

AUGUST 2023



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, Aug 10th

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

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

### Next Pick-Up

**Date**  
2nd Thursday of the month  
2-6pm Thursday, September 14th

## Share the Harvest - fallingfruit.org

Gleaning is a tradition spoken of in ancient religious texts of harvesting produce that's left in the field for various reasons. It is a term that has come back into use as people want to prevent food waste by harvesting fruit from trees and bushes that may otherwise go to waste. This commonly happens when a homeowner has an abundance of crop that they don't have the physical ability or the time to harvest and they would like to see it go to good use.



Many communities in Canada have founded organizations to assemble volunteers to pick these "leftovers". The volunteers either split the pickings among themselves or divide them among the

homeowner, food banks, and the volunteers.

We have found a free program online which allows property owners to list their fruit and allows those who wish to glean to find those locations. We encourage you and those you know with too much fruit to pick to register your trees and bushes. The website is: **fallingfruit.org**

Our hope is that the use of this website will connect those in the community who wish to prevent food waste with people who are interested in using and preserving local food.

- Alison Van Dyke  
Food Security Coordinator

## Average Savings for a Large Box in July:

**\$10.66**

Good Food Box		Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
		Cost	Savings											
Large	\$20	\$25.00	\$5.00	\$31.69	\$11.69	\$28.43	\$8.43	\$35.99	\$15.99	\$28.33	\$8.33	\$34.53	\$14.53	\$10.66
Regular	\$15	\$17.47	\$2.47	\$24.71	\$9.71	\$18.96	\$3.96	\$24.01	\$9.01	\$21.89	\$6.89	\$23.55	\$8.55	\$6.77
Small	\$10	\$12.23	\$2.23	\$16.72	\$6.72	\$14.97	\$4.97	\$15.23	\$5.23	\$13.43	\$3.43	\$14.57	\$4.57	\$4.53

**Phone:** (403)502-6096

**Email:** communityfoodconnections@gmail.com

**Website:** www.foodconnections.ca

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

**Twitter & Instagram:** @CFCA\_MH

## One Pot Unstuffed Cabbage Rolls

- 1 lb. lean ground beef
- 2-3 garlic cloves
- ½ cup of onion, diced
- 1 small green head of cabbage, chopped (about 4 cups)
- 28 oz. can of diced tomatoes
- 1 8oz. can of tomato sauce
- ½ cup beef broth
- 1 tsp. paprika
- 1 Tbsp. brown sugar
- 2 tsp. salt
- 1 tsp. pepper



In a large deep skillet or dutch oven, brown ground beef, onions & garlic together. Cook until brown and crumbly. Add remaining ingredients and bring to a boil. Cover & reduce heat, and simmer until cabbage is tender, approximately 30 minutes. Serve over rice.

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## Hearty Minestrone Soup

- 4 tablespoons butter
- ¾ cup chopped onion
- ½ cup chopped carrots
- ¼ cup chopped celery
- 1 (32 ounce) container chicken broth
- 1 (19 ounce) can cannellini beans
- 1 (14.5 ounce) can stewed tomatoes
- 1 ½ cups cubed potatoes
- ½ cup shredded cabbage
- 2 tablespoons dried parsley
- 1 tablespoon tomato paste
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ cup elbow macaroni
- ½ cup grated Parmesan cheese



Melt butter in a heavy stockpot over medium heat. Add onion, carrots, and celery; sauté until beginning to soften, 3 to 4 minutes. Add broth, beans, tomatoes, potatoes, cabbage, parsley, tomato paste, garlic, and salt; bring to a boil. Reduce the heat, cover, and simmer until vegetables are tender, about 1 hour. Add pasta and simmer for 30 minutes more. Adjust seasoning as needed. Ladle into bowls and garnish with Parmesan cheese.