

October 2025

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Nov 5 Nov 19
(or sooner)

Dec 3 Dec 17
(or sooner)

****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.



Serving Georgian Bay Communities Since 1953

South Georgian Bay
Community Health Centre

simcoe
muskoka
DISTRICT HEALTH UNIT
Your Health Connection



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Thank you to everyone who attended Our Annual Apple Harvest Fundraiser at Kennedy Orchards. Despite the rain, it was a big success and we raised \$1000 to help provide Good Food Boxes to people in need.

HERE'S YOUR CHANCE TO GET INVOLVED!

We're recruiting community-minded volunteers for these positions:

- ◆ **Social Media Administrator**
- ◆ **Stayner Drivers** For more information please visit our website at www.ggfb.ca or email us at: gfoodbox@gmail.com. All enquiries welcome!



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ALL ABOUT PUMPKINS

Pumpkin is an excellent source of vitamin A, which helps your eyes and skin stay strong and healthy. As an antioxidant, vitamin A can help you lower the risk of some diseases and fight signs of aging. Pumpkin is also a good source of fibre which helps keep your digestive system healthy and prevent some chronic diseases.

STORING

Whole pumpkins can be kept in a cool, dry place for several months. Once you cut up your fresh pumpkin, store it in the refrigerator wrapped in plastic and use within five days. Cooked pumpkin can be frozen for up to 10 months.



PREPARING

Most dishes can be made with fresh, frozen or canned pumpkin. Pumpkin is tasty in casseroles, soups, as a filling in dumplings or perogies, in breads, muffins, pies and other baked goods. It is a good substitute in any recipe that calls for butternut squash or other vegetables of the winter squash family. In a recipe, one cup of fresh pumpkin will cook to one cup of mashed pumpkin. The easiest way to prepare pumpkin is to:

- Wash it with damp cloth
- Carefully cut it open using a sharp knife
- Scoop out the seeds and the fibre strands from the centre and discard or save the seeds for roasting
- Then prepare according to recipe instructions



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COOKING

Pumpkin can be baked, boiled, steamed or cooked in the microwave. Once cooked, the flesh can easily be scooped from the hard outer peel and then mashed or pureed.



PUMPKIN SEEDS

Pumpkin seeds are an excellent source of iron and are rich in protein. They make a tasty and healthy snack. Wash them to remove any bits of flesh, season, then spread on a baking sheet and roast in the oven at 350 °C until golden brown and crunchy (about 15 minutes, tossing every 5 minutes). Make cooked pumpkin or seeds taste great by using any, or a combination, of these spices: allspice, cardamom, cinnamon, nutmeg, cloves, ginger and cumin.

Source: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/All-About-Pumpkins.aspx>

personalgraphic.com on Unsplash

PUMPKIN CRANBERRY MUFFIN SQUARES

Chock full of cranberries and pumpkin flavour, these moist orange-spiked squares are ideal for dessert or weekend breakfast treats. Tuck one or two into packed lunches for a treat kids will love.

Makes 15 squares or 12 muffins

Ingredients

- 2 cups (500mL) All-purpose flour
- 1 Tbsp (15 mL) Pumpkin pie spice
- 2 ½ tsp (12 mL) Baking powder
- ½ tsp (2 mL) Baking soda
- ½ tsp (2 mL) Salt
- ¾ cup (175 mL) Chopped fresh Ontario cranberries
- ½ cup (125 mL) Chopped walnuts
- 1 Egg
- ⅔ cup (120 mL) Packed brown sugar
- ½ cup (125 mL) Orange juice
- ½ cup (125 mL) Milk
- ¼ cup (50 mL) Vegetable oil
- 1 Tbsp. (15 mL) Grated Orange rind
- ¾ cup (175 mL) Pumpkin puree



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Topping

- ¾ cup (175 mL) Granulated sugar
- 2 Tbsp (25 mL) All-purpose flour
- ½ tsp (2 mL) Pumpkin pie spice
- 1 Tbsp (15 mL) Butter, softened

Instructions

1. **Topping:** In bowl, combine sugar, flour, pumpkin pie spice and butter; set aside.
2. In large bowl stir together flour, pumpkin pie spice, baking powder, baking soda and salt; stir in cranberries and walnuts.
3. In separate bowl, beat egg; mix in brown sugar, orange juice, milk, oil and orange rind. Blend in pumpkin purée. Pour over flour mixture and stir just until moistened. Spoon into greased 8-inch (2 L) square cake pan. Sprinkle with topping.
4. Bake in 375°F (190°C) oven for 35 to 40 minutes or until cake tester inserted in centre comes out clean. Run knife around edges to loosen. Turn out onto wire rack and let cool. Cut into squares. (Alternatively spoon batter into 12 large greased or paper-lined muffin cups, filling to top. Sprinkle with topping. Bake 30 to 35 minutes or until firm to the touch.) Serve warm or at room temperature.

From: <https://www.unlockfood.ca/en/Recipes/Desserts-and-Baked-Goods/Pumpkin-Cranberry-Muffin-Squares.aspx>

IMPORTANT ORDER INFORMATION

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:

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: