

September 2024

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca

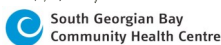


Order & Pay By	Pick Up On
Oct 2 (or sooner)	Oct 16
Nov 6 (or sooner)	Nov 20

**\*\*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 the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



**GATEWAY GIVES** Our Wasaga Beach Georgian Good Food Box pack is thrilled to welcome Gateway Gives! Approximately 10 employees of Playtime Casino will be volunteering at the Wasaga pack on a regular basis. Welcome aboard!



*"Our team members are proud to live in the neighbourhoods and towns in which they work and are eager to give back in their own way. We support and encourage them to be actively involved in projects, causes and initiatives that aim to build stronger, healthier and more vibrant communities."* ([www.gatewaycasinos.com/community](http://www.gatewaycasinos.com/community))



## A "MAIZING" CORN!

Corn-on-the-cob is one of the favourite late summer/early fall vegetables and is a source of Folate and contains fibre, Vitamin C, Niacin and Thiamine. Eating it fresh off the cob is a real summertime treat, but it is available all year round, either canned or frozen. Plain popped corn makes a healthy snack.

**Did you know?** Corn is also known as maize. "Grain corn was the chief source of nourishment for thousands of years, sustaining the Mayas, Aztecs, Incas and the Indian peoples of North and South America." (<https://www.ontario.ca/foodland/food/sweet-corn>)

## BUYING AND STORING CORN-ON-THE-COB

Look for bright green, moist husks, with corn silk that is stiff, dark and moist. Press gently on the husk; you should be able to feel individual kernels. If you can't eat it right away, store it in a plastic bag in fridge for up to 2-3 days. It loses sweetness fast!

## COOKING AND PREPARING CORN

Corn is versatile and can be prepared a number of ways. You can even simmer the empty cobs with seasonings, once the kernels are cut off, to make a delicious broth.

- Boil** Remove husks and silk. Boil in large pot 3 to 4 minutes for young cobs; 5-7 minutes for mature cobs.
- Steam** Remove husks and silk. Steam 7 to 11 minutes, depending on size (small cobs, 7 minutes; medium, 9 minutes; large, 11 minutes).
- BQ** Soak in cold water, with husks on, for at least 30 minutes. Place on grill over medium-high heat; close lid and grill, turning frequently, for about 20 minutes or until husks are charred and corn is tender.
- Char** For charred marks, place stripped cobs on the grill (after cooking) for a few minutes until brown on all sides.
- Micro-wave** Husk and place cobs on microwaveable baking dish. Cover with plastic wrap. Cook on High power 2 minutes per cob or until tender. Let stand 2 minutes before unwrapping.
- Freeze** Boil husked cobs for 2-3 minutes, then plunge in cold water. Cut kernels off cob and freeze; or husk and freeze whole cobs, uncooked.

### CARIBBEAN CORN AND BROCCOLI SALAD

www.foodland.ca



A great way to use leftover cooked cobs of corn!

**Ingredients**

- ◆ 1 cob corn, grilled and cooled
- ◆ 1 bunch broccoli, cut in florets
- ◆ ½ cup (125 mL) diced red onion

**Dressing**

- ◆ Half sweet red pepper, diced
- ◆ ¾ cup (175 mL) light mayonnaise
- ◆ 2 tbsp (25 mL) grainy mustard
- ◆ 2 tbsp (25 mL) fresh lime juice
- ◆ 1 tbsp (15 mL) minced fresh gingerroot
- ◆ 2 tsp (10 mL) honey
- ◆ ½ tsp (2 mL) each salt and pepper

**Directions**

1. Cut corn kernels from cob and place in large bowl. Add broccoli, onion and red pepper.
2. In small bowl, combine mayonnaise, mustard, lime juice, ginger, honey, salt and pepper; toss with salad. Chill before serving.

**Resources:** [https://www.unlockfood.ca/en/Recipes/Breakfast/Masa-\(corn\)-Pancakes.aspx](https://www.unlockfood.ca/en/Recipes/Breakfast/Masa-(corn)-Pancakes.aspx)  
 —<https://www.ontario.ca/foodland/recipes/caribbean-corn-and-broccoli-salad-0>  
 —<https://www.ontario.ca/foodland/food/sweet-corn>

### MAKE IT A MEAL DEAL: MASA (CORN) PANCAKES

Pancakes and salad for dinner, anyone?

**Ingredients**

- ◆ ½ cup (125 mL) whole wheat flour
- ◆ ½ cup (125 mL) cornmeal
- ◆ 1 tsp (5 mL) sugar
- ◆ ½ tsp (2 mL) baking soda
- ◆ ½ cup (125 mL) frozen corn, thawed
- ◆ ½ cup (125 mL) buttermilk
- ◆ 1 Egg
- ◆ ½ Tbsp (8 mL) Canola oil for cooking
- ◆ 6 Tbsp (75 mL) store-bought mild or hot salsa



www.unlockfood.ca

**Directions**

1. Combine flour, cornmeal, sugar, baking soda and corn in large bowl.
2. In a second bowl, whisk together buttermilk and egg. Add to dry mixture and stir to combine.
3. Heat frying pan to medium heat. Add ½ the oil (working in 2 batches). Add ½ cup (125 mL) batter to the pan for each pancake. Cook for 3-5 minutes on first side and 2-3 minutes on second side.
4. Serve immediately with salsa.

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

### IMPORTANT ORDER INFORMATION

*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.

**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:

### 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: