

MAY 2024



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 9th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, June 6th

Online orders with credit card or PayPal until Thursday, June 6th

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, June 13th

Food Talk Newsletter

2024 will be our 3rd year offering Growing Gardeners Education Program, CFCA's free garden club. We are excited to continue to provide ecologically-responsible advice and hands-on learning to gardeners of all experience levels in Medicine Hat. We are grateful for our partnership with the Root Cellar Food and Wellness Hub and their lovely community access garden, which is one of the venues for Growing Gardeners Education Program. We also plan to explore some other garden sites in the city this season to highlight different types of growing conditions. Follow us on social media to get up-to-date information about Garden Club, workshops and other local events.



Growing Gardeners Education Program

**GROW YOUR OWN FOOD
PREVENT WEEDS + PESTS
SUPPORT BENEFICIAL INSECTS
USE WATER WISELY
AND MORE!**

May 1, 7pm - Root Cellar Transplants + Hardening Off

May 15, 7pm - Food Forest Moisture + Mulch

May 29, 7pm - TBD What to Know About Weeds

Growing Gardeners Education Program (aka Garden Club) is back! Our free, hands-on garden club covers different topics relevant to our climate throughout the growing season. Registration is not required and children are welcome if accompanied by an adult guardian. Watch our social media pages to get updates about dates, topics and locations. We meet mostly outside meaning adverse weather may force us to cancel or move sessions around.

For more information, contact our Garden Program Coordinator, Genevieve (cfcagarden@gmail.com).



FoodConnections.ca

Phone: (403)502-6096
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Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH



Easy Oven Roasted Potatoes

INGREDIENTS:

2 pounds red or yellow skinned potatoes
2 tablespoons olive oil
1 teaspoon garlic powder
3 tablespoons fresh herbs chopped (rosemary, parsley, thyme, basil) Use any combination of herbs you'd like. Dry spices/herbs can be substituted, use 1-2 teaspoons dry herbs in place of fresh.
½ teaspoon paprika
salt and pepper to taste

DIRECTIONS:

Preheat oven to 425°F. Scrub potatoes (do not peel them). Dice into 1" cubes. If time allows, soak potatoes in cold water for up to 1 hour. (This removes starch and makes for a fluffier potato). Drain and dry potatoes, if required. Toss potatoes, olive oil, herbs, and seasonings. Place on a baking sheet and bake for 30-35 minutes until browned and tender.

Rustic Spinach and Pepper Omelette

INGREDIENTS:

olive oil
1 green onion
1/2 red pepper
2 eggs
Salt and pepper
Grated cheddar
Fresh spinach

DIRECTIONS:

Heat the oil in a pan. Roughly chop the green onion and red pepper and fry for three minutes, then transfer to a bowl. Add a little more oil to the pan. Mix the eggs together briefly with a little salt and pepper. Once the oil starts to smoke a little fry the eggs without stirring for a minute then add the vegetables, cheese and a handful of spinach. Fry for another three to four minutes until the eggs are set. If necessary tip the pan slightly so uncooked egg runs to the edges where it will cook more quickly. Serve flat or folded.



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
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.