

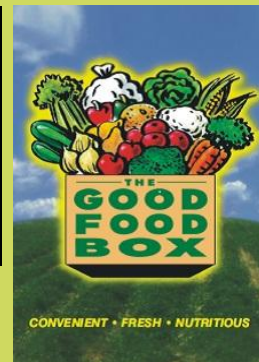
# Georgian Good Food Box Newsletter

## APRIL

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Order & Pay By	Pick Up On
May 6 (or sooner)	May 20
June 3 (or sooner)	June 17

Food Box \$25.00



## All About Parsnips

In the Middle Ages, especially during Lent, Europeans favoured the parsnip because of its flavour, nourishment and ability to satisfy hunger through meatless fasting periods. In fact, parsnips once enjoyed greater popularity than either potatoes or carrots.

**Did You Know?** Parsnips contain potassium, fibre, Vitamin C and are a good source of folate.



Pixabay.com

## Buying and Storing Parsnips

Look for white parsnips. Smaller sized ones are generally sweeter. The white colour of the flesh is related to the sweetness. Look for firm ones and avoid those that are starting to turn yellow or brown around the core. You can check by looking at the top of the parsnips where the stems attach. One pound of parsnips is 4-6 stalks. This makes 4 servings or 3 cups chopped.

Parsnips will store well for several weeks in plastic packaging in the refrigerator's vegetable crisper. Once cooked, use within 3 days. To freeze, wash and cut into 1-inch cubes and par-boil or steam for 3-5 minutes. Cool and pack in a plastic container; freeze for 8 to 10 months.

## Preparing Parsnips

Wash and peel to prepare for cooking. It is best to prepare parsnips just before cooking since they will darken when exposed to air. Small, tender parsnips can be washed, peeled and grated raw for use in salads.

Parsnip has a flavor described as nutty, spicy or peppery. It's well suited to prolonged cooking, as in casseroles and stews, or oven-roasted on its own. It also fares nicely microwaved, steamed or boiled.

Classic preparations include mashed parsnips topped with buttered breadcrumbs, roasted in the oven along with other root vegetables such as carrots and potatoes, creamed or in mixed vegetable soups. If adding to soups or stews, add near the end of the cooking time so they don't get mushy.

## Cajun Parsnip Fries

Peel 1 pound (500 g) Ontario Parsnips and cut into French-fry-size pieces and toss in 1 tsp (5mL) of olive oil. Spread out in single layer on parchment paper-lined baking sheet. Bake in 375 F (190 C) oven, stirring once or twice, until golden and tender, about 15-25 minutes. Toss in ½ tsp olive oil, 1 tsp (5 mL) cajun or tex mex seasoning and salt to taste. For spicier fries, add a pinch of cayenne. Serve with salsa or your favourite dipping sauce. Source: <https://www.ontario.ca/foodland/recipes/cajun-parsnip-fries>



## This Month's Recipes

Chicken & Vegetable Bake  
Cajun Parsnip Fries

## Share Your Skills: Make a Positive Difference

Whatever your talents, we will put them to good use! You can make a BIG difference in your community by offering a small bit of your time (less than 6 hours/month).

- ❖ Want to work **at home**, on your own schedule? We need a volunteer to help with our **social media program**.
- ❖ Volunteer in **Wasaga**? Join a dynamic team and assist with **pack coordination**.
- ❖ Volunteer in **Collingwood**? Use your **computer skills** for order processing OR learn the ropes as a **pack coordinator** and be part of an efficient, fun team.

All enquiries are welcome. Please reach out! [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com)

## With Gratitude to our Partners >>>

We couldn't do this without our community partners! 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.

The Georgian Good Food Box is strictly non-profit and is operated 100% by community volunteers. For more information or to volunteer, contact us at: [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com) Joan: 705-445-9660 or Ted: 705-970-7737

# Chicken and Vegetable Bake With Maple Mustard Glaze

This recipe is easy to toss together and it all bakes in one pan. Parsnips cook faster than carrots, so cut the parsnips in larger pieces than the carrots.

Source: <https://www.ontario.ca/foodland/recipes/chicken-and-vegetable-bake-maple-mustard-glaze>



## Ingredients

- 2 lb (1 kg) Ontario Chicken Thighs (about 8)
- 2 Ontario Potatoes, scrubbed and cut into wedges
- 2 Ontario Carrots, cut into chunks
- 2 Ontario Parsnips, cut into chunks
- 2 tbsp (25 mL) olive or vegetable oil
- 1 tsp (5 mL) dried thyme leaves
- Pinch crumbled dried rosemary leaves
- Pinch each salt and pepper
- 2 tbsp (25 mL) Ontario Maple Syrup
- 1 tbsp (15 mL) Dijon mustard

## Instructions

1. Remove skin and any excess fat from chicken thighs. Line large roasting pan with parchment paper or lightly oiled foil.
2. In large bowl, combine chicken, potatoes, carrots and parsnips. In small dish, combine oil, thyme, rosemary, salt and pepper; pour over chicken and vegetables, tossing to coat evenly. Arrange in single layer in prepared pan.
3. Bake in 350°F (180°C) oven for 40 minutes. Stir occasionally, until vegetables are almost tender and juices run clear when chicken is pierced.
4. Stir maple syrup with mustard; drizzle over chicken mixture. Bake for 10-15 minutes to glaze.

**Calling All Green Thumbs** Gardening is great for exercise, stress reduction, and healthier eating. South Georgian Bay Community Health Centre offers Earthfest Seed Exchange (April 18), Gardening 101, and Learn to Grow Sprouts and Microgreens. Register for all FREE at <https://www.southgeorgianbaychc.ca/programs>. Have your own garden? Get recommended planting dates, specific to your postal code at: <https://www.almanac.com/gardening/planting-calendar/postalcode>. Get involved with a community garden in our area, such as Clearview Ecopark Community Garden, Wasaga Beach Community Garden, or Heritage Park, Sunset Point, and Collingwood Museum community gardens in Collingwood. Get growing!

## How Do I Order & Pay?

*By the first Wednesday of every month or sooner!*

Two ways to order:

1. **On-line at ggfb.ca** with PayPal. Please order through ggfb.ca so that you can tell us where to direct your bag for pick up.
2. **In person** to one of these locations:
  - 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.

Take exact cash in an 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 pick up locations)

Orders received after the first Wednesday of the month will be credited to the following month. This deadline is firm so produce gets delivered on time.

## How Do I Pick Up?

Pick up occurs 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 - 12:00 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

Our pick-up locations are volunteering their space and do not provide cold storage. Forgotten Food Boxes will be donated to charity.

Join our mailing list for order and pick up reminders at ggfb.ca

