

Fresh Food Handling Tips

Eat **soon**: tomatoes*, slicing cucumber*, green/yellow beans*

Eat **within a week**: zucchini *, leaf lettuce/spinach mix*, cauliflower*, green onions*, rhubarb* (or a bit longer)

Can be stored: beets*, carrots*, cabbage*, baby potatoes*

*all July items were grown locally.



The Huron Good Food Box

July 2010

Newsletter



Payment Deadline Pickup Date

- August 6
- September 3
- \$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
- Blog: www.hereonfood.ca

Please bring
your own
boxes

Payment Sites

Bayfield	Marla/Harry	519-565-5794
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

July Suppliers Miller Sisters, Noah Stutzman, and Elmer Brubacher.



Celebrate Taste of Huron

from August 16 to 27, 2010

The award-winning culinary festival, "Taste of Huron", hits Ontario's West Coast this August! The Taste of Huron event celebrates local, sustainably produced food and culinary excellence within Huron County.

The event kicks-off on Monday, August 16 with the first of six *Food for Thought* dinners held throughout the two-week celebration. Restaurants in the county present a special menu to compliment a food-related topic discussed by a guest speaker. Everything from garlic to slow food will be discussed.

Culinary Workshops, held at various locations throughout the County during the two-week festival, will give home chefs and food enthusiasts a hands-on opportunity to learn unique culinary techniques at local dining spots working with local chefs and food specialists. This year basic and intermediate classes will be offered for cooks who want to go beyond the basics.

The Huron Country Supper being held on Friday, August 20, is a traditional country-style dinner served on the farm. Served family-picnic style, the menu will feature local barbequed meat products and side items grown right on the farm! Guests will dance to live country music while the sun sets over the rolling hills of northern Huron County.

On Saturday, August 21, Taste of Huron will be offering Huron County Farm Tours to allow participants to visit various types of farming operations found in Huron County.

From direct-sale family farms to the global trade industry, this tour will show participants how food lands on their fork. Participants will have a local food picnic lunch at Grassroots Rural Retreat before continuing on to learn about more agricultural practices found in our backyard.

The Locavore Brunch, held on Sunday, August 22, is also being held on the farm and is a traditional Sunday brunch with a twist and will again feature locally-grown ingredients.



A Village Market at the Goderich Farmers' Market will be held on Saturday morning and will include a Recipe Challenge for local professional chefs and a children's area where children will learn about their favourite local foods. Local restaurants and chefs will also be able to display and sample their fine food creations at the food tasting taking place at The Livery during the Village Market.

The Gala Dinner, held at the Bayfield Town Hall on Saturday, August 21, will be an intimate dinner that will feature an elegant five-course meal that emphasizes quality/ taste of ingredients produced within Huron County. The Gala Dinner highlights a different locally-produced ingredient with each course. Each course is served with a glass of wine.

Taste of Huron is co-hosting the Huron County Plowing Match Barbeque on Friday, August 27, at the REACH facility in Clinton. The event will bring County visitors into contact with a traditional agricultural event, mingling farmers and consumers to create a new dynamic. Local food is only part of the draw for this event, which also features musical entertainment.

Complete festival information is available online with the 'take along' guide in print-ready form: www.tasteofhuron.ca.

Tickets are on sale now through the Blyth Festival Box Office by calling 1-877-862-5984.

*Please note that reservations for the Food for Thought Dining Series are made by calling the restaurants directly.

Rainbow Summer Salad

- 500 ml (2 cups) broccoli, chopped
- 250 ml (1 cup) green pepper, diced
- 250 ml (1 cup) orange pepper, diced
- 250 ml (1 cup) mango, diced
- 250 ml (1 cup) celery, diced
- 250 ml (1 cup) carrots, diced
- 125 ml (½ cup) cucumber, diced
- 125 ml (½ cup) mango chutney
- 45 ml (3 tbsp) olive oil, pinch of pepper
- 5 ml (1 tsp) poppy seeds
- 30 ml (2 tbsp) onion, finely diced

Combine all salad ingredients. In a small bowl, whisk the dressing ingredients. Toss dressing, salad and serve.

Source: Heart and Stroke Foundation

Mashed Potatoes, Cauliflower and Cheddar

- 1 kg (2 lbs) potatoes
- 4 cloves garlic, cut into quarters
- 500 ml (2 cups) cauliflower florets
- 175 ml (¾ cup) milk, heated
- 50 ml (3 tbsp) olive oil
- 5 ml (1 tsp) salt and 1 ml (¼ tsp) pepper
- 250 ml (1 cup) shredded cheddar cheese
- 75 ml (⅓ cup) chopped green onions

Cut peeled potatoes into 5 cm (2 inches) pieces. In saucepan of boiling salted water, cook potatoes and garlic 10 minutes. Add cauliflower, cook another 10 minutes, drain.

Mash potatoes, cauliflower and garlic; beat in hot milk, olive oil, salt, pepper. Stir in cheese and chives.

Source: Foodland Ontario

Tomato Salad with Basil Vinaigrette

Salad:

- 250 ml (1 cup) green beans
- 4 tomatoes, cut in wedges
- 250 ml (1 cup) sliced mushrooms
- 250 ml (1 cup) mozzarella cheese cubes
- 2 green onions, chopped
- romaine lettuce leaves

Basil vinaigrette dressing:

- 125 ml (½ cup) vegetable oil
- 25 ml (2 tbsp) lemon juice
- 2 ml (½ tsp) salt
- 1 ml (¼ tsp) pepper
- 25 ml (2 tbsp) chopped fresh basil

Blanch green beans in boiling water for 2 minutes. Immediately plunge into ice water to stop cooking and set colour. On large platter, arrange tomatoes, mushrooms, beans, and cheese in concentric circles on romaine leaves. Sprinkle tomatoes with green onions. Whisk together all vinaigrette ingredients. Spoon over salad.

Source: Foodland Ontario



This document is also available in alternate formats upon request.