

# 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 cauliflower): 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

Use in:

- Smoothies
- Muffins 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

## 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.



# 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

## 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

PHONE: (403)502-6096

EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA\_MH