

## Fresh Food Handling Tips

**Eat within a week:** celeriac\*, cabbage\*, leek\*, bananas

**Can be stored:** carrots\*, potatoes\*, pie pumpkin\*, squash\*, onions\*, apples\*, turnip\*

\*November items that were grown locally.



The Huron Good Food Box

November 2010

# Newsletter



## Payment Deadline Pickup Date

- December 3, 2010
- January 7, 2011
- \$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)
- Website: [www.huroncounty.ca/health/food/gfb.php](http://www.huroncounty.ca/health/food/gfb.php)

● December 16, 2010

● January 20, 2011

*Please bring  
your own  
boxes*

## Payment Sites

<b>Bayfield</b>	Nancy Scotchmer	519-565-2596
<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>Ethel</b>	Grey Central Public School	519-887-6601
<b>Goderich</b>	Goderich Public Library	519-524-9261
<b>Grand Bend</b>	Community Health Centre	519-238-1556
<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

## November Suppliers

Noah Stutzman, Miller Sisters, Elmer Brubacher, Apple Park and Moore's Foodland



## Pack more veggies and fruit

Did you know that boosting your veggie and fruit intake can add healthy years to your life? It's true. People who eat five or more servings of vegetables and fruits a day are less likely to get heart disease or certain types of cancer. So why are most Canadians still not eating enough of these? Maybe they think it's just too much trouble. Here's the good news: adding extra veggies and fruits to your diet is easier than you think. It's just a matter of taking things you already like to cook and eat, and tweaking from there. Here's how—these everyday classics will give your mealtimes more colour, crunch and nutritional punch by working in more vegetables and fruits.

### It all starts with breakfast.

No matter how little time you have for breakfast you can fit in some fruits and even vegetables.

- Turn plain porridge into "apple pie porridge." Mix diced apple (with the peel) and cinnamon into porridge. Even quicker, mix in some prepared applesauce for fruity sweetness.
- Instead of plain French toast, serve with canned peaches.

Take a minute to make your cereal look like the great photos on cereal boxes!

- Add fresh berries, sliced peaches, nectarines or bananas to cereal.
- Add some interest to a cheese omelet. Toss in some diced left over vegetables.
- Replace toast and jam with a toasted whole grain bagel sliced in three, with almond butter on one layer and sliced pears on the next.

### Let's do lunch...

Add some zip to everyday lunches:

- Give new life to an old favourite by making it grilled cheese and pear.
- Tuna salad need never be ho-hum again: add chopped apples, pears, canned pineapple, peaches, kiwi, or halved grapes to canned tuna. Mix with yogurt instead of mayonnaise.
- Macaroni and cheese gets a twist. Add frozen green peas, bite size broccoli or chopped tomatoes during the last three minutes of cooking.
- Dress up your regular wrap, pita or sandwich with: grated carrots, cucumber slices, orange pepper rings, snow peas, corn, grape tomatoes halved, baby spinach, purple cabbage shredded.
- Canned soup gets a leg up with a couple handfuls of frozen veggies. Add pureed roasted red peppers or well mashed sweet potatoes.

## Dive into dinner...

Getting two different vegetables to the dinner table is doable. Here's how.

- Serving burgers? Grill up some sliced peppers, zucchini and mushrooms while the burgers are cooking. In addition to the grilled vegetables, offer these tasty toppings: tomatoes, torn leaf lettuce, grated carrots, sliced cucumber, even canned or fresh pineapple slices.
- Re-invent potato salad. Replace half the regular potato with sweet potato. Try the same proportions with mashed potatoes.
- Replace creamy pasta salad with whole wheat pasta salad loaded with vegetables such as canned baby corn, grape tomatoes, chopped peppers, carrots or jicama (a popular Mexican root vegetable that can be eaten raw) and throw in a handful of baby spinach. Toss with a salad dressing.
- Meat lasagna goes semi-vegetarian. Replace half the meat with grated zucchini, carrots and chopped mushrooms. If your kids balk at the grated vegetables you can always purée them to a smooth consistency and add to the tomato sauce.
- Meatloaf can get a veggie boost by adding grated carrots or sweet potato for extra moisture, flavour and nutrients.
- To make a creamy textured soup without the cream add a baking potato and purée the soup. Try it the next time you make broccoli or cauliflower soup.

