

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

How to Waste Less Food



Revive Your Veggies

 Wilted lettuce, limp carrots & celery: Revive them in a container or cup of cold water



Shop Smart

Buy fruits and veggies with both:

- · Short shelf life e.g., berries, leafy greens, and
- Long shelf life e.g., apples, carrots



Store properly

- Most fruits and veggies belong in the fridge. But some should be stored on the countertop or in a cool, dark, and dry place
- Check out our Half Your Plate produce storage guide for more information



Embrace Root-To-Stem Cooking · Stalks (broccoli and

- Stalks (broccol) and caulifl ower): Shred and add to salads
- Tops (beets, carrots, and radishes): Stir-fry with garlic
- Ends (onions, celery, and carrot): Freeze and make a homemade broth



Freeze Fruit That Are Close To Spoilage

Jse in:

- Smoothies
- · Muffi ns and pancakes
- · Jams



Freeze Veggies That Are Close To Spoilage

Use in:

- · Tomato sauces
- Soups
- Veggie fritters

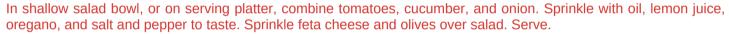
GREEK SALAD

>>> INGREDIENTS

Equal Amounts: Chopped cucumbers Chopped tomatoes Chopped peppers

1 small red onion 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 Black Greek olives, pitted and sliced







DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:

Thursday, March 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until: Thursday, April 3rd

Online orders with credit card or PayPal until: Thursday, April 3rd

Next Pick-Up Date 2nd Thursday of the month 2-6pm Thursday, April 10th



ASIAN PEARS

Asian pears are a type of pear native to East Asia, known for their crisp, apple-like texture and sweet, slightly floral flavor, and they are different from European pears in both shape and texture.

Uses: Asian pears are commonly eaten fresh, as a snack or dessert, and are also used in salads, kimchi, and even in meat marinades to help tenderize the meat.

Origin: Asian pears are a species of pear tree native to southern China and northern Indochina, and have been introduced to Korea, Japan, and other parts of the world.

Other names: Also known as apple pears or Korean pears

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