

June 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Jul 4	Jul 18
Aug 1	Aug 15

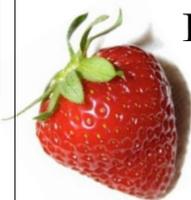
Food Box \$15.00

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.



Thank you to everyone who participated in our 2018 Georgian Good Food Box Survey. The winner of the free food box and cook book will be notified shortly, and we'll share the results of the survey with all our readers in the coming months.



IT'S TIME FOR BERRIES!

Peak season for strawberries is June and July! Today every province in Canada grows the strawberry plant. It grows both as a wild plant and as a cultivated plant. Strawberries are an excellent source of Vitamin C, potassium and fibre as well as being low in calories.

Everything You Need to Know About Strawberries

Handling	Choose plump, firm, deep-colored strawberries, with bright green caps and no signs of mold or soft spots.
Buying	Look for berries that are completely red with no white or green spots and have a sweet smell. Avoid crushed berries and be wary of berries packed in juice-stained containers. The size of the berries is not important. All strawberries large and small are equally sweet and juicy.
Storing and Preparing	Remove any damaged berries as soon as possible. Trim damaged areas and use in sauces, ice creams or in baking where appearance doesn't matter. Store berries in the refrigerator with hulls intact, unwashed, and lightly covered in a single layer. Use within three to six days. Just before serving, gently rinse under cold running water (avoid soaking because the strawberries will absorb water and lose flavour), gently pat dry with paper towels, and hull.
Freezing	Strawberries may be frozen whole or sliced, with or without sugar, for up to twelve months. Before using, thaw at room temperature. To freeze without sugar, place in a single layer on a large tray or cookie sheet. Freeze until firm (about one hour), pack in freezer bags drawing off as much air as possible, and seal.
Picking	Berry picking can be a really fun outing for family and friends. Call your <i>Pick Your Own</i> destination or the <i>Berry Hotline</i> before leaving to be sure a good supply of quality berries is available. To pick, gently hold the stem between thumb and forefinger. Carefully pinch and break the stem to release the berry without squeezing the berry itself.

MARKET TIME!

Be sure to visit the great markets in our area!

Collingwood — 2nd and Pine St., Saturdays, 8:30–1:00
 Wasaga Beach — Spruce St. Parking /Beach 1, Tuesdays, 4:00–8:00
 Creemore — Station on the Green, Saturdays, 8:30–12:30
 New Lowell — Recreation Park Pavilion, Wednesdays, 5:30–8:30
 Stayner — Stayner Station/Gazebo Park, Thursdays, 5:00–8:30



BE FOODFIT

Do You Enjoy Cooking And Meeting New People In Your Community? Then Come Join The Program

We are looking for adults who enjoy hands on learning and can commit to 3 hours per week for 12 weeks

The FoodFit Program is **New** to our area, 1 of 6 locations Canada-wide in 2018 that received the 2 year grant from CCFC (Community Food Centres Canada) More info on their website

It is exciting to have a program that will:

- *empower people to make healthier food choices
- *provide hands on cooking skills and a healthy meal each week
- *assist in showing how to form a daily exercise habit
- *motivate participants to overcome barriers to be the best they can be

REGISTER FOR OUR SEPTEMBER SESSION NOW!

For More Details Contact: Linda, FoodFit Facilitator
705-422-1888 ext 107 Linda.Williams@sgbchc.ca



TOP 10 STRAWBERRY TREATS!

1. The best way to enjoy strawberries is fresh out of hand!
2. Put them in a salad – fresh spinach and strawberries with balsamic vinaigrette.
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 and sprinkle with pepper; two minutes on each 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.



Order and Pay by the First 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.) •Breaking Down Barriers (234 Ste. Marie 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, Creemore, & 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., 5:00- 7 pm •Schools (for School Families only) Check with your school
	Clearview	<ul style="list-style-type: none"> •Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537 •Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm