

July 2019

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Aug 7 Aug 21

Sept 4 Sept 18

Food Box \$18.00

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 their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody & Courtney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



NEWS FLASH! ★

Collingwood Public Library (55 Ste. Marie St.) is now an order depot! ★

CONTEST WINNERS!

Karen Pattison won the Mother's Day draw for her Soldier Boy Cookies
Zeita Lamont won the Father's Day draw for Broccoli Onion Casserole
Karen and Zeita please contact us to claim your free Good Food Box!
(gfoodbox@gmail.com)



FIRE UP THE GRILL!

Now that the summer season has finally arrived, we find it easier to get excited about eating well! There are so many more colours and textures of produce, and you can eat outside! This month we hope you take some of your fruits and vegetables from your *Georgian Good Food Box* to the grill.

Cooking up veggies on your BBQ is a fun way to spice-up old favourites and bring out new flavours. Stepping away from the TV or our phones by eating outside is also a nice way to be more mindful about the food on our plate. At your next BBQ or gathering, think about bringing a vegetable or fruit dish for grilling to brighten up the party.

The **Unlock Food** Website (www.unlockfood.ca) gives us so many great ideas on how to make our next meal delicious:

Vegetables

- ◆ **Skewers:** Add cut-up vegetables like tomatoes, peppers, zucchini, onions and mushrooms to skewers. Let the skewers soak in water for 30 minutes before adding vegetables.
- ◆ **Corn:** Add corn on the cob directly the BBQ or wrap it in tinfoil first.
- ◆ **Stir-fry:** Add cut-up vegetables like onions, mushrooms, peppers and zucchini to a BBQ basket or tinfoil and cook them over the hot flame.
- ◆ **Potatoes:** Add cut-up potatoes to a tinfoil pocket with a little lemon and olive oil.

Fruits

- ◆ **Pineapple:** Cut pineapple into rounds and grill on each side
- ◆ **Peaches:** Cut peaches in half and grill face down
- ◆ **Skewers:** Add pieces of pineapple, peaches, watermelon to a wet skewer and place on grill.



WE NEED YOUR SUGGESTIONS! We are looking for a cost-effective, sustainable, and food-safety approved way to pack our Good Food Box produce. Plastic bags are not environmentally friendly and are on their way out. If you have a good idea for solving our dilemma, please tell us! Share your ideas at: gfoodbox@gmail.com or www.ggfb.ca

GRILLED ASPARAGUS AND POTATO CURRY

Ingredients

- ◆ 4 medium potatoes, peeled and cut into 1 inch (2 cm) wide strips
- ◆ 10-15 asparagus stalks, tough ends removed
- ◆ 1-2 spoonfuls of olive oil
- ◆ Sprinkle of curry powder
- ◆ Sprinkle of black pepper

Directions

1. Place potatoes in microwave safe bowl. Cover with water. Microwave on high for 2 minutes and drain.
2. Add the asparagus. Coat with remaining ingredients.
3. Heat the BBQ to medium heat.
4. Place the vegetables in a grilling basket and grill for 10 minutes, flipping occasionally.
5. Enjoy with other BBQ favourites!



See this recipe and others at: <https://www.unlockfood.ca/en/Recipes/Side-dishes/Grilled-asparagus-and-sweet-potato-with-curry.aspx>

BBQ Tip Always inspect your metal BBQ brushes as the small, metal bristles can come loose.



GRILLED PEACHES

Ingredients

- ◆ Peaches
- ◆ Olive Oil



Directions

1. Cut peaches in half, remove pit.
2. Brush the cut side of the peach with olive oil.
3. Grill peaches cut-side down for 4-5 minutes.
4. Flip peaches and grill other side for 4-5 minutes.
5. Serve with other BBQ favourites or frozen or regular yogurt.

See this recipe here: <https://www.thekitchn.com/how-to-grill-peaches-246268>



FARMER'S MARKETS ARE IN FULL SWING NOW!

Creemore: Saturdays, 8:30-12:30,

Station on the Green

New Lowell: Wednesdays, 5:30 – 8:00, Recreation Park Pavilion

Stayner: Thursdays, 5:00-8:30, Station/Gazebo Park

Collingwood: Saturdays, 8:30-1, 2nd and Pine Street

Wasaga Beach: Tuesdays, 4:00-8:00, The Recplex

IMPORTANT NOTICE

The Rotary Centre on Campbell Street in Collingwood will be closed for renovations beginning May 16 and projected to continue into December 2019. The offices of **211, Community Connection** will be located at the New Life Church on Tracey Lane, across from the Bowling Alley. Access to the 211 Office will be at the south end of the building, not the main church entrance on the east side. *Food Box orders will be accepted at this new, temporary address.* For more details please phone Joan at 705-445-9660.

Order and Pay by the First Wednesday of the month on-line at www.gqfb.ca or in person at:	Collingwood	<ul style="list-style-type: none"> •Collingwood Community Resource Centre (See important notice above). •Breaking Down Barriers (234 Ste. Marie St.) •NEW Collingwood Public Library (55 Ste. Marie Street)
	Wasaga Beach	<ul style="list-style-type: none"> •Dr. Redick Dental (West Medical Plaza, 587 River Rd. West) •South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.) •Drs. Kitai & Watkin (Unit 101, Ramblewood Medical Centre) •Wasaga Beach Public Library (120 Glenwood Drive)
	Clearview	<ul style="list-style-type: none"> •Stayner, Creemore, & New Lowell Public Libraries or call Ted at 705-428-5537
Pick Up on the Third Wednesday of the month at:	Collingwood	<ul style="list-style-type: none"> •Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
	Wasaga Beach	<ul style="list-style-type: none"> *Your choice of pick up location must be marked on the order envelope* •Recplex Lobby, 1724 Mosely St., 10:30- 12:30pm •Wasaga Community Church, 278 Main St., 5:00- 7 pm •Schools (for School Families only) Check with your school
	Clearview	<ul style="list-style-type: none"> •Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537 •Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm