

## Fresh Food Handling Tips

Eat **soon**: spinach

Eat **within a week** (or a bit longer): celery, mushrooms, grapefruit, zucchini, turnip/carrots\*

Can be **stored**: apples\*, potatoes\*, onions\*, cabbage\*

\* grown locally

### Payment Deadline

- April 1
- May 7
- \$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](mailto:goodfood@huroncounty.ca)**

### Pickup Date

- April 15
- May 20

*Please bring  
your own  
boxes*

### Payment Sites

<b>Bayfield</b>	Marla/Harry	519-565-5794
<b>Blyth</b>	Blyth Public Library	519-523-4400
<b>Brussels</b>	Cinnamon Jim's	519-887-8011
<b>Clinton</b>	Clinton Public Library	519-482-3673
	Huron County Health Unit	519-482-3416
	Huron County Social Services	519-482-8505
<b>Exeter</b>	Exeter Public Library	519-235-1890
<b>Goderich</b>	Goderich Public Library	519-524-9261
<b>Howick</b>	Grey Central Public School	519-887-6601
<b>Hensall</b>	Hensall Major Appliances & Mattress	519-262-2728
<b>Seaforth</b>	Sally's Closet	519-527-0550
<b>Wingham</b>	Wingham Public Library	519-357-3312
<b>Walton</b>	BarmyTech, Dorothy	519-887-9393
<b>Zurich</b>	Zurich Public Library	519-236-4965

### March Suppliers

Apple Park, Moore's Foodland, Noah Stutzman, Devlaeminck Farm Market



The Huron Good Food Box

March 2010

# Newsletter



## March is Nutrition Month!

The Huron County Health Unit is celebrating nutrition month by launching a Huron County food blog.

Launched March 8th, the blog talks about hot nutrition issues, local events and festivities, and of course, cooking and recipes – with a new recipe every week!

The blog will provide the opportunity for Huron County residents to learn about how the foods they choose affect their health and how they can make healthy choices for their families. Readers will be able to ask questions and provide feedback on the blogs.

There will also be guest

bloggers who will share their expertise on food-related issues in Huron County!

This Nutrition Month is a chance to think more about where your food comes from. Convenience and fast foods have become the norm. Good Food Box users already know the benefits of buying local, fresh produce. Here's a couple more tips:

1. **Read food labels** – choose less salt, fat and sugar.
2. **Cook from scratch** – make it a family affair.
3. **Check out Huron County producers** on the Huron Perth Buy Local Buy Freshmap.

Canadian dietitians invite you to "Celebrate food...from field to table!" this Nutrition Month!

Public Health Dietitian Amy MacDonald invites you to visit her new food blog at

[www.HereOnFood.ca](http://www.HereOnFood.ca)

# Play with Your Food!

A new website highlighting food from Huron and Perth Counties is coming soon! The Huron-Perth Farm to Table website is an interactive way for you and your children to learn about food grown in your own backyard. Using the online Buy Local Buy Fresh map database, you'll learn about where to buy locally-grown fruits, veggies, meats and baked goods. You can also check out the growing seasons for your family's favourite foods! You'll also learn about why buying locally-produced food benefits the local economy, health, environment, and community where you live, work and play.

Huron County is one of the most agriculturally productive counties in Ontario. Our food producers take pride in providing safe, high quality produce for families to buy from the farm-gate, in-store and at local farmers' markets. We have plenty of locally-grown products for your family's taste buds to enjoy!

The new website can help get your family eating local, meet local producers and learn about where your food comes from.

Play with your food at [www.huronperthfarmtotable.ca](http://www.huronperthfarmtotable.ca) launching late March.

## Spinach Soufflé Roll

Don't be scared to try this - souffles aren't that hard to make! Combined with the goodness of milk, eggs and cheese, this spinach recipe is hard to resist.

