

June 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



THEY'RE BACK AND GOING STRONG!



Our community Farmers' Markets are excited to welcome you back this summer! **Stayner** Music, Market and Park it: Thursdays 5-8:30 pm
Creemore Farmers' Market: Saturdays 8:30 am -12:30 pm
Downtown Collingwood Farmers' Market: Saturdays 8 am -1 pm
Wasaga Beach Farmers' Market: Tuesdays 4- 8 pm at The RecPlex
New Lowell Farmers' Market: Wednesdays 5:30-8:30 pm

Order & Pay By **Pick Up On**

July 6 (or sooner) July 20

Aug 3 (or sooner) Aug 17

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 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.

UNLOCK THE POWER OF LEAFY GREENS

Why Should I Eat More Dark Leafy Greens?

- Leafy greens are packed with fibre and powerful antioxidants such as vitamin C and A. Antioxidants help protect the body from damage that can occur from the natural aging process or exposure to pollution. A diet that is high in these antioxidants helps reduce the risk of developing certain diseases.
- Eating more leafy greens can also support healthy bones. Calcium and vitamin K are key nutrients for bone health, and these are both found in leafy vegetables. The greens with the highest amounts of vitamin K and calcium are kale, spinach, and collard greens.
- Lastly, leafy greens are naturally low in sodium and fat. They are grown locally throughout the summer months and can even be grown right in your garden!



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How Can I Get More Leafy Greens In My Diet?

With the weather warming up and barbeque season nearing, leafy greens make a great addition to any meal, salad or picnic lunch! Prepare them by washing under running water and drying in a salad spinner or with a clean towel or cloth.

Use raw greens such as arugula, baby spinach, or baby mustard greens in a salad, on top of a pizza, in a wrap or on a sandwich. Greens add a punch of nutrients to any smoothie, and you can even make a homemade pesto with kale or spinach.

Some Creative Ways to Cook Greens!



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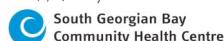
Leafy greens also taste amazing when cooked! Try these ideas:

- ◆ Add finely chopped Swiss chard, kale and spinach to sauces with tomato or meat
- ◆ Mix into a stir fry near the end of the cooking process so they become wilted and bright green
- ◆ Stir chopped greens into scrambled eggs, omelettes, egg bites or frittatas
- ◆ Add colour to a soup, casserole or stew by mixing any type of chopped leafy greens
- ◆ Chop and mix leftover spinach or kale with water. Pour into an ice cube tray and freeze for an easy smoothie starter

Fun fact: the bitterness in some greens like arugula and rapini is due to naturally occurring chemicals that help deter animals from eating them! Cooking these greens helps to reduce the level of bitterness.



Serving Georgian Bay Communities Since 1953



Crispy Kale Chips

Ingredients

- ◆ 1 bunch of fresh kale
- ◆ 2 tbsp (30mL) fresh lemon juice
- ◆ 1 tbsp (15mL) extra virgin olive oil
- ◆ 1 tbsp (15mL) grated parmesan cheese
- ◆ ¼ tsp (1mL) salt
- ◆ Pinch of fresh ground pepper



Unlockfood.ca

5. Spread kale leaves over a parchment paper lined baking sheet. Bake in the oven for about 25 minutes or until crispy and brown.

You can eat the chips as a snack, or use them as soup, salad, or pizza toppers!

Directions

1. Preheat oven to 250°F (121°C).
2. Wash kale well with water. Dry with a towel, cloth, or in a salad spinner.
3. Cut the hard stem out of the leaves and then cut each leaf into bite sized pieces. Place in a large bowl.
4. Sprinkle with cheese, salt, and pepper. Toss well with your hands to coat the leaves evenly.

Resources:

- <https://www.unlockfood.ca/en/Articles/Cooking/Food-Preparation/All-about-dark-leafy-greens.aspx>
- <https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-About-Antioxidants.aspx>

Recipe and photo from:

- <https://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Crispy-Kale-Chips.aspx>



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STAY UP TO DATE WITH THE GGFB!

To ensure you are up to date with our latest information, check out our **Facebook** and **Twitter** pages! If you would like to join our mailing list, please enter your information at the bottom of the homepage on our website at www.ggfb.ca. We send **reminders** for order and pick up dates twice per month, plus occasional news, updates and 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:

! This information is subject to change in response to Covid-19 restrictions and policies.

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 Clinic, Unit 101**
- ◆ **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
- ◆ Number of boxes ordered, amount enclosed (\$18/box)
- ◆ Where you will be picking up (see below)

Wear a mask and deposit your completed envelope into our order box.

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 and ensuring we are able to resume safe service.

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:**
 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

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