

October 2019

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**NEWS!!!** Breaking Down Barriers is closed for a few months for renovations. Please order at the Collingwood Public Library.

Order & Pay By	Pick Up On
Nov 6	Nov 20
Dec 4	Dec 18

**Food Box \$18.00**

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 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.



## THE GOOD FOOD BOX JUST GOT BETTER!

We're excited to tell you about our new partnership with the Collingwood Public Library, Teen Services and Outreach Program which aims to supplement the nutritional needs of families that are low-income, homeless adults and youth, and those who may need to rely on the food bank. The Good Food Box program will donate a food box each month to this program. **DID YOU KNOW...** that the more Good Food Boxes we sell, the more donations we can make! Tell your friends, co-workers, family and neighbours. Not only will you eat well for an affordable price, you'll be passing on the benefit of good eating to others!

## PUMPKIN MANIA!

Pumpkin is the perfect fall decoration! But it's more than that. Pumpkin is a great seasonal vegetable that will pair well with many other items in your Good Food Box! Pumpkin is an excellent source of Vitamin A, thiamine and riboflavin and a good source of Vitamin C. And don't forget to save the seeds! The seeds are rich in protein and a good source of iron.



Photo from Pixabay.com

**Betcha Didn't Know...** Early references to pumpkins go back only several hundred years when they were called "pompions" (from the Greek pepon, "cooked by the sun"). "Pumpkin" first appeared in the 17th century when the Cinderella fairy tale was written.

### Buying and storing

- ◆ For Halloween pumpkins, look for a sturdy stem, well-rounded shape and one that will stand properly, but is not too heavy (thin walls are easier to carry).
- ◆ For cooking, small pie pumpkins are best. Look for a firm, smooth orange skin with a heavy feel for its size. Avoid cracks and bruises. Small to medium sizes are best for kitchen use because of their finer texture and flavour.
- ◆ You can keep an unblemished whole pumpkin in a cool, dry place for several months. But once fresh pumpkin is cut up, it should be wrapped in plastic, refrigerated, and used within five days. Or it can also be cooked and frozen for up to six months.

*One cup of fresh pumpkin yields about one cup of cooked mashed vegetable.*



Photo from Pixabay.com

### Preparing

Frozen pumpkin can be used in the same way as canned or freshly cooked – in pies, muffins, cakes, breads and even casseroles, where it does double duty as a flavouring agent and thickener.

**To Roast Pumpkin Seeds:** An average-sized pumpkin contains about one cup of seeds. Wash, removing any bits of clinging fibre. Spread seeds on clean baking sheet; let dry at room temperature overnight. Toss with 1½ tsp (7 mL) vegetable oil. Bake at 250° F (120° C), stirring occasionally, for 1½ hours or until golden brown and crunchy. (Source: [www.ontario.ca/foodland/food/pumpkin](http://www.ontario.ca/foodland/food/pumpkin))

## PUMPKIN SOUP WITH APPLE AND CINNAMON



Cook time: 20 minutes  
Serves 4

### Ingredients

- 6 cups vegetable stock
- 2 cups pumpkin
- ½ cup apple juice
- ½ cup unsweetened apple sauce
- 2 Tbsp brown sugar
- 2 Tbsp unsalted butter
- 1 medium onion chopped
- 2 apples peeled, cored and cubed
- ½ tsp cinnamon
- ½ tsp dried thyme
- ½ tsp salt
- ½ tsp white pepper
- ¼ tsp ground nutmeg
- 1 bay leaf

### Directions

1. In a large soup pot, melt butter. Add onion and apples; sauté for 3 to 4 minutes or until apples are tender.
2. Stir in pumpkin, apple juice, applesauce, brown sugar, cinnamon, thyme, salt, pepper, nutmeg, bay leaf and stock.
3. Bring to a boil. Reduce heat and simmer for 15 minutes. Remove the bay leaf before serving.

Recipe by Reader's Digest Canada

<https://www.readersdigest.ca/food/recipes/pumpkin-soup-apple-cinnamon/>

## FIVE WAYS TO COOK PUMPKIN

- ◆ **Bake:** Cut into chunks, remove seeds and fibre. With the rind still on, place in baking dish with a little water, cover and bake at 325 °F (160 °C) until tender (about 50 min.) Scoop pulp from rind, mash or purée. Use in baking or season to taste & serve as side dish.
- ◆ **Roast:** While your pumpkin is baking in the oven, roast other vegetables from your **Good Food Box** (onions, potatoes, sweet potatoes, broccoli, zucchini, squash, carrots, parsnip, beets, etc.!) In a large flat roasting pan, put all the vegetables into the pan, and sprinkle liberally with olive oil. Consider adding a variety of herbs (rosemary, thyme, sage or oregano).
- ◆ **Boil/Steam:** Cut into pieces, remove seeds and fibre. Cut into large cubes. Boil in lightly salted water or steam for 20 to 30 minutes or until tender. Remove, cool slightly and scoop pulp from rind.
- ◆ **Microwave:** Cut in half, remove seeds and fibre. Peel. Cut flesh into 1½ inch (4 cm) chunks. Place in 8-cup (2 L) casserole, cover, microwave at high, stirring several times, for 15 -18 min. or until tender.
- ◆ **Purée:** Mash cooked pulp in food processor or blender until smooth; or use a food mill, strainer or potato masher. Drain pulp in strainer for 15 minutes; discard liquid or reserve for use in soups and stews. Pack purée in airtight containers. Refrigerate for up to three days or freeze for up to six months.

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

### IMPORTANT NOTICE

#### RENOVATIONS TEMPORARILY CLOSE TWO ORDER LOCATIONS IN COLLINGWOOD

The **Rotary Centre on Campbell Street** is closed for renovations which are projected to continue into December 2019. The offices of 211, Community Connection are located at the New Life Church on Tracey Lane, across from the Bowling Alley. **Breaking Down Barriers** is also under renovation and will not be able to accept GGFB orders for a few months. *Please order at the Collingwood Public Library.*

<b>Order and Pay</b> by the First Wednesday of the month on-line at <a href="http://www.ggfb.ca">www.ggfb.ca</a> or in person at:	Collingwood	<ul style="list-style-type: none"> <li>•Collingwood Community Resource Centre (<b>See important notice above</b>).</li> <li>•Breaking Down Barriers (234 Ste. Marie St.) (<b>See important notice above</b>).</li> <li>•<b>NEW</b> Collingwood Public Library (55 Ste. Marie Street)</li> </ul>
	Wasaga Beach	<ul style="list-style-type: none"> <li>•Dr. Redick Dental (West Medical Plaza, 587 River Rd. West)</li> <li>•South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.)</li> <li>•Drs. Kitai &amp; Watkin (Unit 101, Ramblewood Medical Centre)</li> <li>•Wasaga Beach Public Library (120 Glenwood Drive)</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>•Stayner, Creemore, &amp; New Lowell Public Libraries or call Ted at 705-428-5537</li> </ul>
<b>Pick Up</b> on the Third Wednesday of the month at:	Collingwood	<ul style="list-style-type: none"> <li>•Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm</li> </ul>
	Wasaga Beach	<p>*Your choice of pick up location must be marked on the order envelope*</p> <ul style="list-style-type: none"> <li>•Replex Lobby, 1724 Mosely St., 10:30- 12:30pm</li> <li>•Wasaga Community Church, 278 Main St., 5:00- 7 pm</li> <li>•Schools (for School Families only) Check with your school</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>•Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm</li> <li>•New Lowell Library after 12 pm, or call Ted at 705-428-5537</li> <li>•Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm</li> </ul>