



TRIVIA FUND RAISER – WARD 14 CONSIGNMENT BAR

On April 11th we held our first in-person fundraising event since the Pandemic! It was so great to be back together in person with all of our amazing community supporters.



Ward14 Consignment Bar on Preston graciously held Trivia Night in our honour and even made a special signature cocktail drink, with proceeds being donated to our work.

Beyond the Pale Brewery donated an amazing gift basket for the trivia winners that included a variety of goodies.



We look forward to hosting more fundraising events soon, keep an eye on our social media for updates!

SHARING MEMORIES OF A DEDICATED VOLUNTEER



Several months ago, we learned of the sudden passing of one of our dear friends and long-time volunteers. Victor Chi has been part of our food bank's family since 2008, and for at least ten years, he collected donated breads on our behalf several times each week, logging time and miles picking up from T&T Supermarket and delivering to us to share with our clients.

He also spent much of his other "spare" time helping in our kitchen 2 or 3 days every week to prepare for service days: portioning foods, filling grocery bags, setting up and refilling the service tables.

In all of this time, he never called in sick.

Victor, we miss your quiet smile.
Rest in peace.

HAVE YOUR SAY WHERE IT COUNTS

On June 2nd, Ontario communities are going to the polls to elect a provincial government. Dalhousie Food Cupboard and its neighbours are part of the **OTTAWA CENTRE** riding.

We'll be attending the **PROVINCIAL ELECTION CANDIDATE DEBATE** presented by Centretown Community Health Centre (CCHC) & Somerset West Community Health Centre (SWCHC).

Monday, May 16th - 6:30-8:30 pm

Register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZYqduCgrzqsHNLwZJzOdDIV4TJHNtZvEm6c>

Food banks began as temporary measures to help out in emergency situations, and somehow they became permanent band-aids that do little to treat the underlying causes of food insecurity. Food insecurity continues to grow because too many people don't have enough income from jobs where they work, or the social assistance they receive, to afford rent, food, clothes and other necessities.

When it comes to electing candidates, we want to let them know how important it is to make housing affordable and ensure social income supports and minimum wages keep pace with the cost of living in each community. Please help us amplify these thoughts.

BIG YELLOW BAG PROMOTION



GARDENING SEASON IS NOW!

Save \$5 by using our code below, and \$10 will be donated to our group for each code used.

Garden season is upon us which means it's time to buy some soil. Luckily, Big Yellow Bag has got you covered. They are currently running their Give and Grow campaign that saves you money, and donates funds to the DFC. You can save \$5 off your purchase of soil by using the code **DALHOUSIE22**.

Entering the code will also provide a \$10 donation that will go towards our services.

Check out their website to purchase here:

<https://www.bigyellowbag.com/>

NEW WEBSITE FOR OUR PRODUCTS

We're so excited to have launched our new online store! Now you can purchase our products all in one place. Our Fuzz on Fire hot sauce (made by Meow! That's Hot), Pink Fuzz Fiesta Salsa (made by Betty's Pickles), and brand new Pink Fuzz and Suds soap (made by Beaver and Wood soap) are all available. All of our products use grapefruits donated to us by Beyond the Pale Brewing Company.

Check out the website at: <https://market13.ca/pages/seller-profile?the-dalhousie-food-cupboard>



THE DALHOUSIE FOOD CUPBOARD



CHICKEN WING RECIPE USING FUZZ ON FIRE!

We're always looking for new ways to use our Fuzz on Fire hot sauce made by Meow! That's Hot, using grapefruits donated by Beyond the Pale Brewing. Check out this simple chicken wing recipe, and don't forget to grab yourself a bottle of hot sauce to pair with it. Purchase online at: <https://market13.ca/pages/seller-profile?the-dalhousie-food-cupboard>



CHICKEN WINGS

Perfect as a starter or for the big game!

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 45 MIN

INGREDIENTS

- 2 pounds split chicken wings
- 2 Tablespoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon cracker black pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Fuzz on Fire hot sauce to taste

DIRECTIONS

1. Adjust your oven racks to the upper-middle and lower-middle positions. Preheat oven to 425 degrees F.
2. Line a baking sheet with aluminum foil and place a wire rack on top. Spray the rack with non-stick spray.
3. Use paper towels to pat the wings dry and place them in a large bowl. It's important to dry them REALLY well!
4. Combine the salt, pepper, garlic powder, paprika, and baking powder in a small bowl. Then sprinkle the seasoning over the wings, tossing to evenly coat.
5. Arrange wings, skin side up, in single layer on prepared wire rack.
6. Bake on the upper middle oven rack, turning every 20 minutes until wings are crispy and browned. The total cook time will depend on the size of the wings but may take up to 1 hour.
7. Remove from oven and let stand for 5 minutes. Transfer wings to bowl and toss with Fuzz on Fire Hot Sauce!

VERA'S GARDEN UPDATE & TIPS

We're busy preparing for garden season, giving loving care to planters in Grey Court and the North yard. Both gardens enjoy a micro-climate and we had hoped to get an earlier start to the season. Last year, we learned that nothing grows well in poor soil, hence the soil in the north yard is being boosted by many bags of soil from Big Yellow Bags. We've expanded the total growing surface by installing 10 raised beds.

The smaller garden (Grey Court) was designed to be used by people with mobility problems and we hope that this year we will see more mobility challenged people take advantage of it. The yard needs a few repairs before planting can start. Both gardens will pay closer attention to succession planting and every effort will be made to see how far we can extend the growing season.



Whether you have a garden or balcony, testing the viability of old seeds only makes sense. Read the information at the back of a seed package before you start and note how long germination should take and if a seed needs special attention.

The simplest way of doing this is to place 10 seeds on moistened towels, and rolling it up. Place the roll in a container to germinate in a darkish corner. Periodically check to see if the roll(s) need to be

misted with water. Too much water will drown them. If the results of your test show 6, maybe 5 or more seeds sprouted you are fairly safe to use the seeds.

Balcony gardeners should be prepping last year's potting soil for this year's crop and cleaning the containers with soap and water. Please note: Potting soil that housed a deceased plant should either be sterilized by baking in the oven or locked up in a lidded container for a year. Loosen the compacted soil, remove any visible debris then SIFT to remove what you missed – feed the result to a compost pile, whether it is your or one in the neighbourhood. Now add a handful of slow-release fertilizer to the soil to help your plants thrive. Keep your container covered until you can water the soil to plant. Another way to deal with old soil is to use 3 parts of the sifted and cleaned soil with 1 part compost. I bought worm castings to be able to do that.

If you'd like to lend a hand with our gardens, contact us at garden@dalhousiefoodcupboard.ca