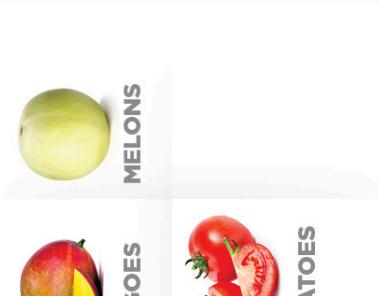
Ripen at room temperature, before placing in the fridge.

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!

AVOCADOS	BANANAS	ORANGES	PEARS	PEACHES	TOMATOES	MANGOES	MELONS	APPLES	BEANS	CHERRIES	GRAPES	LEMONS / LIMES	BRUSSELS SPROUTS
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CABBAGE | CARROTS | CAULIFLOWER | CELERY | CORN | CUCUMBERS | EGGPLANT

HERBS | LEAFY GREENS | MUSHROOMS | PEAS | PEPPERS | ZUCCHINIS



Fridge

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

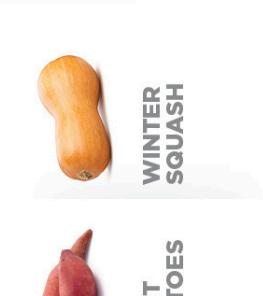
CHERRIES	GRAPES	LEMONS / LIMES	BRUSSELS SPROUTS
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Freezer

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

Try to prepare the following:

FROZEN GRAPES	FROZEN VEGETABLE SCRAPS FOR BROTH	FROZEN BANANAS FOR BAKED GOODS
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FROZEN GRAPES	FROZEN VEGETABLE SCRAPS FOR BROTH	FROZEN BANANAS FOR BAKED GOODS



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.

WINTER SQUASH	SWEET POTATOES	POTATOES
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WINTER SQUASH	SWEET POTATOES	POTATOES



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