

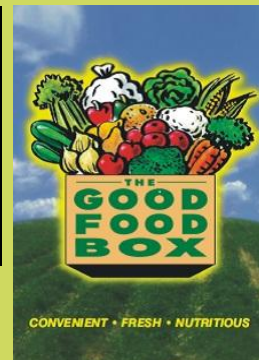
Georgian Good Food Box Newsletter

MAY

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Order & Pay By	Pick Up On
June 3 (or sooner)	June 17
July 1 (or sooner)	July 15

Food Box \$25.00



This Month's Recipes

Asparagus Lentil Curry, Edamame
Asparagus Salad, Balsamic Asparagus

Spotlight on Asparagus

Asparagus season is officially upon us! Six spears of asparagus have only 18 calories, lots of vitamin C, potassium and B vitamins.

Buying and Storing Asparagus

While the most common variety of asparagus is the green one, you can also find white and purple. When you buy your asparagus try looking for ones that have spears in a uniform size. Look for straight, crisp spears with green or purple tips with tight heads. It's freshness, not size, that's important. Photo: Alisa Golovinska on unsplash.com



Although best eaten fresh, asparagus can be refrigerated for two or three days. Wrap stem ends in damp paper towels, then cover entire bunch with plastic wrap. Or stand straight up in a jug of water.

Preparing Asparagus

Wash in cold running water to remove sand or grit. Then snap off and discard tough, woody ends.

Note: To keep nutrients, flavour, and crisp texture, don't overcook: thin spears may need less than three minutes. To speed cooking of thick spears, cut an "X" in the bottom of each stalk.

Asparagus can be boiled, roasted, grilled, microwaved or added to stir fry.

Freezing Asparagus

Prepare the asparagus as you would for cooking, then blanch. Group the stalks in small bundles. Bring large pot of water to boil. Drop the asparagus bundles into boiling water. After the water returns to boil, boil for one minute. Quickly lift out the stalks and immerse them into cold water. Leave for two minutes. Drain well, pat dry and package the asparagus in freezer bags. Seal and date package. Freeze immediately. Asparagus may be stored one year at minus -18 degrees C. Source: <https://www.ontario.ca/foodland/food/asparagus>

Balsamic-Glazed Ontario Asparagus

Toss 1 lb. trimmed Ontario asparagus with 1 tbsp olive oil, ¼ tsp each of salt and pepper. Place in single layer on baking sheet. Bake in 400 °F (200 °C) oven for 8 to 10 minutes or until tender-crisp. Meanwhile, in small saucepan, bring ¼ cup balsamic vinegar to boil; reduce heat and simmer until reduced by half and syrup-like, about 5 minutes. Place roasted asparagus in serving dish; drizzle with vinegar reduction. Sprinkle with 2 tbsp grated Parmesan cheese. Serve immediately. Source: <https://www.ontario.ca/foodland/recipes/balsamic-glazed-ontario-asparagus>

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

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 Joan: 705-445-9660 or Ted: 705-970-7737



Asparagus Lentil Curry

This is a mild-flavoured curry that serves 4.



Ingredients

- 1 tbsp Canola Oil
- 1 Onion *chopped*
- 4 cloves Garlic *minced*
- 1 tbsp Ginger *fresh, minced*
- 2 tbsp Mild Curry Paste
- ¾ cup Green Lentils
- 3 cups Vegetable Broth *low sodium*
- 1 bunch Asparagus *trimmed and chop*
- 3 tbsp Cilantro *fresh, chopped*

Instructions

1. In a saucepan, heat oil over medium heat. Add onion, garlic and ginger; cook, stirring for 3 minutes or until softened.
2. Stir in curry paste and cook for 1 minute. Add lentils and stir to coat. Add broth and bring to a simmer. Cover and simmer gently for about 30 minutes or until lentils are tender.
3. Stir in asparagus; cook for 5 minutes. Serve sprinkled with cilantro. [Source:https://www.halfyourplate.ca/recipe/asparagus-lentil-curry/#sthash.M30FXjh5.dpuf](https://www.halfyourplate.ca/recipe/asparagus-lentil-curry/#sthash.M30FXjh5.dpuf)

Edamame Asparagus Salad



Toss 1 bunch of asparagus with 1tbsp sesame oil. Place on preheated greased grill over medium heat. Grill, turning occasionally for 7 minutes or until tender but firm and golden. Remove to cutting board and chop; set aside. Meanwhile, in a pot of boiling salted water, cook 500 grams edamame *shelled* for 5 minutes. Drain well and place in a large bowl; add asparagus. Whisk together 2 tbsp lemon juice, 1 tbsp canola oil, 1 clove minced garlic and dash of salt and drizzle over asparagus mixture. Toss to coat. Sprinkle with ½ tbsp sesame seeds to serve. [Source: https://www.halfyourplate.ca/recipe/edamame-asparagus-salad/#sthash.Vt5hWEll.dpuf](https://www.halfyourplate.ca/recipe/edamame-asparagus-salad/#sthash.Vt5hWEll.dpuf)

Storing Fresh Fruits and Vegetables With the cost of produce these days, no one can afford to waste their food. Once you get it home, it's important to store it correctly until you can eat it. For example, some produce releases ethylene gas and if stored in proximity to other produce, can cause it to rot or ripen too quickly. Some fruits and vegetables should be immediately washed and dried, while washing others before storing can promote rot and mold. To learn more about how to store fruits and vegetables and prevent them from rotting before eating, check out this link. <https://www.realsimple.com/food-recipes/shopping-storing/food/how-to-store-produce>

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

