

June 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

July 3 (or sooner) July 17

Aug 7 (or sooner) Aug 21

****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.



LET'S GET GROWING According to *Let's Grow in Simcoe* 2021 survey (scfoodcouncil.com) 85% of respondents said they felt more connected to their community, and 69% agreed or strongly agreed that their consumption of fruits and vegetables increased while using a community garden. Gardeners enjoy sharing the yield and learning from neighbours. It might be for you! There are community gardens in Wasaga Beach, Collingwood and Stayner.

GET CREATIVE WITH RHUBARB!

Rhubarb is in season this month and if you are looking for inspiration for how to use this colourful vegetable, look no further! The origin of rhubarb is thought to be from Siberia. Rhubarb is often one of the first plants to start growing in the garden and can often be harvested in May and June. Since rhubarb has a slight bitter taste, it pairs well with ginger and sweet fruits such as berries. The stalks are used for cooking. Rhubarb leaves are toxic, due to high levels of oxalic acid they contain, and should never be eaten.



Monika Grabkowska on Unsplash

Did you know that rhubarb was traditionally used in medicine up until the last 200 years? Since then, it has been used in sweet recipes.

RHUBARB NUTRITION

Each serving of rhubarb contains vitamin C, potassium, and calcium.

- ◆ Vitamin C is an antioxidant that protects our cells against damage and can help to protect against cancer. It also supports a strong immune system and keeps our gums healthy.
- ◆ Potassium helps to control blood pressure which keeps our heart healthy. This mineral also supports our muscles and kidney function.
- ◆ Calcium is a mineral that is key for keeping our bones and teeth strong. Our heart and nerves also rely on calcium to stay healthy.

FOODLAND FRESH SUMMER COMPOTE

(MAKES ABOUT 2-2½ CUPS)

Ingredients

- ◆ 2 cups (500mL) chopped rhubarb (into ½ inch/1 cm pieces)
- ◆ 1/3 cup (75mL) honey
- ◆ 1 tbsp (15mL) orange juice or water
- ◆ 2 cups (500mL) thick sliced strawberries
- ◆ 1 tsp (5mL) grated orange rind
- ◆ ½ tsp (2mL) vanilla

Directions

1. Combine rhubarb, honey and orange juice in a medium saucepan. Bring this to a boil over medium heat, stirring occasionally.
2. Reduce heat and simmer, stirring occasionally until rhubarb is tender (about 5 minutes). Stir in strawberries, orange rind, and vanilla. Turn heat off, cover, and let sit for 5 minutes.

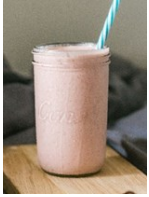


Food Photographer Jennifer Pallian on Unsplash

HOW TO USE RHUBARB COMPOTE

- ☑ Make a yogurt smoothie:
 - Blend ¼ cup of the compote into ¾ cup of plain, vanilla, or any type of fruit-flavoured yogurt
- ☑ Make a milkshake:
 - In a blender, add ½ cup frozen berries with some of the compote and plain milk. To make a thicker shake, add a scoop of frozen yogurt or low-fat ice cream.
- ☑ Enjoy a flavourful breakfast:
 - Top Greek yogurt with compote and sprinkle with nuts or granola
 - Spoon over whole grain waffles, pancakes or toast
- Mix into oatmeal and top with nuts and seeds
- ☑ Serve as a snack:
 - Spread nut butter onto a whole grain tortilla, spoon rhubarb compote over and sprinkle with seeds and chopped berries. Roll up and cut into sushi-sized pieces.
- ☑ Make a refreshing dessert:
 - Serve over ice cream or frozen yogurt

Sincerely Media on Unsplash



Mathilda Khoo on Unsplash



Resources: Foodland.ca: <https://www.ontario.ca/foodland/food/rhubarb>
 – Unlockfood.ca: <https://www.unlockfood.ca/en/ViewPDF.aspx?docid=8779&respgid=2199&lang=en&datemod=2016-10-09%2010:05:22%20PM>
 Recipes from: <https://www.ontario.ca/foodland/recipes/rhubarb-strawberry-compote>
 – <https://www.unlockfood.ca/en/Recipes/Beverages/Rhubarb-Sauce.-Smoothies-and-Shakes.aspx>

OUR 2024 CUSTOMER SURVEY SAYS... WHY DON'T THE RECIPES ALWAYS MATCH THE PRODUCE IN THE GFB AND HOW COME WE CAN'T FIND OUT WHAT IS IN THE GFB UNTIL PACK DAY? We start working on the newsletter a month before pack day to ensure it is written and printed in time to go in your bag. We generally don't find out what is going to be in the bag until a day or two before pack day so that we can take advantage of the best prices and freshest produce at the time. But you can always count on the staples: potatoes, apples, carrots and onions, being included.

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 after 12 Noon:**
Stayner Branch until 8 pm
Creemore Branch until 7 pm
New Lowell Branch until 7 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737