

August 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Sept 6 (or sooner)	Sept 20
Oct 4 (or sooner)	Oct 18

****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

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.



Remember!

pixabay.com

NEED A REMINDER?

Life is busy! You might find it helpful to get Good Food Box order and pick-up reminders. Visit our webpage at www.ggfb.ca. On the home page you can sign up to receive order and pick up reminders delivered to you automatically each month right before the order deadline and right before pick-up day. Give it a try!



IT'S TOMATO SEASON!

The tomatoes are here! You may have noticed your tomato plants beginning to ripen recently, leaving you with bright red, juicy tomatoes to pick and enjoy for the rest of the summer. Tomatoes are a great source of vitamin C, potassium, fiber, and antioxidants. Seeing as they are made of 95% water, including this fruit in your diet is also a great way to stay hydrated on these hot summer days.

HEALTH BENEFITS OF FRESH VS COOKED TOMATOES

Vitamin C is sensitive to heat, and thus fresh tomatoes are a good source of this vitamin. The vitamin C amount decreases when tomatoes are cooked, but the antioxidant amount increases when heated. The one most prevalent in tomatoes, lycopene, has been shown to help protect skin against sun damage and improve heart health. For these reasons, it's best to consume a mix of both fresh and cooked tomatoes!

USING TOMATOES IN SEASON

While in season, tomatoes are extra flavourful and delicious when consumed as they are. Whether that be in salads, fresh salsa, sandwiches, or a veggie platter, fresh tomatoes can easily be the star of the show. Here are a few ways you can use fresh tomatoes and other seasonal produce to make tasty meals and snacks.

SIDE DISH

TOMATOES & FRESH MOZZARELLA OR BOCCONCINI



OLIVE OIL & BALSAMIC VINEGAR



FRESH BASIL, SALT, & PEPPER

SALSA

CHOPPED TOMATOES, ONIONS, & JALAPENOS



OLIVE OIL, LIME JUICE, & GARLIC



SALT, PEPPER, AND CILANTRO TO TASTE

SALAD

LETTUCE, TOMATOES, & CUCUMBERS



TINNED TUNA OR CHICK-PEAS, OLIVES, & ONIONS



OIL, LEMON JUICE, DIJON MUSTARD, & GARLIC

USING TOMATOES OUT OF SEASON

When they are out of season, tomatoes can still easily be enjoyed in the form of canned tomatoes. They are picked at their peak ripeness and are then sealed in a can using heat. Canned tomatoes are available in several different forms such as whole, diced, crushed, or pureed, and some even have added herbs and spices. They are often cheaper than their fresh counterparts and can be used in a variety of dishes:

- ◆ Add diced tomatoes to vegetable soup, chili, and pasta sauce
- ◆ Use crushed tomatoes in tomato soup and pizza sauce
- ◆ Add tomato puree to homemade BBQ sauce, Bolognese, and curries



CANNED TOMATO TIPS

- Do not purchase cans that are dented, leaking, cracked, or have bulging lids.
- Look out for added salt in the ingredient list if trying to reduce your sodium intake.
- Store unopened cans at room temperature in a clean, dry place.
- Transfer leftover canned tomatoes to a plastic or glass container and store in the fridge for up to a week.

Too Many Fresh Tomatoes? Wash them and remove the stem. Place in plastic bags and freeze. Use as a quick and easy addition to stews, sauces, soups, and crockpot recipes. After cooking for awhile, the skins will come off, and if desired, you can remove them from the cook pot.

Resources:

—<https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/All-About-Canned-Tomatoes.aspx>

Photos from:

—<https://pixabay.com/photos/tomatoes-fruits-food-fresh-healthy-3520004/>

—<https://www.istockphoto.com/photo/aluminum-tin-can-and-tomato-gm178477618-24552253?phrase=tin+tomatoes>

IMPORTANT ORDER INFORMATION

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:

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, 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:

- ◆ **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

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