

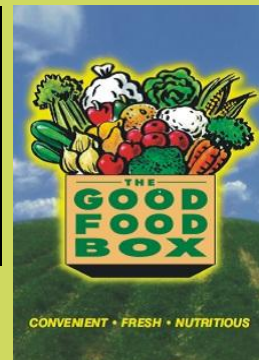
Georgian Good Food Box Newsletter

JUNE

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Order & Pay By	Pick Up On
July 2 (or sooner)	July 15
Aug 5 (or sooner)	Aug 19

Food Box \$25.00



This Month's Recipe Rhubarb Chutney for Grilling

July 2 Order Deadline!

Please note that we are extending our July order deadline to July 2 due to the Canada Day holiday on July 1. To avoid missing the deadline, we suggest that you **place your July Good Food Box order at the end of June.**

Good Things Growing

Market season is upon us! Many of our local Farmers' Markets are now open with lots of tasty produce as it comes into season. Want to find out more? Check the following link for a complete list of markets open in our region.
<https://experience.simcoe.ca/things-to-do/on-the-farm/farmers-markets/>



Image by Shelley Pauls on Unsplash

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

Spotlight on Rhubarb

One cup of rhubarb has 26 calories.

It is high in Vitamin C, Vitamin K, potassium and manganese. There are two types of rhubarb:

- field grown, which has green leaves and a deeper red stalk; and
- hot house, which has yellow leaves and pink to light red stalks.

Image by MikeGoad from Pixabay



The colour of the stalk does not impact ripeness. Look for fresh, crisp and blemish free stalks. Mature stalks are 1 to 2-inches in diameter. Younger stalks are smaller and more tender with small leaves. One pound of rhubarb equals 3 cups chopped and 2 cups cooked.

Storing Rhubarb

Discard the leaves. They contain toxic levels of oxalic acid. Wrap stalks in damp paper towels and store in an airtight plastic bag in the refrigerator. It will keep for several days. Rhubarb can also be frozen. Wash and cut into 1" lengths and package in airtight plastic bags. Store for up to a year in the freezer. Rhubarb can be cooked from frozen.

Preparing Rhubarb

Wash and slice lengthwise in half or in thirds if the stalk is thicker than an inch. Trim any blemishes. Cut to the size needed for cooking. You can refresh rhubarb stalks by standing them in a pitcher of cold water for an hour or longer. When cooking, avoid aluminum and cast-iron cookware as it will cause the rhubarb to darken due to the acids reacting with the metals.

Eating Rhubarb

Rhubarb is usually cooked with other fruits. This allows you to use less sugar since rhubarb is very tart. Rhubarb can be used in jellies, jams, cakes, baked sauces, muffins and other desserts. It is also used in savory dishes and is good as a sauce with meats and fish.

Source: <https://www.halfyourplate.ca/produce/fruits/rhubarb/>

Rhubarb Tip

Rhubarb is mystifyingly a vegetable treated like fruit. It's luxurious texture, unique sourness and easy availability make it a seasonal all-star and an easy anchor for the big, bold chutney recipe in this newsletter. The key is to cook it just long enough for the chunks to soften and absorb the delicious mulling liquid without cooking so long that the delicate stalks collapse into mush.

Rhubarb Chutney

Makes 2 large 1 litre Mason jars, 1 for you, 1 to share.

Rhubarb chutney is a tasty condiment sidekick for whatever hits your grill this season. Meat, fish or fowl – even grilled veggie burgers – get a big bright boost from this balanced classic. Rhubarb's sour tang is mellowed with sweetness, fragrant spices and spicy heat in this make-ahead topping. You can perk up more than Half Your Plate with this fragrant chutney!



Ingredients

- 1 cup of fresh, local water
- 2 oranges, zested & juiced
- 2 lemons, zested & juiced
- 1 cup of sugar
- 1/4 cup of Pernod or other anise liqueur (optional)
- 1 tablespoon of Sriracha or your favourite hot sauce
- 1 tablespoon of fennel seed
- 1 tablespoon of coriander seed
- 1 teaspoon of cinnamon
- 1 teaspoon of cloves
- 1 bay leaf
- 1 teaspoon of salt
- 2 pounds of rhubarb stalks, washed, trimmed, thickly sliced
- 1 cup of raisins
- 2 red onions, thinly sliced

Instructions

1. Make a fragrant mulling broth in a saucepot with a tight-fitting lid over medium high heat. Stir together water, citrus, sugar, liqueur, spices and seasonings. Bring the works to a full, furious boil. Toss in raisins. Reduce to a slow steady simmer for a few minutes.
2. Add the onions and cover. Simmer for a minute or two longer then add the rhubarb. Stir vigorously yet briefly, quickly distributing the fragrant flavours. Turn up the heat and without stirring cook until the chutney comes to a full furious boil yet again, just 2 or 3 minutes more. Cover tightly and remove from the heat.
3. Rest until cool enough to handle then transfer to jars. Refrigerate overnight if possible. The flavours will deepen and intensify. Your patience will be rewarded with big bold flavours ready to serve and share at your next BBQ night!

Source: <https://www.halfyourplate.ca/blog/rhubarb-chutney-for-grilling-season/> Recipe by Chef Michael Smith 2018

The Perfect Vinaigrette Fresh green salads may be on your menu this summer. According to Jennifer Pallian, food scientist (in Chatelaine.com "*This Golden Ratio Will Make The Perfect Vinaigrette, Every Time*"). the perfect ratio is whisking three parts oil, to one part acid (like vinegar or lemon juice). Then you can add honey or sugar to sweeten, or any variety of herbs to flavour according to your personal taste.

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 **printed neatly** 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

