

JANUARY 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, Jan 12th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, February 2nd

Online orders with credit card or PayPal until Thursday, February 2nd

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, February 9th

Food Talk Newsletter

Don't forget that memberships for 2023 are now due. You are able to pay your membership online when ordering your boxes, just click on the option that you prefer and the membership fee will be added to your total.

There is an annual membership fee of:

- \$10 for volunteers (8 hours or more of volunteering required throughout the year)
- \$30 for non-volunteers

Membership fees are waived for college students and Best Babies & Bridges clients. The membership year runs from January to December.

After June 30th membership fees are Vol-

unteer: \$5 (4 hours of volunteer time); and Non-Volunteer: \$15

Just a reminder that any box not picked up on pick-up day is donated to either the Salvation Army Emergency Shelter, the Root Cellar Food & Wellness Hub or a family in need. The payment for that box is not carried forward. Orders can be picked up by anyone designated by the club account member.

Don't forget that the Good Food Club is open to anyone in the community! Be sure to tell your friends and family about this affordable, healthy eating opportunity!

- 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

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Rutabagas

Rutabagas belong to the same family as turnips and cabbages. They are a hybrid between a turnip and a type of cabbage and were developed in Sweden in the 17th century and are also known as Swedish turnips or Swedes - Swedish for red bags, which refers to the purple, bronze crowns. Different cultures have developed their own ways to use them. Rutabagas have a delicate, sweet flavour, a great texture and are very versatile. The top half of the Rutabaga is purple, and the lower half cream. Rutabagas are more available in winter and taste better after a good frost. Leaves are eaten in many countries, however, it's the edible roots that are commercially available in Canada.

What to look for - Smooth skin and firm flesh.

Availability - All year; limited supply in summer.

Store - Refrigerate in plastic bags.

How to prepare - Peel and cut to size.

Ways to eat - Rutabagas can be eaten raw if fresh and young. Older rutabagas can be boiled, mashed, stir fried, roasted, puréed, steamed, baked, glazed or pickled. They absorb flavours well so add to soups, stews or braises. Flavourings such as nutmeg, parsley, coriander and black pepper go well with Rutabagas.

Suggested cooking methods - Bake, boil, braise, microwave, steam, stew.

Nutrition - Rutabagas are a good source of vitamin C, a source of dietary fibre, niacin, thiamin and vitamin B6 and contain a dietary significant amount of potassium. Rutabagas are members of the Brassica family and contain similar phytonutrients, particularly the glucosinolates and phytosterols.

Mashed Rutabaga

2 pounds rutabagas

¼ cup butter

Pinch nutmeg

Salt and pepper, to taste

Carefully slice off about 1/2 inch from the top and bottom of the rutabaga. Stand the rutabaga on the top end and cut it in half. Use a paring knife or vegetable peeler to carefully peel off the top layer of skin. Rinse the rutabaga before chopping. Chop into small chunks. Use a kitchen knife and cut the peeled halves into 1-inch chunks. Cut all the chunks to the same size and thickness to ensure even cooking. Transfer the chunks to a large stockpot and fully cover the rutabaga with water. Put on a lid and cook over medium-high heat for approximately 30-40 minutes until tender and easily pierced with a fork. When it is cooked through, drain the water and add the butter and nutmeg. Use a potato masher, hand mixer, or fork to mash the rutabaga until it's smooth. Season before serving.



Roasted Garlic Mashed Potatoes

1 medium head of garlic

1 tablespoon olive oil

2 pounds russet potatoes, peeled and quartered

4 tablespoons butter, softened

1/2 cup milk

salt and pepper to taste

Directions:

Preheat oven to 350 degrees F (175 degrees C). Drizzle garlic with olive oil, then wrap in aluminum foil. Bake in preheated oven for 1 hour. Remove the garlic from the oven, and cut in half.

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender, about 15 minutes. Drain, cool and chop. Stir in butter, milk, salt and pepper.

Squeeze the softened garlic cloves into the potatoes. Blend potatoes with potato masher until desired consistency is achieved.