

August 2017

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By      Pick Up On

Sept. 6      Sept. 20

Oct. 4      Oct. 18

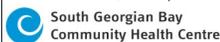
**Large Box \$15.00**

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. For more information or to volunteer, contact us at: [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com)  
Joan: 705-445-9660  
Ted: 705-428-5537

**A BIG THANK YOU...** to our community partners. We couldn't do it without their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody & Courtney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



"Serving Georgian Bay Communities Since 1952"



COLLINGWOOD BRANCH



Starting in **September**, order dates will be the **first Wednesday** of each month. Pick up will remain on the **third Wednesday** of the month.

## GREEN BEAN POWER!

Beans are a wonderful food choice. Green beans are in season between June and November. Make sure you get them while they are fresh!

**Did you know?** Green and yellow beans have been cultivated since 7000 BC?

- ◆ They are an excellent source of *folacin*— a vitamin that helps our cells grow and repair.
- ◆ Green beans contain *Vitamin C*- an antioxidant that helps the tissue in our bones, blood vessels and skin stay healthy.
- ◆ They contain *flavonoids*— antioxidants that help to reduce the risk of heart disease.



**Easy Preparation:** Just before using the green beans, wash them under running water. Next, you'll want to remove the top and tail of each of the beans.

**What to look for in the store:** Look for beans with a smooth pod. If beans look bumpy it means the seeds are enlarged and have lost their tenderness. Fresh beans should make a "snap" sound when broken.

**How to store green beans:** You can store beans in the refrigerator for one week. Try to wash them just before you eat them to make sure they stay firm while they are stored.

## EASY MEALS USING YOUR GFB ITEMS

### Fresh Green Bean Salad

GREEN BEANS & CHERRY TOMATOES + FETA CHEESE + VINAIGRETTE DRESSING \*

\* garlic powder, balsamic vinegar, lemon juice, olive oil, salt and pepper to taste

### Asian Stir Fry Green Beans

GREEN BEANS + GARLIC & RED PEPPER FLAKES + SOY SAUCE & SESAME OIL

### Roasted Beet and Green Bean Salad

GREEN BEANS & COOKED BEETS + RED ONION & BLUE CHEESE + APPLE CIDER VINEGAR, PARSLEY, SALT & PEPPER TO TASTE

**PARTNER PROFILE**



It's not easy to find a suitable venue that meets our criteria for our monthly packs. That's why we were thrilled when the **Wasaga Beach Lions** stepped up and offered the use of their hall at the Wasaga Beach Recplex.

Their generous donation of space is essential in enabling the Georgian Good Food Box program to provide packing services in Wasaga Beach. As well, some of the Lions volunteer to help on pack day!

*"Our club is pleased to partner with the Good Food Box by providing free use of our hall. We like to encourage everyone in our community to eat healthy and this helps our residents achieve this while saving money. Healthy food equals healthy families."*

Thank you **Wasaga Beach Lions** –we couldn't do it without your invaluable partnership!



**GROW YOUR OWN BEANS**

Beans are easy to grow. Start them indoors, then plant the seedlings outside in your garden or in a larger pot. You'll need:

- ✓Ontario bean seeds
- ✓Potting soil
- ✓Egg carton or a plastic cup

**Follow These Seven Easy Steps:**

1. Fill the egg carton sections or plastic cup two-thirds of the way with potting soil.
2. Make a small hole in the soil and put a bean seed inside. If you're using an egg carton, repeat for all the sections.
3. Add water until the soil is wet.
4. Put the carton or cup in a sunny spot.
5. Water every other day.
6. When the seeds sprout, plant them in a larger container or in your garden. Watch the seedlings grow, grow, grow!
7. The beans are ready to be picked when they are 1/8 inch thick (0.5 cm) and 4 to 6 inches (10-15 cm) long.

**LET YOUR FRUITS AND VEGETABLES BREATHE!**

In the heat of summer, your fresh produce may deteriorate quickly. One reason for this is lack of ventilation. Fruits and vegetables continue to breathe after they've been harvested! Remember to unpack your food box as soon as you receive it and avoid storing items in a sealed container or plastic bag. Sealed plastic does not allow the produce to breathe and further promotes deterioration by trapping carbon dioxide in the bag. If you use plastic bag storage, cut holes in the plastic to allow the produce to breathe in oxygen and breathe out carbon dioxide. Your produce quality will remain longer this way. For other produce storing tips, see *this video*: [https://www.facebook.com/wemakehealthychoices/videos/1264794890256396/?hc\\_ref=PAGES\\_TIMELINE](https://www.facebook.com/wemakehealthychoices/videos/1264794890256396/?hc_ref=PAGES_TIMELINE) or *this chart*: <https://www.realsimple.com/food-recipes/shopping-storing/more-shopping-storing/how-to-store-vegetables>

**Wasaga Beach Community Garden Workshops – Register at 705-429-3321**

- ◆ **Tues. Aug. 22**, Hike and Edible Plants, 6 pm, Community Garden
- ◆ **Tues. Aug. 29**, Seed Saving Workshop, 6 pm, Community Garden
- ◆ **Tues. Sept. 12**, Bernardin® Canning Workshop, 6 pm, Wasaga Stars Arena

**Order and Pay** by the First Wednesday of the month on-line at [www.ggfb.ca](http://www.ggfb.ca) or in person at:

Collingwood	<ul style="list-style-type: none"> <li>•Collingwood Community Resource Centre (at Rotary Centre, Campbell &amp; High St.)</li> <li>•State Farm Insurance, Caroline Kennedy (Pizza Hut Plaza, First St.)</li> <li>•Breaking Down Barriers (Unit 203, 115 Hurontario St.)</li> </ul>
Wasaga Beach	<ul style="list-style-type: none"> <li>•Dr. Redick Dental (West Medical Plaza, 587 River Rd. West)</li> <li>•South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.)</li> <li>•Drs. Kitai &amp; Watkin (Unit 101, Ramblewood Medical Centre)</li> <li>•Wasaga Beach Public Library (120 Glenwood Drive)</li> </ul>
Clearview	<ul style="list-style-type: none"> <li>•Stayner &amp; New Lowell Public Libraries or call Ted at 705-428-5537</li> </ul>

**Pick Up** on the Third Wednesday of the month at:

Collingwood	<ul style="list-style-type: none"> <li>•Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm</li> </ul>
Wasaga Beach	<p><i>*Your choice of pick up location must be marked on the order envelope*</i></p> <ul style="list-style-type: none"> <li>•Recplex Lobby, 1724 Mosely St., 10:30- 12:30pm</li> <li>•Wasaga Community Church, 278 Main St., 5:30- 7 pm</li> <li>•Schools (for School Families only) Check with your school</li> </ul>
Clearview	<ul style="list-style-type: none"> <li>•St. Patrick's Church Hall, William St. Stayner, 11:00 – 12:30 pm</li> <li>•New Lowell Library after 12 pm, or call Ted at 705-428-5537</li> </ul>