

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

**Payment Deadline**  
Tues. March 26

**Advisory Committee Meeting**  
Tues. 1pm April 2nd  
Hillcrest Church  
3785 - 13th Ave SE  
Room 22, Entrance 4  
All Members Welcome!

**Next Pick-Up Date**  
Tues. April 9th  
2nd Tuesday of the month



## 5th Annual Seedy Saturday Seed Swap

1-3 pm, Saturday, March 16  
Police Point Park Nature Centre

Extra Seeds? or not, gardeners will generously share seeds, even if you have none to trade.  
Please bring recycled/reuseable containers or envelopes to take seeds home.

Local garden organizations will be sharing information & giving presentations about a variety of topics including:

- Vermiculture (composting with worms)
- Permaculture (regenerative & self-maintained gardening systems modeled from natural ecosystems)
- Attracting pollinators to your yard

For more information call: (403) 529-6225



MH Interpretive Program  
Managed by Grasslands Naturalists  
Based in Police Point Park  
Nature Line: 403-529-6225

**Average Savings for a Large Box in February:**



	Good Food Box	Co-op		Safeway		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	
<b>Large</b>	<b>\$20.00</b>	\$38.76	\$18.76	\$31.00	\$11.00	\$27.86	\$7.86	<b>\$12.54</b>
<b>Regular</b>	<b>\$15.00</b>	\$28.02	\$13.02	\$24.68	\$9.68	\$16.88	\$1.88	<b>\$8.19</b>
<b>Small</b>	<b>\$10.00</b>	\$19.74	\$9.74	\$14.23	\$4.23	\$10.20	\$0.20	<b>\$4.72</b>

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

**Email:** communityfoodconnections@gmail.com

**Website:** www.foodconnections.ca

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

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

# Butter Lettuce

**Usage** - Salads, sandwiches, wraps.

**Selection** - Butter lettuce has a slightly sweet, buttery flavor. Good-quality Butter lettuce will have fairly large, loose heads with thick leaves and even green coloring. Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavor.

**Avoid** - Avoid product with thin, wilted leaves and brown spots near the stalk end. Extremely solid, light-colored heads mean all core and less taste.

**Storage** - Washed and dried Butter Lettuce can be kept in your refrigerator for up to five days. Living lettuce should be stored in its original container and rinsed well immediately before using.

## Nutrition Facts

Serving Size 55 g

### 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 3mg      0%

Total Carbohydrate 1g      0%

Dietary Fiber 1g      2%

Sugars 1g

Protein 1g

Vitamin A 36% • Vitamin C 3%

Calcium 2% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Using butter lettuce as an alternative for bread or tortillas is especially good for those on low-carb or gluten free diets.

## Chicken Lettuce Wraps

### Ingredients:

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoons freshly grated ginger
- 1 (8-ounce) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- 1 carrot, grated
- salt and ground black pepper, to taste
- 1 head butter lettuce

### Instructions:

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar and ginger until onions have become translucent, about 1-2 minutes. Stir in chestnuts, carrots, and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

