

September 2023

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



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

Oct 4  
(or sooner)      Oct 18

Nov 1  
(or sooner)      Nov 15

**\*\*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



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**KENNEDY  
ORCHARDS**

## APPLE HARVEST FUNDRAISER SEPT. 21: TOMORROW!

Join us at Kennedy Orchards, 38 Townley Street, Nottawa on Thursday September 21st from 4-7pm

for our by donation apple picking event! Everyone is welcome to come pick, fresh, delicious and organic apples and make a donation to the Good Food Box. All monies raised are used to provide Good Food Boxes to those in need. Please bring your own bags for picking; no dogs, cash only. More information at [www.ggfb.ca](http://www.ggfb.ca).



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## IT'S APPLE SEASON!

*An apple a day keeps the doctor away!* Apples are known for being good for us, but what exactly do they contain? These colourful fruits contain fibre that helps make us feel full and satisfied. Apples are a great source of vitamin C and A which keep our immune system healthy and strong. These vitamins also help to protect our bodies against cancer and heart disease.

Did you know that apples have been farmed for more than 3,000 years? Today, apples are grown all over the world. The most popular varieties include McIntosh, Red Delicious, Empire, Golden Delicious, and Cortland.

## EASY WAYS TO USE APPLES FROM YOUR GFB

### #1 Breakfast: Make and Go!

Apples are great for breakfast, especially when you are in a rush. Try this **Overnight Apple Pie Oatmeal** recipe (makes two servings):

1. Mix the following foods together in one bowl:

- ◆ ¾ cup plain yogurt
- ◆ 1 tsp maple syrup
- ◆ ½ tsp vanilla
- ◆ ¼ tsp cinnamon
- ◆ 1 apple, diced
- ◆ ½ cup oats

2. Cover and refrigerate overnight.

3. Enjoy this chilled while at home, on the go, or at work!



<https://www.jaroflemons.com/apple-cinnamon-overnight-oats/>



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### #2 Lunchtime Crunch!

Apples add colour and crunch to your lunch hour.

Try adding:

- ◆ Diced apples to a salad for more sweetness
- ◆ Sliced apples to a sandwich or mixed with tuna
- ◆ Finish off your meal with your favourite kind of apple



**#3 After-School Snack:**

Apples are a great substitute for regular after-school snacks.

Try these **Baked Apple Bites**:

1. Preheat oven to 200°F.
2. Thinly slice 3 apples, place on baking sheet and sprinkle with cinnamon
3. Bake for 1 hour on each side.

Photo from: [carrieseexperimentalkitchen.com](https://carrieseexperimentalkitchen.com)

**#4 Sweet Dessert:**

1. Core the apple then slice in thick rounds or wedges. Brush with butter.
2. Grill on the barbeque 2-4 minutes per side.
3. Top with cinnamon and serve over yogurt or ice cream.



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**TIPS FOR STORING PRODUCE IN REFRIGERATOR CRISPER DRAWERS**

The crisper drawers in your fridge are designed to help you extend the life of your valuable produce. Depending on the model of your fridge, there should be a humidity dial or slider to adjust the amount of air flow, and therefore the humidity level, in each drawer. Generally speaking, fruits prefer low humidity and will tend to rot in high humidity, while vegetables are susceptible to moisture loss and require high humidity to keep them crisp.

**In a low humidity drawer store produce such as:** peaches, apples, pears, figs, kiwi, mango, apricots, plums, nectarines, avocado, blueberries, grapes, mushrooms, green onion, citrus fruits

**In a high humidity drawer store produce such as:** strawberries, lettuce, kale, spinach, broccoli, carrots, eggplant, green beans, peas, peppers, squash, cucumber, cauliflower, asparagus, zucchini

Reference: “*The \*Right\* Way To Store Produce In Your Refrigerator’s Crisper Drawers*,” Katherine Sousa, June 2023, Chatelaine @ [What To Store In Refrigerator Crisper Drawers | Chatelaine](https://www.chatelaine.com/2023/06/06/what-to-store-in-refrigerator-crisper-drawers/)



**Resources:**

- Recipe: <https://www.jaroflemons.com/apple-cinnamon-overnight-oats/>
- Foodland.ca: <https://www.ontario.ca/foodland/food/apples>

**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:**  
 Stayner Branch 1 pm—9 pm  
 Creemore Branch 2-5pm or 7-9pm  
 New Lowell Branch 2—8 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737