

SPUD Fundraising – Newsletter Content

How it Works

Support our fundraiser by buying a harvest box of fresh, organic fruits and veggies! Here's how:

1. Create a free account at **SPUD.ca**.
2. Click SPUD Fundraising under the Home tab and choose your organic produce box.
3. At checkout, use the promo code **FUNDRAISING** and select our group from the drop-down list.
4. Complete your order and receive your healthy produce delivery at home or work.
5. 25% of every box purchased gets donated back to us!

About SPUD.ca

SPUD.ca is a full-scale online grocery store that delivers local, organic food to your home or workplace. SPUD focuses on real, healthy and sustainable produce and gives back to community groups through fundraising initiatives like this one!

Newsletter Health Tips & Recipes

1. Pear & Leek Soup

Stay cozy as Winter turns to Spring with vegan pear & leek soup! (link found [here](#))

Ingredients

2 T. Avocado oil or 1 T. vegan margarine and 1 T. Olive oil
3 Leeks, white and light green parts chopped
6 Cups Vegetable Broth
5 Barlett Pears, peeled, cored, and chopped (any pear will do)
1 Russet Potato, peeled and chopped
1 Teaspoon Ground Savory
¾ Teaspoon Pepper
¾ Teaspoon Salt

Instructions

- Melt the olive oil and vegan butter in a large pot over medium-high. When hot add in the leeks and sauté for about 5 minutes until they become tender and start to brown.
- Add the broth, and use your spoon to scrape up any bits that have stuck to the bottom of the pan. Add in the pears and potato and bring to a boil. Reduce to simmer and cook 10 to 15 minutes until the potatoes and pear are nice and tender.
- If using ground savory add it before using an immersion blender to blend the soup until completely smooth and creamy.
- Alternatively, you could use a standing blender, blending in small batches, being careful not to fill the blender to high so it doesn't erupt. Serve hot. Enjoy!



2. Seasonal Produce

In season for March: Beans, Cabbage, Carrots, Lettuce, Tomatoes, Cucumbers, Rutabagas, Beets, Turnips

Eating local means eating what's in season. And because the Calgary growing conditions change from season to season, you'll find that your selection will change throughout the year.

But why is eating local food better for health, the environment, and your wallet? Visit the website below to read more about the benefits of eating in synch with Calgary's agricultural rhythms.

<http://about.spud.com/blog-season-guide-march-ab/>

SPUD'S IN-SEASON GUIDE AB

march



BEANS



CABBAGE



CARROTS



LETTUCE



TOMATOES



CUCUMBER



RUTABAGAS



BEETS



TURNIPS

3. Heart Healthy Foods

Did you know that heart disease is the second leading cause of death in Canada after cancer? More than 1.6 million Canadians report suffering from some form of heart disease. And although there are certain factors that cannot be controlled, there are preventive measures you can take to reduce the risk of heart disease. One of them is to simply eat heart healthy foods.

Visit the website below to read more about what foods to eat and which ones to avoid for a healthier heart!

<http://about.spud.com/blog-heart-healthy-foods/>



4. 5 Oatmeal Recipes Worth Waking Up For

Bananas, blueberries, mushrooms, spinach, raspberries and apples... A few ordinary ingredients to give your morning bowl of oatmeal some extraordinary flavour!

Visit the link below for a list of our most delicious oatmeal recipes:

- Baked blueberry banana chia seed oatmeal
- Creamy maple almond banana oatmeal
- Sautéed mushroom, spinach, and egg oatmeal
- Raspberry coconut oatmeal
- Baked oatmeal-stuffed apples

<http://about.spud.com/blog-oatmeal-recipes/>



5. Why a Mediterranean Diet is Great for Your Health

Tomatoes, peppers, zucchini, eggplant, fennel... The bold flavours of the Mediterranean are a great place to start for a tasty and healthy dinner!

Read about what easy, everyday ingredients to try at the link below.

<http://about.spud.com/blog-mediterranean-diet/>