

MARCH 2022



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, March 10th

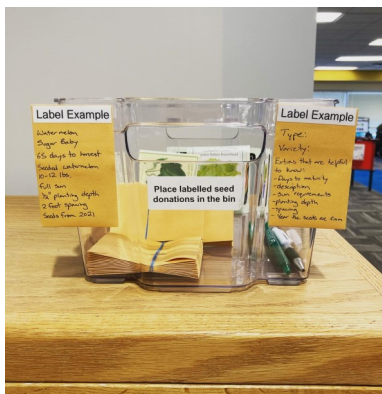
In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, until Thursday, April 7th

Online orders with credit card or PayPal until Thursday, April 7th

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thurs. April 14th

Calling all seed savers and gardeners! Have you heard? CFCA has partnered with Medicine Hat Public Library to provide the community with a permanent seed swap. Here's where you come in, we need to stock this amazing community resource! There is a container on top of the seed catalogue where you can drop off your labelled seed donations.

Please label your donations with the type and variety of seed, as well as any other important information such as when the seed was gathered, days to harvest, sun



requirements, planting depth and spacing, etc. There are some blank envelopes and pens in the container for you to use if you do not already have the seeds packaged.

We will be sorting and filing the donations into the file drawers regularly.

The seed catalogue and bin are located on the bottom floor of the library near the magazine section.

Thank you for your help with this community resource!

- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in February:

\$9.82

Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$34.12	\$14.12	\$22.61	\$2.61	\$25.18	\$5.18	\$33.09	\$13.09	\$34.12	\$14.12	\$9.82
\$26.90	\$11.90	\$21.93	\$6.93	\$18.73	\$3.73	\$22.27	\$7.27	\$19.20	\$4.20	\$6.81
\$17.37	\$7.37	\$14.15	\$4.15	\$14.49	\$4.49	\$13.78	\$3.78	\$12.37	\$2.37	\$4.43

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

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.

