

September 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Oct 1 (or sooner)	Oct 15
Nov 5 (or sooner)	Nov 19

****Food Box \$25.00**
(as of Sept 2025)**

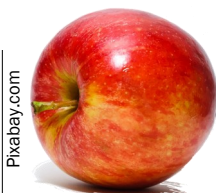
The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. For more information or to volunteer, contact us at: gfoodbox@gmail.com
Joan: 705-445-9660
Ted: 705-428-5537

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, Natasha and the dieticians at SGBCHC & SMDHU who write the nutrition content for our newsletter.



South Georgian Bay
Community Health Centre

simcoe
muskoka
DISTRICT HEALTH UNIT
Your Health Connection



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You're Invited to Our Annual Apple Harvest Fundraiser!

Join us at **Kennedy Orchards**, 38 Townley Street in Nottawa, **Tuesday September 23rd, 4:00-7:00 pm** for the Georgian Good Food Box apple picking event! Everyone is welcome. Please bring your own bags or boxes for picking. Sorry no dogs and cash only. \$1 per pound or \$40 bushel.

Needed: Wasaga Beach Pack Coordinator – Work with a dedicated team the 3rd Wednesday morning of each month. Call Loretta 705-352-3555 or gfoodbox@gmail.com for more information. All inquiries welcome!



September Price Increase The price per bag is now **\$25** (or **\$26** if purchased on our website using PayPal)

ALL ABOUT ZUCCHINI

It's that time of year when gardens are full of zucchini! Here are some ideas for enjoying it.



SELECTING Zucchini is in season from June to October with a variety of colours to choose from – dark green, light green, yellow or striped. Although zucchini can grow to be quite large, they are at their best when picked young, no longer than 6 inches (15cm). They should be firm with a smooth glossy skin and no soft spots or bruises.

STORING Keep in the fridge in a plastic bag or wrapped in plastic. It should last up to 5 days this way. Zucchini can be frozen for up to 6 months. Cut into slices, blanch in boiling water for 2 minutes and then plunge in cold water. Drain and pat dry with paper towels. Flash freeze the slices by placing them on a parchment lined baking sheet and freeze until solid. Once frozen, store the slices in a freezer bag or airtight container.



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PREPARING Wash the zucchini and cut off both ends. Zucchini is good raw (with the skin) or cooked. Zucchini can be sliced, diced, grated or cut in sticks. Cook gently or the zucchini will not hold its shape.

EATING Zucchini can be added to a salad, grated and stuffed into a pita or cut into sticks and dipped. It can also be sautéed, stir-fried, grilled or baked. Zucchini is a source of potassium, vitamin A and folate.

FIVE WAYS TO USE ZUCCHINI



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- ☒ Raw and spiralled into a simple fresh salad
- ☒ Grated and added to bulk up (hide in) pasta sauce
- ☒ Sautéed with garlic and cherry tomatoes for a simple side dish
- ☒ Grilled and served on flatbread with hummus, goat cheese and your favourite seasoning

- ☒ Grated and added to baking (chocolate zucchini loaf)

Source: <https://www.halfyourplate.ca/produce/veggies/zucchini/>

LAYERED GRILLED ZUCCHINI



When the zucchini patch is still producing lots of sturdy fruit, try adding tomato sauce and lots of cheese for this make-ahead vegetarian dish even meat eaters will love.

Makes 4 servings

Ingredients

- 4 Ontario Zucchini (about 1½ lb/750 g)
- 1 tbsp (15 mL) olive oil
- 1 clove Ontario Garlic, halved
- 1½ cups (375 mL) tomato sauce
- 2 cups (500 mL) shredded Mozzarella Cheese
- ½ cup (125 mL) freshly grated Parmesan cheese

Instructions

1. Trim zucchini and cut each lengthwise into ½ inch (1 cm) slices to make 16 slices. Brush each slice lightly with olive oil; rub with cut part of garlic. Place on greased grill over medium-high heat. Grill, uncovered until tender-crisp, 3 to 5 minutes per side, turning once.

2. Spread bottom of greased 13- x 9-inch (3.5 L) baking dish with ½ cup (125 mL) of the tomato sauce. Top with 8 zucchini slices. Sprinkle with half of the mozzarella and one-third of the Parmesan. Repeat with ½ cup (125 mL) sauce, remaining zucchini, remaining mozzarella and one-third of the Parmesan. Finish with remaining tomato sauce and Parmesan.
3. Cover with foil and bake in 400° F (200° C) oven for 20 minutes. Remove foil; bake for 10 minutes or until browned and bubbly.

Tip: To make ahead, assemble, cover with foil and refrigerate for up to 24 hours. To serve, bring to room temperature and bake as above.

HERE'S YOUR CHANCE TO GET INVOLVED!

We're recruiting community-minded volunteers to sustain the Good Food Box Program:



♦ Wasaga Beach Pack Coordinator

- ♦ **Stayner Drivers** — drive bags of produce from St. Pat's Church to Stayner Library (less than 1 hour commitment per month)

For more information about these volunteer positions, and others, please visit our website at www.ggfb.ca or email us at: gfoodbox@gmail.com.

We welcome all inquiries!

From: <https://www.ontario.ca/foodland/recipes/layered-grilled-zucchini>

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 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 (\$25/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: