

MAY 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

**DATES TO REMEMBER**

Ordering Options

In person with cash or cheque when you pick up your box:  
Thursday, May 12th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, June 2nd

Online orders with credit card or PayPal until Thursday, June 2nd

Next Pick-Up Date  
2nd Thursday of the month  
2-6pm Thurs. June 9th

# Food Talk Newsletter

COMMUNITY Food Connections ASSOCIATION

## SEEDY SATURDAY

◆ MAY 21, 2022 ◆

1:00 - 3:00 PM  
BEHIND THE ROOT CELLAR  
440 MAPLE AVE SE

SEED SWAP  
COMMUNITY GARDEN PLANTING  
CONTAINER HERB WORKSHOP  
PRUNER SHARPENING (\$10)  
GARDENING PRESENTATIONS

CONTACT [CFCAGARDEN@GMAIL.COM](mailto:CFCAGARDEN@GMAIL.COM)  
FOR MORE INFO

FCSS Family and Community Support Services  
COMMUNITY GARDENS ROOT CELLAR  
Medicine Hat

Seedy Saturday is looking different this year (again!). Thanks to our partnership with the Medicine Hat Public Library, there is now a permanent seed exchange available for gardeners to share their seeds all year round. But Seedy Saturday is about more than just seed swapping seeds, it's about gardeners of all experience levels coming together to share ideas, learn and grow. This year we are hosting a free event at the Community Garden at the Root Cellar Food & Wellness Hub. We have an array of events planned... Help plant out the garden, bring a pot and start your own container herb planter, bring your pruners down to get them sharpened by The Sharpener, seed swap with any leftovers from the permanent seed exchange.

Be prepared for the weather and be sure to bring hats, water and sunscreen.

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



Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$27.57	\$7.57	\$29.98	\$9.98	\$31.08	\$11.08	\$30.87	\$10.87	\$28.88	\$8.88	\$26.38	\$6.38	\$9.13
\$18.68	\$3.68	\$18.69	\$3.69	\$26.36	\$11.36	\$20.68	\$5.68	\$20.20	\$5.20	\$17.69	\$2.69	\$5.38
\$12.95	\$2.95	\$11.46	\$1.46	\$19.38	\$9.38	\$13.45	\$3.45	\$15.12	\$5.12	\$13.45	\$3.45	\$4.30

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**Website:** [www.foodconnections.ca](http://www.foodconnections.ca)

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



## Greek Salad

### Ingredients:

Equal amounts -

Ripe tomatoes, chopped

Cucumbers, chopped

1 small red onion, chopped

1/4 cup olive oil

4 teaspoons lemon juice

1 1/2 teaspoons dried oregano

salt and pepper to taste

1 cup crumbled feta cheese

6 black Greek olives, pitted and sliced

### Directions:

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Serve.



## Yellow Fruit Salad

### Mix together:

1 navel orange, peeled and segments cut into pieces

2 small apples, cored and cut into cubes

1 can pineapple pieces with juice

1 large or 2 small bananas, sliced

Mix together and refrigerate until serving.



## Butter Lettuce Salad with Tarragon & Citrus-Honey Vinaigrette

### Ingredients:

1/2 lemon, zested and juiced

1/2 lime, zested and juiced

1.5 teaspoon honey

1/2 teaspoon Dijon mustard

3 tablespoons canola oil

Sea salt & freshly ground black pepper

1 head butter lettuce

1/4 cup chopped fresh tarragon leaves



### Directions:

Whisk the lemon zest and juice, lime zest and juice, honey, and mustard in a bowl and season to taste with salt and pepper. Slowly drizzle in the canola oil while whisking constantly until completely emulsified.

Trim off the core from each head of lettuce and separate the leaves. Rinse the lettuce leaves in a bowl of cold water and spin dry. Rip up the leaves into bite size pieces. Place in a large bowl and season with salt and pepper. Add the tarragon leaves and gently toss the lettuce with enough vinaigrette to coat lightly.

## Minty Cucumber & Cantaloupe Salad

### Ingredients:

1 large ripe cantaloupe

4 medium cucumbers (or 2 large ones)

1/2 tsp. salt

8 oz feta cheese, cubed or crumbled

About a dozen medium-sized mint leaves, very finely chopped

### For the Honey-Lime Dressing:

1/4 cup olive oil

2 tbsp. vinegar

Juice of one lime

2 tbsp. honey

Salt and pepper to taste



### Directions:

Cut the cantaloupe in half and scoop out the seeds. With a melon baller, carve out as many balls as you can get out of your cantaloupe. Chop the cucumbers in thin, quartered slices. Place the cucumber slices and melon balls in a colander and sprinkle with 1/2 tsp salt, toss gently with your hands. Place the colander over a bowl and allow the juices to drain for about 20 minutes. (Keep the juice for smoothies!) Place the cucumber and cantaloupe balls in a salad bowl. Add the cubed feta and chopped mint. Place all salad dressing ingredients in a lidded jar and shake vigorously. Pour on the salad, toss gently, and serve cold.