

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

**Payment Deadlines**  
In person with cash or cheque when you pick up your box:  
Thursday, Feb. 11th  
Online orders with credit card or PayPal:  
Thursday, March 4th

### Advisory Committee Meeting

We are currently not holding the Advisory Committee meetings due to COVID-19.

### Next Pick-Up Date

2-6pm  
Thursday March 11th  
2nd Thursday of the month

## Good Food Club News

Have you “liked” our Facebook page? If you want to be kept informed about upcoming events (COVID safe of course) this is the best way to see what’s going on. The last couple of weeks I have been sharing how-to videos for basic cooking and baking skills. I also share charts and information about gardening, choosing & storing produce, and information from other food and gardening organizations. To find us on Facebook type into the search bar,

‘Community Food Connections Association’.

Our website has recently been changed over to a new web service, and we are in the process of working out a few glitches, so if you come across a link that doesn’t work, or something appears to be missing from the page, please let me know so that I can get it fixed.

- Alison Van Dyke  
Food Security Coordinator

### Online Membership Renewal



Are you already a member? Please choose one of these options:

- Fee waived. For College Students or Food Bank Pickups
- I have already paid for a membership
- Purchase Volunteer Annual Fee \$10.00
- Purchase Non-Volunteer Annual Fee \$30.00

Average Savings for a Large Box in January:

**\$15.47**

Good Food Box		Store A		Store B		Store C		Store D		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$41.63	\$21.63	\$36.72	\$16.72	\$28.51	\$8.51	\$35.02	\$15.02	\$15.47
Regular	\$15	\$24.71	\$9.71	\$21.85	\$6.85	\$22.29	\$7.29	\$25.04	\$10.04	\$8.47
Small	\$10	\$18.63	\$8.63	\$15.40	\$5.40	\$14.86	\$4.86	\$17.30	\$7.30	\$6.55

Phone: (403)502-6096

Email: [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com)

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

Facebook: ‘Community Food Connections Association’

Twitter & Instagram: @CFCA\_MH



### Oven Roasted Baby Potatoes

- 3 pounds small red or yellow potatoes
- 1/4 cup good olive oil
- 1 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.

---

### Fried Cabbage with Bacon, Onion, and Garlic

- 6 slices bacon, chopped
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 large head cabbage, cored and sliced
- 1 tablespoon salt, or to taste
- 1 teaspoon ground black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon paprika



Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.

---



### How to Peel a Dragonfruit

Create a cut along the length of the skin to keep the fruit whole. If you want your dragon fruit peeled but not cut in half, make a shallow cut lengthwise down the skin. You want the cut to go all the way through the skin and lightly touch the pulp. If you choose this method, it may take more effort to begin the peeling process, as your finger will have to wedge itself into the cut in the skin.

Once you have peeled off the pink skin, you will see the white, black-seed flecked flesh of the fruit which you can slice and eat.