1 pkg (10 oz/284 g) Ontario Spinach  
45 ml (3 tbsp) butter or non-hydrogenated margarine  
1 small Ontario onion, finely chopped  
45 ml (3 tbsp) flour  
1 ml (1/4 tsp) nutmeg  
2 chicken bouillon cubes, crumbled  
625 ml (2-1/2 cups) milk  
6 eggs, separated  
60 ml (1/4 cup) grated Parmesan cheese  
2 ml (1/2 tsp) cream of tartar  
25 ml (2 tbsp) butter or non-hydrogenated margarine  
500 ml (2 cups) sliced mushrooms  
25 ml (2 tbsp) grated Parmesan cheese

Wash and trim spinach. Leave water clinging to leaves and place in saucepan. Cook over high heat until leaves are wilted, about 3 to 5 minutes. Drain thoroughly and chop.

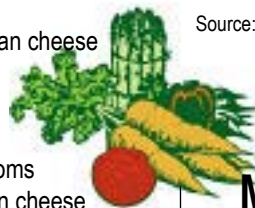
Melt 45 ml (3 tbsp) butter in medium saucepan. Sauté onion until tender, about 5 minutes. Blend in flour; cook, stirring constantly, for about 2 minutes. Add nutmeg and bouillon cubes. Add milk; cook and stir over medium heat until smooth and thickened. Remove 375 ml (1-1/2 cups) sauce and set aside to mix with mushrooms.

Beat egg yolks in small bowl. Stir in small amount of hot sauce from saucepan. Pour mixture back into saucepan. Stir in spinach and 60 ml (1/4 cup) cheese. Remove from heat; cool slightly. Beat egg whites with cream of tartar until stiff but not dry. Mix 125 ml (1/2 cup) beaten egg whites into spinach mixture. Pour over remaining egg whites; fold together gently. Pour into greased 2L (15- x 10- x 1-inch) jelly roll pan that has been lined with waxed paper and greased again. Bake in

200° C (400° F) oven for 10 to 12 minutes or until golden brown and set.

Meanwhile, melt 25 ml (2 tbsp) butter in medium saucepan. Sauté mushrooms until tender, about 6 minutes. Pour reserved sauce over mushrooms. Heat through. When soufflé is baked, dust top with 25 ml (2 tbsp) cheese. Run knife around edge of pan. Cover with clean towel and turn over. Gently lift off pan and waxed paper. Spread half of mushroom sauce over soufflé and roll up. Pour remaining sauce over rolled soufflé.

Source: Foodland Ontario - [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)



## Mediterranean Salad

Preparation Time: 30 minutes

4 medium potatoes  
1 medium red onion, finely chopped  
1 - 540 ml can chickpeas, drained and rinsed  
2 tomatoes, chopped  
60 ml (1/4 cup) fresh lime or lemon juice  
60-125 ml (1/4 - 1/2 cup) chopped fresh coriander or parsley  
2 cloves garlic, minced  
2 ml (1/2 tsp) ground coriander  
2 ml (1/2 tsp) ground cumin  
1 ml (1/4 tsp) salt (optional)  
1 ml (1/4 tsp) cayenne  
1 ml (1/4 tsp) sugar

Cook washed potatoes in about 2.5 cm (1 inch) of lightly salted boiling water, until fork tender, about 20-25 minutes. Peel and chop into 1 cm (.5 inch) cubes. Combine potatoes with remaining ingredients and toss. Set aside at room temperature for 30 minutes to allow flavours to blend. Refrigerate. Serves 6.

Source: Prince Edward Island Potatoes  
[www.peipotato.org](http://www.peipotato.org)

## Zucchini Boats on the Grill

Preparation Time: 20 minutes

Cook Time: 25 minutes

2 medium zucchini  
1 slice white bread, torn into small pieces  
60 ml (1/4 cup) bacon bits  
15 ml (1 tbsp) minced black olives  
1 jalapeno pepper, minced  
45 ml (3 tbsp) diced green chili peppers  
60 ml (1/4 cup) minced onion  
60 ml (1/4 cup) chopped tomato  
90 ml (6 tbsp) shredded Cheddar cheese  
1 pinch dried basil  
salt and pepper to taste

Prepare the grill for indirect heat. Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.

In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.

Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil. Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender. Serves 4.

Source: <http://allrecipes.com>

