

JUNE 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

# Food Talk Newsletter

## AGM Annual General Meeting

Community Food Connection Association's Annual General Meeting will be taking place on Zoom at 10am Thursday, June 15th. 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.

### DATES TO REMEMBER

#### Ordering Options

In person with cash or cheque when you pick up your box: Thursday, June 8th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, July 6th

Online orders with credit card or PayPal until Thursday, July 6th

Next Pick-Up Date  
2nd Thursday of the month  
2-6pm Thursday,  
July 13th

## Growing Gardeners Newsletter

Our Garden Program Coordinator, Genevieve Mathieu, is producing a seasonal gardening newsletter each month full of timely and educational gardening information. To view the last three newsletters, please visit our website at [www.foodconnections.ca/garden](http://www.foodconnections.ca/garden) and click on "Growing Gardeners Newsletter" to see the newsletters available as PDF's.



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**Website:** [www.foodconnections.ca](http://www.foodconnections.ca)  
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**Twitter & Instagram:** @CFCA\_MH

## 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.

## Nutrition Facts

Serving Size 1 cup, diced 122g (122 g)  
Servings per container 1

### Amount Per Serving

<b>Calories</b> 26	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
<b>Protein</b> 1g	
<b>Vitamin A</b> 2%	<b>Vitamin C</b> 16%
<b>Calcium</b> 10%	<b>Iron</b> 1%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NutritionData.com



## 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.