

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Seasonal Regional Foods

Alberta Seasonal Fresh Food Guide ... Savour Regional Flavour

Spring	Summer	Fall	Winter
Vegetables			
Asparagus, spinach, mushrooms, Greenhouse: lettuce, tomatoes, cucumbers, peppers, sprouts and culinary herbs	Beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, dill weed, eggplant, garlic, green onion, kohlrabi, lettuce, mushrooms, peas, peppers, potatoes, radish, scallions, spinach, squash, sweet corn, tomatoes, zucchini	Beets, broccoli, carrots, brussel sprouts, cabbage, corn, horseradish, kale, kohlrabi, lettuce, mushrooms, onions, peppers, potatoes, pumpkins, rutabaga, scallions, shallots, squash, sweet corn, turnips, vegetable marrows, zucchini	
Meat And Other Products			
Bison, farm raised fish, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar	Bison, farm raised fish, free range chicken and eggs, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar	Bison, farm raised fish, free range chicken and eggs, grass finished bison and beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar	Bison, farm raised fish, lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar
Fruits			
	Black currants, chokecherries, high bush cranberries, pin cherries, raspberries, saskatoons, sour cherries, strawberries	Strawberries (some varieties - September)	
Year Round			
Artisan cheeses, eggs, honey, quinoa, flax, canola and flax oils, barley, yogurt, pulses (beans, peas and lentils), dried herbs and butter. Contact local growers for availability and delivery.			

Alberta foods can be enjoyed all year round in a frozen or, in the case of some vegetables, stored state. Seasonal, fresh products, however, offer a peak experience of ripeness and flavour. Selecting "food less travelled" is good for the environment, helps support our local producers and food processors, and can provide a colourful and competitively priced addition to your menu.

www.dinealberta.ca



It tastes better here! Ask for Alberta

CROCKPOT BEEF STEW

➤➤➤ INGREDIENTS

Combine in a crockpot:

- 2 cans of cream of mushroom soup
- 1 package of dry French Onion soup mix
- 1 cup of beef stock
- 1 lb. of stew meat
- 3 large carrots, sliced
- 3 celery sticks, sliced
- 2 lbs. of cubed, peeled potatoes

Cook on low for 7 hours or high for 5 hours. Add more water if needed.



SHIPWRECK CASSEROLE

Butter a casserole dish generously then layer:

- 1 medium chopped onion on the bottom
- 2 or 3 Sliced raw potatoes, sprinkled with salt & pepper
- 1 lb. of raw hamburger topped with salt & pepper
- 1 cup of uncooked rice
- 1 cup of chopped celery & 1 cup of chopped carrots
- 2 cans of tomato soup mixed with 1 can of water. Pour over the top and poke holes throughout for the soup to soak through.

Bake for 3 hours at 325°.

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, April 10th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until:
Thursday, May 1st

Online orders with credit card or PayPal until:
Thursday, May 1st

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, May 8th

PHONE: (403)502-6096

EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH