

December 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Jan 3 (or sooner)	Jan 17
Feb 7 (or sooner)	Feb 21

****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.



COMMUNITY FESTIVE DINNERS

Creemore Legion: Monday, Dec 25, Doors open 4:30. Call Donna at 705.466.2523 or CreemoreChristmasElf@gmail.com for information.
Collingwood Feast: Monday, Dec 25, 1pm at Bear Estate, 300 Balsam St.; Dial 211 to reserve; www.collingwoodfeast.com for more information.
Stayner: Clearview Community Christmas Dinner Monday, Dec. 25, 2-5 pm at Stayner Camp, 240 Scott St.; stayner@ecmcamps.ca or 705-428-3504 for information.

MASTERING RECIPES: YOUR GUIDE TO SUCCESS!

Cruise through this holiday season with the help of simple recipe reading tips. If it feels more like you are trying to solve a culinary puzzle than reading a recipe, then keep these in your back pocket. You'll quickly be on your way to enjoying wonderful festive eats!



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TOOLS FOR ACCURATE MEASUREMENTS

The first step to following recipes is knowing which measurement tools to use and when. Here are some of the most common tools and how to use them for optimal accuracy:

Dry Measuring Cups (often made of plastic or metal)

- ◆ Use for ingredients like flour, granulated & brown sugar, and grains.
- ◆ Gently fill over the brim, then level off with the back of a knife.

Wet Measuring Cups (often made of clear plastic or glass, ex. Pyrex)

- ◆ Use for ingredients like water, milk, oil, and honey.
- ◆ To get an accurate measurement, place the measuring cup on a flat surface. Put yourself at eye-level with the markings on the cup, and fill it until the liquid is at the level you need.

Measuring Spoons

- ◆ Gently fill over the brim, then level off with the back of a knife.

Scale

- ◆ Measuring ingredients with a scale is more accurate than cups and spoons and is often the recommended method for finicky recipes like bread and pastries.



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Tip: Some recipes may not use ingredient quantities in your preferred method of measuring. In this case, you can convert weights and volumes of ingredients on websites such as: <https://coolconversion.com/cooking-weight-volume/>

UNDERSTANDING RECIPE ABBREVIATIONS

The table below outlines common abbreviations and their meanings to ensure a seamless cooking experience.

Tbsp, tbsp, Tbl	→ Tablespoon	L, l	→ Litre	pt.	→ Pint
Tsp, tsp, ts, t	→ Teaspoon	mL, ml	→ Millilitre	DF	→ Dairy Free
C, c	→ Cup	lb	→ Pound	GF	→ Gluten Free
g	→ Gram	oz	→ Ounce	amt	→ Amount
mg	→ Milligram	Vol, vol	→ Volume		

INGREDIENT SUBSTITUTIONS

Don't let a few missing ingredients keep you from making that recipe! Use these simple substitutions and be on your way to creating a delicious dish.

Ingredient	Amount	Substitution
Eggs (baking)	1 whole	¼ cup unsweetened apple sauce OR ¼ Greek or soy yogurt OR ¼ mashed ripe banana OR 1 tbsp ground flaxseed +3 tbsp water (let sit few minutes until gelatinous) OR 1 tbsp powdered Egg replacer + 2 tbsp water
Vegetable Oil (baking)	½ cup	½ cup olive oil OR ½ cup apple sauce or other fruit puree
Buttermilk	1 cup	Scant cup of dairy or non-dairy milk + 1 tbsp acid (Acid = lemon juice, white vinegar, or apple cider vinegar) OR ¾ cup plain yogurt + ¼ cup milk or water
Brown sugar	1 cup	1 cup granulated white sugar + 2 tbsp molasses
Stock	1 cup	1 bouillon cube + 1 cup water OR 1 tsp bouillon paste/powder + 1 cup water
Fresh Herbs	1 tbsp chopped	1 tsp dried herbs
Rice (white)	1 cup	1 cup pearly barley OR bulgur OR quinoa OR brown rice

Always remember... While some recipes emphasize the importance of following them precisely, most dishes are forgiving and worth adding your own twist to. It's OK to use what you have on hand and experiment with new flavour combinations. Be creative and have fun in the kitchen!

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:**
 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