

April 2024

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



GOLDEN TICKET

**Order & Pay By**      **Pick Up On**

May 1 (or sooner)      May 15

June 5 (or sooner)      June 19

**\*\*Food Box \$21.00\*\***

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](mailto: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.



## GEORGIAN GOOD FOOD BOX TURNS 20!

The first Georgian Good Food Box pack took place in April 2004. That makes us 20 years old this year! Together we have packed and distributed over **86,000 bags** and **2.6 million pounds of produce!** In celebration of this milestone, three lucky people will find a **Golden Ticket** for a **FREE Good Food Box** in their bag today!



Photo by [Sincerely Media](#) on [Unsplash](#)

### ALL ABOUT ONIONS

The Georgian Good Food Box wants to help you cook all year long. Knowing how to store and use onions is the key to great dishes! Why cook with onions? They are a great source of fibre, vitamin C and folic acid. These nutrients may help to protect against heart disease and some cancers. Onions can be used raw or cooked in many dishes.

#### WAYS TO USE ONIONS

- ◆ Thin, red Ontario onion slices on a homemade burger
- ◆ Yellow Ontario onions slow-cooked until soft and sweet, mixed into a stew
- ◆ Diced Ontario onions in an omelette
- ◆ Red Ontario onions mixed into a homemade tomato salsa with tortilla chips
- ◆ Ontario onion soup: French onion and cheddar, carrot and onion, or sweet potato and apple (with onions)

#### HOW TO STORE ONIONS

- ◆ Store in cool and dry place
- ◆ Do not keep whole onions in the fridge, plastic bag, or near potatoes
- ◆ Store cut onions in a closed container or plastic bag in fridge for up to 7 days

**Tip:** Keep onions in a basket or paper bag and fold down the top

#### COOKING ONIONS ("SWEATING")

1. Turn burner to low-medium heat. Add a few teaspoons of oil
2. Place chopped, sliced, or diced onions in hot oil
3. Cook until soft and glossy (about 5 minutes)
4. Try to not overcook as onions will be bitter
5. Add garlic and any other vegetables to oil and onion mix



Photo by [Simona Sergi](#) on [Unsplash](#)

#### DICING ONIONS (WITHOUT SO MANY TEARS)

1. Cut onion in half, from root to tip.
2. Cut off tip and remove first layer of skin, but leave root in place. Place both halves cut-side down on surface.
3. Make 4 to 7 cuts through half of onion, top to bottom. Do not cut through root.
4. Turn knife flat, edge facing onion. Make 2 to 3 horizontal cuts. Be sure to stop before the root.
5. Hold onion together. Now slice onion as the photo shows.



From: <http://www.injenniskitchen.com/2009/09/on-the-chopping-block-onions-and-shallots/>

### BROCCOLI & QUINOA CHEDDAR BAKE



#### Ingredients

- ◆ 1 cup (250mL) quinoa
- ◆ 2 cups (500mL) vegetable or chicken broth or water
- ◆ 1 cup (250mL) chopped broccoli florets
- ◆ ½ cup (125mL) chopped onion
- ◆ 1 ½ cups (375mL) shredded old cheddar cheese, divided
- ◆ 1/2 cup (125mL) milk
- ◆ ¼ tsp (1mL) pepper

Recipe from: <https://www.unlockfood.ca/en/Recipes/Side-dishes/Broccoli-Quinoa-Cheddar-Bake.aspx>

#### Directions

1. In a saucepan, bring quinoa to boil with broth. Reduce heat to low; cover and cook for about 15 minutes or until liquid is evaporated and quinoa is tender.
2. Stir in broccoli, onion, 1 cup of the cheese, milk and pepper.
3. Scrape into a greased 8 inch (1.5L) square baking dish. Sprinkle with remaining cheese over top.
4. Bake in 350°F (180°C) oven for about 35 minutes or until heated through and cheese is melted.

**OUR 2024 CUSTOMER SURVEY SAYS...** Almost 75% of customers are very satisfied, and 22% are satisfied, with the GFB quality; 93% said they were either satisfied or very satisfied with the variety. Even more (97%) are happy with the dollar value. Thanks for all your suggestions for improvement too! **About those potatoes...** each month we have a fixed dollar figure to put as much produce in your food box as possible, and we take advantage of any good prices the day of purchase. Sure, we could splurge on something a bit more expensive, but then you'd get fewer items in your bag. With guidance from the Simcoe Muskoka District Health Unit, apples, potatoes, onions and carrots form the foundation of the GFB because they are versatile and help families stretch their food budget to the maximum. Unlike other consumer food box programs on the market, **ours has the singular goal to promote healthy eating by making fresh fruits and vegetables more affordable.**

**Tip:** Don't leave your produce in the plastic bag. Plastic sweats and can cause spoilage.

**Resources:** Looking for more inspiration for cooking with diced onions?

—Check out the Good and Cheap cookbook here: <https://books.leannebrown.com/good-and-cheap.pdf>

—Georgian Bay Good Food Box [www.ggfb.ca](http://www.ggfb.ca)

### IMPORTANT ORDER INFORMATION

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

On-line at  
[www.ggfb.ca](http://www.ggfb.ca) or in  
person at one of  
the sites listed:

*We encourage all our customers to use Paypal for orders* on our website, [www.ggfb.ca](http://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, or Ramblewood Medical Centre, Suite 101, and CHC Suite 201
- ◆ 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 (Collingwood orders please provide address)
- ◆ Number of boxes ordered, amount enclosed (\$21/box)
- ◆ Where you will be picking up (see below)

**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.

### IMPORTANT PICK UP INFORMATION

**Pick up will occur only at these locations:**

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

- ◆ Wasaga Beach Recplex Hall, Lion's Den 10:30am-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