

October 2024

FOOD TALK NEWSLETTER

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, Oct. 10th

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

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

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, November 14th



Don't forget about our new North East Crescent Heights Depot Location!

Holy Trinity Anglican Catholic Church located at 402 - 12th Street N.E.

The depot location will be open from 4-6pm. Please let me know if you would like to move from your current pick-up location to this new location.



PHONE: (403)502-6096

EMAIL:

COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH

FRIED CABBAGE WITH BACON, ONION, AND GARLIC

>>> INGREDIENTS

6 slices bacon, chopped
1 large onion, diced
2 cloves garlic, minced
1 large head cabbage, cored and sliced
1 teaspoon salt, or to taste
½ teaspoon ground black pepper
½ teaspoon onion powder
½ teaspoon garlic powder
⅛ teaspoon paprika



>>> DIRECTIONS

Place bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes.

Add onion and garlic; cook and stir until onion caramelizes, about 10 minutes.

Immediately stir in cabbage and continue to cook and stir another 10 minutes.

Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.

