

April 2017

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**Order & Pay By**    **Pick Up On**

May 10    May 17

June 14    June 21

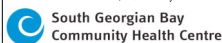
**Large Box \$15.00**

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



## HAPPY SPRING!

Carrots at this time of year, bring up images of cute little bunnies eating them. We should be eating more carrots too! Carrots have vitamin A that helps with your eye sight.



We should eat a mix of different vegetables and fruit daily. Try to eat at least one dark green (spinach, broccoli, kale, romaine lettuce) and one orange vegetable (carrots, sweet potato, winter squash) each day. Delicious, inexpensive and healthy, both raw and cooked, carrots can be used in many sweet and savoury dishes.

## EASY MEALS USING YOUR GFB ITEMS

### Rice Dish

CARROTS & ONIONS + RICE & BEANS + SEASONING

### Salad

SHREDDED CARROTS, LETTUCE, PEPPERS, ETC. + BERRIES & CHICK PEAS + GLASS OF MILK

### Soup in the Slow Cooker

CARROTS, ONIONS, POTATOES + BROTH + GARLIC & SEASONING

### Try this:

- ◆ Grate carrots and add them to a leafy green salad, pasta salad, or combine with grated cabbage for coleslaw.
- ◆ Boil carrots, potatoes, ginger, celery and spices, then puree to make a great soup.
- ◆ Roast carrots in the oven on their own or with other root vegetables for a tasty side dish.
- ◆ Dip carrot sticks in hummus for an easy snack.



**Riddle:** type of vehicle + decomposition = ?

## PARTNER PROFILE

We're extremely grateful for our partners, like **Ruth McArthur**, who do the behind-the-scenes work! Ruth is a Public Health Nurse with **Simcoe Muskoka District Health Unit** and a monthly contributor to the newsletter.

*"I have been nursing for 28 years now and have experience in both the hospital and community/ Public Health settings. I am passionate about my work in Public Health and the Chronic Disease prevention program.*

*We are seeing a high level of chronic disease in our communities. This is on the rise as people change their diets and become more sedentary. Physical activity and a healthy diet are effective solutions so I am happy to work with the Georgian Good Food Box supporting the newsletters to encourage healthy eating."*

## SPOTLIGHT ON CARROTS



**Nutrition:** Carrots contain beta-carotene, which is what gives carrots their bright orange colour. Beta-carotene also acts as an antioxidant. Antioxidants may lower the risk of some chronic diseases. Beta-carotene is also converted to vitamin A in your body. Vitamin A helps your eyes and skin stay strong and healthy. Carrots also contain folate and fibre.

**Buy local:** You can buy local Ontario carrots almost all year long. Look for the Foodland Ontario logo or ask your store manager when shopping to know if your carrots are grown locally. When you buy local food, you support farmers so they can keep producing high quality, affordable food we can all enjoy.

**Baby carrots:** Baby carrots are full-grown carrots that have been peeled and shaped into smaller pieces by a machine. Their small size makes them a popular snack food, but because they no longer have the skin, they are a little less nutritious than regular sized carrots.

**How to store carrots:** Store carrots in plastic bags in the refrigerator crisper. They will keep for up to three weeks. Remove the leafy green carrot tops before storing. Otherwise the greens will take moisture out of the carrots and make them tough and wilted

**Tips:** Carrots go well with flavours such as ginger, curry, maple syrup, honey, apple cider, thyme and parsley. Most of the carrot's nutrients are found just below the skin. Instead of peeling your carrots, rinse and scrub with a vegetable brush or just scrape the skin lightly with a peeler. *Information from EatRight Ontario ([www.eatrightontario.ca](http://www.eatrightontario.ca))*

### Wasaga Beach Community Garden Workshops

As the summer season approaches, planning is underway to offer gardening techniques workshops.

- ◆ **Saturday May 13<sup>th</sup>** – Official opening of garden, cleanup, and a workshop on soil
- ◆ **Tues May 23**, Wild Edibles and Healing Herbs, South Georgian Bay Community Health Centre, 14 Ramblewood Drive, Unit 202, 7-8 pm

**Answer to Riddle:** car + rot = carrot

**Order and Pay** by Second 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 Public Library or call Ted at 705-428-5537</li> </ul>

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

Collingwood	•Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
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, 380 Zoo Park Road, 5:30- 7 pm</li> <li>•Schools (for School Families only) Check with your school</li> </ul>
Clearview	•St. Patrick's Church Hall, William St. Stayner, 11:30 – 1 pm or call Ted at 705-428-5537