

Georgian Good Food Box Schedule

Order and Pay by:
February 8, 2017
March 8, 2017

Pick-up on:
February 15, 2017
March 15, 2017

Ordering - Order a box by the **2nd Wednesday** of the month at:

Collingwood

Collingwood Community Resource Centre (in the Pizza Hut Plaza, 275 First St),
Breaking Down Barriers 115 Hurontario St, Unit 203

Wasaga Beach

Dr. David Redick's Dental Office at 587 River Road West Medical Plaza,
Drs. Kitai and Watkin, Ramblewood Medical Centre, Unit 101,
SGB Community Health Centre, 14 Ramblewood Drive, Unit 202,
Wasaga Beach Library, 120 Glenwood Drive,

Clearview Township

Stayner Public Library,
Creemore please call Lorna May at 466-2206

Pick-up time on the third Wednesday of the month

Stayner: St. Patrick's Church Hall 11:30 A.M. TO 1:00 P.M.

Wasaga Beach: Recplex Lobby, 1724 Mosely Street 10:30 AM to 12:30 PM

OR Wasaga Community Church 5:00 P.M. - 7:00 P.M.

OR School Orders (School Families Only) - Check with School

(Your choice must be marked on the order envelope for Wasaga Beach.)

Collingwood: Collingwood Legion (Rear Doors) 11:30 - 2:00 P.M.

More information?

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. Please call **Joan at (705) 445-9660** and **Ted at (705) 428-5537** to volunteer or to learn more. You can also contact us at gfoodbox@gmail.com

Thank You! We thank our Community Partners and our volunteers who work hard to bring the program to our area. The assistance from **Sanfilippo Wholesale Fruit and Vegetables**, **McNulty Printing**, and our packing location providers, **St. Patrick's Parish Hall** in Stayner, **Wasaga Beach Lions Club** and **Collingwood Legion** it is greatly appreciated.

Visit us at: www.ggfb.ca



Georgian Good Food News



JANUARY 2017

SPACE POTATOES!

Did you know that potatoes were the first vegetable to be grown in space?!?!

Potatoes are nutritious, delicious, low cost, and can be used in so many ways. Potatoes are in season January to March, and July to December.



If you have specific medical conditions where you require a modified diet related to carbohydrate, potassium or other nutrients found in potatoes, ask your doctor for a referral to a registered dietitian to consult about specific dietary recommendations.

What do I do with all of my potatoes?

1. Try them baked, mashed, roasted, boiled, mixed with sweet potatoes – any way you like!
2. Make a potato salad.
3. Add cubed potatoes to soup or casseroles.
4. Top mashed potatoes with cottage cheese – YUM!
5. Make a Shepherd's pie (ground beef and vegetable mixture, topped with mashed potatoes and baked in a casserole dish).

Brain Teaser:

Spuds, taters, potatoes! Call them what you will, its true they all grow underground. Now can you find the false statement here?

- a. potatoes when stored at the right temperature can last for 11 months
- b. potatoes grow from tiny potato seeds
- c. potatoes are often sold in paper bags to block out the light which can make them turn green.

Try Pizza Potato Pie!

Cook an Ontario potato in the microwave, slice it in half length-wise, add some sauce and cheese and leftover meat; then broil in the oven until bubbly hot!

For more information please visit Eat Right Ontario's "All about potatoes": www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/All-about-potatoes

Enjoy your potatoes! They are only unhealthy when prepared in an unhealthy way!

Chopped: Chopped usually means to cut your vegetables into large squares. Generally, this means 1/2 to 3/4-inch pieces, but a recipe may tell you exactly how big to make those chunks. Chopping usually has more leeway on the exact size than other methods.

Diced: Diced is basically small chops. This would mean around a 1/4 to 1/8-inch chunks of food. Oftentimes you'll get specific instructions like "dice into 1/8-inch squares" in the recipe.

Minced: When a recipe tells you to mince something, it wants you to cut it as small as you can with a knife. You'll run into mincing every now and again with various vegetables, but most commonly, garlic

Sliced: Sliced is exactly what it sounds like: slices. For slices, just cut vertically down on your vegetables (or whatever else) and you're all set. Typically you can slice these as thick or thin as you prefer, but recipes will occasionally recommend a thin or thick slice.

GEORGIAN GOOD FOOD BOX:

Healthy food for a great price!

Large Box \$15.00

Medium Box \$10.00

www.ggfb.ca

For more great information and valuable resources.
Check out our newly updated website: www.ggfb.ca
ONLINE ORDERING NOW AVAILABLE!!!

Recipe of the Month "Roasted Parmesan Rosemary Potatoes"

Ingredients:

- 1 ½ pounds potatoes, cut into 1-inch pieces
- 3 tablespoons of your favorite olive oil
- 2 tablespoons of grated parmesan cheese
- 1 tablespoon of rosemary



Directions:

Preheat oven to 425 oF. Line a baking sheet with foil

Mix potatoes with other ingredients in a bowl.

Spread potato mixture over the baking sheet

Bake in preheated oven until potatoes are golden brown and tender, stirring once, about 40-50 minutes.

packaging and make sure the water is kept cold. Clean sinks and other kitchen surfaces right after thawing.

Good Advice:

If you want your kids to love eating fruit and vegetables, be sure to do two things.

First, serve fruit and vegetables over and over and over again. Children, especially when they're young, need to be exposed to a new fruit or vegetable as many as 6-10 times before they will accept it (most parents give up after less than two tries).

Second, be a great role model – eat and really enjoy fruit and vegetables yourself.

One of the strongest predictors of what children eat is what their parents eat.

(Ultimate Foods for Ultimate Health – by Liz Pearson R.D. and Mairlyn Smith H.Ec.

Answer: b (potatoes are actually grown from "seed potatoes" that are specially grown potatoes which sprout into potato plants)

Thanks to Ruth, Jody and Courtney for preparing this month's newsletter