

November 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



COLLINGWOOD GFB PACK NEEDS VOLUNTEERS!



We are looking for volunteers to fill three specific roles:

1. Pack day help on 3rd Wednesday morning of each month at the Legion.
 2. Order and data entry using computer/excel on 1st Wednesday of the month.
 3. A volunteer with a pick-up truck to take cardboard and waste to dump after the pack (around noon) on 3rd Wednesday of the month.
- If you can help, or want more information, please send us a message at gfoodbox@gmail.com or call Joan at 705 445-9660.



Order & Pay By	Pick Up On
Dec 4 (or sooner)	Dec 18
Fri. Jan 3 (or sooner)	Jan 15

* extended to Friday due to New Years Day*

****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 Twp., our public libraries, and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



Serving Georgian Bay Communities Since 1953



SWEET POTATO POWERHOUSE

The carrot-orange flesh of the sweet potato is packed full of nutrition! It's super high in beta carotene which our bodies convert into Vit A to support healthy skin, hair and eyesight. They are also rich in fibre and antioxidants.



Did You Know? Sweet Potatoes are not yams. Sweet Potatoes originate from Central and South America, and are now grown in certain areas of Ontario.

BUYING AND STORING SWEET POTATOES

Sweet potatoes are available all year round. Choose firm potatoes with tight skin and no bruises or cracks. **DO NOT REFRIGERATE.** Cold temperatures harden their core, so preferably store them in a cool, dark place.

COOKING AND PREPARING SWEET POTATOES

- Bake** Wash whole potatoes and pierce several times with a fork. Wrap in tinfoil and bake at 350° F (180° C) until soft.
- Micro-wave** Wash whole potato and place on paper towel in microwave. Cook on High for 2½ minutes, turn, then cook 2½ minutes more until tender. Let stand 3 minutes, then cut in half and scoop out flesh.
- Slow Cook** Add chunks of sweet potatoes to slowly simmer in your favourite soups, stews, chili, or slow cooker recipes
- Roast** Peel and cut in 1-inch (2.5 cm) chunks. Brush lightly with canola oil, place on lightly oiled baking sheet and bake at 400° F (200° C) for 30 to 35 minutes, until tender.
- Sauté** Peel and dice. Add 1 tbsp oil and potatoes to non-stick frying pan. Cook on med high heat, stirring frequently until browned. Sprinkle with chili powder or seasoning of your choice. Try these hash browns with eggs!



Photo by Abbie Whiddett on Unsplash.com

STEP UP YOUR SWEET POTATO GAME

Aside from the more familiar ways to cook and prepare sweet potatoes, you can also:

- Grill them on the BQ
- Peel, then grate them like carrots and add to salads
- Add cooked & pureed or shredded raw potatoes to muffin or sweet bread recipes
- Peel and cut into sticks or slices to add to a veggie and dip platter
- Exchange potatoes with sweet potatoes in most recipes, or try half and half

SWEET POTATO, CHICKPEAS AND APPLES

What's not to like with this quick and easy, nutritious, colourful, dish? Serve it on its own as a plant-based meal, or as a side with a serving of chicken or fish. And leftovers can be added to soup for tomorrow!

Ingredients (serves 4-6)

- ◆ 4 cups (1 L) cubed sweet potatoes (1-inch/2.5 cm)
- ◆ 2 apples, cubed (about 2 cups/500 mL)
- ◆ 1 red onion, halved and sliced lengthwise
- ◆ 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- ◆ 2 tbsp (25 mL) olive oil
- ◆ 1/3 cup (75 mL) chopped fresh parsley
- ◆ 2/3 cup (150 mL) crumbled Chèvre goat cheese (or soft, crumbly cheese like feta, ricotta, Boursin)
- ◆ 2 tbsp (25 mL) raw pumpkin seeds (optional)



Directions

1. Line two baking sheets with parchment paper.
2. In large bowl, combine sweet potatoes, apples, onion and chickpeas. Drizzle with oil and toss well. Transfer to prepared sheets.
3. Bake in 425°F (220°C) oven for 15 minutes then remove from oven and stir. Bake another 15 min. or until vegetables are tender and slightly golden.
4. Transfer to serving dish; toss with parsley and top with goat cheese (or substitute) and pumpkin seeds, if using. Serve and enjoy. (Recipe and photo at <https://www.ontario.ca/foodland/recipes/sweet-potato-chickpeas-and-apples-chevre-1> © King's Printer for Ontario, 2024)

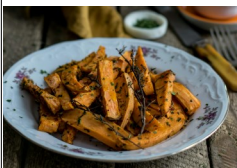
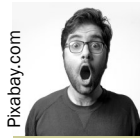


Photo by Monika Grabkowska on Unsplash.com

SWEET POTATO FRIES

Wash and cut sweet potato into fries. (Leave the skin on for added fibre). Toss in a bowl with a little olive oil. Sprinkle with garlic powder (not garlic salt). Spread fries in a single layer on parchment-lined baking sheet. Bake at 425 °F (220 °C) for 10 minutes on each side or until nicely browned. Flavour with chili powder, cumin, paprika or pepper.



Pixabay.com

WOW! Our friends at the Meaford Good Food Box did a price comparison check on October's GFB contents. We are happy to share with all of you the great value:

\$49.60 when purchased at the grocery store!
Our Facebook page lists the item-by-item cost.

Resources:

- <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-And-Fruit/Nutritional-Benefits-Of-Sweet-Potatoes.aspx>
- <https://www.ontario.ca/foodland/food/sweet-potatoes>

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:

★ **Note:** Order Deadline extended to Friday, Jan. 3 for January 2025 orders

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 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:

- ◆ 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

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