

August 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca

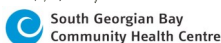


Order & Pay By	Pick Up On
Sept 4 (or sooner)	Sept 18
Oct 2 (or sooner)	Oct 16

****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 the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



BOUNTIFUL BLUEBERRIES

July, August and into September we see local, fresh blueberries coming into season. It's a great time to visit a pick-your-own farm then prepare a tasty treat. Blueberries are an excellent source of Vit C, fibre, and antioxidants. They've been linked to helping lower blood pressure, blood glucose levels, and in preventing or slowing cell damage. They keep up to 2 weeks in the fridge (wash right before eating) and can be frozen.



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STORING FRUIT TO KEEP IT FRESH

This time of year, in Ontario, we benefit from all the local berries, fruits and vegetables coming into season that are more affordable and accessible than during the rest of the year. How can we make the most of our bounty without it going to waste? Proper storage is the key!

STORING FRUIT IN THE FRIDGE

- ◆ Most fresh fruit, including apples, berries and grapes, will last longer if kept in their original packaging and stored in the crisper of your fridge. **Note: Plastic bags with tiny vents or openings help keep fruit fresh longer by releasing moisture.** Trapped moisture leads to rot and mould.
- ◆ Some berries last in the fridge for a week or less. Eat them as soon as possible.

RECOMMENDED FRUIT STORAGE TIMES

Apples	3-4 weeks	Mango (ripe)	5-7 days
Apricots (ripe)	4-5 days	Melons (ripe)	7-10 days (Watermelon 2 weeks)
Avocados (ripe)	3-5 days	Nectarines (ripe)	3-5 days
Blueberries	1-2 weeks	Peaches (ripe)	3-5 days
Cherries	4-7 days	Pears (ripe)	5-7 days
Cranberries	3-4 weeks	Plums (ripe)	3-5 days
Grapes	5-7 days	Raspberries	2-3 days
Kiwi (ripe)	5-7 days	Strawberries	3-5 days

To see more fruits and their storage time, go to: <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-store-fruit-to-keep-them-fresh.aspx>

RIPENING ON THE COUNTERTOP

Some fruits need to ripen on the countertop and will not ripen in the fridge. These fruits include: apricots, avocados, guava, kiwi, mangoes, melons, nectarines, papaya, peaches, bananas and plums.

CAN'T EAT IT ALL NOW? FREEZE IT FOR LATER!

Most fruit can be frozen for up to a year, so you can enjoy it all year long. Add frozen fruit to smoothies, yogurt, hot cereal, or muffin, quick bread or pancake batter.

BLUEBERRY AND TOMATO BRUSCHETTA

(MAKES ABOUT 24 SLICES)



Blueberries and tomatoes make this especially colourful and appealing to children. In fact, it's easy enough for children to make!

Directions

1. Gently rinse tomatoes, basil and blueberries under cool running water. Quarter tomatoes and chop basil, then place into a large bowl. Add blueberries and stir.
2. In a small bowl, whisk together oil, vinegar and salt. Pour over tomato mixture and add feta. Stir gently to combine. Spoon mixture onto baguette slices.

Recipe and photo from: 2017 Kids Recipe Challenge Winning Recipe: (Logan in Markham) 1st Place! at <https://www.unlockfood.ca/en/Recipes/Snacks/Blueberry-and-Tomato-Bruschetta.aspx>

Ingredients

- ◆ 2 pints cherry tomatoes
- ◆ 8 fresh basil leaves
- ◆ 1 cup (250 ml) fresh blueberries
- ◆ 3 tbsp (45 ml) extra virgin olive oil
- ◆ 1 tbsp (15 ml) balsamic vinegar
- ◆ 1/4 tsp (1 ml) salt
- ◆ 1/2 cup (125 ml) crumbled feta cheese
- ◆ 1 baguette, sliced



Blueberries are native to North America and come in lowbush and highbush varieties. As well as being cultivated, the lowbush also grows wild in Ontario.

They can be enjoyed fresh, can be found in the freezer section of grocery stores, or on the shelf as a dried fruit.

Resources:

- <https://canadianfoodfocus.org/in-season/whats-in-season-blueberries>
- <https://www.ontario.ca/foodland/food/blueberries>
- <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-store-fruit-to-keep-them-fresh.aspx>
- <https://www.unlockfood.ca/en/Recipes/Snacks/Blueberry-and-Tomato-Bruschetta.aspx>

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:

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 after 12 Noon:**
 Stayner Branch until 8 pm
 Creemore Branch until 7 pm
 New Lowell Branch until 7 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737