

April 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

GOOD FOOD BOX PACK UPDATE

We have decided, in line with current Public Health and Government regulations, to suspend our April 2021 order and pack cycle owing to limitations on available packing sites, order locations, and indoor gathering sizes, as well as the ongoing uncertainty of restrictions. Any orders already placed/paid for, are credited to May 2021, or the next month we are operational, given the changing nature of this situation. Watch for program status updates through the following channels: Email updates (sign up on our website for mailing list updates); Facebook; and ggfb.ca website. If you have questions, contact us at: gfoodbox@gmail.com or phone, 705-445-9660. Thank you for your patience and support. Take care and stay healthy!

Order & Pay By	Pick Up On
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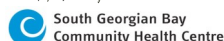
May 5	May 19
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June 2	June 16
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Food Box \$18.00

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 them: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (Stayner Good Shepherd Anglican Church, Wasaga Beach Lions Club at Recplex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Rebecca, Jody & Sydney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



COOKING WITH CABBAGE



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Spring is officially here! If you are looking for a way to add freshness and crispness to your meals, look no further. Cabbage has you covered! This nutritious and versatile vegetable can be used in a variety of ways. Cabbage can be enjoyed raw, cooked, or even preserved as sauerkraut. Did you know

that cabbage is also a great source of dietary fibre and vitamin C?

Here are some tips for cooking with cabbage:

- ◆ Remove the outer leaves and wash the cabbage well with water.
- ◆ Cut the cabbage just before you are going to use it – this keeps it fresh for longer!
- ◆ Shred cabbage by cutting it into four sections and remove the hard stalk. Then, shred each section into smaller pieces.
- ◆ Try pickling, boiling, baking, stir-frying, or steaming cabbage for more variety.

How to store cabbage:

- ◆ To keep your cabbage fresh for a couple of weeks, wrap it tightly in plastic and store in the crisper.
- ◆ Use cabbage within 2-3 days once it has been cut.
- ◆ Once cooked, cover and store in the fridge. Use within 3-5 days.
- ◆ Freeze any unused cabbage in freezer-safe bags or containers for 10-12 months.

THREE WAYS TO USE CABBAGE THIS SPRING

#1 – COLESLAW WITH A TWIST

Shred cabbage and toss in a vinaigrette dressing. Try these additions for a twist on your favourite recipe:

- ◆ Add fruit: orange segments, sliced apple or pear, canned pineapple, grape halves
- ◆ Mix in other vegetables like jicama, peppers or beets.
- ◆ Try a low-fat yogurt in place of mayonnaise for a lower-fat coleslaw dressing.

Recipes and information from unlockfood.ca: <https://www.unlockfood.ca/en/Articles/Budget/All-About-Cabbage.aspx> and <https://www.ontario.ca/foodland/food/cabbage>

#2 — FRESH SPRING ROLLS

1. Prepare the fillings. ¼ cup of filling is enough for an 8-inch spring roll wrapper. You can also use cabbage leaves as the wrapper. Try a combination of:
 - Shredded cabbage, carrots, zucchini, cucumber or other vegetables from your Good Food Box
 - Leftover meat and alternatives such as cooked chicken, tofu, shrimp, hard boiled eggs
 - Cooked rice noodles tossed with a small amount of rice wine vinegar
 - Herbs like chopped mint, cilantro, or basil.
2. Add fillings to the spring roll paper or cabbage leaves and fold up like burritos. Serve with peanut sauce.

#3 — QUICK VEGGIE-NOODLE SALAD

- ◆ Toss cooked whole-wheat pasta with prepared peanut sauce.
- ◆ Add broccoli, shredded cabbage and carrots.
- ◆ Add lean protein (examples: tofu, leftover cooked meat, poultry, sliced omelet, and cooked shrimp)
- ◆ Top with chopped cilantro or green onions.



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EASY PEANUT SAUCE

Ingredients

- ◆ ¼ cup creamy peanut butter
- ◆ 1 tablespoon hoisin sauce
- ◆ 2 teaspoons soy sauce
- ◆ 1 clove garlic (mashed, or about 1 teaspoon minced)
- ◆ 1 teaspoon sriracha sauce (optional for spice)
- ◆ 1-2 tablespoons warm water, more if needed

Directions

1. Whisk everything together (except water) in a bowl or a food processor until smooth.
2. Add 1-2 Tablespoons of warm water or until you reach desired thinness.
3. Pour into a serving bowl/ramekin. Serve with fresh spring rolls or toss with a noodle salad.

Peanut sauce recipe from:

<https://sallysbakingaddiction.com/homemade-fresh-summer-rolls-with-easy-peanut-dipping-sauce/#tasty-recipes-73688>



When we are able to resume packing, the Clearview pack will be at the **Good Shepherd Anglican Church** on Scott St. in Stayner. We sincerely thank them for welcoming and accommodating us! We greatly appreciate the many years of support from the St. Patrick’s Roman Catholic Church.

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:

 **ALL PACKS SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID RESTRICTIONS.**

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.

IMPORTANT PICK UP INFORMATION

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

- ◆ **Wasaga Beach Recplex Hall, Lion’s Den** 11:00am-12:30pm (curb side pick up)
- ◆ **Collingwood** As per instructions from Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ **Stayner Good Shepherd Anglican Church, Scott St.** 11-12:30 (curb side pick up) 
- ◆ **Stayner Public Library** 1-9 pm
- ◆ **Creemore Public Library**- 2-5pm or 7-9pm
- ◆ **New Lowell Public Library**- 2—8 pm

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

We are unable to offer individual deliveries at this time.

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