

October 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



www.pixabay.com

OVER \$1300 RAISED! Thank you to all who came out to our annual apple pick fundraiser at **Kennedy Orchards**. We raised over \$1300 for our community, which will be used in the coming months to provide bags of produce for those in need. We are extremely grateful to Kennedy Orchards for their generous support in making this happen. Enjoy your apples everyone!

Order & Pay By	Pick Up On
Nov 6 (or sooner)	Nov 20
Dec 4 (or sooner)	Dec 18

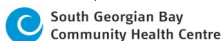
****Food Box \$21.00****

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



www.pixabay.com

CRUNCHY CABBAGE

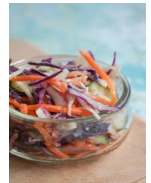
Cabbage has a lot going for it. It's a relatively inexpensive vegetable, cold hardy, Canadian grown, available year round, high in vitamin C and fibre, low in calories, and provides your diet with important antioxidants and cell-protecting phytochemicals. It stores well, and gives us that satisfying big crunch! Choose **green** cabbages for soups and stews; **purple** cabbages for pickled dishes and salads; and **Napa** cabbage (or Chinese cabbage) with the crinkled leaves for stir fries.



www.pixabay.com

BUYING AND STORING CABBAGE

Buy firm, heavy heads with crisp leaves (not wilted). Cabbage will keep in a plastic bag in your fridge crisper for several weeks. Pre-cut and bagged cabbage is also available in stores, but can be pricey.



unsplash.com/@rabbit_in_blue

COOKING AND PREPARING CABBAGE

Remove outer leaves and rinse cabbage well before eating. Cabbage is versatile: shred, microwave, pickle, bake, saute, stir fry, roast, steam or boil it!

- Shred** Shred it and toss with a low fat mayonnaise, yogurt or vinaigrette. Add apple, pineapple, pear, orange or grape chunks, shredded beets, peppers, or jicama as tasty additions to your coleslaw.
- Steam** Add 2 tbsp (30 mL) each non-hydrogenated margarine or butter and water to a wide pan. Bring to a boil. Then add 5-6 cups (1.25 to 1.5 L) shredded cabbage. Cook for a few minutes.
- Boil** Boil large pot of water. Add pinch of salt. Add shredded cabbage. Cook for about 12 minutes or until very tender. Strain. Add salt, pepper and butter to taste. Diced cabbage can also be added to almost any soup recipe.
- Saute** Heat 1½ Tbsp olive oil in skillet. Add about 10 cups shredded cabbage, 1 Tbsp minced garlic, pinch of red pepper flakes and salt. Cook, stirring occasionally until cabbage is cooked down and turning light brown (about 10-15 minutes). Squeeze juice from 2 lemon wedges on top and serve.
- Roast** Cut green cabbage into wedges. Brush with canola oil, season with salt & pepper. Bake at 400 F for 40 min., until cooked through and a bit crispy.
- Pickle** Thinly slice 1 small cabbage, 1 bell pepper, 2 carrots and mix well in a bowl. Transfer to a glass jar, packing tightly. Bring 2 cups water, 7Tbsp sugar, 1 Tbsp salt to boil. Remove from heat and add 6 Tbsp white vinegar and ⅓ cup olive oil. Stir and pour over jar of cabbage. Cool then refrigerate for at least 12 hours. (reference: cooktoria.com)



www.pixabay.com

FRESH SPRING ROLLS

Try these restaurant-style fresh, not fried, spring rolls. You can purchase egg-roll wrappers in the freezer

section of the grocery store, or use

cabbage leaves as the wrapper.

Directions

1. Prepare the fillings. One-quarter cup of filling is enough for each 22-cm (8 inch) spring roll wrapper. Try a combination of:

- Shredded cabbage and carrots
- Leftover meat like cooked chicken, tofu, cooked shrimp, or sliced omelette
- Cooked rice noodles tossed with a small amount of rice wine vinegar
- Herbs like chopped mint, cilantro or basil

2. Add filling to wrappers (either store-bought or cabbage leaves) and fold up like burritos.

3. Serve with peanut sauce.

Resources: <https://www.unlockfood.ca/en/Articles/Budget/All-About-Cabbage.aspx>

—<https://www.ontario.ca/foodland/food/cabbage>

—<https://canadianfoodfocus.org/in-season/whats-in-season-cabbage>

<https://www.unlockfood.ca/en/Recipes/Main-courses/Baked-Cabbage-Roll-Skillet-Supper.aspx>

BAKED CABBAGE-ROLL SKILLET SUPPER

A fast, stir-together dinner!

Ingredients

- ◆ 1 pound (500 g) medium ground beef or pork
- ◆ 2 cloves crushed garlic
- ◆ 1 large onion, peeled & chopped
- ◆ 14 oz can (398 mL) tomato sauce
- ◆ ½ cup (125 mL) water
- ◆ 1 cup (250 mL) 5-minute rice
- ◆ 1 Tsp. (5 mL) paprika
- ◆ ½ Tsp (2 mL) dried dill weed
- ◆ ¼ Tsp. (1 mL) each salt & pepper
- ◆ One half head of cabbage
- ◆ Sour cream

Directions

1. In large saucepan over medium heat, cook meat and garlic. Stir with fork to keep meat crumbly. Add 1 or 2 tsp (5 or 10 mL) vegetable oil, if meat sticks.
2. Stir in onion. Cook until meat loses its redness (about 5 minutes). Stir in tomato sauce, water, rice, paprika, dillweed, salt, pepper. Cover. Bring to boil.
3. Meanwhile slice cabbage in 1- x 3-inch (2.5 x 8 cm) strips. Stir into meat mixture. Cover and reduce heat to medium-low; Stir often until rice and cabbage are tender, 10 to 15 minutes. Serve with sour cream.



https://unsplash.com/@olnagavrilov

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.

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:

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: