

April 2025

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



## Order & Pay By      Pick Up On

May 7  
(or sooner)      May 21

June 4  
(or sooner)      June 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](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 Twp., our public libraries, Natasha and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



*"Serving Georgian Bay Communities Since 1953"*

South Georgian Bay  
Community Health Centre



**Win Mom a Free Good Food Box!** Send us a recipe and/or a short recollection about a favourite dish that your Mom prepared for you, and we'll enter your name in a draw for a Good Food Box. Three ways to enter:

1. Post your recipe or recollection on our Facebook page [www.facebook.com/GeorgianGoodFoodBox](https://www.facebook.com/GeorgianGoodFoodBox), or
2. Send it to us in an email ([gfoodbox@gmail.com](mailto:gfoodbox@gmail.com)), or
3. Put it in a GFB order envelope and deposit it with your May GFB order.

Be sure to include your name and phone number or email.

**Deadline: Wednesday May 7, 2025** The draw will be made on Mother's Day with the Good Food Box prize available for pick up Wednesday May 21st.



pixabay.com

## GROWING AN INDOOR HERB GARDEN

Herbs are a great way to add fresh flavour to recipes which can help to reduce salt intake without sacrificing the flavour!

### GETTING STARTED:

1. **Get your supplies.** You can buy young plants, seeds, or an herb kit at a local nursery or garden store. You can also check out community garden groups for guidance.
2. **Choose the optimal location** to set-up your indoor herb garden. Many herbs we buy were first grown in the Mediterranean where the climate is hot, dry and sunny. Your herbs may grow best under the same conditions. Place your herbs in windows that face south or west so they get the most sun. The heat from the sun will also help the herbs develop essential oils, which is what gives herbs their great flavour.
3. **Don't over water!** If using a fertilizer, select one specifically for herbs so the flavour is not lost.
4. **Choose clay, wood, ceramic, or plastic containers with drainage holes.** Some herbs require large pots while others don't mind a little crowding. When the weather warms up, consider moving your plants to your yard, deck, balcony or outdoor window box. If transferring to a larger pot, add fresh soil. Bring your herbs back inside before the first frost.



unsplash.com



pixabay.com

### TIPS FOR USING HERBS

- ☒ Use your herbs often. Cutting or picking the leaves will encourage growth.
- ☒ Finely chop or cut your fresh herbs. The more surfaces you expose, the more flavour that you will release.
- ☒ Don't overcook your herbs because their flavours and aromas can be lost with too much heat.
- ☒ Dried herbs are stronger than fresh herbs. One tablespoon (15 mL) of fresh herbs is equal to 1 teaspoon (5 mL) of dried herbs.
- ☒ Rub dried herbs between your fingers to release more of their flavour.

**Try Freezing Herbs:** It's easy to freeze fresh herbs. Just wash, pat dry with a paper towel and freeze in an airtight container. Add to your cooking without thawing first.

Source: <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Growing-an-indoor-herb-garden.aspx>

## SPOTLIGHT ON BASIL

Basil comes in many varieties. This is a strongly flavoured herb that tastes like a combination of licorice and cloves. Basil can be used in many dishes, including pasta sauces and pesto. Fresh basil has more flavour than dried. It is popular in Mediterranean cooking.



Unlockfood.ca

## TOMATO SALAD WITH BASIL VINAIGRETTE

Serves 4



pixabay.com

### Ingredients

- ◆ 1 cup (250mL) green beans
- ◆ 4 tomatoes, cut in wedges
- ◆ 1 cup (250mL) mushrooms, sliced
- ◆ 1 cup (250mL) Mozzarella cheese cubes
- ◆ 2 green onions, chopped
- ◆ romaine lettuce leaves

### Dressing

- ◆ 1/2 cup (125 mL) vegetable oil
- ◆ 2 Tbsp (25 mL) lemon juice
- ◆ 1/2 tsp (2 mL) salt
- ◆ 1/4 tsp (1 mL) pepper
- ◆ 2 Tbsp (25 mL) fresh basil, chopped

### Instructions

1. Blanch green beans in boiling water for 2 minutes. Immediately plunge into ice water to stop cooking and set colour.
2. On a large platter, arrange tomatoes, mushrooms, beans, and cheese in circles on Romaine leaves. Sprinkle tomatoes with green onions.
3. Whisk together all vinaigrette ingredients. Spoon over salad.

**Try Drying Herbs:** Cut the herbs just after the dew dries in the early morning. Wash the leaves and fully dry with a paper towel. Herbs can be dried by hanging them upside down for a few weeks or in the oven. Check a reference guide for drying information for different herbs.



**Check it Out!** The **Collingwood GGFB Pack** was featured in **Collingwoodtoday.ca** 'Amazing Machine': *Volunteers Distribute Affordable Produce*, by Danielle Pitman, Mar 22, 2025 at: <https://www.collingwoodtoday.ca/helpers/amazing-machine-volunteers-distribute-affordable-produce-10407805>

**Sources:** — <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/How-to-Cook-with-Herbs.aspx>

— <https://www.unlockfood.ca/en/Recipes/Salads-and-soups/ Tomato-Salad-with-Basil-Vinaigrette.aspx>

### 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 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.

## 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: