

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadlines

In person with cash or cheque when you pick up your box:

Thursday, April 8th

Online orders with credit card or PayPal:

Thursday, May 6th

Advisory Committee Meeting

We are currently not holding the Advisory Committee meetings due to COVID-19.

Next Pick-Up Date

2-6pm Thurs. May 13th

2nd Thursday of the month

Good Food Club News

Thank you to everyone who filled out our annual survey. Your participation helps us know that we are meeting the needs of the club members!

Do you check the price comparison chart below each month? The March price comparison is one of the biggest savings I've seen since I've been in this position.

Canada's Food Price Report 2021 predicted the overall average cost of food to rise 3 to 5 per cent overall. Meat and vegetable prices are expected to increase between 4.5 and 6.5 per cent, while fruits are expected to cost between 2 and 4 per cent more.

Ongoing relationships with local producers, and the ability to guarantee them consistent large sales, means that they are

more willing to give us a deal on our purchases. So please encourage your family and friends to join the club as it's for anyone in the Medicine Hat and Redcliff area!

- Alison Van Dyke
Food Security Coordinator



Average Savings for a Large Box in March:

\$20.44

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	
\$34.74	\$14.74	\$37.87	\$17.87	\$45.76	\$25.76	\$39.86	\$19.86	\$42.90	\$22.90	\$41.51	\$21.51	\$20.44
\$26.77	\$11.77	\$31.28	\$16.28	\$31.85	\$16.85	\$30.89	\$15.89	\$33.99	\$18.99	\$32.04	\$17.04	\$16.14
\$14.74	\$4.74	\$18.75	\$8.75	\$17.40	\$7.40	\$17.75	\$7.75	\$18.82	\$8.82	\$17.95	\$7.95	\$7.57

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Parsnips

Parsnips are root vegetables and belong to the carrot family. They have been grown in Europe since Roman times. The word parsnip is from the Latin 'pastus' meaning food and 'sativa' meaning cultivated. Parsnips have a delicate, sweet and slightly nutty flavour. Different parsnip varieties have very subtle taste variations and slightly different shapes. The sweet flavour comes when starch is converted to sugar. This happens in cold weather, preferably when frosts occur. For pre-winter crops store parsnips at low temperatures (0°C) and some starch conversion to sugar will occur.

What to look for - Look for smooth and firm parsnips. Small to medium sized parsnips are the best quality, preferably around 5-7 cm shoulder diameter and approximately 19-25 cm in length. Avoid large coarse roots, which usually have woody or fibrous centres. Different varieties are available with slightly differing shaped tapers but taste variations are marginal.

Store - Refrigerate in plastic bags.

How to prepare - Trim ends and peel. Cut into even portions or, if small, use whole. Remove woody centres from large parsnips. Young parsnips do not need peeling, however, older and tougher parsnips may need to be peeled. Cooking time depends on the size of the pieces and the age of the parsnip; the cooked pieces should be tender but still firm.

Ways to eat - Parsnips make delicious chips or wedges; chop and add to braises or stews; use in stir fries, salads, pies, soups, soufflés. Parsnips can included with other roast vegetables; boiled and mashed with carrots and parsnip cake is similar in texture to carrot cake.

Cooking methods - Bake, boil, microwave, roast, sauté, steam, stew.

Nutrition - Parsnips are a good source of dietary fibre and vitamin K, a source of niacin, pantothenic acid and vitamin C, and contains potassium at levels of dietary significance. While not rich in phytonutrients, parsnips do contain falcarinol (also found in carrots), which may be protective against some cancers.

Vegetable Pot-au-Feu - Bon Appetit

Serves 4 as a side dish

2 large carrots, peeled, cut on a diagonal into 2" pieces

2 large leeks, white and light-green parts only, cut on a diagonal into 2" pieces

2 large or 3 medium parsnips, peeled, halved lengthwise if large (remove woody center, if needed), cut on a diagonal into 2" pieces

1/2 medium head of savoy cabbage, cut into 4 wedges, each with some core attached

2 flat-leaf parsley sprigs plus 1 tablespoon chopped for garnish

5 cups homemade chicken stock or low-sodium canned chicken broth

Salt and Pepper to taste



Place carrots, leeks, parsnips, cabbage, parsley sprigs, and stock in large heavy pot. Bring to a boil; reduce heat to low, cover, and simmer until vegetables are tender but not falling apart, about 20 minutes. Serve.