

JUNE 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, June 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, July 4th

Online orders with credit card or PayPal until Thursday, July 4th

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, July 11th

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

FREE EDUCATION PROGRAM



- Focus on growing vegetables + fruit
- Different topics each week
- Hands-on activities
- Ask garden questions, share suggestions + ideas
- Suitable for new and experienced gardeners

EVERY WEDNESDAY 7-8:30PM
(WEATHER PERMITTING)

MAY - SEPTEMBER
THE ROOT CELLAR COMMUNITY GARDEN - 440 MAPLE AVE. SE
(ACCESS VIA 5TH STREET SE)
FOR MORE INFO, CONTACT
CFCAGARDEN@GMAIL.COM



Osborne Park Community Garden

We are thrilled that the first 20 raised beds are in place at our new Osborne Park Community Garden. We are hoping to expand up to 80 beds in the future as funds become available. This space is fantastic as it is fenced to protect the gardens from deer, has a small parking lot, lights, and water spigots for watering.



Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Strawberry Rhubarb Crisp

INGREDIENTS

FOR THE FILLING:

1 pound rhubarb stalks, trimmed and sliced ½-inch thick
½ pound strawberries, hulled and quartered
½ cup granulated sugar
1½ tablespoons cornstarch
1 teaspoon vanilla extract

FOR THE TOPPING:

¾ cup all-purpose flour, spooned into measuring cup and leveled-off with a knife
½ cup packed light brown sugar
2 tablespoons granulated sugar
¼ teaspoon salt
6 tablespoons unsalted butter, cut into ½-inch cubes
¾ cup old fashioned rolled oats
½ cup chopped pecans
Lightly sweetened whipped cream or vanilla ice cream, for serving (optional)



INSTRUCTIONS:

Preheat the oven to 350°F.

FOR THE FILLING

In a large bowl, combine the rhubarb, strawberries, sugar, cornstarch, and vanilla. Stir until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white.

Transfer the fruit mixture to a 2-quart or 8-inch baking dish (no need to butter it) and set aside while you prepare the topping.

FOR THE TOPPING:

In the bowl of a food processor, combine the flour, brown sugar, granulated sugar and salt. Process until well combined, about 30 seconds. Add the cold butter and pulse until the mixture resembles coarse crumbs, with a few pea-sized clumps of butter within. Transfer to a medium bowl and stir in the oats and chopped pecans.

Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Cool for 20 minutes before serving. Spoon into shallow bowls and serve with vanilla ice cream.

Note: If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.

Note: Don't be tempted to increase the strawberries in the recipe, or you'll end up with fruit soup (they release a lot of juice).

Freezer-Friendly Instructions: The crisp can be frozen tightly covered for up to 3 months. Before serving, reheat it, uncovered, in a 300°F oven until heated through and crisp on top.

Roasted Radishes

Some people find raw radishes to be a bit too peppery for their taste. An excellent alternative to eating them raw is to roast them. It mellows the flavour and makes them juicy and delicious. Try roasted radishes as a side at your next meal!

Radishes can also be roasted in combination with other vegetables such as potatoes and carrots.

- Trim the top and stem ends off of the radishes, rinse.
- If the radishes are large, cut them in half, otherwise leave them whole.
- Place in a casserole dish or on a baking sheet.
- Drizzle with olive or canola oil and sprinkle with salt & pepper. You can also season with your favourite seasoning blends such as Italian, Greek, garlic salt, etc.

Roast at 400° for 15 minutes or until fork tender.