

DATES TO REMEMBER

Payment Deadline
Tues. March 27th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm April 3rd
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date
Tues. April 10th
2nd Tuesday of the month

Good Food Club News



We are looking for volunteers to sit at our booth for this event and pass out information. This is a great opportunity for people who are not able to assist as volunteers on pick-up day.

WHAT: City of Medicine Hat Workplace Wellness Fair to share information about Community Food Connections and to provide information to the attendees about Community Gardens, the Good Food Club and Community Kitchens.

WHERE: The Workplace Wellness Fair will be at the Esplanade in the Studio Theatre

WHEN: Tuesday March 20, 2018 between 10:00 AM and 6:00 PM and on **Wednesday March 21, 2018** between 9:00 AM and 5:00 PM.

Parking is available on the street or paid parking is available in the Esplanade underground parking lot. I will have the booth set up in advance and will also do the take-down at the end of the event.

Please call or email me if you are able to take any shifts during this two-day period.

communityfoodconnections@gmail.com or call (403)502-6096

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in February:

\$10.18

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$31.54	\$11.54	\$28.03	\$8.03	\$28.18	\$8.18	\$34.48	\$14.48	\$28.69	\$8.69	\$10.18
Regular	\$15	\$23.88	\$8.88	\$19.88	\$4.88	\$20.56	\$5.56	\$26.18	\$11.18	\$22.21	\$7.21	\$7.54
Small	\$10	\$16.30	\$6.30	\$17.90	\$7.90	\$13.74	\$3.74	\$18.20	\$8.20	\$14.64	\$4.64	\$6.16

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

RED POTATOES

Red potatoes are a perfect choice for soups and potato salads because of their firmness and texture.

Usage - Baked, roasted & fried, potato salad, and added to soups.

Selection - Good-quality potatoes will be firm, smooth-skinned and have bright-red coloring. Good quality potatoes should have few eyes, and those few should be shallow.

Avoid - Avoid product that is soft, wrinkled, has cuts in the skin or is green-tinted.

Storage - Store potatoes in a cool (40 - 50° F), dry, well ventilated and dark place to inhibit sprouting. Do not refrigerate or freeze uncooked potatoes as this will change potato starches into sugar. This alters the taste of potatoes and causes the flesh to darken when cooked.

Prolonged exposure to light causes greening and makes the potato taste bitter. Peel or pare green area from the potato before using.

Do not wash raw potatoes before storing - washing them speeds development of decay. If your potatoes do begin to sprout or grow, cut off the sprouts. If you don't have good storage available, buy more frequently but in

Nutrition Facts

Serving Size 173 g - 1 medium potato

Amount Per Serving

Calories 154 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 21mg 1%

Total Carbohydrate 34g 11%

Dietary Fiber 3g 12%

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 36%

Calcium 2% • Iron 7%



Ultimate Potato Soup

Ingredients:

- 1 pound bacon, chopped
- 2 stalks celery, diced
- 1 onion, chopped
- 3 cloves garlic, minced
- 8 potatoes, peeled and cubed
- 4 cups chicken stock, or enough to cover potatoes
- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup heavy cream
- 1 teaspoon dried tarragon
- salt and pepper to taste



In a Dutch oven or large soup pot, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but 1/4 cup of the bacon grease.

Cook celery and onion in reserved bacon drippings until onion is translucent, about 5 minutes. Stir in garlic, and continue cooking for 1 to 2 minutes. Add cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.

In a separate pan, melt butter over medium heat. Whisk in flour. Cook, stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream, and tarragon. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.