

May 2017

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



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

June 14      June 21

July 12      July 19

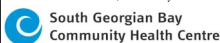
**Large Box \$15.00**

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"*



## MUSHROOMS!

### The Secret Ingredient You Are Missing

Mushrooms tend to get a bad rap with children and adults alike. Perhaps the look or the texture throws people off? To be honest, I was guilty of avoiding these little vegetables until a few months ago! So what changed?



In an attempt to "practice what I preach," I wanted to be sure I was eating enough fibre, and one of the best ways to do this is include more vegetables at snacks and meals. I chose mushrooms because I wanted something affordable, a food that came in the GFB, and I knew there were lots of benefits to eating them.

- ◆ Mushrooms are a source of B Complex vitamins, minerals, fibre and even Vitamin D (the only item in the produce aisle to have this!)
- ◆ Mushrooms are low in fat, carbohydrates, sodium, cholesterol, sugar
- ◆ Mushrooms are also a low GI Food – a great addition to any meal for those living with Diabetes or who are looking to manage their weight
- ◆ Mushrooms are low in salt, adding flavor to your food while watching your blood pressure

### Takeaway...

Mushrooms were easy to use in meals and I had no issues with taste or texture when cut up very small. *Sneak mushrooms into everything you eat!*

## EASY MEALS USING YOUR GFB ITEMS

### Homemade Tacos

TURKEY OR BEANS, ONIONS, MUSHROOMS +

CABBAGE, LETTUCE OR KALE LEAVES +

SHREDDED CARROTS, ONIONS

### Burgers\*

CHOPPED ONIONS, MUSHROOMS, SPINACH OR KALE & MEAT OR BEANS +

TOP WITH LETTUCE, TOMATO, WHOLE GRAIN BUN +

SERVE WITH CARROT STICKS & ANOTHER VEGGIE

\* these also make great meatballs

### Omelet Muffins\*\*

ONIONS, PEPPERS, MUSHROOMS, SPINACH OR KALE, TOMATOES +

EGGS +

SPRINKLE WITH CHEESE



\*\* mix all ingredients and bake in muffin tin @ 350F for 20 minutes.

**PARTNER PROFILE**



A big thank you to our partner **Courtney O’Neill**, a Community Dietitian & Diabetes Educator, with **South Georgian Bay Community Health Centre** for sharing her true confessions about eating mushrooms this month!

*“I’ve been a Registered Dietitian for the last 2.5 years and feel privileged to start my career in this incredible community. Having completed my Master’s research on the topic of food skills, I work with individuals and groups to identify simple strategies for enabling them to be more involved in the meals they eat as a tool to manage their health. Working with the Georgian Good Food Box and contributing to the newsletter is just one of the many opportunities I have to inspire, educate and empower my neighbours about the benefits of living a healthy lifestyle.”*

**MARVELOUS MUSHROOMS**



**Basic Preparation:** Did you know it is better to gently wipe your mushrooms only before use? If you wash them as soon as you get them, they will absorb water and discolour. Remove stems if they feel hard or dry. No need to peel. Serve chopped, sliced or whole, raw or cooked.

**How to store mushrooms:** If purchased loose, store in brown paper bag to help them breathe and stay firm. Once a package of mushrooms are open, store the rest in a brown paper bag. Try to use within a few days, but good up until one week.

**Don’t have a specific recipe in mind?**

- ◆ Slice mushrooms onto salad
- ◆ Roast whole mushrooms with potatoes and carrots
- ◆ Fry mushrooms and onions with a spoonful of olive oil and sprinkle pepper to finish
- ◆ Use a large mushroom (like Portobello) as the “meat” for your burger

Reference: <http://www.mushrooms.ca/>



**New Lowell Customers** can now order and pick up the Good Food Box at the New Lowell Library, starting in May 2017!



**Have Your Say About Food Security** in your community at <https://news.ontario.ca/prs/en/72017/04/ontario-seeking-public-input-on-a-food-security-strategy.html>



**Read About The Cent\$less Campaign** and watch three excellent videos about reducing household food insecurity at: <http://www.simcoemuskokahealth.org/Promos/poverty=hunger>

**Wasaga Beach Community Garden Workshops**

- ◆ **Tues May 23**, Culinary and Healing Herbs, South Georgian Bay Community Health Centre, 14 Ramblewood Drive, Unit 202, 7-8 pm
- ◆ **Tues June 6**, Square Foot and Veggie Gardening, 6 pm, Community Garden
- ◆ **Tues. July 4**, Organic Pest Control, 6 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>•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>