

MARCH 2023



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, March 9th

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

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

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, April 13th

Food Talk Newsletter

It may be snowy and cold outside, but gardeners are already planting seeds and planning gardens.

In 2022 we offered a Growing Gardeners Education Program, a free weekly drop-in garden club in the community-use garden space behind the Root Cellar Food & Wellness Hub. We will be offering it again in 2023. Watch for more details on the start date and time and please share this information with anyone you know that may be interested in participating. This program is led by our Garden Program Coordinator, Genevieve Mathieu.

Topics include:

- Getting started in the garden: Inspiration, site selection & tools
- Plant Basics: Plant parts & charts, annuals/perennials
- Seeds & Starts: Seed packages, germination, transplants
- Weeds: Common local weeds, identification, eating & removal
- Mulch & Irrigation
- Soil: What it's made of, how to improve it, organic matter and more
- Feeding Plants: Building Healthy Soils, when and how to fertilize, pros and cons of manure & compost
- Harvesting: When and how to

harvest, best practices for storing and preserving produce

- Preserving the Harvest: Harvest best practices, timing, techniques for preservation
- Seed Saving: Types of seeds and timing collection, techniques for collecting, preparing and storing seeds, tools & tips
- Bugs: Who is eating that plant?, bugs to love and protect, the circle of (bug) life, controlling pest populations
- Succession Planting: Out with the old (plants), in with the new (plants), understanding days to maturity, ideas for extending the growing season
- Propagation: Benefits of propagation, cutting, layering & grafting, herbaceous vs. woody cuttings, useful propagation tools
- Planting Fall Garlic: softneck vs. hardneck garlic, bed prep, winter protection, harvest & storage
- Preparing the Garden for Winter: Cleaning up beds, amending soils, protecting perennials, pruning, overwintering indoors

- Alison Van Dyke
Food Security Coordinator

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Butter Lettuce

Usage - Salads, sandwiches, wraps.

Selection - Butter lettuce has a slightly sweet, buttery flavor. Good-quality Butter lettuce will have fairly large, loose heads with thick leaves and even green coloring. Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavor.

Avoid - Avoid product with thin, wilted leaves and brown spots near the stalk end. Extremely solid, light-colored heads mean all core and less taste.

Storage - Washed and dried Butter Lettuce can be kept in your refrigerator for up to five days. Living lettuce should be stored in its original container and rinsed well immediately before using.

Nutrition Facts

Serving Size 55 g

Amount Per Serving

Calories 7 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 2%

Sugars 1g

Protein 1g

Vitamin A 36% • Vitamin C 3%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Using butter lettuce as an alternative for bread or tortillas is especially good for those on low-carb or gluten free diets.

Chicken Lettuce Wraps

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoons freshly grated ginger
- 1 (8-ounce) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- 1 carrot, grated
- salt and ground black pepper, to taste
- 1 head butter lettuce

Instructions:

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar and ginger until onions have become translucent, about 1-2 minutes. Stir in chestnuts, carrots, and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

