

June 2017

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



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

July 12      July 19

Aug. 9      Aug. 16

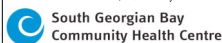
**Large Box \$15.00**

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"*



## COOL CUCUMBER FACTS

The term "cool as a cucumber" is actually derived from the cucumber's ability to cool the temperature of the blood. Also when applied topically, cucumber really does cool the blood and eases facial swelling, which is why cucumbers are so popular in facial regimens.

- ◆ Cucumbers contain Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. Who needs a multivitamin?



- ◆ Do you have a problem with your bathroom mirror fogging up after your morning shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.
- ◆ Do you have a hard time drinking your eight glasses of water per day? Try munching on some cucumbers. They are made up of 95% water! Snacking on cucumbers can help curb hunger.

## EASY MEALS USING YOUR GFB ITEMS

### Side Dish

CUCUMBERS



GARLIC,  
ONIONS



VINEGAR &  
WATER at 3:1  
ratio\*

\* marinate overnight

### Salad 1

CUCUMBERS &  
TOMATOES



OLIVE OIL, SALT &  
PEPPER TO TASTE



CHUNKS OF FETA  
OR OTHER CHEESE

### Salad 2

CUCUMBERS &  
PEACH SLICES



SHALLOTS AND  
VINEGAR



THYME, SALT AND  
PEPPER TO TASTE

### Sandwich

TOASTED BREAD  
AND CUCUMBER



TOMATOES,  
SPINACH



MAYONNAISE,  
SALT AND PEPPER  
TO TASTE

**PARTNER PROFILE** 

We salute **Domenic Sanfilippo and staff at Sanfilippo's Wholesale**, From our initial contact in 2003 to the present day, Sanfilippo's Wholesale has provided high-quality, locally-grown produce at an affordable price for more than 58,000 Good Food Boxes.

Their 56 years of experience serving retail, restaurant, resort and institutional businesses in the Georgian Triangle is a huge asset in planning contents for the Good Food Box each month.

Domenic works with Georgian Bay producers and farmers to deliver the freshest, locally grown product to our pack locations. We fully appreciate Sanfilippo's contribution to healthy eating and value their help in providing an exceptional product to us at a reasonable cost.

**SLICE UP A CUCUMBER TODAY!**



- ◆ Add cucumber, cantaloupe and honeydew melon to your water for a refreshing flavour
- ◆ Top a whole grain cracker with tuna and cucumber
- ◆ Dip cucumbers and carrots in hummus
- ◆ Mix finely chopped cucumber into egg salad instead of celery
- ◆ Add cucumbers as a topping to your sandwiches

**IS THERE A BAD APPLE IN THE BUNCH?**

We hope not! Our high quality produce is delivered fresh and volunteer packers do their best to spot the odd bad apple, tomato, cucumber, or...before it is packed. Here's some tips to keep your produce in its prime:

- ◆ Pick up your Good Food Box promptly on pack day
- ◆ Store it properly. Not sure if it goes in the fridge, the pantry or the countertop? See *this video*: [https://www.facebook.com/wemakehealthychoices/videos/1264794890256396/?hc\\_ref=PAGES\\_TIMELINE](https://www.facebook.com/wemakehealthychoices/videos/1264794890256396/?hc_ref=PAGES_TIMELINE) or *this chart*: <https://www.realsimple.com/food-recipes/shopping-storing/more-shopping-storing/how-to-store-vegetables>
- ◆ Make sure we have your **up-to-date phone number** (on PayPal or order form) so we can call you if you forget to pick up. Unclaimed bags go directly to charity.



**New Lowell Customers** can now order and pick up the Good Food Box at the New Lowell Library!

**Wasaga Beach Seniors Expo:** **Thurs. June 22 at the Rec Plex** Free event with resources and information for seniors on housing, health, volunteering, and more!

**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

**Wasaga Beach Community Garden Workshops — Register at 705-429-3321**

- ◆ **Tues. July 4**, Organic Pest Control, 6 pm, Community Garden
- ◆ **Tues July 11**, Decorative Edible Containers, 7 pm, Community Garden

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