

DATES TO REMEMBER

Payment Deadlines

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

Thursday, March 11th

Online orders with credit card or PayPal:

Thursday, April 1st

Advisory Committee Meeting

We are currently not holding the Advisory Committee meetings due to COVID-19.

Next Pick-Up Date

2-6pm Thurs. April 8th
2nd Thursday of the month

Good Food Club News

Seed Exchange 2021

This year's seed exchange is going to look a little different than years past, but we still wanted to give gardeners the opportunity to share their seeds with others!

We are going to utilize the Little Free Libraries around the city for contactless seed exchange.

This year's seed exchange will be spread over a week, running from March 22-28, it will start on World Water Day on March 22nd and include Earth Hour on March 27th.

Please see our Facebook event for more information and details on how to participate. To find us on Facebook search for 'Community Food Connections Association'.

Good Food Club Depots

We continue to work around government restrictions when it comes to accessing previous depot locations. I do not anticipate being able to access previous depots until the Fall at the earliest. Until then, we will continue with the St. Barnabas and Redcliff Public Library depots. Thank you for accommodating these changes and any inconvenience this may cause for you.

- Alison Van Dyke
Food Security Coordinator



Average Savings for a Large Box in February:

\$13.57

Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings											
\$29.46	\$9.46	\$34.33	\$14.33	\$32.09	\$12.09	\$34.03	\$14.03	\$29.83	\$9.83	\$41.70	\$21.70	\$13.57
\$16.89	\$1.89	\$24.37	\$9.37	\$21.34	\$6.34	\$24.07	\$9.07	\$19.59	\$4.59	\$30.22	\$15.22	\$7.75
\$11.61	\$1.61	\$15.01	\$5.01	\$13.87	\$3.87	\$14.71	\$4.71	\$14.00	\$4.00	\$19.24	\$9.24	\$4.74

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Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Bok Choy

Bok Choy, also known as Chinese White Cabbage, is a cruciferous vegetable that is a member of the cabbage family. It has a round tender white bulb on the bottom with long celery looking stalks and dark leafy greens on top. The entire vegetable is edible and can be enjoyed either raw or cooked.

NUTRITION - Bok choy is a powerhouse. It's rich in vitamins C, A, and K and is also packed with calcium, magnesium, and iron.

SHOPPING - When you are shopping for bok choy, you want them to look nice and fresh and vibrant and try to avoid any that look wilted or rubbery on the bottom, you want them to look nice and crisp and healthy.

STORING - Once you have them home, just make sure they are wrapped tightly in plastic bag, (the one from the grocery store is perfect), with as little air as possible. This should last in your veggie drawer for at least 5 days.

PREPARATION - When you are ready to work with your bok chop start by giving it a good rinse under some cold water. Trim off the root end and then run the stalks under cold water, being sure to wash the leafy tops as well. The stems cook slower than the leaves, so only add the leaves towards the end of the cooking time.

COOKING - When bok choy is cooked, the stems become tender and creamy and the leaves are fresh and bright. Steaming, broiling, and stir frying are all great ways to cook your bok choy.

Chinese-Style Bok Choy with Mushroom Sauce

Ingredients

2 tablespoons oyster sauce

1 tablespoon soy sauce

2 teaspoons brown sugar

1 teaspoon corn starch

1 tablespoon water

1/4 teaspoon vegetable oil

1 head bok choy

3 tablespoons olive oil

2 tablespoons minced green onion

1 tablespoon minced garlic

2 cups of sliced fresh mushrooms

In a bowl, mix together the oyster sauce, soy sauce, and brown sugar until the sugar has dissolved. Mix the corn starch and water in a small bowl, and stir it into the oyster sauce mixture until smooth.

Heat the olive oil in a large skillet or wok until the oil shimmers, then toss the green onion and garlic in the hot oil until fragrant, about 20 seconds; stir in the mushrooms and sliced stem of the bok choy. Cook the mushrooms and bok choy, stirring often, until they are tender, about 5 minutes. Once the mushrooms and bok choy stems are close to being cooked, add the reserved bok choy leaves. Pour in the oyster sauce mixture, then stir until the sauce is thickened and coats the mushrooms, 30 seconds to 1 minute. Serve over a bed of rice.

