

JULY 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, July 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, August 3rd

Online orders with credit card or PayPal until Thursday, Aug 3rd

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

# Food Talk Newsletter

## Medicine Hat Exhibition & Stampede Volunteer Opportunities

We will once again be having a booth at the "Country in the City" location at this year's Exhibition & Stampede. We are looking for volunteers to sit at the booth, hand out brochures and other information, and answer questions about our programs.

This is a great way to get your 8 volunteer hours/year in a big chunk of time.

I am looking for volunteers to sit at the booth for 4 hours increments for the following days & times:

Wednesday July 26, 12-4pm  
Wednesday July 26, 4-8pm  
Thursday July 27, 12-4pm  
Thursday July 27, 4-8pm  
Friday July 28, 12-4pm  
Friday July 28, 4-8pm  
Saturday July 29, 12-4pm  
Saturday July 29, 4-8pm

If you are available for any of these shifts, please contact me via phone, text or email to sign-up.  
403-502-6096  
communityfoodconnections@gmail.com

You will receive a free entry for the day of your volunteer shift. You will need to pick up your ticket at the front desk of Community Health Services in advance of your shift.

- Alison Van Dyke  
Food Security Coordinator



**Phone:** (403)502-6096  
**Email:** communityfoodconnections@gmail.com  
**Website:** www.foodconnections.ca  
**Facebook:** 'Community Food Connections Association'  
**Twitter & Instagram:** @CFCA\_MH

# Beet Greens

Besides supplying good amounts of protein, phosphorus, and zinc, beet greens are also a great source of fiber. Packed with antioxidants, they're high in vitamin B6, magnesium, potassium, copper, and manganese, and low in fat and cholesterol. Based on a 2,000 calorie diet, daily values of beet greens contain: 220% of vitamin A, 60% of vitamin C, 16% of calcium, and 15% of iron.

As if that weren't enough, studies have also shown that the vitamin K in beet greens contains blood clotting properties, helps ward off osteoporosis, works with calcium to boost bone strength, and may also play a role in fighting Alzheimer's disease. Beet greens have a higher iron content than spinach, and a higher nutritional value than the beetroot itself.

The vitamin A content in beet greens helps strengthen the immune system and stimulates production of antibodies and white blood cells. The beta-carotene in vitamin A is a known antioxidant that can fight the effects of free radicals in the body along with cancer and heart disease. Doctors often recommend vitamin A to patients at risk of developing night blindness. - [mercola.com](http://mercola.com)

## Nutrition Facts

Serving Size 144 g - 1 cup, chopped

### Amount Per Serving

Calories 39                      Calories from Fat 2

% Daily Value\*

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat

Cholesterol 0mg                      0%

Sodium 347mg                      14%

Total Carbohydrate 8g                      3%

Dietary Fiber 4g                      17%

Sugars 1g

Protein 4g

Vitamin A 220% • Vitamin C 60%

Calcium 16% • Iron 15%

## Roasted Beets and Sautéed Beet Greens

This is a great way to use every part of the fresh beets. You can get two delicious side dishes out of this one vegetable.

### Ingredients:

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

### Directions

Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

