

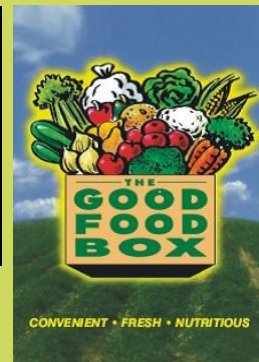
# Georgian Good Food Box Newsletter

## AUGUST

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| Order & Pay By        | Pick Up On |
|-----------------------|------------|
| Sept 2<br>(or sooner) | Sept 16    |
| Oct 7<br>(or sooner)  | Oct 21     |

**Food Box \$25.00**



## Spotlight on Tomatoes

Tomatoes are available in a wide variety of colours, shapes and sizes. The type most typically purchased is the round Globe tomato. Plum tomatoes are egg shaped and are red or yellow. Baby plum tomatoes are grape sized. Cherry tomatoes are small, round and the size of cherries. Heirloom tomatoes, in red, yellow, green and purple shades are now becoming more prevalent in the market.

**Did you know?** Tomatoes are a source of Vitamin C, Vitamin A and folate. They are high in the antioxidant Lycopene.



Image by Myriams-Fotos  
From Pixabay

## Selecting and Storing

Select a tomato that is firm, heavy for its size, richly coloured and not bruised or cracked. Ripe tomatoes should be stored at room temperature and used within a few days. Cold temperatures will kill the flavour and alter the texture of the tomato, so do not store tomatoes in the fridge.

Source: <https://www.halfyourplate.ca/blog/all-about-tomatoes>



## We Need Help!

The Georgian Good Food Box Program is recruiting pack coordinators for **Collingwood** and **Wasaga Beach**. If you:

- ✓ Are community-minded and want to support food security
- ✓ Enjoy working on a well-organized, fun team of people
- ✓ Like to encourage healthy eating
- ✓ Can volunteer 4 hours on the third Wednesday of each month...

You'd be a perfect fit! We provide training and work alongside you. If you want to share the position with a friend, that's fine too!

Generally, the duties are as follows:

- Open the facility (8:15 am on the 3<sup>rd</sup> Wednesday of each month) and supervise floor set up to receive the produce and pack the bags; oversee clean up and close facility after the pack, typically before noon.
- Communicate order details to pack volunteers and supervise the pack assembly line; ensure bag requirements are met, make any adjustments
- Oversee distribution of bags to customers; manage any discrepancies and arrange for unclaimed bags (if any) to go to charity.

For more information about this position, please visit our website at [www.ggfb.ca](http://www.ggfb.ca); email us at: [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com); call 705-445-9660, or drop into one of our packs. We welcome all inquiries!

## This Month's Recipe

### Oven Roasted Tomato Sauce

## The Mark Redmond Complimentary School Good Food Box

Starting in **September**, the Georgian Good Food Box program will recognize the extraordinary legacy of Mark's lifelong dedication to education, teaching, and addressing food insecurity by giving **a complimentary Good Food Box to two schools** in our service area, each month of the school calendar.

**Mark Redmond** is co-founder of the Georgian Good Food Box program and served as a Director on the GGFB Board for more than two decades. Mark's tireless efforts in addressing food insecurity have improved the lives of many in South Georgian Bay communities. Thank you, Mark for your vision, guidance, dedication, and generosity!

## 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



# Oven Roasted Tomato Sauce

*Roasting fresh tomatoes, carrots and onions until they're soft and slightly charred brings out their naturally sweet, summery flavor. All you need is simple seasonings, like aromatic oregano and a good hit of garlic, to make a deeply delicious, velvety tomato sauce. Make a big batch to freeze for cooler months, and mix with cooked pasta, meatballs and more. Makes about 4 cups.*

## Ingredients

- 3 pounds Roma tomatoes, halved
- 1 yellow onion, halved & sliced into ¼-inch half moons
- 6 large garlic cloves
- 2 carrots, peeled and cut into large pieces
- 2 teaspoons Italian seasoning
- ½ teaspoon red pepper flakes or Aleppo pepper, plus more to your liking
- Kosher salt and Black pepper
- Extra virgin olive oil

## Instructions

1. Preheat your oven to 450°F.
2. Prep the tomatoes and vegetables. Add the tomatoes, onions, garlic, and carrots to a large sheet pan (or two medium ones). Sprinkle on the Italian seasoning, red pepper flakes, and a big dash of salt and pepper. Drizzle a generous amount of olive oil (about 3 tablespoons) over the vegetables and toss to coat. Spread the vegetables well so that they are in one single layer and the tomatoes are cut side down.
3. Cook on the middle rack of the heated oven for about 35 to 45 minutes, or until tomatoes have fully collapsed and veggies are charred in some parts.

4. Remove from heat. Set aside to cool briefly. Use a pair of tongs to remove tomato skins and discard (or leave skins in for texture and chunkier sauce).
5. Transfer vegetables and tomatoes and their juices to the large bowl of a food processor fitted with a blade. For a smooth and silky sauce, blend until you reach the desired consistency. If you want a rustic, chunkier tomato sauce, pulse until the tomatoes & vegetables are broken up to desired consistency.
6. Use immediately or let cool fully before storing.

## If You're Serving with Pasta...

1. Make the pasta. Bring a pot of water to a boil and season well with kosher salt. Cook according to package instructions, reserving a ½ cup of pasta water before draining.
2. Add a splash of pasta water to the sauce in blender and blend briefly to incorporate. Return the pasta sauce to the pan and add the cooked, drained pasta. Mix well with a wooden spoon to coat the pasta, adding more pasta water as needed to create a thick and silky sauce coating your pasta.
3. Garnish with fresh basil and parmesan cheese.

Recipe & Photo: <https://www.themediterraneandish.com/roasted-tomato-sauce/#wprm-recipe-container-85571>



Photo: Shutterstock26

## 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

