

AUGUST 2022



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, August 11th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, September 1st.

Online orders with credit card or PayPal until Thursday, September 1st

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, September 8th

Food Talk Newsletter



Fruit bushes & trees are beginning to bear fruit and so it's time to start thinking about ripenear.me, the website that allows property owners to list their fruit and allows those who wish to pick to find those locations. The website is: www.ripenear.me

This website is designed for private homeowners who wish to connect with people who are interested in using and preserving local food.

Do you have neighbours, friends and family with extra fruit? You can suggest that they list their trees or bushes on the www.ripenear.me website.

Average Savings for a Large Box in July:



Savings show as significantly less as many of the stores don't have all of the items we include in the box.

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	
\$25.42	\$5.42	\$24.53	\$4.53	\$25.95	\$5.95	\$10.26	-\$9.74	\$29.28	\$9.28	\$18.34	-\$1.66	\$2.30
\$15.44	\$0.44	\$16.55	\$1.55	\$18.97	\$3.97	\$10.26	-\$4.74	\$17.34	\$2.34	\$18.43	\$3.43	\$1.17
\$11.96	\$1.96	\$8.77	-\$1.23	\$9.74	-\$0.26	\$4.78	-\$5.22	\$9.41	-\$0.59	\$4.77	-\$5.23	-\$1.76

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Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Cauliflower

Cauliflower, from the Latin word meaning 'cabbage flower', is a member of the brassica family.

Cauliflower has been grown for more than 2,000 years. Native to the Mediterranean, it has been part of the European diet for about 500 years.

What to look for - Check the colour and freshness of leaves that are close to the head (known as curds). The best cauliflower will have white heads that are clean and compact. The curds should be firm with no parts breaking away.

Store - Refrigerate in paper bags.

How to prepare - Cut into florets or leave whole. Cauliflower is best cooked for a short time until tender but still slightly crisp. Avoid overcooking as the taste will be inferior and the heads will disintegrate. To lightly cook cauliflower florets for use in salads or to serve with dips, simply place in boiling water for 2-3 minutes, drain and cool under cold running water.

Ways to eat - Add raw or lightly cooked to salads, make into pickles, add to soups, braises and stir fries. Use as crudités, either raw or blanched, served with dip or dipping sauce. Serve steamed or boiled with a white or cheese sauce.

Cooking methods - Boil, braise, microwave, roast, steam, stir fry.

Nutrition - Cauliflower is a good source of vitamin C, a source of dietary fibre, folate and vitamin B6, and contains a dietary significant amount of potassium. One serving of cauliflower (1 cup raw) contains 120% of an adult's daily requirement for vitamin C. As a member of the Brassica family of vegetables it contains phytonutrients such as glucosinolates, carotenoids and phenolic compounds.

Roasted Garlic Cauliflower

2 Tbsp. minced garlic

3 Tbsp. olive oil

1 large head of cauliflower, separated into florets

1/3 Cup grated parmesan cheese

Salt & pepper to taste

1 tbsp. chopped fresh parsley

Preheat oven to 450°. Grease a large casserole dish.

Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt & pepper to taste.

Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3-5 minutes, until golden brown.

Curried Cauliflower

1 head of cauliflower - broken up and cooked in salted water just until barely cooked, still firm.

1 can of Condensed cream of chicken soup

1/3 Cup light mayonnaise

1 Cup grated cheddar cheese

1 tsp. Curry powder

2 Tbsp. butter

1/2 Cup dry bread crumbs

Drain the cooked cauliflower and put into a 2 quart (2 L) casserole dish. Mix together soup, mayonnaise, cheese and curry powder. Spoon over top. Melt butter in a small saucepan, stir in crumbs to coat. Sprinkle over top. Bake uncovered in 350° oven for 30-40 minutes.