

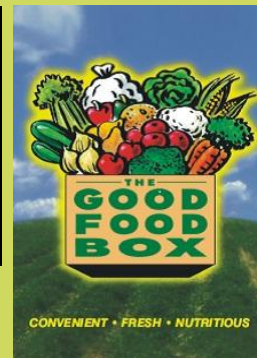
Georgian Good Food Box Newsletter

SEPTEMBER

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Order & Pay By	Pick Up On
Oct 7 (or sooner)	Oct 21
Nov 4 (or sooner)	Nov 18

Food Box \$25.00



This Month's Recipe Easy Canned Roma Tomatoes

Home Canning: Getting Started

Interested in home canning? Here are some tips to help get you started.

What Equipment Do I Need?

- ☑ Boiling water canner or pressure canner
- ☑ Proper canning jars made for home canning. Empty jars from store bought foods like mayonnaise jars are not sturdy enough.
- ☑ Wide-mouth funnel to avoid spills.
- ☑ Jar lifter for moving jars in and out of the boiling-water or pressure canner.
- ☑ Small spatula to get rid of air bubbles in food.

There are two main ways to can food depending on if the food is high or low acid. High and low acid foods need to be canned differently to prevent harmful bacteria from growing.

	Boiling Water Canner	Pressure Canner
What is it?	A large aluminum or porcelain covered steel pot, with removable racks (for resting jars), and fitted lid	An aluminum pot with a locking lid, jar rack, pressure gauge and steam vent
What Do I Use it For?	It's for high acid foods like jams, sauerkraut, pickles, relishes, chutneys, condiments or fruit butters	It's for low acid foods like meat, seafood and vegetables (except tomatoes*) which need to be processed at higher temperatures to kill bacteria.
Good to Know	Make your own boiling water canner with a large, deep pot and tight-fitting lid. Set a rack in it (e.g. cake rack) that will hold all the jars and allow for 1-2 inches (3-5 cm) of water above the jar tops.	Pressure canners are <u>not</u> the same as pressure cookers. Some older canning practices are no longer considered safe. Follow the pressure cooker instruction manual and check the pressure gauge each year to maintain correct pressure.

***Note:** When tomatoes are being prepared for canning, an acid (such as vinegar) must be added to them to make them safer for preserving.

How Long Can I Store My Canned Foods? Canned foods can be stored for one year. Store in a clean, cool (between 50-70°F or 10-20°C) dark, dry place. Label and date canned food with a "use by" date (1 year from canning date).

How Do I Know If My Canned Food Has Spoiled? If your food has foamed, smells "bad" while cooking, or the container has a bulging lid, throw it out right away. Wash your hands, equipment, utensils and work surfaces with warm soapy water. If the jar has an unsealed lid, throw it out. The toxin that causes botulism (severe food poisoning) will not change the colour, taste or smell of food. <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Home-Canning-FAQs.aspx>

Register for Free Canning & Fermenting Workshops!

South Georgian Bay Community Health Centre is running 4 free food preservation workshops at the **Collingwood Youth Centre**. Register online at :

<https://www.southgeorgianbaychc.ca/programs/> or call 705-422-1888.

Fermenting: Oct 1, 5:30-7:00 pm

Canning: Oct 27, 5:00 – 6:30 pm

Fermenting: Nov 6, 11 am – 12:30pm

Canning: Nov 24, 1:00 -2:30 pm



Home canning safety: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/home-canning-safety.html>

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

Easy Canned Roma Tomatoes

These canned tomatoes are easy to make and require few ingredients. Loretta, our Wasaga Pack Coordinator, makes these each year. She adds the canned tomatoes to soups, stews, pizza, and pasta dishes for a burst of summer flavour. Because the recipe lists ingredients by the jar, you can easily adapt the recipe for how many jars you want to make. You will need a boiling water canner and 6, pint (500 mL) mason jars with lids.

Makes 6 (1 pint/500 mL) jars.



Tip: You may peel the tomatoes before adding them to the jar, but Loretta leaves the skin on for convenience and to save the nutrients in the skin.

Ingredients

- Fresh Roma tomatoes (about 5-7 per 500 mL jar) or roughly 30-40 tomatoes for 6 jars, or about 9 lbs (4 kg)
- 6 tbsp (90 mL) bottled lemon juice (not fresh lemon)
- 6 Basil leaves
- 6 pinches of salt

A "pinch" of salt is the amount that you can pinch between your thumb and index finger

Instructions

1. Wash 6, 1-pint (500 mL) mason jars and lids with hot, soapy water. Put boiling water canner on stove. Add canning rack and place mason jars on rack (lids off). Add enough water to cover jars with at least 2 inches (5 cm) of water. Bring to a simmer (180 °F or 82 °C) and keep warm until use.
2. Wash Roma tomatoes. Cut into quarters. Rinse basil.
3. Remove one jar at a time with jar lifter and empty its hot water back into canner. Add 1 basil leaf and 1 tbsp (15 mL) lemon juice to the jar. Pack tomatoes as tightly as possible, pressing out the juices until the jar is filled, leaving ½ inch headroom from top of jar.
4. Twist lids on tightly and return the jars to the rack in boiling water canner. Make sure the tops of the jars are covered with at least 1 inch (2.5 cm) of water. Bring to a full, vigorous boil with lid on canner. Then lower the heat setting to maintain a gentle but complete boil for 85 minutes.
5. Remove from canner. Let cool, undisturbed for 24 hours, then check seals.

More canning recipes and tips at: **National Center for Home Food Preservation** <https://nchfp.uga.edu/how/can>

Did My Jars Seal Properly? After the jars have cooled 24 hours, remove the metal screw bands, then:

1. Press the middle of the lid with your finger. If the lid springs back up, it is not sealed properly.
2. Hold jar at eye-level. A flat or bulging lid has not sealed. If sealed properly, it should dip down slightly in centre.
3. Tap the lid with the bottom of a teaspoon. If you hear a dull sound, it is not sealed properly. A properly sealed jar makes a ringing, high-pitched noise.

If the jar is not sealed properly, you can re-process it within 24 hours and then re-check the seal; or you can cool the tomatoes and then freeze them; or you can put them in the fridge and eat within a few days.

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

