

May 2024

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



GOLDEN TICKET

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

June 5 (or sooner)      June 19

July 3 (or sooner)      July 17

**\*\*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.



*"Serving Georgian Bay Communities Since 1953"*

South Georgian Bay Community Health Centre

simcoe muskoka DISTRICT HEALTH UNIT  
Your Health Connection



## WHAT A CELEBRATION IT WAS!

Thank you to all our dedicated volunteers, elected officials, and media reporters who made our 20th Anniversary at all 3 pack sites a wonderful success! Congratulations to T. Jones from Clearview and C. Crawford of Wasaga, who found the **Golden Ticket** for a **FREE** Good Food Box. **Collingwood:** Check your May bag for a golden ticket!

## AMAZING ASPARAGUS!

May brings fresh asparagus all over Ontario. Known for being a great source of vitamins, asparagus is especially high in vitamins A, C, and B9 (folate). Vitamin A and C are both antioxidants which help to keep our cells healthy. Folate keeps blood cells healthy and is an important vitamin during pregnancy.



Photo: [Christine Siracusa on Unsplash](#)

**Did You Know?** The University of Guelph developed a new asparagus hybrid variety called Guelph Millennium? This variety produces high-quality and durable asparagus. Learn more about Guelph asparagus: <https://news.uoguelph.ca/2021/07/u-of-g-asparagus-research-yielding-strong-successful-varieties/>

### STORING ASPARAGUS

**In The Refrigerator:** Store in the fridge for up to 3 days. To keep them fresh, stand the stems in a glass or mason jar of water. You can also wrap the ends in a damp towel and then cover with plastic wrap.

**In The Freezer:** To keep asparagus fresh after freezing, blanch them.

1. Boil water in large pot. Wash stalks. Prepare a large bowl with cold water.
2. Once the water boils, place small bundles of asparagus into the water and boil for 1 minute.
3. Remove the blanched asparagus out of the water and quickly drop into the bowl of cold water. Let sit for two minutes.
4. Dry the stalks and place into freezer bags. Make sure to date and label the bag. Store for up to 1 year in the freezer.

### MAXIMIZING NUTRIENTS FROM ASPARAGUS (AND OTHER VEGETABLES)

- Avoid overcooking: use quick cooking methods like boiling, steaming, or baking
- Use small amounts of water: some vitamins can get lost to the cooking water. Add asparagus into soups or stews to help retain these nutrients.
- Buy asparagus fresh from local farmers or Good Food Box
- Enjoy fresh asparagus and other vegetables shortly after you buy them. If you don't use right away, make sure to freeze and store properly
- Use healthy fats in the meal. These will help your body absorb vitamins like A, D, E, and K. Try adding vegetable oils like olive or canola, fresh avocados, or crushed nuts and seeds.
- Add a source of vitamin C such as tomatoes or citrus fruits like lemon or lime to help your body absorb more folate



Photo: [Christina Rumpf on Unsplash](#)

# FOODLAND ONTARIO SPRINGTIME ASPARAGUS & HAM PASTA

## Ingredients

- ◆ 1 bunch asparagus, trimmed & cut into 1-inch pieces
- ◆ 3 cups (750mL) penne pasta (about 8 oz)
- ◆ 2 tbsp (25mL) butter
- ◆ 1 onion, chopped
- ◆ 3 tbsp (45 mL) all-purpose flour
- ◆ 1½ cups (375mL) sodium reduced chicken broth or low-fat milk
- ◆ 1 cup (250mL) diced ham (about 4oz/125g)
- ◆ 1 tbsp (15mL) grated lemon rind
- ◆ 1 tsp (5mL) Dijon mustard
- ◆ 1 tsp (5mL) fresh thyme
- ◆ Pinch pepper
- ◆ 1½ cups (375mL) grated asiago or aged cheddar cheese

## Directions

1. In a large pot of boiling salted water, cook pasta until almost tender; about 8 minutes. Add asparagus; cook until pasta and asparagus are tender, 4-6 minutes. Drain and place in a large warm bowl.
2. Meanwhile, in a saucepan, melt butter over medium heat. Add onion and cook until softened, about 3 minutes. Stir in flour, then gradually whisk in broth; bring to boil. Reduce heat and add ham, lemon rind, mustard, thyme and pepper. Simmer for a few



minutes, stirring occasionally. Stir in 1 cup (250mL) of the cheese just until melted; remove from heat. Pour sauce over pasta and asparagus; toss well. Sprinkle with remaining cheese.

[www.ontario.ca/foodland/food/asparagus](http://www.ontario.ca/foodland/food/asparagus)

**Resources:** - <https://www.ontario.ca/foodland/food/asparagus>

- <https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/How-to-Get-The-Most-Nutrients-From-the-Foods-You-E.aspx>

**OUR 2024 CUSTOMER SURVEY SAYS... WHY ISN'T THE GOOD FOOD BOX IN A BOX?** This is a fair question! We've explored many options for packing the produce, with the goal of keeping the cost of the "container" as low as possible so we have more money to spend on produce. We also have to follow health regulations which prohibit re-using boxes or other containers. Finally, we can fit more bags, than boxes, in our vehicles for transporting. **Some of our volunteer drivers carry over 20 bags of produce to drop off spots!** Bags work best and we try very hard to be gentle.

## IMPORTANT ORDER INFORMATION

**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:

*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.

## 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