*Adapted courtesy of EatRight Ontario at [www.ontario.ca/eatright](http://www.ontario.ca/eatright). Contact an EatRight Ontario registered dietitian for free nutrition advice at 1-877-510-5102 or send questions to "Ask a Dietitian" online at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).*

## Carrot and Apple Salad

- 2 carrots, peeled, grated
- 1 large apple, grated
- 50 ml (1/5 cup) soybeans (shelled edamame) or chopped walnuts
- 15 ml (1 tbsp) of lemon juice
- 5 ml (1 tsp) of cinnamon
- 5 ml (1 tsp) of honey

Add soybeans to a small saucepan of boiling water. Cover and simmer for 2 minutes. Drain and place in a large bowl. Combine carrots, apple, soybeans, lemon juice, honey and cinnamon. Stir to coat well.

If your kids don't like the apple skin, simply peel it before grating.

Look for soybeans (edamame) in the freezer section of the grocery store. It may be with regular frozen vegetables or in the organic section of the grocery store. Edamame should be cooked according to the package instructions before adding to a dish.

When using apples that are in season, which are usually very juicy, you may want to squeeze some of the juice out of the apples after grating.

This salad can be covered and refrigerated for up to 2 days for kids to enjoy when they come home from school. For a sweeter salad simply drizzle in a bit more honey to taste.

Try this salad with nuts or canned beans like kidney or chickpeas instead of the edamame.

Source: [www.eatrightontario.ca](http://www.eatrightontario.ca)

## Crispy Vegetable Chips

Delicious, crispy and easy! After cooling, these chips can be stored airtight for two days, then re-crisped in the oven.

- 2 each peeled carrots and beets
- 1 small peeled sweet potato
- 1/2 small peeled rutabaga, cut in half
- 25 ml (2 tbsp) canola oil
- Salt (to taste)

Thinly slice vegetables using a mandolin or vegetable slicer. Place beets in a separate bowl, toss with 15-20 ml of oil. In another bowl combine carrots, sweet potato and rutabaga and toss with remaining oil.

Line 2 large baking sheets with parchment paper; arrange half the vegetable slices in single layer on sheets. Bake in 400°F (200°C) oven for 15 minutes. Reduce heat to 250°F (120°C); bake for about 45 minutes, switching and rotating baking sheets halfway through and turning slices, or until crisped and browned. Sprinkle with salt to taste. Repeat with remaining vegetables.

Vegetables will crisp and brown at different rates, so remove as needed.

Source: [www.foodlandontario.ca](http://www.foodlandontario.ca)

## Caramelized Ontario Apple Bowls

- 4 15 cm (6-inch) whole wheat tortillas
- 10 ml (2 tsp) granulated sugar
- 1 ml (1/4 tsp) ground cinnamon

### Apple Topping:

- 15 ml (1 tbsp) butter
- 625 ml (2-1/2 cups) peeled and quartered apples
- 15 ml (1 tbsp) cornstarch
- 250 ml (1 cup) apple cider or juice
- 5 ml (1 tsp) vanilla
- 1 ml (1/4 tsp) each ground nutmeg and cinnamon
- 500 ml (2 cups) frozen vanilla yogurt
- 15 ml (1 tbsp) toasted chopped pecans

Lightly brush one side of tortilla with water. Mix sugar and cinnamon and sprinkle over top. Randomly pierce with fork. Shape, sugar side down, over inverted 10 cm (4-inch) bowl, lightly pressing.

Microwave 2 tortillas on high for 2 minutes or until crisp. Remove from bowls and let cool on rack.

Melt butter and cook apples over medium heat, stirring for 4 to 5 minutes or until tender. Sprinkle with cornstarch. Stir in apple cider, vanilla, nutmeg and cinnamon; simmer until just boiling, 2 to 3 minutes. Let cool.

### Serve:

To serve, scoop 125 ml (1/2 cup) yogurt into each tortilla bowl; spoon topping over each. Sprinkle with pecans.

Source: [www.foodlandontario.ca](http://www.foodlandontario.ca)

