

October 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Nov 7	Nov 21
Dec 5	Dec 19

Food Box \$15.00

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 their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody & Courtney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



Our **2018 Customer Survey Report** found that Good Food Box customers are very satisfied with the affordability, quality and variety of the GGFB. Survey respondents rate their overall satisfaction with the *dollar value* of the good food box contents as 4.61 out of 5; and *quality and variety* at 4.5 out of 5. Seventy-seven customers completed a survey.

COLOURFUL BEETS

Nutrition

Beets contain folate, Vitamin C and potassium. Folate helps build new red blood cells and it may help lower the risk of heart disease.

History

Beets have been cultivated since pre-historic times in the Mediterranean area and were originally grown only for their leaves. During the Roman Empire, people began to eat the roots as well. Today, beets and beet dishes are still widely popular throughout Europe.

Buying and storing

- ◆ Look for firm, small to medium-size beets (up to 3 inches in diameter.) The outside may be rough, but should be dry and tight.
- ◆ Loosely wrap in paper towel and keep in refrigerator crisper for up to one week. They can also be kept in a root cellar or other cool location.
- ◆ Wash beets and beet greens just before use.

Preparation and handling

Wash under running water to remove any trace of dirt, dry on paper towel.

Beets will stain!



When you cut through the skin and stem, you expose the staining flesh inside. Beets roasted with the skins on are much less messy than if you peel them before cooking.



What do I do with Beets?

Try some of these ideas for enjoying this colourful, nutritious vegetable.

1. Use raw beet greens for salads, sandwiches or wraps
2. Grate raw beet root and raw carrots for a colourful salad
3. Add cooked beets to cold salads with vinaigrette or mayonnaise
4. Oven-bake or roast beets in the oven (whole, peeled, cubed or sliced), alone or with other root vegetables for a side dish. Toss with oil, salt and pepper.
5. Simmer beets in rich vegetable soups such as Borscht.
6. Boil or steam beets until tender.
7. Pickling beets is another option.
8. Make beet hummus, recipe flip side



GOOD QUESTION!

Our customers are asking some really good questions on the **2018 Georgian Good Food Box Survey** and we'd like to respond!

One sweet potato is kind of useless when feeding a family. Could you add more? We work within the constraints of a fixed dollar value and sometimes it works out that one sweet potato is as far as the dollar stretches. Other times we introduce a small quantity of a vegetable so people can try it and see if they like it. The single sweet potato can be cooked and mashed with regular potatoes or it can be roasted with other root vegetables so everyone gets a taste!



B E E T H U M M U S

A great alternative to regular hummus, and a great dip for more veggies!

Ingredients

- 3 medium Beets, washed, leave skin on
- 1 tsp (5ml) Olive oil
- ¼ cup (60mL) Diced onion
- 2 Cloves garlic, finely chopped
- 1 tsp (5 mL) Ground cumin
- 1 cup (250mL) Canned chickpeas, drained and rinsed
- ¼ cup (60mL) Tahini (ground sesame seeds)
- ¼ cup (60mL) Water
- ¼ cup (60mL) Lemon juice
- Raw vegetables to serve

Directions

- ◆ Cook beets in a large pot of boiling water for 40 minutes or until tender. When cooled, peel beets and roughly chop. Set aside. Can be done 1 day in advance.
- ◆ In a medium frypan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.
- ◆ Add beets, onion mixture, chickpeas, tahini, water and lemon juice to a food processor and puree until smooth.
- ◆ Serve immediately or store in an air tight container in the fridge for up to 3 days.



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COLLINGWOOD COMMUNITY FRIENDSHIP DINNERS 2018

A welcome is extended to members of the community and the church to meet in a warm and friendly atmosphere and enjoy a wonderful dinner. This is a great opportunity to mix with old friends and meet new ones. Children welcome.

- The Salvation Army:** 705-445-0490 – First Thursday of each month; doors open 5:00
 - All Saints' Anglican Church:** 705-445-3841 – Second Wednesday each month, doors open 5:30
 - Trinity United Church:** 705- 445-3901 – Third Wednesday each month, doors open 5:30
 - First Presbyterian Church:** 705-445-4651 – Fourth Tuesday each month, doors open 5:00
 - Erie Street Community Church:** 705-445-4693 – LUNCH (soup & buns) Tuesdays, 12:00-1:00
- * Note that during July, August and December, some churches may not provide dinners.

The Georgian Good Food Box is looking for volunteers to help on **pack day** at **Wasaga Beach**. We're also looking for volunteers to assist with **marketing, media and promotions** and work with our Board. If you can spare a couple of hours each month, please contact: gfoodbox@gmail.com or Loretta at 705-352-3555

Order and Pay by the First Wednesday of the month on-line at www.ggfb.ca or in person at:	Collingwood	<ul style="list-style-type: none"> •Collingwood Community Resource Centre (at Rotary Centre, Campbell & High St.) •Breaking Down Barriers (234 Ste. Marie St.)
	Wasaga Beach	<ul style="list-style-type: none"> •Dr. Redick Dental (West Medical Plaza, 587 River Rd. West) •South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.) •Drs. Kitai & Watkin (Unit 101, Ramblewood Medical Centre) •Wasaga Beach Public Library (120 Glenwood Drive)
	Clearview	<ul style="list-style-type: none"> •Stayner, Creemore, & New Lowell Public Libraries or call Ted at 705-428-5537
Pick Up on the Third Wednesday of the month at:	Collingwood	<ul style="list-style-type: none"> •Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
	Wasaga Beach	<p>*Your choice of pick up location must be marked on the order envelope*</p> <ul style="list-style-type: none"> •Replex Lobby, 1724 Mosely St., 10:30- 12:30pm •Wasaga Community Church, 278 Main St., 5:00- 7 pm •Schools (for School Families only) Check with your school
	Clearview	<ul style="list-style-type: none"> •Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537 •Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm