

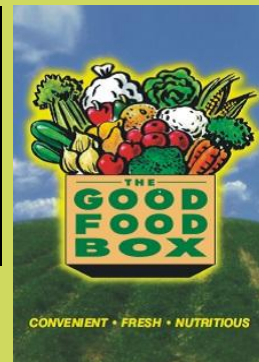
Georgian Good Food Box Newsletter

JULY

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Order & Pay By	Pick Up On
Aug 5 (or sooner)	Aug 19
Sept 2 (or sooner)	Sept 16

Food Box \$25.00



This Month's Recipes

Beet Greens Side Dish
Orange Poppy Seed Dressing, Crisp
Greens & Roasted Beets

Volunteers: You're Amazing!

On the 3rd Wednesday of every month, Sanfilippo's produce truck pulls into the pack sites at Collingwood, Wasaga, and Clearview. Our volunteers are there to meet the truck and get busy unloading hundreds of pounds of produce. Volunteer assembly lines are organized and, well before noon, hundreds of Good Food Boxes are packed and ready for our customers! Thank you to each and every one of our volunteers. There would be no Good Food Box program without you.

And a special mention to...

Debbie Grant of the **Wasaga Pack** who was recognized by the Town of Wasaga Beach for her long-standing dedication to community service with the Library Board, Horticultural Society and the **Good Food Box**. Congratulations Debbie!

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 Beets

Beets are a great and versatile vegetable that can be added to salads, soups, chutneys and more! Look for firm, uniform beets free of cracks or blemishes. Attached leaves should be deep green and fresh looking. Beets are high in nutrients. They are very high folate and manganese and are a source of fibre, iron, magnesium, potassium and Vitamin C.



Photo by Nick Collins on Unsplash

Storing Beets

Refrigerate unwashed with stem and root attached, covered for up to 1 week.

Preparing Beets

Rinse, remove greens leaving 5 cm (2") of stem. To prevent colour loss, don't slice or cut before cooking. Cool cooked beets before removing roots, stems and skin. Beets can be roasted together with other root vegetables, and make a great addition to salads, hummus, sandwiches or soups. Fresh beet leaves can be used in the same ways you would use spinach: add them to salads, pastas, soups, etc.

Source: <https://www.halfyourplate.ca/blog/its-easy-to-add-beets/>

Simple and Delicious Beet Greens

Beet greens, the hearty green leaves that top fresh bundles of beets, are often tossed. But next time, make the most of your fresh beets and don't throw the beet greens away! Instead, try this simple recipe for a 15-minute side dish the whole family will enjoy!

Ingredients:

- 2 bunches beet greens, stems removed
- 1 tablespoon extra-virgin olive oil, or to taste
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper flakes (Optional)
- salt and freshly ground black pepper to taste
- 2 lemons, quartered

Tip: Do steps 1-3 and store blanched greens in fridge for up to 3 days.

Instructions:

1. Bring a large pot of lightly salted water to a boil. Add beet greens and cook, uncovered, until tender, about 2 minutes. Drain.
2. Immediately immerse in ice water for several minutes to stop the cooking process.
3. Once the greens are cold, drain well, and coarsely chop.
4. Heat olive oil in a large skillet over medium heat. Stir in garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the chopped greens until coated, then season with salt and pepper. Cook just until greens are hot; 1 to 2 minutes.
5. Serve with lemon wedges.

Source: <https://www.allrecipes.com/recipe/215506/simple-and-delicious-beet-greens/>



Orange Poppy Seed Dressing, Crisp Greens & Roasted Beets



This fresh and zippy salad dressing brings out the sweetness in the beets and oranges while making the salad greens sing with bright flavour. Pack the salad separately from the dressing and tote it along for lunch at work or your next picnic.

Ingredients

Salad

- 1 lb beets (*about 5 medium*)
- 6 cups mixed greens
- 1/3 cup red onion *thinly sliced*
- 2 navel oranges

Dressing

- 1 tbsp canola oil
- 1/2 tsp grated orange rind
- 3 tbsp orange juice
- 2 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp liquid honey
- 1 clove garlic *small, grated*
- 1 tbsp poppy seeds

Source: <https://www.halfyourplate.ca/recipe/orange-poppy-seed-dressing-with-crisp-greens-and-roasted-beets-2>

Instructions

1. Wash beets and wrap in foil.
2. Place in 200 C (400 F) oven for about 1 hour and 30 minutes or until knife slides easily into beets.
3. Let stand until cool enough to handle.
4. Remove skin and slice thinly; set aside.
5. Spread greens onto platter and sprinkle with red onions then top with beets.
6. With a chef's knife and using sawing motion cut skin and white pith from oranges and cut between membranes to make segments.
7. Sprinkle over top of greens; set aside.
8. Orange poppy seed dressing: In small bowl, whisk together oil, orange rind and juice, vinegar, mustard, honey, garlic and poppy seeds. (Grating rather than crushing the garlic gives it smoother texture.)
9. Drizzle over salad mixture and serve.

Share Your Talent! Whatever your interests, we are sure we can put them to good use! Do you like doing social media posts? Making reels? We're looking for someone who could spare a few hours a month to help with our social media platforms. Maybe organizing and coordinating is more your thing? We need someone for 6 hours a month to be pack coordinator. You can make a huge difference with a small contribution of your time. All enquiries are welcome. E-mail us at gfoodbox@gmail.com or call 705-445-9660

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

