

DATES TO REMEMBER

Payment Deadlines

In person at a depot with cash or cheque:

Tues. April 30th

Online orders with credit card or PayPal:

Tues. May 7th

Advisory Committee Meeting

Tues. 1pm May 7th

Hillcrest Church
3785 - 13th Ave SE
Room 22, Entrance 4
All Members Welcome!

Next Pick-Up Date

Tues. May 14th

2nd Tuesday of the month

Good Food Club News

There are many food related activities that happen around our community, both in our organization and with other community groups. All of CFCA's events are posted on our website as well as on our Facebook page. As best I can, I endeavor to share other community groups events with you via our Facebook page as well. If you are on Facebook, but do not already follow us, please be sure to look us up. Our page name is 'Community Food Connections Association'.

We hope to have our summer programs and events posted in the next couple of months so you can schedule them into your summer plans!

As we move into the summer months and our gardens and yards begin to produce fruit and vegetables, please consider donating your excess produce to the Medicine Hat & District Food Bank. They can take fresh produce. Unfortunately they are not

able to take prepared or home-canned food of any kind.

And if you have any fruit-bearing bushes and you are not able to use all that they produce, please consider posting them on the www.ripenear.me website so that other people in the community who wish to pick and use the fruit have the opportunity.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Box in March:

\$13.09

Good Food		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$35.84	\$15.84	\$34.89	\$14.89	\$28.44	\$8.44	\$37.36	\$17.36	\$28.90	\$8.90	\$13.09
Regular	\$15	\$25.29	\$10.29	\$23.93	\$8.93	\$19.50	\$4.50	\$26.40	\$11.40	\$20.25	\$5.25	\$8.07
Small	\$10	\$15.75	\$5.75	\$16.46	\$6.46	\$14.90	\$4.90	\$16.46	\$6.46	\$11.07	\$1.07	\$4.93

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Lemons

Lemons are very low in Cholesterol, Saturated Fat, and Sodium. They're also a good source of Vitamin B6, Iron and Potassium, and an excellent source of Dietary Fiber and Vitamin C.

Usage: Fish, salad, cooking, juices, baking, desserts and beverages. Excellent for juicing. The Meyer lemon is especially prized in this area.

Selection: Good-quality lemons will be firm, smooth-skinned and heavy for their size. Medium to large-sized lemons are generally better than small fruit.

Avoid: Avoid product that is soft, spongy, wrinkled or has bumpy, rough or hard skin. Coarse, thick-skinned and light lemons will tend to have less juice.

Storage: In general, you don't need to refrigerate citrus if it will be consumed quickly, but it will last longer when refrigerated.

Ripening: As a general rule, citrus will not ripen further after picking.

To get the most juice from a lemon, first bring the fruit to room temperature and roll on a hard surface while pressing down on the lemon - or - Microwave for 30 seconds to increase juice content.

Use lemon juice on apples and avocados to prevent browning after they are sliced.

Lemon juice can remove odors from hands, pots and pans by rubbing with a cut lemon just before washing. Also, run used lemon peels through your garbage disposal to keep it smelling fresh.

Lemon Gnocchi with Spinach and Peas

Makes 4 servings

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

DIRECTIONS:

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 (3 tablespoons salt for 6 quarts 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.

Lemony Lentil Soup

Makes 4 servings

INGREDIENTS:

1 tablespoon olive oil
1 medium white onion, peeled and diced
2 medium carrots, diced
5 cloves garlic, peeled and minced
6 cups vegetable stock (or chicken stock)
1 1/2 cups red lentils, rinsed and picked over
2/3 cup whole-kernel corn
2 teaspoons ground cumin
1 teaspoon curry powder
zest and juice of 1 small lemon
sea salt and freshly-cracked black pepper

DIRECTIONS:

Heat oil in a large stockpot over medium-high heat. Add onion and carrots and sauté for 5 minutes, stirring occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant. Stir in the vegetable stock, lentils, corn, cumin, curry powder until combined. Continue cooking until the soup reaches a simmer. Then cover and cook for 15 minutes, stirring occasionally, until the lentils are completely tender. Stir in the lemon zest and juice until combined. Taste and season the soup with sea salt and black pepper as needed. Serve warm. Or

