

July 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

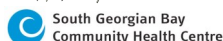
Aug 2 (or sooner) Aug 16

Sept 6 (or sooner) Sept 20

****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.



DON'T MISS OUT!

If you want to keep in the know about all the latest Georgian Good Food Box information and updates, be sure to visit our webpage at www.ggfb.ca. On the home page you can sign up to receive order date and pick up date reminders, as well as important notifications. You can also find all our newsletters, recipes, and resource links to such things as local farmers' markets. We're also on Facebook and Twitter!



THE BERRIES ARE BACK!

From now until mid-September, blueberries, strawberries, blackberries, and raspberries will be rolling in and out of their peak growing seasons. This means local, fresh, tasty berries available all summer long!

If you're feeling adventurous, look out for some lesser known (but still equally as delicious) berries like fresh currants, gooseberries, and mulberries, which may be available at your local grocery store, farmers' market, or to pick your own this summer. Enjoy the refreshing taste and awesome health benefits of these colourful gems by eating them on their own or adding them to an abundance of meals and treats.

BERRIES FOR HEALTH

Did you know that berries have some of the highest antioxidant amounts among common fruits, with blueberries being number one? These antioxidants are *anthocyanin* and vitamins A & C. They help reduce damage to our bodies, caused by environmental toxins, providing protection against cancer, heart disease, and cognitive decline. Berries are also a great source of fiber, which helps to slow the absorption of sugar into the bloodstream, increasing satiety after a meal.



Storage tip: When storing multiple varieties of berries in the fridge, make sure to keep them in separate containers. Berries each have their own rates of spoilage, and it would be a shame for one raspberry to ruin all your blueberries!

Storing	Washing
<p><i>In the fridge for up to one week:</i></p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Remove any bruised or spoiled berries <input checked="" type="checkbox"/> Keep them in original packaging OR transfer unwashed berries to a shallow container lined with paper towel & cover with lid <p><i>In the freezer for up to one year</i></p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Follow the steps to washing and if desired, cut larger berries in half <input checked="" type="checkbox"/> Lay berries flat on parchment-lined cookie sheet in freezer until firm <input checked="" type="checkbox"/> Transfer frozen berries to Ziplock bags 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Remove any stems or leaves from the berries <input checked="" type="checkbox"/> Gently rinse under water <input checked="" type="checkbox"/> Pat dry with paper towel or cloth towel <p>* Most fresh berries are very delicate and will keep longer if not washed until just before consumption.</p>



BERRY AND BEET SALAD

Ingredients:

- ◆ 2 whole fresh beets (red or golden)
- ◆ 1.5 cups fresh mixed berries
- ◆ ¼ red onion, sliced thinly
- ◆ ¼ cup chopped walnuts
- ◆ 4 cups mixed greens
- ◆ ¼ cup goat cheese, crumbled
- ◆ Handful fresh basil, torn

Dressing

- ◆ ¼ cup Balsamic vinegar
- ◆ 2 tbsp oil (olive or canola)
- ◆ 1 tsp honey
- ◆ Dash of salt and pepper

Directions:

1. Heat oven to 400°F. Scrub beets well under water and then wrap individually in tin foil. Place on cookie sheet, and transfer to heated oven for 50 to 60 minutes, until tender.
2. Add the berries, onions, and nuts to a large bowl, and make vinaigrette by mixing all dressing ingredients to together.
3. Once cooled, peel and slice beets thinly and add them to the berry mixture along with the dressing.
4. Divide the salad greens among four serving plates, and top with the beet and berry mixture. Garnish with the goat cheese and basil.



*to make this a higher protein meal, add cooked brown lentils, barley, fish, or chicken!

Fun fact: Anthocyanins are responsible for the red, pink, purple, and blue colour of many flowers and fruits! These include blueberries, raspberries, blackberries, black currants, strawberries, and more.

Resources:

- Recipe & photo from: <https://www.tasteofhome.com/recipes/berry-beet-salad/>
- <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-store-fruit-to-keep-them-fresh.aspx>
- <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/Everyday-Tips-for-Washing-Vegetables-and-Fruit.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:**
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