

Fresh Food Handling Tips

Eat soon: tomatoes, sweet corn

Eat within a week: cauliflower, cantaloupe, zucchini, cucumbers, peppers, watermelon

Can be stored: onions, carrots, beets, fingerling potatoes, squash

*all August items were grown locally.



The Huron Good Food Box

August 2010



Newsletter

Payment Deadline Pickup Date

- September 3
- October 1
- \$15.00 each cash - NO cheques.
- We cannot cater to individual or dietary needs.
- Pickup times may vary. Please check with your site.
- Unclaimed orders will be donated to a local food bank or charity. We are unable to issue a credit for unclaimed orders.
- **Infoline: 519-482-3416 extension 2244**
- **Email: goodfood@huroncounty.ca**
- **Website: www.huroncounty.ca/health/food/gfb.php**

*Please bring
your own
boxes*

Payment Sites

Bayfield	Nancy Scotchmer	519-565-2596
Blyth	Blyth Public Library	519-523-4400
Brussels	Cinnamon Jim's	519-887-8011
Clinton	Clinton Public Library	519-482-3673
	Huron County Health Unit	519-482-3416
	Huron County Social Services	519-482-8505
Exeter	Exeter Public Library	519-235-1890
Goderich	Goderich Public Library	519-524-9261
Ethel	Grey Central Public School	519-887-6601
Hensall	Hensall Major Appliances & Mattress	519-262-2728
Seaforth	Sally's Closet	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Walton	BarmyTech, Dorothy	519-887-9393
Zurich	Zurich Public Library	519-236-4965

August Suppliers

Noah Stutzman, Miller Sisters and Elmer Brubacher



Ancient Grains

Grain products are a staple in the Canadian diet and have loads of nutrition to offer our bodies. All grains, cereals, pasta, rice, and products made with grain flour fall into this food group.

Ancient grains are called 'ancient' because they have retained many of their original properties over time. They have not been refined and stripped of important nutrients.

Quinoa, spelt, amaranth, kamut, wild rice and sorghum are all ancient grains that are healthy, delicious, easy to prepare and can add variety to your diet. Variety is, after all, the spice of life! They are also excellent sources of protein, fibre and B vitamins.

Use ancient grains just like you would use wheat, pasta, cereal and rice. Soups, stews, salads, pilafs, casseroles, home-made hamburger patties and muffins are all perfect opportunities to add ancient grains into your diet. Ancient grains can be purchased at many grocery stores, often in the health food or bulk section.

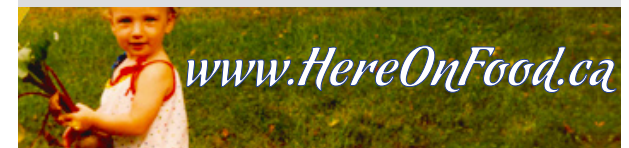
Check out the Here On Food blog in the coming weeks for a handy guide to cooking and eating ancient grains! www.HereOnFood.ca

Food Blog Off to a Great Start

Since March, Huron County's Public Health Dietitian and Nutrition Student have blogged weekly on hot nutrition topics, recipes and local events. To keep up-to-date on current nutrition topics, health issues, and recipes for local, in-season produce check out the blog regularly.

FEED YOUR CURIOSITY

Check out Huron County's New Food Blog



This vegetable quinoa salad will be a wonderful introduction to the world of ancient grains. If you want, you can brown quinoa in a skillet for 5 minutes prior to boiling as directed below. It will bring out a toasty flavour that will complement the natural nuttiness of quinoa.

Vegetable Quinoa Salad

Prep time: 15 minutes

Cooking time: 10 - 20 minutes

Makes: 10 servings

Quinoa, well rinsed and drained	250 ml (1 cup)
Cold water	500 ml (2 cups)
Tomatoes, chopped	2
Flat-leaf parsley (or your favourite fresh herb)	25 ml (2 tbsp)
Cucumber, chopped	¼ cucumber
Red, green, yellow or mixed bell peppers chopped	75 ml (1/3 cup)

Any other Good Food Box veggies from this month will be delicious additions to this salad. Try grilled zucchini, sliced onions, kernel corn (fresh off the cob), shredded carrot or cooked and diced beets.

Vinaigrette

Extra-virgin olive oil	45 ml (3 tbsp)
Freshly squeezed lemon juice	25 ml (2 tbsp)
Salt	to taste
Freshly ground black pepper	2 ml (½ tsp)

In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed and all water has boiled off. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.

In a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.

Prepare the vinaigrette. In a small bowl, whisk together all ingredients. Pour over salad. Toss to coat.

Nutritional Information (per serving)	
Calories	108
Carbohydrates	13.6 g
Protein	2.6 g
Fat	5.1 g
Sodium	123 mg

www.eatrightontario.ca



Cool As A Cucumber Dip

Ingredients:

125 ml (½ cup) plain yogurt
 125 ml (½ cup) light sour cream
 250 ml (1 cup) coarsely grated well-drained cucumber
 2 ml (½ tsp) lemon pepper and a pinch of garlic powder

Preparation:

Combine yogurt, sour cream, cucumber, lemon pepper and pinch garlic powder. Serve with assorted raw vegetables and torn pieces of pita bread.

www.foodland.gov.on.ca



Taste of Huron - Join in on the Local Food Celebration!

The dual award-winning Taste of Huron culinary festival is still underway until Friday, August 27, 2010. You'll enjoy hands-on Culinary Workshops, Farmers' Markets, Food For Thought dinners, Country Supper, fine dining and more. Check out www.tasteofhuron.ca for full event details or call the Blyth Festival box office at 519-523-9300 for tickets!