

June 2023

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**Order & Pay By**      **Pick Up On**

July 5 (or sooner)      July 19

Aug 2 (or sooner)      Aug 16

**\*\*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](mailto: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.



## FIGHT FOOD WASTE WITH PESTO!

The National Zero Waste Council finds that Canadian households lose an average of \$1300 a year to avoidable food waste. Here's a way to use leftover greens. In a blender, blend: ¼ cup roasted nuts, 2 cloves garlic, 3 cups fresh greens (carrot tops, radish leaves, beet greens, garlic scapes, etc.) ½ tsp salt, pinch of black pepper, ½ cup olive oil. Add ¼ cup parmesan. Use pesto on pasta, crackers, pizza crust, in soups, stews, etc. Get more info at <https://chatelaine.com/food/spring-veggie-pesto/>



## BITE INTO DIGESTIVE HEALTH

Did you know that it is normal to experience occasional gas and bloating? It means our digestion is working! Sometimes these symptoms can get worse, and you might need help from a healthcare provider. Prevent digestive problems and keep your system running well using these 7 tips:

### SEVEN PRACTICAL TIPS FOR DIGESTIVE HEALTH

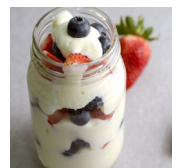
- 1. Fill up on fibre:** Eating fibre helps us to have regular bowel movements. It also helps to lower risk of colon (large intestine) cancer, reduces blood pressure and cholesterol. Increase fibre in your diet slowly to help prevent bloating or excess gas. Fibre rich foods include fruits, vegetables, whole grains, nuts and seeds.
- 2. Eat regularly:** Spacing out meals and snacks throughout the day can help to keep your bowel movements regular. **Eat slowly, relax and chew your food well.**



- 3. Stay hydrated:** Water works with fibre in the gut. Drinking enough water throughout the day can help prevent constipation.

- 4. Go to the bathroom when you need to:** Water is drawn out of the stool as it sits in the colon (large intestine). The longer you wait, the drier the stool becomes and harder to pass. This contributes to constipation.

- 5. Try probiotic-rich foods:** Probiotics are living bacteria that keep your gut populated with healthy bacteria. More research is needed to recommend a specific strain, so ask your doctor which strains are best for you. Foods that contain probiotics include sauerkraut, yogurt and kefir milk.



- 6. Movement:** Moving your body every day for 30 minutes can help keep food moving well through your digestive tract.

- 7. Avoid foods that upset your digestion:** There is no "one size fits all" recommendation when it comes to which foods to avoid. In general, the following foods commonly cause digestive pain:

- ◆ Caffeine
- ◆ Spicy foods
- ◆ High fat or fried foods
- ◆ Gas producing foods (examples: onions, broccoli, cabbage, beans)
- ◆ Dairy products (if lactose intolerant)
- ◆ Alcohol

If you have ongoing digestive concerns, **contact your primary healthcare provider.** They will assist you with monitoring symptoms and refer you to a specialist or dietitian.

## MINI TURKEY & BLACK BEAN BURGERS

### Ingredients:

- ◆ 1 15 oz. can black beans (drained & rinsed)
- ◆ 3 green onions
- ◆ ½ tbsp chili powder
- ◆ ½ tsp ground cumin
- ◆ ½ tsp garlic powder
- ◆ 1/8 tsp cayenne pepper
- ◆ ½ tsp salt
- ◆ 19 ounces lean ground turkey
- ◆ 5 whole wheat pita halves
- ◆ Sliced Roma tomatoes and spinach, kale or lettuce for toppings



### Directions:

1. Preheat the oven to 375°F (190°C). Place the black beans in a large bowl and mash them slightly using your hands or a potato masher. Slice the green onions and add them to the bowl along with the chili powder, cumin, garlic powder, cayenne pepper, and salt. Stir until beans are evenly seasoned.
2. Add ground turkey to bean mixture. Mix well using your hands. Form 10 small patties (about 2-2.5 inches in diameter, ½ inch thick). Place patties on roasting pan or baking sheet covered with foil and sit them on wire cooking racks.
3. Bake in oven for 20 minutes, or until browned on the outside and no longer pink in center. You can also cook the patties in a skillet, on a grill, or using an indoor countertop grill.
4. While the patties are baking, prepare the avocado sauce. Add the avocado, juice from lime, garlic powder, salt, sugar, sour cream (or yogurt if using), and 2-4 tbsp of water into a blender. Blend all ingredients together, adding the water slowly until a smooth, thick sauce forms.
5. Smear some of the sauce inside each pita half, add your favourite toppings, and two of the turkey patties.

### Avocado Sauce (optional)

- ◆ 1 avocado, diced
- ◆ ½ lime, juiced (about 2 tbsp)
- ◆ 1/8 tsp garlic powder
- ◆ ½ tsp salt
- ◆ ½ cup sour cream (or plain Greek yogurt)
- ◆ ½ tsp sugar

### Resources:

—Recipe & photo from: <https://www.budgetbytes.com/mini-black-bean-turkey-burgers/>

—Digestive health: <https://www.unlockfood.ca/en/Articles/Digestion-Digestive-health/Tips-for-Healthy-Digestion.aspx>

## IMPORTANT ORDER INFORMATION

*We encourage all our customers to use Paypal for orders* on our website, [www.ggfb.ca](http://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.

**Order and Pay** by the First Wednesday of the month **or sooner!**

On-line at [www.ggfb.ca](http://www.ggfb.ca) or in person at one of the sites listed:

## 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: