

June 2025

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca

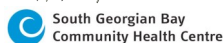


Order & Pay By	Pick Up On
July 2 (or sooner)	July 16
Aug 6 (or sooner)	Aug 20

**\*\*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 Twp., our public libraries, Natasha and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



**Good Things Grow in Ontario!** Foodland Ontario promotes the good things that are grown, produced and made in Ontario. Check them out at: <https://www.ontario.ca/foodland/page/availability-guide> to discover what is coming into season, food facts, tips and recipes. In June, we can look forward to Ontario asparagus, strawberries, lettuce, spinach, rhubarb, haskap berries, beans, bok choy, kale, field cucumber, garlic scapes, green onions and peas to name a few.

## BUILDING A BALANCED SALAD

We have officially entered salad season! There are so many ways to make salads interesting and delicious. If you are planning to eat a salad as a main course, there are some key components to make it balanced so that it is more filling and energizing. Try these mix and match steps for the next salad you build:

**STEP 1:  
START WITH A BASE**



Mixed Greens, Spinach, Romaine, Kale, Arugula, Red leaf lettuce, Boston lettuce, Iceberg lettuce

**STEP 2:  
ADD VEGGIES & FRUIT**



Bell peppers, Asparagus, Celery, Tomatoes, Berries, Apple, Pear, Beets, Oranges. Cucumber, Carrots

**STEP 3:  
ADD WHOLE GRAIN OR STARCHES FOR LONG-LASTING ENERGY**



Farro, Bulgur, Sweet potato, Corn, Rice, Quinoa, Butternut squash, Croutons

Photo Unsplash.com by Natalia Y.

**STEP 4:  
PICK A PROTEIN**



Tuna, Salmon, Chicken, Eggs, Edamame, Shrimp, Tempeh, Marinated tofu, Beef, Turkey

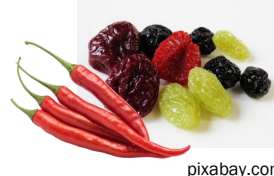
Photo Unsplash.com by Mustafa Bashari

**STEP 5:  
SPRINKLE SOME CRUNCH WITH HEALTHY FATS**



Almonds, Sunflower seeds, Hemp seeds, Pumpkin seeds, Pine nuts, Cashews, Peanuts, Walnuts

**STEP 6:  
ADD FLAVOUR, COLOUR, & TEXTURE**



Fresh herbs like basil, cilantro, parsley, Raisins, Dried apricots, Dried figs, Pickled or marinated veggies, Hot peppers or jalapenos, Olives, Lime, Pita chips

**STEP 7:  
MIX WITH YOUR FAVOURITE DRESSING & ENJOY!**



- ◆ Tahini, lemon and olive oil
- ◆ Balsamic vinegar and olive oil
- ◆ Pesto
- ◆ Italian dressing
- ◆ Citrus vinaigrette
- ◆ Soy sauce-based dressing

### CHEF MICHAEL SMITH’S NIÇOISE SALAD

Makes 6-8 mains or 8-12 sides

#### Ingredients For The Salad

- ◆ 1 pound (450 g) of baby potatoes, halved
- ◆ 1 pound (450 g) of green beans, ends trimmed and halved
- ◆ 1 pint (500 mL) of cherry tomatoes, halved
- ◆ 1 large cucumber, cut in half lengthwise then into slices
- ◆ 1 red onion, thinly sliced
- ◆ 2 cans (6 ounce / 170g each) of tuna, preferably solid or chunk
- ◆ 1 cup (250 mL) or so of your favourite Kalamata style black olives, pitted
- ◆ The leaves from a large bunch of fresh basil

#### Ingredients For The Dressing

- ◆ 1/2 bunch of parsley, leaves and tender stems
- ◆ 1/4 cup (60 mL) of extra virgin olive oil
- ◆ The zest and juice of 2 lemons
- ◆ A 2-ounce (55 g) can of whole anchovies
- ◆ 2 tablespoons (30 mL) of Dijon mustard
- ◆ 2 tablespoons (30 mL) of honey
- ◆ 2 cloves of garlic, smashed

#### Instructions

1. Bring a large pot of salted water to a full, furious boil. Slip in the potatoes and cook them until they're almost tender, 10 minutes or so.
2. Add the green beans and continue simmering until a fork easily pierces the potatoes and the green beans have brightened without softening, 3 or 4 minutes longer. Drain the potatoes and green beans and spread them into a single layer on a baking sheet and cool in your fridge.
3. Craft the dressing while the potatoes and beans cool. Toss the parsley, olive oil, lemon juice and zest, anchovies and their oil, Dijon mustard, honey and garlic into a food processor or blender. Purée until smooth.
4. In a large salad bowl, combine the potatoes, green beans, cherry tomatoes, cucumber, red onion, tuna, olives and basil. Pour the dressing over the salad and toss until it is lightly coated and well combined. Serve and share.

**Remember:** Half your plate should be filled with fruits and vegetables for healthy eating! 😊



Sources: — : <https://www.halfyourplate.ca/blog/chef-michael-smiths-recipe-month-nicoise-salad/>

### 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 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