

December 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Fri. Jan 3 (or sooner)	Jan 15
Feb 5 (or sooner)	Feb 19

* extended to Friday due to New Years Day*

****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 Twp., our public libraries, and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



Serving Georgian Bay Communities Since 1953
South Georgian Bay Community Health Centre

simcoe muskoka DISTRICT HEALTH UNIT
Your Health Connection



ORDER DEADLINE EXTENDED FOR JANUARY ONLY!

☺ We are extending the deadline to order and pay for your January 2025 Good Food Box until **Friday January 3**. Remember, you don't have to wait until the deadline; you can place your order now! Please consider buying an extra bag or donating one during our **Holiday Donation Campaign** which supports those in need.

➔ The **Collingwood pack** needs **volunteers**. If you can help, or want more information, please call Joan at 705 445-9660 or send a message: gfoodbox@gmail.com

♥ **Wishing you a happy, healthy holiday season. Thank you for your support in 2024!**



Photo By Caroline McFarland on Unsplash.com

FESTIVE CRANBERRIES

Bright red cranberries give a festive pop of colour to the holidays. They are quite tart, so rarely eaten raw, and are an excellent source of Vitamin C and fibre.

BUYING AND STORING CRANBERRIES

You can find fresh cranberries in the produce section in the fall/early winter. They are also in the freezer section; on grocery shelves with other dried fruits; and also canned as juice and sauce. Look for fresh berries that are firm, plump (not shriveled) and shiny. They range in colour from pink to deep crimson. They keep well in the fridge when stored in air tight packaging up to 3 months. They can easily be frozen (rinse and dry first) in a sealed container for up to 3 years!

Did You Know? Cranberries are native to North America, and in Ontario, they are grown commercially in Bala and near Ottawa. Long before that, Indigenous People harvested them and incorporated them into their diet.

PREPARING CRANBERRY SAUCE

For some, a festive holiday turkey dinner is incomplete without cranberry sauce. Did you know it is super easy to make and much tastier fresh than from a can! Most bags of fresh cranberries provide the recipe on the package.

Combine **1 cup of white sugar** with **1 cup of water** in a saucepan. Bring to boil, then add **12 ounces (340 g) fresh or frozen cranberries**. (Rinse fresh berries before using) Return to boil then reduce heat, stir occasionally for about 10 minutes or until skins have popped. Take off heat, cool, then refrigerate. Makes 2¼ cups.

CRAVING CRANBERRIES?

- Add cranberry sauce to plain yogurt
- Spread cranberry sauce on toast or a turkey or chicken sandwich
- Toss a handful of dried cranberries into rice dishes, salads, porridge, or roasted vegetable dishes, like brussel sprouts or sweet potatoes
- Substitute raisins with dried cranberries in cookie, muffin, and bread recipes
- Add dried cranberries to trail mix or homemade granola bars



Photo By: Kaboompics.com on Pexels.com

Fun Fact: Cranberries have an air pocket in the berry so they float in the bogs when ready to be harvested. This air pocket also makes them bounce like a super ball, and pop when you start to boil them!



APPLE CRANBERRY CRISP

A colourful, seasonal dish worthy of a holiday meal and a scoop of ice cream (or low-fat frozen yogurt)!

Ingredients (serves 8-10)

- ◆ 8 Ontario Apples (about 3 lb/1.5 kg)
- ◆ 1 cup (250 mL) Ontario Cranberries, fresh or frozen
- ◆ 1/2 cup (125 mL) all-purpose flour or 1/4 cup (50 mL) each of all-purpose and whole wheat flour
- ◆ 1/2 cup (125 mL) large-flake rolled oats
- ◆ 1/2 cup (125 mL) packed brown sugar
- ◆ 2-4 tbsp (25-50 mL) minced candied ginger (optional)
- ◆ 1/2 tsp (2 mL) each ground cardamom & cinnamon
- ◆ 1/3 cup (75 mL) butter, cut into chunks

Directions

1. Peel and core apples; slice into thin wedges. In large bowl, stir together apples and cranberries. Turn into 11- x 9-inch (2.5 L) baking dish.
2. In bowl, stir together flour, rolled oats, sugar, ginger (if using), cardamom and cinnamon. Using fingers, work in butter until pea-size crumbs form. Sprinkle over fruit.
3. Bake in 350° F (180° C) oven until bubbling around edges, topping is set and deep golden brown, about

1 hour. Check crisp after 45 minutes, if topping is becoming too dark, cover loosely with foil. Let stand for about 10 minutes before serving. (Recipe and photo at [https:// www.ontario.ca/foodland/recipes/apple-cranberry-crisp-0](https://www.ontario.ca/foodland/recipes/apple-cranberry-crisp-0) © King's Printer for Ontario, 2024

HOLIDAY PUNCH: Refreshing, festive & lower in sugar.

Ingredients (makes 12 cups)

- ◆ 3 cups (750 mL) 100% cranberry juice
- ◆ 8 cups (2 L) Low sodium club soda
- ◆ Juice of 2 limes
- ◆ 1 kiwi peeled and sliced
- ◆ 1 cup (250 mL) Ontario Cranberries, fresh or frozen
- ◆ 1 orange thinly sliced
- ◆ 1 cup (250 mL) frozen raspberries



Mix all ingredients in a large punch bowl and serve over ice (optional). (Recipe from Unlockfood.ca © -Reproduced with permission of Heart and Stroke Foundation of Canada, 2008.)

Resources:

- <https://www.unlockfood.ca/en/Recipes/Beverages/Holiday-Punch.aspx>
- [https:// www.ontario.ca/foodland/recipes/apple-cranberry-crisp-0](https://www.ontario.ca/foodland/recipes/apple-cranberry-crisp-0)
- <https://www.ontario.ca/foodland/food/cranberries>
- <https://canadianfoodfocus.org/in-season/whats-in-season-cranberries/>

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:

★ **Note:** Order Deadline extended to Friday, Jan. 3 for January 2025 orders

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, 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 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

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