

September 2018

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



## Order & Pay By      Pick Up On

Oct 3	Oct 17
Nov 7	Nov 21

### 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](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.



**Survey Says** Seventy-seven people completed the 2018 GGFB Customer Survey. The average level of overall **satisfaction with the quality** of the Good Food Box was 4.57 out of 5. Two thirds of respondents are very satisfied, while one third is satisfied.

## ZUCCHINI!!!!



Vegetable Marrow

Chances are, you've been offered a zucchini from your neighbour's garden, or have heard the lament, "I don't know what to do with all my zucchinis!"

Zucchini is available June to October. It is a source of vitamin A and C, and some fibre, as well as being low in calories.

### Handling

Their tender skin bruises easily, so handle with care.

### Choosing

If left to maturity, these vegetables will grow very large, but they are at their best when young and tender. Choose them small and firm, with bright colour and no bruises or soft spots, particularly at the stem end. Pattypan squashes, marrows and zucchini up to 15 cm long.



Pattypan

### Storing

Store in the refrigerator for up to five days, wrapped in plastic to protect from drying.

### Preparing and Using

1. Eat it raw, grated or sliced in salads.
2. Slice and serve on a plate of veggies and dip.
3. Grate zucchini to put in muffins or quick bread.
4. Lightly steam it or simmer in butter.
5. Lightly sauté in oil with garlic and add as topping to pasta, with grated parmesan.
6. Slice zucchini, brush with oil and spices (or balsamic salad dressing), barbeque until tender crisp in foil, in a vegetable basket, or directly on the grill.
7. Very large zucchini can be scooped out and filled with chopped tomato, onion and cheese mixture, and baked until tender.
8. Slice lengthways and thinly. Use the thin slices of zucchini like a wrap, and roll -up seasoned veggie sticks (such as asparagus, julienne carrots, and peppers) and cheese. Stick a toothpick through the zucchini wrap to hold it together.



Zucchini





## 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@sgbhc.ca**



## FROM ROOT TO STEM



There is a movement afoot to use all of a vegetable, from root to stem, so nothing is wasted. "In the average Canadian household, one in four produce

items gets thrown in the garbage. That's like throwing away \$600 a year!" (davidsuzuki.org/queen-of-green)

When we toss out even part of our produce, there is a tremendous waste of resources, including labour, water, and fuel, for growing, harvesting and shipping. If we try to use more of our produce, we save money, use resources more efficiently, produce less waste, and enjoy more nutrition and new flavours.

Here's some suggestions to inspire you to use more of your produce:

- ◆ Finely chop the ends of broccoli or cauliflower for stir fries or soup
- ◆ Thoroughly wash, then roast veggies such as carrots, potatoes, beets, zucchini, tomatoes with the skins on
- ◆ Cut the tough ends off asparagus and freeze them to add to soups or purees
- ◆ Use celery or carrot tops instead of parsley or cilantro
- ◆ Sauté beet greens with garlic and toasted almonds



<b>Order and Pay</b> by the First Wednesday of the month on-line at <a href="http://www.ggfb.ca">www.ggfb.ca</a> 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 (234 Ste. Marie 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, Creemore, &amp; New Lowell Public Libraries or call Ted at 705-428-5537</li> </ul>

<b>Pick Up</b> 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>•Replex Lobby, 1724 Mosely St., 10:30- 12:30pm</li> <li>•Wasaga Community Church, 278 Main St., 5:00- 7 pm</li> <li>•Schools (for School Families only) Check with your school</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>•Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm</li> <li>•New Lowell Library after 12 pm, or call Ted at 705-428-5537</li> <li>•Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm</li> </ul>