

MAY 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Food Talk Newsletter

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, May 11th

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

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

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, June 8th

Growing Gardeners is CFCA's free weekly garden club that runs from May until September every Wednesday evening at 7pm (weather permitting) in the Root Cellar Food and Wellness Hub garden space. Access to the garden, which is behind the Root Cellar (440 Maple Ave SE) is from 5th Street SE. To find out more about Growing Gardeners, contact Genevieve at cfcagarden@gmail.com.

GROWING GARDENERS

MAY SCHEDULE

MAY 3

GETTING STARTED IN THE GARDEN

What to know before you grow. We will talk about charts, tools and other garden resources in this first meet-up of the season.

MAY 10

SEEDS + TRANSPLANTS

A look at potting mix, moisture, seed treatment, pests, and light. Germination testing. Preparing seedlings for the big move outdoors.

MAY 17

THE LAY OF THE LAND

Learn how existing factors like sun/shade, soil type, and other limitations can help you pick the right plant for the right place.

MAY 24

CONTAINER GARDENING

No garden space? No problem! Growing in containers can be fun, easy and produce delicious food year round.

MAY 31

ALL ABOUT WEEDS

A look at some common local weeds. How to identify, when to worry, which ones can be eaten and best practices for removal.

FOODCONNECTIONS.CA

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Avocado



Nutrition Facts

Serving Size 1 Avocado		201 g
Amount Per Serving		
Calories	322	Calories from fat 245
		% Daily Value
Total Fat	29g	45%
Saturated Fat	4g	21%
Trans Fat	0g	
Cholesterol	0g	0%
Sodium	12mg	1%
Total Carbohydrate	17g	6%
Dietary Fiber	13g	54%
Sugars	1g	
Protein	4g	
Vitamin a		6%
Vitamin C		33%
Calcium		2%
Iron		6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

An avocado is a bright green fruit with a large pit and dark leathery skin.

Storage - Store avocados at room temperature, keeping in mind that they can take 4-5 days to ripen. To speed up the ripening process, put them in a paper bag along with an apple or banana. When the outside skins are black or dark purple and yield to gentle pressure, they're ready to eat or refrigerate.

Wash them before cutting so dirt and bacteria aren't transferred from the knife onto the pulp.

While guacamole is the most popular way to eat avocado, you can also puree and toss with pasta, or spread or slice onto sandwiches.

Easy Guacamole

2 ripe avocados, peeled and pitted
1 small onion, finely chopped
1 ripe tomato, chopped
1 clove garlic, minced
1 lime, juiced or 2 Tbsp lime juice from concentrate. Lime adds freshness while preventing the guacamole from browning.
salt to taste

Mash avocado in a medium serving bowl. Stir in onion, tomato, and garlic. Season with lime juice, salt, and pepper. Cover and chill guacamole for 30 minutes to allow flavors to blend. Serve with tortilla chips.



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