

DATES TO REMEMBER

Payment Deadline
Tues. April 24th
Last Tuesday of the month

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

Next Pick-Up Date
Tues. May 8th
2nd Tuesday of the month

Good Food Club News

Please join us for the upcoming...

Seedy Saturday Seed Swap

Extra Seeds? or not, gardeners will generously share seeds, even if you have none to trade.

Please bring a recycled/reuseable container or envelopes to take seeds home.

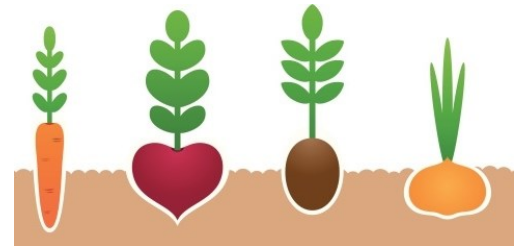
Local garden organizations will be sharing information:

- Medicine Hat Horticultural Society
- Medicine Hat Permaculture Guild
- City of Medicine Hat Xeriscaping
- Medicine Hat Beekeeping Association
- Vermicomposting (composting with worms) display

1:30-3:30pm, Saturday, April 14 at the Police Point Park Nature Centre. This event is free and open to the public.

For more information call: (403) 529-6225

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Good Food Box in March:

\$10.13

| Good Food Box | | Co-op | | Safeway | | Superstore | | Sobeys | | Wal-Mart | | Average Savings |
|---------------|------|---------|---------|---------|---------|------------|---------|---------|---------|----------|---------|-----------------|
| | | Cost | Savings | Cost | Savings | Cost | Savings | Cost | Savings | Cost | Savings | |
| Large | \$20 | \$25.47 | \$5.47 | \$32.78 | \$12.78 | \$30.83 | \$10.83 | \$34.43 | \$14.43 | \$27.14 | \$7.14 | \$10.13 |
| Regular | \$15 | \$21.82 | \$6.82 | \$20.51 | \$5.51 | \$24.26 | \$9.26 | \$27.26 | \$12.26 | \$20.04 | \$5.04 | \$7.78 |
| Small | \$10 | \$11.75 | \$1.75 | \$12.66 | \$2.66 | \$13.73 | \$3.73 | \$15.33 | \$5.33 | \$9.26 | -\$0.74 | \$2.55 |

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

EGGPLANT

Usage - Baked, microwaved, roasted or fried.

Selection - Good quality eggplant should be firm, dark-colored with smooth & shiny skin with a fresh looking green "cap" on the stem end. Eggplant can be any size from small to quite large and varieties will vary from egg-shaped to almost round. For the most common variety, a small to medium eggplant is best with larger eggplant tending to be more bitter and less tender.

Avoid - Avoid product that is soft, has blemishes, discolored marks or soft spots. Eggplant with wrinkled and dull colored skin indicates old product.

Storage - Always store eggplants in your refrigerator. Handle as little as possible and only wash just prior to use.

Ripening - In general, vegetables will not ripen further after harvest.

Nutrition Facts

Serving Size 99 g-1 cup, cubed

Amount Per Serving

Calories 35 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 10%

Sugars 3g

Protein 1g

Vitamin A 1% • Vitamin C 2%

Calcium 1% • Iron 1%

Baba Ghanoush - Eggplant Dip

1 medium to large Eggplant
1.5 tsp. Lemon Juice
1 Tbsp. Tahini Paste
2 cloves of Garlic
½ tsp Salt
1 Tbsp Greek Yogurt or thick plain yogurt (optional, you can always add later to check if you want it or not).

Preheat the oven to 400 degrees. Puncture the eggplant and roast it on a baking sheet at 400 degrees for 40 minutes.

Then place the eggplant in a bowl and cover with a cling wrap. Once it cools down, you can easily peel it and extract just the pulp.

Add the garlic, lemon juice and tahini paste, blend in a blender or food processor.

If you feel you want it a little creamier and eggplant-garlic taste is a bit too strong, add Greek yogurt or sour cream and blend well.

Serve with pita bread or crackers.



Roasted Eggplant, Zucchini & Peppers

1 medium eggplant, cut into 1/2 inch cubes
2 small zucchini, quartered and cut into 1/2 inch cubes
1 red, orange, or yellow pepper, cut into 1/2 inch pieces
1 onion, diced
3 cloves of garlic, minced
3 Tbsp. olive oil
2 tsp. Greek seasoning (Clubhouse has nice blend)
OR (not both)
1/2 tsp. salt
1/2 tsp. pepper
1 tsp. dried thyme or 1 Tbsp. fresh thyme

Preheat oven to 400°. Toss all ingredients together and spread over a parchment-lined cookie sheet. Bake for 25-30 minutes until vegetables are cooked through. Can be served hot or as a cold vegetable salad.

