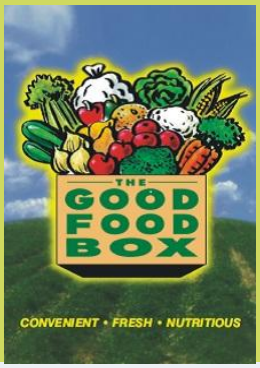
2026

Georgian Good Food Box
Newsletter

Order & Pay By	Pick Up On
Nov 4 (or sooner)	Nov 18
Dec 2 (or sooner)	Dec 16

Food Box $25.00



OCTOBER

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Rutabagas!

Rutabagas are an excellent source of Vitamin C and a good source of potassium and magnesium. They are a cross between a turnip and a cabbage. Rutabagas are tan or yellow with a purple tinge. Choose ones that are firm and heavy for their size and free of soft spots or cracks. Smaller size ones (about 4" in diameter) are usually sweeter in taste.



Photo: AirForceOne O on pexels.com

Storing and Preparing

Rutabaga is best stored in a cool dry dark place. It can be stored in a root cellar or your refrigerator. It can last up to a couple of months.

To prepare a rutabaga, trim off the top and bottom prior to peeling. You can microwave the rutabaga for one to two minutes or cut into quarters to make it easier to peel. Use a sharp paring knife rather than a peeler to remove the waxy coating. Rutabagas can be eaten raw or cooked. Smaller rutabagas are better for eating raw. Rutabagas are also excellent roasted, baked or boiled. You can substitute a rutabaga for any turnip recipe.
Source: https://www.halfyourplate.ca/produce/veggies/rutabaga-2/

Register for one of the South Georgian Bay Community Health Centre Free Nutrition Workshops

Topic	Location	Date and Time
Diabetes Information Group	Breaking Down Barriers 234 Ste Marie St, Collingwood	November 23, 2026, 1:00-2:00pm
Discussing Diabetes: Diabetes Friendly Baking	E3 Community Services 250 Peel St, Collingwood,	December 2, 2026, 2:30-3:30pm
Chat, Chop, Create	South Georgian Bay CHC Office Unit 202 14 Ramblewood Dr, Wasaga Beach	October 22, November 19 & December 17 1:30-2:30pm

Fun Fact: "Rutabagas are believed to be a turnip-cabbage hybrid from Bohemia; the rutabaga originated in the early 1600s. Well-suited to northern climates, it spread to Britain and Scandinavia. The name comes from the Swedish "rotbagga." In Scotland, it's a popular accompaniment to haggis ("haggis and neeps")." https://www.ontario.ca/foodland/food/rutabaga

This Month's Recipe

Rutabaga Chickpea Patties with Carrot Raita

Please Consider Volunteering



Image: Tumisu on Pixabay

We need **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 & work alongside you. If you want to share the position with a friend, that's fine too! For more information, or to try it out, please call us at 705-445-9660 or email gfoodbox@gmail.com, or visit a pack and speak with us!

We're also recruiting a **Newsletter Writer** for next year!

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

SANFILIPPO'S WHOLESALE FRUIT & VEGETABLES "Serving Georgian Bay Communities Since 1953" · McNulty PRINTING · simcoe muskoka DISTRICT HEALTH UNIT Your Health Connection · South Georgian Bay Community Health Centre · Legion COLLINGWOOD BRANCH · LIONS INTERNATIONAL · Archdiocese of Toronto St. Patrick's Parish Stayner · CLEARVIEW TOWNSHIP

Rutabaga Chickpea Patties with Carrot Raita



These spicy moist patties are a wonderful addition to a vegetarian meal. The cool carrot raita will make you want more. Enjoy with a crisp green salad for a tasty meal or make small patties and serve them up as an appetizer.
Makes 6 patties

Ingredients

- 1 small Rutabaga about 1½ lb, peeled & chopped
- 2 cloves Garlic
- 1 can Chickpeas drained and rinsed
- 1 tbsp Ginger fresh, minced
- 1 small Thai Chili Pepper sliced
- 1 tsp Ground Cumin
- 2 tbsp Fresh Mint chopped
- ½ tsp Salt
- 6 tbsp Canola Oil

Carrot Raita

- 1 large Carrot *grated*
- 1 cup Plain 3% M.F yogurt
- 1 tbsp Each Chopped Fresh Mint and Cilantro
- 1 clove Garlic *minced*
- ¼ tsp Salt and Pepper, each

Source: https://www.halfyourplate.ca/recipe/rutabaga-chickpea-patties/

Instructions

1. In a large pot of boiling water cook rutabaga and garlic for about 20 minutes or until tender. Drain well and scrape into food processor; pulse until coarse; scraping down sides. Return to pot and pulse chickpeas in food processor until coarse and add to pot. Heat pot over medium heat and add ginger, chili pepper and cumin; cook, stirring for 2 minutes. Remove from heat and stir in mint and salt; let cool until easy to handle.
2. Shape mixture into 6 patties. Heat half of the oil in large nonstick skillet over medium heat and pan fry patties in batches, for about 10 minutes on each side or until golden brown. Serve with Carrot Raita.

Carrot Raita In a large bowl, stir together carrot, yogurt, mint, cilantro, garlic, salt and pepper; cover and refrigerate.

Crunch it Up! Change up those carrot sticks for rutabaga sticks and your favourite dip. Or grate raw rutabaga, carrot, and apple to make a tasty, crunchy slaw. Try rutabaga "matchsticks" in fresh salads or use as a sandwich topping or garnish.

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

mailchimp