

January 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



WE HAVE A WINNER!

☺ Congratulations to **Debbie Buehler** of Collingwood, **Give-One, Get-One** draw winner! Thanks to everyone who made a donation to help those in need.

Pausing the Pack We have decided, in line with current Public Health & Government regulations, to suspend our January 2022 order and pack cycle owing to limitations on available packing sites, order locations and indoor gathering sizes. Any orders already placed/paid for, are credited to February 2022, or the next month we are operational. If you have questions, or wish a refund, contact us: gfoodbox@gmail.com or phone, 705-445-9660. Thank you for your patience and support.

Order & Pay By	Pick Up On
Feb 2 (or sooner)	Feb 16
Mar 2 (or sooner)	Mar 16

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.



NEW YEAR, NEW...GARDEN!



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A great way to bring in the New Year is to start an indoor herb garden! Growing herbs can be a cheaper option than buying from the store and it can feel rewarding to watch your garden grow. Herbs are plants that have aromatic and antioxidant properties. They are also a great way to add flavour to your cooking without any added calories, sodium or fat.

Six Steps for Starting an Indoor Herb Garden

1. First, check out your local nursery or gardening store for seedlings (young plants), seeds, or even an herb kit to help you get started.
2. Then, look to see if your herb is either an annual or a perennial:

Annual	Perennial
<ul style="list-style-type: none"> ◆ Need to be planted each year because it only grows for one life cycle ◆ Grow best when started from seeds ◆ Examples: dill, cilantro, and basil 	<ul style="list-style-type: none"> ◆ These will grow back each year ◆ Can be planted as seedlings ◆ Grow best when moved outdoors once the weather is warm ◆ Examples: chives, mint, bay leaf (bay laurel), sage, rosemary and thyme. Parsley comes back after two seasons.



3. Next, choose a pot for your herb garden. The best types are ones that have holes for drainage and made from clay, wood, ceramic, or plastic materials.
4. Your herbs will need sunlight to grow well. Try placing them in sunny areas such as windows that face south or west. The heat that the sunshine gives off will help your herbs develop essential oils. These oils are important because they give herbs their tasty flavour!
5. Water is important for your herbs but be careful not to over water them. If they get too much water, the herbs may lose their flavour and start to wilt. Fertilizer is not needed for most herbs and if the plant grows too big, some of the flavour might be lost. If you want, look for a type of fertilizer that is made for herbs.
6. Watch as your herbs grow! Once the outside temperature gets warmer, move your pots outdoors.

TIP: If moving plants to a larger pot, add fresh soil. Make sure to bring your plants back inside before the first frost of the season to prevent them from freezing.



BAKED POTATO MEDLEY

Ingredients

- ◆ 1 potato (scrubbed and washed from Good Food Box)
- ◆ 1 tbsp (15ml) plain yogurt (1% M.F)

- ◆ ¼ cup (60ml) no salt added canned beans (drained and rinsed)
- ◆ 2 tbsp (30ml) chopped cooked carrots (from Good Food Box)
- ◆ 2 tbsp (30ml) shredded cheddar cheese
- ◆ 2 tbsp (30ml) chopped chives

Recipe from: <https://www.unlockfood.ca/en/Recipes/Side-dishes/Baked-Potato-Medley.aspx>

Directions

1. Bake the potato in a microwave for about 4 minutes and 30 seconds or until tender.
2. Cut potato in half and scoop out the inside, leaving about ½ inch (2.5 cm) border around the inside. Mash the scooped-out potato with yogurt. Stir in beans, carrots, and cheese until well combined.
3. Put the filling back into the potato halves. Sprinkle with chives. Enjoy!

Resources:

<https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Growing-an-indoor-herb-garden.aspx>

Photos: <https://cookingwithruthie.com/2014/11/03/diy-indoor-herb-planter/> and,

www.wanderingspice.com/2013/02/26/the-balcony-garden/



Fingers Crossed for a February Pack!

Thank you for your patience and support in these challenging times. We know many of you depend on our produce and we hope we will be back to providing you with the excellent and affordable produce you know and love, very soon, and when it is safe to do so. In the meantime, take care and stay healthy. We will get through this! **Watch for program status updates** through the following channels:

Email updates (sign up on our website for mailing list updates); Facebook follow us @ GeorgianGoodFoodBox; and the ggfb.ca website. Questions? Contact us via email at gfoodbox@gmail.com or phone, 705-445-9660.

Don't Wait! Did you know you can order next month's bag when you pick up this month's bag? You don't have to wait for the order deadline and it may be more convenient for you!

Order and Pay by the First Wednesday of the month or sooner!

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.** 10:30 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: