

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

HOW TO STORE YOUR PRODUCE IN THE FRIDGE



Asparagus

Stand it up in a jar with an inch of water and cover loosely with a plastic bag.



Mushrooms

Store in a paper bag.



Packaged Lettuce

Add a paper towel inside to absorb moisture.



Corn

Store inside husks to prevent the kernels from drying out.



Tender herbs

(e.g., cilantro, parsley, mint): Stand them up in a jar with an inch of water and cover loosely with a plastic bag.



Leafy Greens

Wash, dry, and store in a salad spinner or sealed bag/container with a paper towel.



Root Vegetables

with tops (e.g., beets, radishes, carrots): Remove the tops and store them separately in sealed bags/containers.

TIPS TO PROLONG THE SHELF LIFE OF PRODUCE

- 1 Keep your fruits and vegetables separate, as some fruits release ethylene gas, which can spoil vegetables quicker.
- 2 Wash your produce before eating and not before storage. Leafy greens are an exception and store better once washed and dried.
- 3 Some fruits and vegetables should be stored at room temperature. Refer to our Produce Storage Guide for more information.

WHAT ARE CRISPER DRAWERS?

Crisper drawers are the plastic drawers found at the bottom of the fridge and were designed to store fruits and vegetables. These drawers help to control the amount of humidity produce gets exposed to. When used correctly, crisper drawers can keep your produce fresher for longer.

HIGH HUMIDITY CRISPER DRAWER

Store veggies that are thin-skinned or prone to wilting, such as beans, broccoli, carrots, cauliflower, cucumbers, peppers, and leafy greens.

LOW HUMIDITY CRISPER DRAWER

Store fruits that release ethylene gas and are prone to rotting, such as apples, ripe avocados, ripe pears, ripe mangoes, and ripe stone fruit.



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To find more recipes and easy tips visit HalfYourPlate.ca

\$5 FOR 38 LITRE RUBBERMAID CONTAINERS WITH LIDS. TALK TO ALISON FOR MORE INFORMATION.

FOR SALE



PARSNIPS & CARROTS WITH HONEY & CHINESE FIVE-SPICE

>>> INGREDIENTS

1 lb. of parsnips, peeled and cut into rounds or quarters lengthwise
1 lb. of carrots, peeled and cut into rounds or quarters lengthwise
4 tablespoons olive oil
1 teaspoon Chinese five-spice
salt & pepper to taste
2 tablespoons honey

DIRECTIONS >>>

Preheat the oven to 350°. Grease a casserole dish or baking sheet.
Toss the parsnips and carrots in the olive oil and season with the Chinese five-spice and salt and pepper so that they are evenly coated.
Place the parsnips in the oven dish and roast for 40 minutes, or until they are golden and tender. Add the honey and toss it through the vegetables.



CREAMY POTATO & PARSNIP GRATIN

>>> INGREDIENTS

4 potatoes, peeled & thinly sliced
4 parsnips, peeled & thinly sliced
1/2 tsp. dried thyme
Garlic salt
Pepper
1 cup of whipping cream

>>> DIRECTIONS

Generously butter a 9x9 casserole dish. Arrange a single layer of potatoes in the dish. Sprinkle lightly with some thyme, garlic salt & pepper. Cover with a layer of parsnips. Sprinkle with seasonings. Repeat layer with remaining vegetables. Pour cream over the vegetables.

Cover & bake in the oven at 375° on a baking sheet for 30 minutes. Uncover and bake for another 30 minutes until the top is brown and crusty and the potatoes are tender.



DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, February 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until:
Thursday, March 6th

Online orders with credit card or PayPal until:
Thursday, March 6th

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, March 13th

PHONE: (403)502-6096

EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH