

FEBRUARY 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Food Talk Newsletter

DATES TO REMEMBER

Payment Deadlines

In person with cash or cheque when you pick up your box:
Thursday, Feb. 10th

Online orders with credit card or PayPal:
Thursday, March 3rd, 2022

Next Pick-Up Date
2-6pm Thurs. March 10th
2nd Thursday of the month

Seed Starting

The weather outside may be cold, but now is the time to be ordering seeds and planning on seed starting times for this gardening year. Due to our shorter growing season, many plants need to be started indoors in February or March in order to have produced a harvest by the first fall frost. Some common examples of plants that need early start times are tomatoes, peppers, eggplants and celery.

If you are a first-time gardener, you may choose to purchase your seed at any number of local garden nurseries or hardware stores. You may find though, with time and experience, that you become more particular about what you are growing, especially if you are working with limited space. Canadian seed houses are great options for finding that specific heritage variety you are looking for, or guaranteeing that you are choosing plants that will grow in your gardening zone.

You do not need a lot of fancy equipment to start your seeds. A sunny window and a few other supplies will get you started. Small containers, made from newspaper forms, toilet roll tubes, empty

milk cartons, or disposable cups with drainage holes, can all be used to start seeds. You can also use peat or coconut coir plant pots which can be placed directly into your garden when it comes time to plant outdoors. These are filled with a potting mix and set in a tray with sides for easy watering. You can purchase plastic trays specific to this purpose, but I've also seen people use old cookie sheets. I prefer to water my seeds from the bottom by adding water to the tray until the soil is saturated. This prevents the seeds and tiny seedlings from being dislodged, which can happen easily when watering from above. Planting instructions and seed starting times are given on individual seed packets particular to that plant, so be sure to read them over when purchasing, to make sure you have ample time and space for growing them.

Seeds of Diversity has compiled a Canadian Seed Catalogue Index to help you find specific varieties of seeds from within Canada. Happy seed starting!
www.seeds.ca/diversity/seed-catalogue-index

- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in January:



Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings									
\$27.26	\$7.26	\$37.39	\$17.39	\$35.00	\$15.00	\$32.67	\$12.67	\$28.04	\$8.04	\$12.07
\$20.26	\$5.26	\$29.22	\$14.22	\$28.44	\$13.44	\$26.40	\$11.40	\$24.60	\$9.60	\$10.78
\$14.51	\$4.51	\$18.24	\$8.24	\$19.48	\$9.48	\$18.68	\$8.68	\$16.37	\$6.37	\$7.46

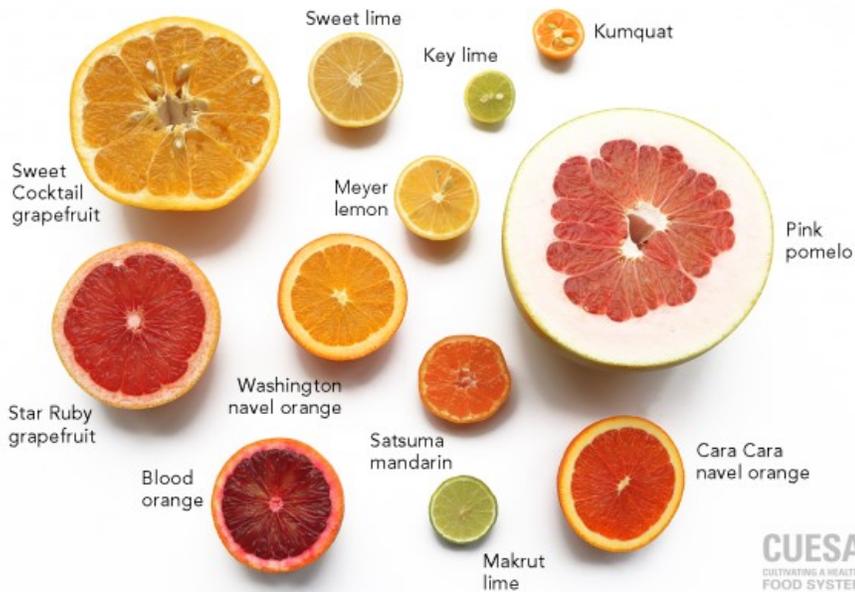
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**Did you know that it's
Citrus Season?
Citrus is in season from
January until May or June.
This means that citrus fruits
are more flavourful and
affordable during this time.**

CUESA
CULTIVATING A HEALTHY
FOOD SYSTEM

Fried Cabbage with Bacon, Onion, and Garlic

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



Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the 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.

Rustic Potato Soup with Cheddar and Green Onions

- 3 cups water
- 2 pounds unpeeled russet potatoes
- 2 cups milk
- 2 teaspoons butter
- ½ teaspoon salt
- ¼ teaspoon pepper
- Approximately ½ cup finely chopped green onions
- 1 cup shredded sharp Cheddar cheese



Heat water to boiling in 4-quart Dutch oven. Meanwhile, cut potatoes into ½-inch cubes. Add potatoes to boiling water; return to boiling. Reduce heat; cover and simmer 5 to 7 minutes or until tender. Drain potatoes well; reserve 2 cups potatoes. Place remaining potatoes (about 3 cups) in blender. Add 1 cup of the milk; cover and blend until smooth, adding additional milk if necessary. Return blended mixture to Dutch oven. Add reserved 2 cups potatoes, remaining 1 cup milk, the butter, salt, pepper, ¼ cup of the onions and ¾ cup of the cheese to saucepan. Cook over medium heat 5 to 10 minutes, stirring frequently, until soup is hot and cheese is melted. To serve, spoon soup into 4 individual soup bowls. Top each with 1 tablespoon each of the remaining onions and cheese.