

July 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

WE'RE BACK! HOORAY!

We are thrilled to be proceeding with our July 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
Aug 4	Aug 18
Sept 1	Sept 15

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.



HERB-ALICIOUS JULY

It's easy to add fresh herbs to your favourite dishes this summer! Herbs are plants that have aromatic and antioxidant properties. They are mainly used to add flavour and colour to dishes. Herbs are a great way to boost the natural flavour of your meals without adding any sodium, sugar, or fat. Herbs can be easily grown at home or bought in a grocery store.



UNLOCKFOOD'S GUIDE TO USING 10 COMMON HERBS

BASIL	This popular herb goes well in many dishes including pesto, pasta sauce, and even with tomato on pizza. Fresh basil provides more flavour than dried.
LEMON GRASS	The aroma and flavour of lemongrass is like sour-lemon. It is often found in Vietnamese or Thai cooking and goes well in soups.
BAY LEAVES	These leaves have a "woody" flavour and are best when added at the start of cooking. Bay leaves work best with meat, stews, soups, and vegetables. Tip: Remember to remove the leaves before serving.
CILANTRO	Also known as coriander, this herb has a strong fragrance but works very well with spicy dishes, soups, curries, salsa, and guacamole. Tip: Add cilantro just before serving to get the most flavour!
DILL	Dill is popular because of its light and versatile flavour. It can be used in salads, meat dishes, fish, eggs, vegetables, and dressings. Make sure to add dill at the end of cooking because it can lose its flavour once heated.
THYME	Thyme can be used in a variety of dishes and pairs well with other herbs such as rosemary and oregano. It can be used in small amounts to flavour stews, meat sauces, soups, vegetables, and fish dishes.
ROSEMARY	Rosemary has a flavour like pine and lemon. It can be used to flavour meats, potatoes, stews, soups, and vegetables.
PARSLEY	Often used as a garnish, parsley is a great addition to dishes such as chicken, meatballs, and cold salads. Tip: Flat leaf and Italian varieties offer more flavour than curly.
SAGE	Sage is strongly flavoured and pairs well with pork, beef, poultry, and sausage. It tastes slightly bitter on its own, but can be mixed with other herbs.
MARJORAM	This herb is slightly sweeter than oregano and pairs well with pork, lamb and veal. Tip: Add marjoram near the end of cooking for the maximum flavour!

Colourful Quinoa Salad



Ingredients

- ◆ 250 mL (1 cup) quinoa, rinsed well
- ◆ 425 mL (1¾ cups) sodium reduced vegetable broth
- ◆ 1 clove garlic, minced
- ◆ 5 mL (1 tsp) chopped fresh thyme or 2 mL (½ tsp) dried thyme leaves
- ◆ 2 red, yellow or green bell peppers, seeded and quartered
- ◆ 1 large carrot, peeled and sliced lengthwise
- ◆ 1 zucchini, sliced lengthwise
- ◆ 10 mL (2 tsp) canola oil
- ◆ 2 mL (½ tsp) grated lemon rind
- ◆ 1 mL (¼ tsp) fresh ground pepper
- ◆ 60 mL (¼ cup) chopped fresh basil
- ◆ 30 mL (2 tbsp) cider or white wine vinegar
- ◆ 15 mL (1 tbsp) lemon juice

Directions

1. In a non-stick skillet set over medium heat, toast quinoa, stirring frequently for about 5 min. or until starting to pop. Pour in vegetable broth, garlic and thyme, stir and bring to a boil. Once boiling, reduce heat to low; cover and cook for about 15 minutes or until broth is absorbed; set aside.
2. Meanwhile, in a large bowl, toss together peppers, carrot and zucchini with oil, lemon rind and pepper. Place on greased grill over medium-high heat and grill, turning occasionally for about 10 min. or until golden and tender crisp. Remove to cutting board and chop into bite-size pieces. Return to bowl.
3. Fluff quinoa with a fork and put into bowl with grilled vegetables. Stir in basil, vinegar and lemon juice until combined.

Newsletter Sources:

Recipe and photo from: <https://food-guide.canada.ca/en/recipes/colourful-quinoa-salad/>
 10 common herb information from: <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-Cook-with-Herbs.aspx>



With Covid-19 restrictions beginning to ease, your local community's Farmers Market may be open, or opening soon!

Photos: 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:



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

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) **NEW**
- ◆ **Stayner Public Library** 1-9 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

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

We are unable to offer individual deliveries at this time.