

July 2017

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Aug. 9 Aug. 16

Sept. 6 Sept. 20

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

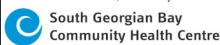
Joan: 705-445-9660

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"



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

STRAWBERRIES: THEY'RE BACK!

Summer strawberries are here! Most people love biting into a sweet strawberry on a hot summer's day. Watch for these brightly coloured, tasty berries in your Good Food Box, local grocery store, farmer's market or roadside stand.

Get the whole family out and enjoy pick-your-own berries at a local farm. Local strawberries are usually available in our area from mid to late June until July. Make a trip with family or friends to enjoy some of these delicious berries right from the patch.

Delicious AND Nutritious!

Strawberries:

- ◆ contain phytonutrients which are great for heart health and lowering cancer risk
- ◆ are an excellent source of Vitamin C (a powerful antioxidant)
- ◆ are a source of potassium which helps maintain healthy blood pressure
- ◆ are high in fibre and low in fat, sodium and cholesterol.



EASY MEALS USING YOUR GFB ITEMS

Strawberry Salsa

STRAWBERRIES + CILANTRO, JALAPENO (OPTIONAL) + RED ONION, LIME JUICE, SALT & PEPPER TO TASTE

Strawberry Salad

STRAWBERRIES & SPINACH + CHEESE, ALMONDS OR WALNUTS (OPTIONAL) + VINAIGRETTE DRESSING *

*olive oil, red wine vinegar, honey, poppy seeds

Strawberry Bruschetta

BAGUETTE SLICED & TOASTED + SLICED STRAWBERRIES & GOAT CHEESE + BASIL, BALSAMIC GLAZE, SALT AND PEPPER TO TASTE

PARTNER PROFILE



We are so fortunate to have **McNulty Printing** and their fabulous staff as a partner. They gladly contribute to the GGFB program by generously assisting with the format and printing of our newsletter each month!

McNulty's defines their service as *"offering a great quality product, at the fastest turn around time possible at an industry competitive price, while treating each and every client with the highest level of respect & courtesy. These ideals have been the cornerstone of growth for over 45 years, and will be the driving force well into the future."*

Canadian owned and operated, serving Collingwood and area since 1971, McNulty's talented, dedicated staff and cutting-edge technology is capable of handling any job. *"We deliver a product that reflects our pride in a job well done."*

We couldn't agree more! Thank you **McNulty Printing**.

SCRUMPTIOUS STRAWBERRIES!



Basic preparation: Gently rinse, pat dry, then remove green caps.

What to look for in the store: Firm, plump berries that are fully red with bright green caps. Strawberries do not ripen once picked.

How to store strawberries: Arrange unwashed on a paper towel in a shallow pan. Loosely cover and refrigerate unwashed for up to two days.

How to freeze strawberries:

Remove caps and leave whole OR remove caps, slice or cut into quarters. Place directly in packages, seal, label (with date) and freeze. Alternatively, freeze berries on a tray and then package, seal, label and freeze for up to one year.

Ten Quick and Yummy Ideas for Fresh Strawberries:

1. The best way to enjoy strawberries is fresh out of hand!
2. Add them to any salad
3. Cut them up and add them to your cereal – hot or cold
4. Add them to your smoothies or yogurt parfaits
5. Chop them up and add to pancake or waffle batter
6. Make fruit kabobs with some of your other favorite berries and cubes of cheese
7. Mash the strawberries and spread them on toast (instead of making jam)
8. Add strawberries to muffins or breads for a burst of fruit flavor
9. Grill strawberry skewers (brush with vegetable oil; sprinkle with pepper; two minutes per side or until heated through) as a side dish with your main meat dish
10. Have them for dessert – dipped in chocolate or as a topping for other sweet treats



Get a Free Recipe Everyday at www.peakmarket.com/ *Peak of the Market* is a grower-owned, not-for-profit vegetable supplier in Manitoba that will deliver nutritious recipes to your in-box everyday.



Visit A Farmers Market!
 Collingwood: Sat. 8:30 am–1 pm
 Creemore: Sat. 8:30 am–12:30 pm
 New Lowell: Wed. 5:30–dusk
 Stayner: Thurs. 5:00-8:30 pm
 Wasaga Beach: Tues. 4:00 -7 pm

Order and Pay by the Second Wednesday of the month on-line at www.ggfb.ca or in person at:

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

Pick Up on the Third Wednesday of the month at:

Collingwood	<ul style="list-style-type: none"> •Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
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"> •Replex Lobby, 1724 Mosely St., 10:30- 12:30pm •Wasaga Community Church, 278 Main St., 5:30- 7 pm •Schools (for School Families only) Check with your school
Clearview	<ul style="list-style-type: none"> •St. Patrick's Church Hall, William St. Stayner, 11:00 – 12:30 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537