

JUNE 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

# Food Talk Newsletter

## DATES TO REMEMBER

### Ordering Options

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

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, July 7th

Online orders with credit card or PayPal until Thursday, July 7th

Next Pick-Up Date  
2nd Thursday of the month  
2-6pm Thurs. July 14th

# AGM

## Annual General Meeting

Community Food Connection Association's Annual General Meeting will be taking place on Zoom at 10am Thursday, June 16th. This meeting is open to the public. If you are a member of the public who is interested in attending, please email [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com) for a Zoom link prior to the meeting.

Average Savings for a Large Box in May:



Good Food	Store A		Store B		Store C		Store D		Store E		Store F		Average Savings	
	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings		
<b>Large</b>	<b>\$20</b>	\$35.84	<b>\$15.84</b>	\$44.64	<b>\$24.64</b>	\$42.05	<b>\$22.05</b>	\$31.70	<b>\$11.70</b>	\$32.95	<b>\$12.95</b>	\$31.48	<b>\$11.48</b>	<b>\$16.44</b>
<b>Regular</b>	<b>\$15</b>	\$29.41	<b>\$14.41</b>	\$30.42	<b>\$15.42</b>	\$30.32	<b>\$15.32</b>	\$24.94	<b>\$9.94</b>	\$26.24	<b>\$11.24</b>	\$24.71	<b>\$9.71</b>	<b>\$12.67</b>
<b>Small</b>	<b>\$10</b>	\$21.93	<b>\$11.93</b>	\$26.32	<b>\$16.32</b>	\$26.23	<b>\$16.23</b>	\$18.85	<b>\$8.85</b>	\$20.66	<b>\$10.66</b>	\$18.62	<b>\$8.62</b>	<b>\$12.10</b>

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

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



## Radishes

**What to look for:** Firm flesh with a bright colour and smooth, unblemished skin. The leaves, if they're still attached, should be fresh, green and not wilted. Avoid oversized red radishes as these can be woody or pulpy.

**Availability & season:** All year, but are often one of the first spring vegetables and prefer cooler growing conditions.

**Store:** Remove tops and refrigerate in a plastic bag. Use promptly.

**How to prepare:** Remove green tops, scrub and rinse. Trim the thin tip of the root.

**Ways to eat:** Eat red radishes raw as a snack, in salads and sandwiches or use as a garnish.

**Nutrition:** Radishes, like many salad vegetables, have a high water content and are therefore not nutrient dense. They are not consumed in high enough amounts to make a significant contribution nutritionally with the exception of vitamin C which they are a good source of. The main phytonutrients in radishes are the glucosinolates (also found in broccoli and cabbage) and anthocyanins in the red skin varieties.

## Roasted Radishes

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
- If the radishes are large, cut them in half, otherwise leave them whole.
- Place in a casserole dish or on a baking sheet.
- Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.

Roast at 400° for 15 minutes or until fork tender.

## Rhubarb

Rhubarb is considered a fruit because it is usually eaten as a dessert, but it is actually a vegetable. Thought to be a native of Tibet, rhubarb is the leaf stalk (or petiole) of a perennial plant. The leaves are not eaten as they are poisonous.

**What to look for:** Look for firm, red glossy stalks that are crisp and showing no signs of wilting.

**Store:** Refrigerate in paper bags.

**How to prepare:** Remove leaves. Wash young rhubarb stalks and cut into equal lengths. Older, thicker rhubarb needs any coarse strings to be peeled off before slicing. Do not eat the leaves as they are poisonous.

**Ways to eat:** Rhubarb can be stewed with a little sugar and eaten as a dessert. It can be used in muffins, cakes, jams, flans or in crumbles, in place of, or in addition to, apple.

**Suggested cooking methods:** Bake, braise, stew.

**Nutrition:** Rhubarb is one of the highest calcium containing vegetables; however, calcium absorption may be inhibited by the presence of oxalic acid which is also found in rhubarb. Cooking can reduce the effect of oxalic acid. Rhubarb is a good source of vitamin C, a source of dietary fibre and calcium, and contains potassium at dietary significant levels.