

May 2025

# FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY



**Free SureGrow Compost!**

**Saturday, May 10**  
10 a.m. to 3 p.m.  
1453 Hutchinson Ave

Bring a shovel and container to self-load and transport

**Limit of 10 gallons per household**

100% Natural  
**SureGrow**  
multi-purpose compost



COMMUNITY  
**Food Connections**  
ASSOCIATION

SEED EXCHANGE + GARDENING EVENT

# SEEDY SUNDAY

MEDICINE HAT PUBLIC LIBRARY  
414 1 ST SE

**MAY 11TH**  
2 PM - 4 PM

medicine hat public library

fcss  
Family and Community Support Services



# GROWING GARDENERS

LEARN TO GROW YOUR OWN FOOD!

Growing Gardener's is a **free, hands-on garden club** hosted by CFCA from April to September. Join us as we cover different topics for growing health, delicious food in our climate. Registration is not required. Children are welcome if accompanied by an adult.



**WEDNESDAY, MAY 7, 21, 28**  
**@ 7:00 PM**

**BEHIND THE ROOT CELLAR,**  
**440 MAPLE AVE. SE**



# ASPARAGUS

Asparagus originated in the Eastern Mediterranean and was a favourite of the Greeks and Romans who used it as a medicine. Varieties of asparagus grow wild in parts of Europe, Turkey, Africa, Middle East and Asia.

**What to look for:** Choose straight firm green stems.

**Store:** Keep asparagus refrigerated with butt ends either wrapped in wet paper towels, stand up in a jar with 1-2 cm of water (like flowers in a vase), or alternatively wash, then refrigerate in paper bags.

**How to prepare:** Snap or slice off tough ends. These ends can be used to flavour soups or stocks. Cooked asparagus should be tender but slightly crisp. For maximum flavour, don't overcook. Asparagus for use in salads is generally blanched, however, if the asparagus is thin and fresh it can be used raw. Purple asparagus is often eaten raw as it is sweeter and more tender than green. To retain the purple colour, add a little lemon juice or vinegar when cooking and cook for a very short time using a method such as stir frying.

**Ways to eat:** Lightly steam, stir fry, microwave, boil, bake or barbecue asparagus. Serve asparagus with hollandaise or aioli, or use in soups, quiches, pies, salads, stir fries, or eat with fresh bread.

**Cooking methods:** Boil, braise, char grill/barbecue, microwave, roast, steam, stir fry.

**Nutrition:** Asparagus is a good source of folate, a source of niacin, thiamin and riboflavin. Asparagus contains a range of phytonutrients, particularly from the phenolic and carotenoid groups.



## GRILLED ASPARAGUS

Grilled asparagus is simple to make, but it lets you enjoy the natural flavor of this delicious veggie. Fresh asparagus spears are coated with a bit of oil, salt, and pepper and cooked quickly over high heat on the grill.

Servings: 4

### Ingredients

- 1 pound fresh asparagus spears, trimmed
- 1 tablespoon olive oil
- salt and pepper to taste

### Directions

Preheat an outdoor grill for high heat and lightly oil the grate. Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste. Cook asparagus on the preheated grill, turning often until lightly charred and fork-tender about 3 to 5 minutes. Serve.

## DATES TO REMEMBER

### Ordering Options

In person with cash or cheque when you pick up your box:  
Thursday, May 8th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until:  
Thursday, June 5th

Online orders with credit card or PayPal until:  
Thursday, June 5th

### Next Pick-Up Date

2nd Thursday of the month  
2-6pm Thursday, June 12

PHONE: (403)502-6096

EMAIL: [COMMUNITYFOODCONNECTIONS@GMAIL.COM](mailto:COMMUNITYFOODCONNECTIONS@GMAIL.COM)

WEBSITE: [WWW.FOODCONNECTIONS.CA](http://WWW.FOODCONNECTIONS.CA)

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA\_MH