

October 2017

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**Order & Pay By**      **Pick Up On**

Nov. 1      Nov. 15

Dec. 6      Dec. 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](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.



**Remember, order dates are now the first Wednesday of each month. Pick up will remain on the third Wednesday of the month.**

## LETTUCE HAS A LOT OF HISTORY!

Native to the eastern Mediterranean region and western Asia, lettuce has a long and distinguished history.

### Did you know?

- ◆ Depictions appearing in ancient Egyptian tombs suggest the cultivation of lettuce dates back to at least 4500 BC!
- ◆ The ancient Greeks and Romans held lettuce in high regard both as a food and for its therapeutic medicinal properties.
- ◆ In China, where lettuce has been growing since the 5th century, lettuce represents good luck. It is served on birthdays, New Year's Day and other special occasions.
- ◆ Christopher Columbus introduced varieties of lettuce to North America during his second voyage in 1493.
- ◆ Lettuce was first planted in California, the lettuce capital of the United States, by the Spanish missionaries in the 17th century.
- ◆ Its popularity across the US did not become widespread until centuries later with the development of refrigeration and railway transportation.



## BEYOND SALADS

### In Soup

PREPARE YOUR FAVOURITE SOUP



STIR IN CRISP LETTUCE LIKE ICEBERG OR ROMAINE



LET IT WILT & SOFTEN, THEN ENJOY

PUT 2 CUPS CHOPPED LETTUCE IN BLENDER



### Lettuce Smoothie

ADD 1 BANANA & 1 CUP OF BERRIES\*



BLEND IN A LITTLE HONEY OR MAPLE SYRUP

\* banana and berries can be fresh or frozen

### BLT Lettuce Wraps

USE LETTUCE LEAVES AS WRAPS



FILL WITH BACON, AVOCADO & TOMATO



MIX SAUCE\* & SPREAD ON WRAP

\* 1 tbsp. each of lemon juice, sour cream and mayonnaise

## PARTNER PROFILE



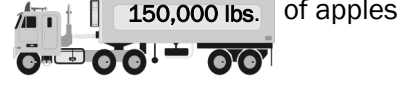
We salute the **Collingwood Legion, Branch #63**, for making a big difference in the lives of so many in the community. They recently celebrated their **90<sup>th</sup> anniversary** of providing services to active and past members of the Canadian Armed Forces and their families.

In addition to their commitment to military families, the Collingwood Legion supports many other worthwhile initiatives, such as bursaries, contests and sport for youth; blood donor clinics; General & Marine and RVH hospitals; Fire Dept.; Beinn Gorm Highlanders; and the Georgian Good Food Box, to name a few!

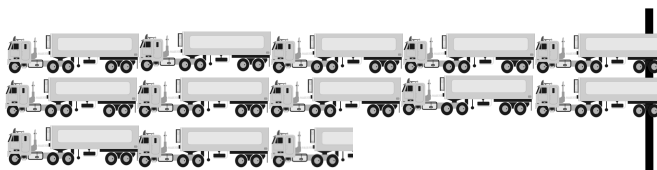
The Legion is a service club that is **open for membership to every Canadian citizen 19 years and older**. We are truly grateful that they generously open their doors to us every month as a pack site.

## WE'RE CLOSING IN ON 60,000!

The Georgian Good Food Box is on target to pack its 60,000th Good Food Box before the end of 2017! Do you know what that means?



- ◆ 95 percent of these four mainstays (potatoes, onions, carrots, apples) in every Good Food Box are sourced from local farmers. All together, that's just over **1 million pounds of produce!**



**That means we packed and you ate 12.5 tractor-trailer loads! \***

\* Most 18-wheelers (tractor-trailers) operating on Ontario highways are limited to 80,000 lbs.

- ◆ And on top of this, we have also packed hundreds of thousands of peppers, cucumbers, turnips, tomatoes, sweet onions, pears, cobs of corn, heads of lettuce, bunches of broccoli, cabbage, cauliflower, oranges, cantaloupe, bunches of celery and green onions, strawberries, blueberries, beets, green beans, peaches, pears, squash, yams, mushrooms, and... Congratulations for eating so much fresh and healthy produce!

Thursday, October 26, 2017

Brought to you by:

Community Volunteers

Breaking Down Barriers

South Georgian Bay Community Health Centre

Georgian Bay Food Alliance

Simcoe Muskoka District Health Unit

Society of St. Vincent de Paul

Community Connection



# What's for Dinner?

A discussion of the Right to Food, how it affects YOU and the entire community of South Georgian Bay, and how we can become a united and healthy community.

**6:00 pm to 8:30pm**  
**CCI Cafeteria**

**6 Cameron St. Collingwood, ON**  
**Featuring: Guest Speaker**  
**Dr. Mark Quigg**

Please RSVP by October 19 by going to:  
<https://www.surveymonkey.com/r/ZMB5FQ2>

For questions please contact Tracey at:  
705-445-1543 x305



Effective immediately, the **State Farm order location (Pizza Hut Plaza) is closed**. Collingwood residents can still order at Breaking Down Barriers and the Community Resource Centre.

**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>•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>*Your choice of pick up location must be marked on the order envelope*</p> <ul style="list-style-type: none"> <li>•Replex 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>