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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves



- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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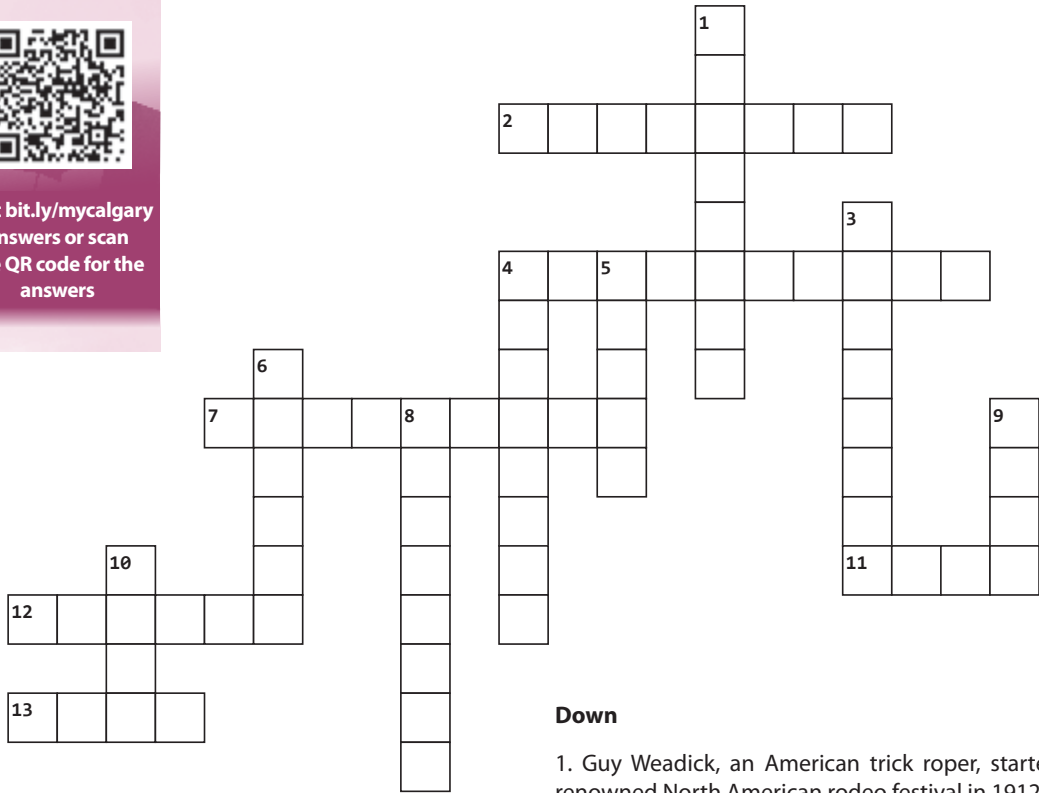
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July Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

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News, Events, & More



Crime Statistics



Real Estate Statistics





Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
May 2024	\$ 995,000	\$ 990,000
April 2024	\$ 875,000	\$ 900,000
March 2024	\$ 874,900	\$ 845,000
February 2024	\$ 849,900	\$ 887,500
January 2024	\$ 833,500	\$ 859,250
December 2023	\$ 849,900	\$ 840,000
November 2023	\$ 899,000	\$ 895,000
October 2023	\$ 893,950	\$ 890,000
September 2023	\$ 879,000	\$ 885,000
August 2023	\$ 686,950	\$ 699,250
July 2023	\$ 849,950	\$ 850,000
June 2023	\$ 799,000	\$ 790,000

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	23	17
April 2024	19	23
March 2024	21	17
February 2024	12	19
January 2024	20	12
December 2023	5	11
November 2023	11	9
October 2023	15	16
September 2023	23	21
August 2023	22	18
July 2023	17	16
June 2023	23	18

To view more detailed information that comprise the above MLS averages please visit rich.mycalgary.com

BRAIN
GAMES

SUDOKU

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Oxymoron is an Oxymoron!

The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!



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Just before the end of the spring sitting, hundreds, maybe even thousands, of emails expressing disappointment and discontent around Bills 18, 20, and 21 were sent to MLA offices across the province. My office was no exception. To be frank, the bills centralize more power and control within the provincial Cabinet. This seems to run counter to the premier’s previous preference for small government, reducing red tape, and local autonomy and decision-making.

Bill 18 allows the provincial government to intervene on any funding that may flow from a “federal entity” to a “provincial entity” on any grounds, including ideological ones. Municipalities big and small, post-secondaries, health regions, and school boards will be impacted. Consider housing funding, research grants, and French-language programming.

Bill 20 gives Cabinet the ability to remove a Councillor and repeal bylaws and re-introduces corporate and union donations to politics. It also allows political parties in municipal elections in Calgary and Edmonton.

Bill 21 grants permission to the province to take over from the local authority in the case of an emergency or natural disaster.

Criticism of these bills was decidedly bipartisan. Councillors in rural municipalities that voted heavily for this government have been speaking out against them. There are even folks who otherwise support the government raising concerns about how these powers could be used if a different party wins the next election.

I support local governments’ freedom to pursue funding opportunities that rise to meet community needs. I support academic freedom, and the pursuit of higher learning and innovation free of political or ideological interference. I support transparency and the democratic process that sees us elect local representatives to work on our behalf. I had the privilege to speak to these values in the Legislature and I welcome more conversations with Calgary-Currie residents over the course of the summer. Please reach out!

After several months where many of my weeks have been spent in Ottawa, I am thrilled to be back in Calgary Centre full time to kick off summer with the collection of events that take place in and around the riding.

Late spring and early summer are always an exciting time as the graduating classes of 2024 get set to celebrate one of life’s early accomplishments. Let me join proud parents in congratulating all the high school graduates on this achievement and wishing them well as they journey off to pursue further education, a trade, or whatever else life may have in store for them.

Naturally, July in Calgary means Stampede time and I am excited to get out to the many events to meet with constituents. Feedback from constituents is such an important part of my job in ensuring that the people of Calgary Centre receive the best representation possible.

It is an interesting time to be a member of the Opposition in federal politics, as I hear from more and more people not just in Calgary Centre, but all across Canada, that they have seen enough mismanagement from the current government and are anxious for a change. Canadians are feeling the pain in their day to day lives, in so many ways.

My office will be open all summer serving you, so please do not hesitate to contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880. Also, keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

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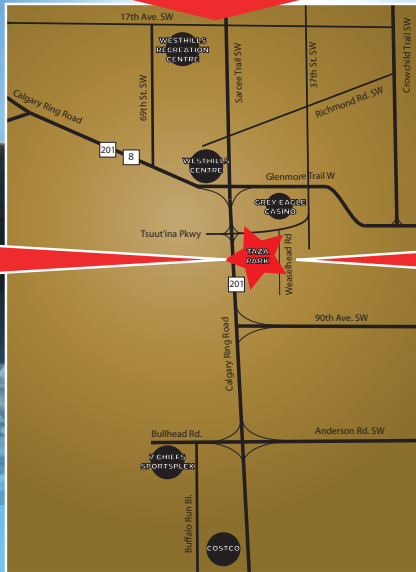
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