

## DATES TO REMEMBER

### Payment Deadline

Tues. June 26th  
Last Tuesday of the month

### Advisory Committee Meeting

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

### Next Pick-Up Date

Tues. July 10th  
2nd Tuesday of the month

## Good Food Club News

We are seeing a slow, but steady increase in the variety of food being grown in our area. Please be assured that I am always on the lookout and hunting down new producers or existing producers who are growing new crops. I tried unsuccessfully to get local asparagus this year. Unfortunately the local supplier did not have the quantity available that we would need for our club. We will try again next year!

If you know of any local producers growing unique crops that would be willing to sell directly to our club, please be sure to pass that information along to me. We are always looking local producers.

We want to be able to bring you the freshest produce available at the best prices, and that means buying local whenever we can.

Please be sure to tell your friends, family & neighbours about the Good Food Club. If they join after June 30th their membership fees and volunteer commitments are cut in half. And don't forget, you can order on our secure website using credit card or Paypal!

- Alison Van Dyke,  
Food Security Coordinator



## Average Savings for a Large Good Food Box in May:

**\$11.54**

Good Food		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$30.83	\$10.83	\$31.83	\$11.83	\$40.26	\$20.26	\$25.53	\$5.53	\$29.23	\$9.23	\$11.54
Regular	\$15	\$26.22	\$11.22	\$25.13	\$10.13	\$32.76	\$17.76	\$20.13	\$5.13	\$24.76	\$9.76	\$10.80
Small	\$10	\$17.01	\$7.01	\$15.96	\$5.96	\$18.42	\$8.42	\$11.22	\$1.22	\$15.37	\$5.37	\$5.60

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Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA\_MH

# Spinach

**Usage** - Salads, sandwiches, braised as a side for other dishes.

**Selection** - Good-quality spinach will have broad, thick and crisp dark green leaves. The stems will be unblemished and free of mud.

**Avoid** - Avoid product with thin, limp leaves that are pale-green or yellow. Also avoid mud-caked product, or bunches with extremely large or blemished stalks.

**Storage** - Always store lettuce and cabbage in the refrigerator.

To prolong storage life, cut the stem end and soak in warm water for 2-3 minutes before storing in your refrigerator. Don't throw away lettuce, greens, celery, etc that has been in your refrigerator a little too long and gone limp. Revive most leafy vegetables by cutting a small amount from the stem-end, soaking in warm (100 degree) water for 5 minutes, drain and refrigerate.

Spinach is low in Saturated Fat, and very low in Cholesterol. It's also a good source of Niacin and Zinc, and a great source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, and Folate.

Make washing spinach easy by adding a small amount of salt to cold water. Swish around, transfer to colander, rinse and drain immediately, pat dry.

The spinach plant is related closely to beets and Swiss chard.

## Nutrition Facts

Serving Size 30 g -1 cup, raw

### Amount Per Serving

Calories 7                      Calories from Fat 1

% Daily Value\*

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat

Cholesterol 0mg                      0%

Sodium 24mg                      1%

Total Carbohydrate 1g                      0%

Dietary Fiber 1g                      3%

Sugars 0g

Protein 1g

Vitamin A 56% • Vitamin C 14%

Calcium 3% • Iron 5%



### LEMON GNOCCHI WITH SPINACH AND PEAS

This is a delicious springtime meal.

#### INGREDIENTS

- 1 cup frozen baby peas (not thawed)
- 1/2 cup heavy cream
- 1/4 teaspoon dried hot red-pepper flakes
- 1 garlic clove, smashed
- 3 cups packed baby spinach (3 ounces)
- 1 teaspoon grated lemon zest
- 1 1/2 teaspoons fresh lemon juice
- 1 pound dried gnocchi
- 1/4 cup grated parmesan

#### PREPARATION

Simmer peas with cream, red-pepper flakes, garlic, and 1/4 teaspoon salt in a 12-inch heavy skillet, covered, until tender, about 5 minutes.

Add spinach and cook over medium-low heat, uncovered, stirring, until wilted. Remove from heat and stir in lemon zest and juice.

Meanwhile, cook gnocchi in a pasta pot of boiling salted water until al dente. Reserve 1/2 cup pasta-cooking water, then drain gnocchi.

Add gnocchi to sauce with cheese and some of reserved cooking water and stir to coat. Thin with additional cooking water if necessary.