

June 2025

FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Growing Gardeners Education Program

2025 is our 4th year offering Growing Gardeners Education Program, CFCA's free garden club. We are excited to continue to provide ecologically-responsible advice and hands-on learning to gardeners of all experience levels in Medicine Hat.

We are grateful for our partnership with the Root Cellar Food and Wellness Hub and their lovely community access garden, which is one of the venues for Growing Gardeners Education Program. Follow us on social media to get up-to-date information about Garden Club, workshops and other local events.



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, JUNE 4, 11,
18, 25 @ 7:00 PM**

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



Osborne Park Community Garden

We have been able to add an additional 25 raised beds to the new Osborne Park Community Garden due to a generous \$5000 donation from the Medicine Hat & District Horticultural Society and a \$5000 grant from the Community Foundation of Southeastern Alberta.



STRAWBERRY RHUBARB CRISP

FOR THE FILLING:

1 pound rhubarb stalks, trimmed and sliced ½-inch thick
½ pound strawberries, hulled and quartered
½ cup granulated sugar
1½ tablespoons cornstarch
1 teaspoon vanilla extract

FOR THE TOPPING:

1 ¼ cups lightly packed brown sugar
⅓ cup flour
⅓ cup butter
⅔ cup rolled oats
¼ tsp. cinnamon



Lightly sweetened whipped cream or vanilla ice cream, for serving (optional)

INSTRUCTIONS:

Preheat the oven to 350°F.

FOR THE FILLING

In a large bowl, combine the rhubarb, strawberries, sugar, cornstarch, and vanilla. Stir until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white.

Transfer the fruit mixture to a 2-quart or 8-inch baking dish (no need to butter it) and set aside while you prepare the topping.

FOR THE TOPPING:

In a large bowl mix topping ingredients together until combined and the mixture resembles coarse crumbs.

Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Cool for 20 minutes before serving. Spoon into shallow bowls and serve with whipped cream or ice cream.

Note: If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.

DATES TO REMEMBER

Ordering Options

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

Thursday, June 12th

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

Thursday, July 3rd

Online orders with credit card or PayPal until:
Thursday, July 3rd

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday, July 10th

Rhubarb is a good source of Vitamin K and Vitamin C, and it's low in calories, fat, and carbohydrates, making it a healthy addition to a variety of meals. It also contains fiber, which can aid digestion and contribute to satiety.

Key Nutrients:

Vitamin K: Rhubarb is a good source of Vitamin K, which is important for blood clotting and bone health.

Vitamin C: It provides a moderate amount of Vitamin C, an antioxidant that helps protect cells from damage.

Fiber: Rhubarb contains dietary fiber, which helps regulate blood sugar levels, aids digestion, and can promote a feeling of fullness.

Potassium: It's a good source of potassium, an electrolyte that helps maintain healthy blood pressure.

Manganese: Rhubarb contains manganese, an essential mineral involved in bone formation and metabolism.

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