

DECEMBER 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

# Food Talk Newsletter

## DATES TO REMEMBER

### Ordering Options

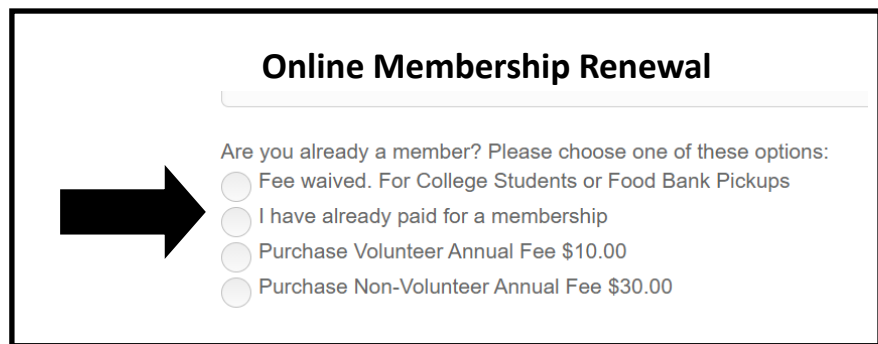
In person with cash or cheque when you pick up your box:  
Thursday, Dec 8th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, January 5th

Online orders with credit card or PayPal until Thursday, January 5th

Next Pick-Up Date  
2nd Thursday of the month  
2-6pm Thursday, January 12th

2023 memberships are now due. Below is a screenshot of where you choose your membership option when ordering online.



Average Savings for a Large Box in November:



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	
\$38.57	\$18.57	\$41.71	\$21.71	\$14.24	-\$5.76	\$38.21	\$18.21	\$31.64	\$11.64	\$31.18	\$11.18	\$12.59
\$22.62	\$7.62	\$26.42	\$11.42	\$10.16	-\$4.84	\$22.92	\$7.92	\$18.72	\$3.72	\$20.04	\$5.04	\$5.15
\$14.66	\$4.66	\$18.27	\$8.27	\$9.16	-\$0.84	\$17.27	\$7.27	\$12.38	\$2.38	\$13.52	\$3.52	\$4.21

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

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

## Greek Salad

### Ingredients:

Equal amounts -

Ripe tomatoes, chopped

Cucumbers, chopped

Peppers, chopped

1 small onion, chopped

1/4 cup olive oil

4 teaspoons lemon juice

1 1/2 teaspoons dried oregano

salt and pepper to taste

1 cup crumbled feta cheese

6 black Greek olives, pitted and sliced



### Directions:

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Serve.

## Honey Roasted Carrots

Honey roasted carrots are deliciously tender and sweet. Baked whole with olive oil and glazed with honey, they make a sensational side dish for any meal.

### Ingredients:

8 medium whole peeled carrots

3 tablespoons olive oil

1/4 cup honey

salt and ground black pepper to taste



### Directions:

Preheat an oven to 350 degrees F (175 degrees C). Place whole carrots in a baking dish, and drizzle with olive oil. Mix until carrots are completely covered with oil. Drizzle honey over top, then season with salt and pepper; mix until evenly coated. Bake in the preheated oven until carrots are just tender, about 30 minutes, or longer if you prefer softer carrots.

## French Onion Soup

1/4 cup butter

5 medium onions, thinly sliced

1 bay leaf

1/2 tsp dried thyme

2 Tbsp. balsamic vinegar

3.5 cups of beef stock

1 tsp. salt

1/2 tsp. black pepper

8 slices (1 inch thick) French bread or baguette toasted

1 1/2 cups grated Gruyere, mozzarella or swiss cheese



Heat the butter in a soup pot over medium heat until it is melted. Add the onions, bay leaf, and thyme. After 15 minutes, or as soon as the onions begin to brown, reduce the heat to medium low and cover, stirring frequently, until the onions assume a deep brown hue, about 30-40 minutes. Take care to not overcook the onions. Stir in the remaining ingredients and simmer for 20 minutes while partially covered. Remove the bay leaf before serving.

You can use individual oven-proof bowls or one large casserole dish to serve. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350° F, or until the cheese bubbles and is slightly browned.