

September 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

WE'RE BACK! HOORAY!

We are thrilled to be proceeding with our September 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**

Oct 6 Oct 20

Nov 3 Nov 17

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.



PEACHY SEPTEMBER

Peaches are juicy, sweet, and nutritious! Read on to learn about the benefits of peaches, different ways to use them, and how to store them properly this fall. There are many popular varieties growing here in Ontario and they can be enjoyed fresh from July until September. The variety called Early Redhaven taste the best when eaten raw. If you are looking to cook or preserve peaches, try using mid-season and late varieties such as Loring and Harrow Beauty.

Tips for Preparing and Storing Peaches

1. Make sure that you rinse fresh peaches just before you plan on using them. The produce may spoil faster if you wash them ahead of time and then store them.
2. Scrub your peaches gently with plain water to remove any dirt just before using.
3. Peaches are best kept at room temperature until they are ripe.
4. Once ripe, peaches can be stored in the refrigerator until you are ready to eat them. It is recommended to store peaches in the fridge for 3-5 days.
5. If cutting peaches into slices of chunks to use later in recipes, you can store them in the fridge but make sure that they are used within two hours to prevent any browning or spoiling!
6. Remember: when preparing or storing any fresh produce, it's important to keep raw meats away from any fresh produce to prevent cross-contamination.

How to Serve Fresh Ontario Peaches

- ◆ Use freshly chopped peaches as a topping on cereal, oatmeal, pancakes, or waffles.
- ◆ Add sliced peaches on top of fresh salads for a zing of sweetness!
- ◆ Slice peaches in half and sprinkle with cinnamon. Bake the peach halves in the oven until soft and serve warm with frozen yogurt for a dessert.
- ◆ Peaches can also be used to make pies, cobblers, and crisps.
- ◆ Preserve extra peaches and make into a jam or jelly for toast.



Photo credits: "Peaches" by La Grande Farmers' Market is licensed with CC BY 2.0. To view a copy of this license, visit <https://creativecommons.org/licenses/by/2.0/>.

"Summer Peach Salad with Feta, Onions, and Arugula" by Maggie Hoffman is licensed under CC BY 2.0

"Grape nuts" by stu_spivack is licensed under CC BY-SA 2.0

"Mmm...peach jam" by jeffreyw is licensed under CC BY 2.0

FRUIT KEBABS WITH MAPLE CINNAMON YOGURT DIP



Ingredients

Kebabs:

- ◆ 2 peaches, sliced into 8 wedges each
- ◆ 8 strawberries, halved
- ◆ 2 bananas, peeled and each cut into 8 pieces

Yogurt dip:

- ◆ 250ml (1 cup) 0% fat plain Greek yogurt
- ◆ 15ml (1 tbs) pure maple syrup
- ◆ 2ml (1/2 tsp) ground cinnamon



DID YOU KNOW?

Peaches are packed with vitamin C, a powerful antioxidant? They are also a great source of potassium and dietary fibre!

Directions

1. Pierce fruit onto small skewers, alternating fruit.
2. In a bowl, whisk together yogurt, maple syrup and cinnamon. Serve with fruit kebabs.

Newsletter Resources

- ⇒ <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-store-fruit-to-keep-them-fresh.aspx>
- ⇒ <https://www.ontario.ca/foodland/food/peaches>
- ⇒ <https://www.unlockfood.ca/en/Articles/Food-safety/Vegetable-and-Fruit-Food-Safety-Facts.aspx>
- ⇒ Recipe and photo from: <https://food-guide.canada.ca/en/recipes/fruit-kebabs-maple-cinnamon-yogurt-dip/>
- ⇒ <https://food-nutrition.canada.ca/cnf-fce/report-rapport.do>

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