

September 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
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Oct 7	Oct 21
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Nov 4	Nov 18
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Food Box \$18.00

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

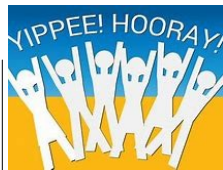
A BIG THANK YOU... to our community partners. We couldn't do it without their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody, Courtney & Rebecca (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



Serving Georgian Bay Communities Since 1952
South Georgian Bay
Community Health Centre



simcoe muskoka
DISTRICT HEALTH UNIT
Your Health Connection



IT'S GOOD TO BE BACK!

Thank you for your patience over the last several months. We resumed the Good Food Box program in August! Things will be a little different as we follow Provincial regulations for safe handling of the good food boxes in the months ahead.

- ◆ Visit our website at www.ggfb.ca for the most up-to-date information. Email us at gfoodbox@gmail.com or call us at 705-445-9660 with questions or concerns.
- ◆ As Ontario gradually re-opens, and regulations change, we may have to adjust how we provide service to you and it might be different each month!
- ◆ We encourage you to order via Paypal. If unable to order via Paypal, orders are being accepted ONLY at the Collingwood Library and Wasaga Beach Library. Clearview cash orders phone Ted 705-970-7737. **See important order information on the flip side of this page.**
- ◆ Some of our pick up locations and procedures have changed. **See important pick up information on flip side of this page**
- ◆ We are not able to offer individual deliveries at this time.

BOUNTIFUL ZUCCHINI!



Photo from: www.pixabay.com

Is there such a thing as too much zucchini? If you have a good crop, then there can be a lot of zucchini at one time! Here are some tips to help manage zucchini overload.

Fun Facts About Zucchini:

- ◆ Zucchini is a variety of summer squash that is in season from July to October in Ontario.
- ◆ Zucchini is usually dark green in colour, but can also be yellow or striped. They have thin and edible skin, with soft seeds and a mild flavour.
- ◆ If left in the garden, zucchini can grow to be very large. However, their flavour is best when they are young and tender.
- ◆ Zucchini is an excellent source of vitamins A and C, and also contains some fibre.

Food Storage Tips:

- ◆ Select zucchini that are firm and medium-sized with shiny and smooth skin. Their skin is tender and bruises easily, so handle with care.
- ◆ Store zucchini in the refrigerator for up to 5 days. They can be wrapped in plastic wrap to prevent drying out.
- ◆ To wash zucchini, rinse it under cold water and gently rub the skin to remove any dirt. There is no need to use soap, detergents, or other washing solutions.

TRY THESE IDEAS FOR PREPARING ZUCCHINI



Cut it lengthwise into sticks and eat it raw with hummus or veggie dip.



Slice a zucchini in half lengthwise and scoop out the seeds to make a zucchini boat. Add filling, such as meat sauce, veggies and/or cheese, and bake it in the oven.



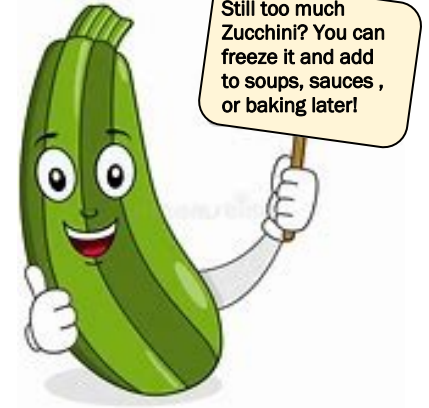
Cut it into coins and sauté with olive oil, garlic, and other vegetables. Sautéed zucchini makes a great addition to a stir fry or pasta sauce.



Slice it into thin strips, toss with oil and vinegar, and grill on the barbeque.



Shred it and make baked goods such as zucchini muffins or loaf.



Photos from: www.pixabay.com

IMPORTANT ORDER INFORMATION

We encourage all our customers to use **Paypal** for orders on our website, www.ggfb.ca. If you are unable to use Paypal, cash orders will ONLY be accepted at:

- ◆ Collingwood Library
- ◆ Wasaga Beach Library
- ◆ Clearview cash payments call Ted 705-970-7737. Clearview libraries are NOT accepting orders at this time.

If paying by cash, bring exact change in your own envelope with the following information written on it:

- ◆ Full name, phone number and email address
- ◆ Number of boxes ordered, amount enclosed (\$18/box)
- ◆ Where you will be picking up (see below)

Wear a mask and deposit your completed envelope into our order box.

Please note—it's very important that you bring your own envelope already completed with exact change as staff cannot provide an envelope, pen or change. Thank you in advance for following these guidelines and ensuring we are able to resume safe service.

Order and Pay by the First Wednesday of the month on-line at www.ggfb.ca or in person at one of the sites listed:

IMPORTANT PICK UP INFORMATION

All orders are being packed in Wasaga Beach for the time being. This means there may be slight delays in transporting bags to each of our pick up locations, we ask for your patience. At this time **Pick up will occur only at these locations:**

- ◆ Wasaga Beach Recplex, 10:30am-12:30pm
- ◆ Collingwood 72 Raglan Street 11am on, please call Joan at 705-445-9660 for details
- ◆ Stayner Public Library 11am-1pm
- ◆ Creemore Public Library- 2pm to close
- ◆ New Lowell Public Library- 2pm to close

} If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737

Pick Up on the Third Wednesday of the month at the locations listed: