

October 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



CONTEST TIME AND MORE!



We've packed over 71,000 Good Food Boxes and it's time to celebrate! **Check your October produce bag for a golden ticket!** Find one and win a free bag!

More good news...we are re-opening our pack sites at St. Patrick's Hall in Stayner and Collingwood Legion! Get important updates at

www.ggfb.ca; Facebook; sign up on our website for automatic e-mail updates; e-mail us at gfoodbox@gmail.com or phone our community contacts:

- Clearview, Ted 705-970-7737
- Wasaga Beach, Loretta 705-352-3555
- Collingwood, Joan 705-445-9660

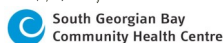
| Order & Pay By | Pick Up On |
|----------------|------------|
| Nov 3 | Nov 17 |
| Dec 1 | Dec 15 |

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 (St. Patrick's Parish Hall, Wasaga Beach Lions Club at Recplex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Jody, Rebecca, & Sydney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



PUMPKINS PACKED WITH NUTRITION

What's in a Pumpkin?

This famous vegetable is widely known for carving at Halloween, but did you know that pumpkins are extremely nutritious to eat? Inside the hard peel, pumpkins are made up of soft flesh and seeds that can be eaten and cooked in a variety of ways. Pumpkins contain vitamin A which is a powerful antioxidant that helps to protect the cells in your body from damage. Vitamin A also helps to keep your eyes and skin healthy.

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The seeds from each pumpkin are also nutrient dense. Pumpkin seeds are rich in iron which supports healthy blood cells. Protein can also be found in pumpkin seeds which is beneficial for a healthy immune system and strong muscles. Pumpkin seeds can easily be removed from the flesh, rinsed, and then baked in the oven to create a crunchy and nutritious snack! As a flavour booster, sprinkle on allspice, cardamom, cinnamon, nutmeg, cloves, ginger, and cumin.

How to Cook Pumpkin

1. Prepare the pumpkin by cutting it open into sections. Next, scoop out the seeds and hard fibre strands from the middle of each section.
2. Bake, steam, boil, or microwave the pumpkin.
3. Once pumpkin is soft, let cool before scooping out the flesh from the outer peel.
4. Lastly, mash or puree the flesh and then it is ready to use! One cup of fresh pumpkin will cook to one cup of mashed pumpkin.



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Did You Know?

- Ontario pumpkins are in season during September and October.
- Small, heavy pie pumpkins are best for cooking.
- Large, round, and light-weight pumpkins are best for carving.
- You can keep pumpkins fresh for several months if stored in a cool, dry place.
- Pumpkin can be used in baking for muffins, cakes, breads, and energy bites.
- Pureed pumpkin can be used in overnight oatmeal, casseroles, or soups.
- Use pumpkin as substitute for squash in most recipes.

HEARTY MANITOBA VEGETABLE SOUP

Ingredients

- ◆ 1 tbsp (15mL) canola oil
- ◆ 3 celery stalks, chopped
- ◆ 2 carrots, chopped
- ◆ 2 onions, chopped
- ◆ 1 zucchini, chopped
- ◆ 3 garlic cloves, minced
- ◆ 3 potatoes, peeled and diced
- ◆ 3 tomatoes, chopped
- ◆ 3 bay leaves
- ◆ 1½ tsp (7ml) fresh rosemary or ½ tsp (2ml) dried rosemary
- ◆ 1½ tsp (7ml) fresh thyme or ½ tsp (2ml) dried thyme
- ◆ 4 cups (1L) vegetable broth
- ◆ 1 can (19oz/540ml) red kidney beans
- ◆ 2 cups (500ml) chopped swiss chard or spinach
- ◆ 1 cup (25ml) pumpkin or squash puree
- ◆ 1 tbsp (15ml) Worcestershire sauce
- ◆ 1 tsp (5ml) prepared mustard



- ◆ ½ tsp (2ml) pepper
- ◆ 1 cup (250ml) cooked small pasta or rice (optional)
- ◆ Grated parmesan cheese (optional)

Directions

1. In a large pot, heat the oil over medium heat and cook celery, onions, carrot, zucchini, and garlic for about 8 minutes or until soft.
2. Stir in potatoes, tomatoes, bay leaves, rosemary, and thyme. Add broth and beans; bring to a boil. Reduce heat. Simmer 20 minutes or until potatoes tender.
3. Stir in swiss chard, pumpkin, Worcestershire, mustard, and pepper. Simmer for about 10 minutes or until chard is wilted. Stir in pasta, if using, and heat through. If soup is too thick for your liking, you can add 1-2 cups (250-500ml) of water.
4. Sprinkle each serving with cheese, if desired. Enjoy!

Recipe and photo retrieved from: <https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Hearty-Manitoba-Vegetable-Soup.aspx>

Pumpkin resource: www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Pumpkins.aspx

! Covid-19 Update For Volunteers: In compliance with the requirements of our pack sites, insurance provider, and provincial government, beginning October 20th, all pack site volunteers must be fully vaccinated.

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 or call Joan 705-445-9660
- ◆ 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.

IMPORTANT PICK UP INFORMATION

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 delivery arrangements with Joan via phone. Please call Joan at 705-445-9660 if you need more information.

- ◆ Stayner St. Patrick's Church Hall, William St. 11 am -12:30 pm

◆ Clearview Public Libraries:

Stayner Branch 1 pm—9 pm
Creemore Branch 2-5pm or 7-9pm
New Lowell Branch 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: