

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

### Payment Deadline

Tues. March 28th  
Last Tuesday of the month

### Advisory Committee Meeting

Tues. 1pm April 4th  
1st Tuesday of the month  
Hillcrest Church  
3785 - 13th Ave SE  
North Entrance  
All Members Welcome!

### Next Pick-Up Date

Tues. April 11th  
2nd Tuesday of the month

## Good Food Club News

People increasingly want to know where their food is coming from. Every year our annual survey indicates that supporting local food is the most important aspect of belonging to the Good Food Club for our members.

While sourcing local fruit isn't possible, we do try to get all our vegetables from local producers. By local, I mean that most all of them come from within 100km of Medicine Hat with the rest being sourced from within Alberta.

As much as possible, we also purchase B.C. fruit. It is only tropical and warmer climate fruits that we typically have to order from out of country.

I am always looking for local producers with unique items. If you

know of a local grower who would be able to provide high quality produce for our Club, please be sure to pass along their contact information.

Here is a list of where our produce this month has come from:

- Mini Cucumbers - Market Centre
- Tomatoes - Red Hat Co-op
- Butter Lettuce - Red Hat Co-op
- Garlic - Downey Lake Colony
- Russet Potatoes - Vauxhall
- Mushrooms - Airdrie
- Gala Apples - B.C.
- Navel Oranges - California
- Cantaloupes - imported



- Alison Van Dyke,  
Food Security Coordinator

Average Savings for a Large Good Food Box in February:

**\$8.32**

		Co-op		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
<b>Large</b>	<b>\$20</b>	\$35.74	\$15.74	\$31.57	\$11.57	\$26.44	\$6.44	\$19.53	-\$0.47	<b>\$8.32</b>
<b>Regular</b>	<b>\$15</b>	\$25.22	\$10.22	\$21.31	\$6.31	\$19.51	\$4.51	\$16.45	\$1.45	<b>\$5.62</b>
<b>Small</b>	<b>\$10</b>	\$16.20	\$6.20	\$15.01	\$5.01	\$13.42	\$3.42	\$11.03	\$1.03	<b>\$3.92</b>

**Phone:** (403)502-6096

**Email:** communityfoodconnections@gmail.com

**Website:** www.foodconnections.ca

**Facebook:** 'Community Food Connections Association'

**Twitter & Instagram:** @CFCA\_MH



## Greek Salad

### Ingredients:

Equal amounts -  
Ripe tomatoes, chopped  
Cucumbers, chopped

1 small red onion, chopped  
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  
6 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.



## Yellow Fruit Salad

### Mix together:

1 navel orange, peeled and segments cut into pieces  
2 small apples, cored and cut into cubes  
1 can pineapple pieces with juice  
1 large or 2 small bananas, sliced

Mix together and refrigerate until serving.



## Butter Lettuce Salad with Tarragon & Citrus-Honey Vinaigrette

### Ingredients:

1/2 lemon, zested and juiced  
1/2 lime, zested and juiced  
1.5 teaspoon honey  
1/2 teaspoon Dijon mustard  
3 tablespoons canola oil  
Sea salt & freshly ground black pepper  
1 head butter lettuce  
1/4 cup chopped fresh tarragon leaves



### Directions:

Whisk the lemon zest and juice, lime zest and juice, honey, and mustard in a bowl and season to taste with salt and pepper. Slowly drizzle in the canola oil while whisking constantly until completely emulsified.

Trim off the core from each head of lettuce and separate the leaves. Rinse the lettuce leaves in a bowl of cold water and spin dry. Rip up the leaves into bite size pieces. Place in a large bowl and season with salt and pepper. Add the tarragon leaves and gently toss the lettuce with enough vinaigrette to coat lightly.

## Minty Cucumber & Cantaloupe Salad

### Ingredients:

1 large ripe cantaloupe  
4 medium cucumbers (or 2 large ones)  
1/2 tsp. salt  
8 oz feta cheese, cubed or crumbled  
About a dozen medium-sized mint leaves, very finely chopped

For the Honey-Lime Dressing:

1/4 cup olive oil  
2 tbsp. vinegar  
Juice of one lime  
2 tbsp. honey  
Salt and pepper to taste



### Directions:

Cut the cantaloupe in half and scoop out the seeds. With a melon baller, carve out as many balls as you can get out of your cantaloupe. Chop the cucumbers in thin, quartered slices. Place the cucumber slices and melon balls in a colander and sprinkle with 1/2 tsp salt, toss gently with your hands. Place the colander over a bowl and allow the juices to drain for about 20 minutes. (Keep the juice for smoothies!) Place the cucumber and cantaloupe balls in a salad bowl. Add the cubed feta and chopped mint. Place all salad dressing ingredients in a lidded jar and shake vigorously. Pour on the salad, toss gently, and serve cold.