



OCTOBER 2019

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

### Payment Deadlines

In person at a depot with cash or cheque:

Tues. October 29th

Online orders with credit card or PayPal:

Thursday, November 7th

### Advisory Committee Meeting

Thursday 1pm Nov. 7th  
Hillcrest Church  
3785 - 13th Ave SE  
Room 22, Entrance 4  
All Members Welcome!

### Next Pick-Up Date

Thursday November 14th  
2nd Thursday of the month

## Good Food Club News

### Depot Locations & Times

If for any reason you would like to move depots, please contact me directly. - Alison Van Dyke

St. Barnabas Anglican Church Hall (635 4 St SE - please use rear entrance facing 5th St SE)	12:00pm – 4:00pm
Medicine Hat College - Student's Association (299 College Dr. SE)	1:00pm – 3:00pm
REDI Enterprises (860 Allowance Ave SE)	1:00pm – 3:00pm
Community Health Services (2948 Dunmore Rd. SE)	1:00pm – 4:00pm
École Les Cyprès (945 - 1 Ave SE) except for in July & August	2:15pm - 3:15pm
Monsignor McCoy High School (202 – 8th St. NE) except for in July & August	3:00pm – 5:00pm
Y's Choice Wellness (415 - 3rdStreet SE)	2:00pm – 6:00pm
Elm Street School (1001 Elm Street SE) in July & August pick-up is at River Valley Community Church - 1101 Queen Street SE	2:00pm – 3:30pm
Medicine Hat & District Food Bank (532 South Railway St. SE)	1:00pm - 3:00pm
Redcliff Public Library (131 Main Street SE)	4:00pm – 6:00pm
Southridge YMCA (644 Spruce Way SE)	4:30pm-6:30pm

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**Website:** [www.foodconnections.ca](http://www.foodconnections.ca)

**Facebook:** 'Community Food Connections Association'

## **Parsnip Scallop** - this recipe was shared by a Good Food Club member.

1.5 lbs. parsnips, cut into coins, or combination of sliced carrots & parsnips  
1/4 cup chopped onion  
2 Tbsp. butter  
3 Tbsp. flour  
1 tsp. granulated sugar  
1/2 tsp. dried basil  
1/2 tsp. salt  
Dash of pepper  
2 cups of tomato juice  
1/2 cup dried bread crumbs  
1 Tbsp. melted butter

Cook parsnips in boiling water for 5-6 minutes or just until tender (do not overcook as they fall apart and become mushy); drain well. In a skillet on medium heat, cook onion in butter for about 5 minutes. Blend in flour, sugar & seasonings. Gradually add tomato juice; cook, stirring constantly for about 5 minutes or until thickened. Combine parsnips and tomato sauce in lightly greased casserole dish. Mix bread crumbs with melted butter, sprinkle over the parsnips. Bake at 375 degrees for 15 minutes or until bread crumbs begin to brown.

## **How to Cook Pumpkins**

To Bake

Preheat oven to 350 degrees.

Wash pumpkin and cut in half. Remove seeds and pith. Place on a baking tray, cut side down. Bake 35-40 minutes or until tender when pierced. Allow to cool and remove skin with a knife. Pumpkin can be cubed or pureed.

To Boil

Wash pumpkin and cut in half. Remove seeds and pith. Peel and cut into chunks. Place in a large pot and fill with water. Boil until pumpkin is soft (about 20 minutes). Drain very well.

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## **Black Bean Pumpkin Soup** - Gourmet, November 1996

Yield: 9 cups

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 unsalted butter  
4 cups beef broth  
1 1/2 cups pumpkin puree  
1/2 pound cooked ham, cut into 1/8-inch dice  
3 to 4 tablespoons apple cider vinegar or red wine vinegar



In a food processor coarsely puree beans and tomatoes.

In a large soup pot cook onion, 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.

Just before serving, add ham and vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper.