



MAY 2021

# 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, May 13th

**Online orders with credit card or PayPal:**  
 Thursday, June 3rd

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

**Next Pick-Up Date**  
 2-6pm Thurs. June 10th  
 2nd Thursday of the month

## Good Food Club News

Community Food Connection Association's Annual General Meeting will be taking place on Zoom on Thursday, June 17 at 10:00am. 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.



CFCA & Resilient.SEA are hoping to co-host several garden tours during July and August and we are looking for people who are willing to showcase their yards and gar-

dening techniques! We are looking for unique gardening practices and landscaping which highlight such things as xeriscaping, water conservation or capture systems, permaculture guilds, unique fruit production, yard conversion to food production, low maintenance landscaping, etc.

We will be limiting groups to a total of 10 people including hosts, and each event will require registration to participate.

If you are a gardener who is willing to open your yard, please email me at [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com), or phone 403-502-6096.

- Alison Van Dyke  
 Food Security Coordinator

### Average Savings for a Large Box in April:



Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings	Cost	Savings	Cost	Sav-	Cost	Savings	Cost	Savings	Cost	Savings	
\$28.25	\$8.25	\$26.37	\$6.37	\$24.03	\$4.03	\$34.86	\$14.86	\$24.18	\$4.18	\$33.84	\$13.84	\$8.59
\$19.76	\$4.76	\$18.64	\$3.64	\$16.08	\$1.08	\$26.63	\$11.63	\$17.76	\$2.76	\$20.98	\$5.98	\$4.98
\$11.98	\$1.98	\$13.40	\$3.40	\$11.19	\$1.19	\$15.90	\$5.90	\$12.59	\$2.59	\$14.92	\$4.92	\$3.33

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

# EGGPLANT

**Usage** - Baked, microwaved, roasted or fried.

**Selection** - Good quality eggplant should be firm, dark-colored with smooth & shiny skin with a fresh looking green "cap" on the stem end. Eggplant can be any size from small to quite large and varieties will vary from egg-shaped to almost round. For the most common variety, a small to medium eggplant is best with larger eggplant tending to be more bitter and less tender.

**Avoid** - Avoid product that is soft, has blemishes, discolored marks or soft spots. Eggplant with wrinkled and dull colored skin indicates old product.

**Storage** - Always store eggplants in your refrigerator. Handle as little as possible and only wash just prior to use.

**Ripening** - In general, vegetables will not ripen further after harvest.

## Nutrition Facts

Serving Size 99 g-1 cup, cubed

### Amount Per Serving

Calories 35      Calories from Fat 2

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 1mg      0%

Total Carbohydrate 9g      3%

Dietary Fiber 2g      10%

Sugars 3g

Protein 1g

Vitamin A 1% • Vitamin C 2%

Calcium 1% • Iron 1%

### Baba Ghanoush - Eggplant Dip

1 medium to large Eggplant  
1.5 tsp. Lemon Juice  
1 Tbsp. Tahini Paste  
2 cloves of Garlic  
½ tsp Salt  
1 Tbsp Greek Yogurt or thick plain yogurt (optional, you can always add later to check if you want it or not).

Preheat the oven to 400 degrees. Puncture the eggplant and roast it on a baking sheet at 400 degrees for 40 minutes. Then place the eggplant in a bowl and cover with a cling wrap. Once it cools down, you can easily peel it and extract just the pulp.

Add the garlic, lemon juice and tahini paste, blend in a blender or food processor.

If you feel you want it a little creamier and eggplant-garlic taste is a bit too strong, add Greek yogurt or sour cream and blend well.

Serve with pita bread or crackers.



### Roasted Eggplant, Zucchini & Peppers

1 medium eggplant, cut into 1/2 inch cubes  
2 small zucchini, quartered and cut into 1/2 inch cubes  
1 red, orange, or yellow pepper, cut into 1/2 inch pieces  
1 onion, diced  
3 cloves of garlic, minced  
3 Tbsp. olive oil  
2 tsp. Greek seasoning (Clubhouse has a nice blend)  
**OR (not both)**  
1/2 tsp. salt  
1/2 tsp. pepper  
1 tsp. dried thyme or 1 Tbsp. fresh thyme

Preheat oven to 400°. Toss all ingredients together and spread over a parchment-lined cookie sheet. Bake for 25-30 minutes until vegetables are cooked through. Can be served hot or as a cold vegetable salad.

