

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Food Forest

Are you familiar with our Food Forest? We have a public-use Food Forest located in the corner of the Sheldon Miller Friendship Garden located at 2948 Dunmore Road SE.

There are a lot of fruits ready to be picked - everyone is welcome to harvest some food and herbs in this garden, but please help us remove weeds in return. The photo is of some concord grapes, two varieties of pears, and a few of the remaining Nanking cherries that were picked this week.

Please only harvest what you will use, and leave at least 3/4 of each type of food/herb for other community members. Please do NOT dig out entire plants/shrubs/trees. This garden is not sprayed with any pesticides or herbicides.

A food forest is a gardening technique or land management system which mimics a woodland ecosystem by substituting edible trees, shrubs, perennials and annuals. Fruit and nut trees make up the upper level, while berry shrubs, edible perennials and annuals make up the lower levels.

See in action the interdependence of soil and plant systems. Our Food Forest contains: Apples, Plums, Pears, Evan's Cherries, Romance Cherries, Pin Cherries, Nanking Cherries, Saskatoons, Honeyberries, Aronia Berries, Goji Berries, Beaked Hazelnuts, White Currants, Highbush Cranberries, Gooseberry, Blackcurrants, Josta Berries, Rhubarb, Asparagus, Chives, Lupines, Hostas, Red Currants and Grape Vines.



- Alison Van Dyke
Food Security Coordinator

ONE POT UNSTUFFED CABBAGE ROLLS

Ingredients:

1 lb. lean ground beef or ground pork
2-3 garlic cloves
½ cup of onion, diced
1 small green head of cabbage, chopped (about 4 cups)
28 oz. can of diced tomatoes
1 8oz. can of tomato sauce
½ cup beef broth
1 tsp. paprika
1 Tbsp. brown sugar
2 tsp. salt
1 tsp. pepper

In a large deep skillet or dutch oven, brown ground beef, onions & garlic together. Cook until brown and crumbly. Add remaining ingredients and bring to a boil. Cover & reduce heat, and simmer until cabbage is tender, approximately 30 minutes. Serve over rice.



CREAMY COLESLAW

Makes a large amount! Consider halving the recipe if you are only feeding a couple of people.

1 small head of cabbage, cored and sliced thinly
2-3 apples, cored & grated

Dressing:

3/4 cup of Mayonnaise
1/4 cup Apple Cider Vinegar
3/4 tsp. Celery Salt
1/4 tsp. Pepper
1 Tbsp. White Sugar
Whisk and taste, adjust seasoning accordingly.

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:

Thursday, August 14th

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

Thursday, September 4th

Online orders with credit card or PayPal until:

Thursday, September 4th

Next Pick-Up Date

2nd Thursday of the month

2-6pm Thursday, September 11

PHONE: (403)502-6096

EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM

WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA_MH