

August 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

WE'RE BACK! HOORAY!

We are thrilled to be proceeding with our August order and pack cycle. We hope that our packs can continue each month from now on, but we can't be sure. We will send updates on our program status through the following channels: Email updates (sign up on our website for mailing list updates); Facebook; Website (www.ggfb.ca). If you have questions or concerns, please speak with our community contacts:

- Clearview, Ted 705-970-7737
- Wasaga Beach, Loretta 705-352-3555
- Collingwood, Joan 705-445-9660 or email us at gfoodbox@gmail.com

Order & Pay By	Pick Up On
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Sept 1	Sept 15
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Oct 6	Oct 20
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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.



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CAULIFLOWER POWER!

Cauliflower is in full swing this time of the year. We want to highlight the nutritional power of this vegetable as well as how to prepare, cook and store the cauliflower from your Good Food Box this summer. Cauliflower comes in many varieties such as snow crown, polar express, and white rock. This vegetable is in season in Ontario from June until November. Did you know that cauliflower was first grown in North America in the late 1600's?

Cauliflower Nutrition

Cauliflower is a great source of vitamin C, folate, and potassium. Vitamin C is a powerful antioxidant and folate is an important vitamin that is involved in normal cell growth and development. Potassium can help with managing blood pressure and proper nerve function. Did you know that cauliflower also provides 2 grams of fibre for every cup? Fibre helps to keep our heart and bowels healthy.

How to Prepare, Cook and Store Cauliflower

Preparing

- ◆ First, remove the outer leaves. Wash cauliflower well. Cut and trim off the stems.
- ◆ Break it off into smaller pieces (called florets) or cook whole cauliflower.

Cooking

- ◆ When cooking the whole cauliflower, place on a microwave-safe dish and cook on high in the microwave for 3 minutes. Turn it over and cook for another 3 minutes or longer, until the cauliflower is tender.
- ◆ To cook smaller pieces, place them in a microwave-safe dish with ½ cup of water. Cook on high in the microwave for 8-10 minutes or until ends are tender.
- ◆ Stir-fry or roast cauliflower in the oven with a bit of your favourite cooking oil.

Storing

- ◆ *In the refrigerator:* Store cauliflower unwrapped for up to 5 days.
- ◆ *In the freezer:* Extra cauliflower can be frozen for up to 10-12 months. To preserve the quality of the cauliflower, blanch florets in boiling water for 3 minutes and then remove them from the water. Immediately plunge the cauliflower pieces into ice-cold water to stop the cooking process. Then, drain to remove any water and freeze in an air-tight container or freezer bag.

Curried Lentils, Sweet Potato and Cauliflower

Ingredients

- ◆ 1 large onion, coarsely chopped
- ◆ 2 medium sweet potatoes (1 lb), peeled and cut into ½ inch (1cm) pieces
- ◆ 1 small cauliflower (1lb), cut into small florets
- ◆ 3 tablespoons (45ml) Indian curry paste
- ◆ 10 cardamon pods
- ◆ ¾ cup (175ml) green or brown lentils, rinsed
- ◆ 2 cups (500ml) vegetable broth
- ◆ ¼ cup (50ml) fresh coriander leaves
- ◆ Salt and pepper to taste
- ◆ Plain yogurt (optional)



Directions

1. Heat a large saucepan over medium-low heat. Add onion and curry paste, stirring well. Cook, stirring constantly for 2-3 minutes.
2. Smash cardamom pods with a large knife or meat mallet. Remove small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes, cook for 2-3 minutes.
3. Stir in lentils and broth, cover and bring to a boil over high heat. Reduce heat and simmer, covered, for 15 minutes.
4. Add cauliflower and return to boil, reduce heat and simmer for 8-10 minutes or until lentils and vegetables are tender.
5. Remove from heat, stir in coriander. Season to taste with salt and pepper. Let stand a few minutes. Serve with a dollop of yogurt (if desired).

Newsletter Resources:

<https://www.ontario.ca/foodland/food/cauliflower>

Recipe and photo from: <https://www.unlockfood.ca/en/Recipes/Vegetarian/Curried-Lentils,-Sweet-Potato-and-Cauliflower.aspx>

For more information on freezing fresh vegetables, check out: https://www.halfyourplate.ca/wp-content/uploads/2014/12/CPMA.Freezing_Guide_Fresh_Vegetables_EN.pdf

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:



This information is subject to change in response to Covid-19 restrictions and policies.

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, exact cash orders will ONLY be accepted at:

- ◆ Collingwood Library
- ◆ Wasaga Beach Library
- ◆ Stayner, Creemore and New Lowell Branches of the Clearview Public Library or call Ted 705-970-7737.

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.

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

We are unable to offer individual deliveries at this time.

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 Public Library 11am—9 pm
- ◆ Creemore Public Library- 2-5pm or 7-9pm
- ◆ New Lowell Public Library- 2—8 pm

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