

## Fresh Food Handling Tips

Eat soon:

Eat within a week: celeriac\*, leeks\*, peppers\*

Can be stored: beets\*, carrots\*, cabbage\*, potatoes\*, pie pumpkin\*, squash\*, onions\*, apples\*, dill\*

\*October items that were grown locally.

### Payment Deadline      Pickup Date

- November 5
- December 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](mailto:goodfood@huroncounty.ca)
- Website: [www.huroncounty.ca/health/food/gfb.php](http://www.huroncounty.ca/health/food/gfb.php)

*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

### October Suppliers

Noah Stutzman, Miller Sisters, Elmer Brubacher, Apple Park



The Huron Good Food Box

October 2010

# Newsletter



## APPLE'S DELIGHT

Granny Smith, Gala, Spy, Idared, Delicious, Cortland – the list is 7,500 varieties long. More than 45 million metric tons of apples are grown annually around the world, but some of the best are the ones that you'll find fresh from the orchard right here in Ontario. In fact, you might say this province has its very own "Big Apple" – the variety that has colonized more acreage across the continent than any other is the McIntosh. And all of the roughly 3,000,000 trees in North America today stemmed – literally – from one tree a farmer by the name of John McIntosh discovered in 1811 near Prescott, Ontario.

### APPLES & NUTRITION

Of course, we're all familiar with the apple's proverbial talent for keeping the doctor away – largely because they're high in Vitamin C and a good source of fibre. Apples are also low in Calories - on average an apple contains a mere 80 Calories. One apple or 125 mL (½ cup) of apple sauce or apple juice is one vegetable and fruit serving in Eating Well with Canada's Food Guide.

### The top varieties today in order of popularity

- **McIntosh**, a deep red color with a green background.
- **Red Delicious**, deep red, elongated shaped and five bumps on bottom.
- **Empire**, dark red, blush with a splash of yellow or green.
- **Idared**, bright red with greenish-yellow patches.
- **Crispin (or Mutsu)**, greenish-yellow exterior with an orange blush.
- **Golden Delicious**, yellow or greenish-yellow exterior, elongated shape, five bumps on bottom.
- **Spartan**, dark red skin.
- **Cortland**, bright red with a yellow cheek.
- **Northern Spy**, red-striped skin with green color. Northern Spy is the number 1 baking apple.

### PLEASE NOTE

PICK UP DATE CHANGE:  
Friday, November 19th



## What to look for when buying apples:

- Pick apples that are firm and heavy for their size.
- Don't pick mushy apples. Check the bottoms and pick those that are closed, not open.
- They should smell fresh, not musty.
- The skin should be smooth and taut.
- Apples that feel spongy are old and have probably been improperly stored.

## How to store apples:

- Store fruit in a cool dark place or store in perforated plastic bags (unwashed) in the crisper of the refrigerator.
- Do not store bruised or damaged apples with other apples.

Fruit straight from the orchard is definitely your best "pick" for cooking or just a snack on the run. If you and your family do decide to go pick your own, you'll find directions to apple orchards in Ontario at [www.harvestontario.com](http://www.harvestontario.com) or [www.huronperthfarmtotable.ca](http://www.huronperthfarmtotable.ca)

## Apples can be enjoyed in lots of ways:

- cut up and added to your cereal
- sliced thin and cooked into pancakes
- added to sandwiches for extra crunch
- baked with a sprinkle of brown sugar and cinnamon for dessert.

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 1-877-510-510-2 or send questions to "Ask a Dietitian" online at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).

# "How do you like them apples?"

## Maple Pork and Apples

- 4 pork loin chops, cut 1/2 inch thick
- 2 ml (1/2 tsp) ground black pepper
- 30 ml (2 tbsp) butter or margerine
- 12 small carrots, halved lengthwise
- 1 medium apple, sliced and seeds removed
- 75 ml (1/3 cup) pure maple syrup

Sprinkle chops with salt and pepper.

In skillet melt butter over medium heat; add chops.

Brown for 2 minutes, turning once.

Reduce heat to medium-low.

Add carrots, apple, and maple syrup.

Cover and simmer for 8 mins or until done.

Using slotted spoon, transfer chops, carrots, and apples to platter and cover bring syrup mixture to boiling. Boil gently, uncovered, 1 to 2 minutes or until thickened. Pour over chops. Makes 4 servings.

Source: [www.recipe.com](http://www.recipe.com)

## Rosemary Roasted Celery Root

- 2 pounds celery root (celeriac), peeled and cut into 1-inch cubes (about 8 cups)
- 45 ml (3 tbsp) olive oil
- 2 ml (1/2 tsp) salt (optional)
- 2 ml (1/2 tsp) cracked black pepper
- 20 ml (2 tsp) snipped fresh rosemary or 2 ml (1/2 tsp) dried rosemary, crushed
- 500 ml (2 cups) chopped carrots
- 5 ml (1 tsp) vanilla

Preheat oven to 325 degrees F.

In a large bowl, combine celery root, 30 ml of olive oil, 1 ml of black pepper, and the rosemary. Spoon celery root mixture into one side of a 13x9x2 inch baking pan. Bake for 15 minutes.

Meanwhile, in the same large bowl, combine carrots, remaining olive oil, remaining black pepper, and vanilla; toss until coated.

Add to baking pan beside the celery root mixture.

Bake for 1 to 1-1/4 hours more or until vegetables are crisp-tender.

Just before serving, toss vegetables together and transfer to a serving dish. Makes 8 to 10 servings.

Source: [www.allrecipes.com](http://www.allrecipes.com)

## The Best Light Pumpkin Pie

This pumpkin pie saves 100 calories per slice from the traditional version and it tastes identical!

- 250 ml (1 cup) ginger snaps (about 16 cookies)
  - 125 ml (1/4 cup) of butter or margerine
  - **1 pie pumpkin (see recipe for pumpkin puree below)**
    - OR 1 480 ml (16 oz) can store-bought pumpkin puree
  - 125 ml (1/2 cup) egg whites (about 4)
  - 125 ml (1/2 cup) brown or white sugar
  - 6 ml (1-1/4 tsp) cinnamon
  - 2 ml (1/2 tsp) ginger
  - 1 ml (1/4 tsp) cloves
  - 360 ml (12 oz) can evaporated skim milk
- OR 10 ml (2 tsp) pumpkin pie spice

Preheat the oven to 175 °C (350° F).

Grind the cookies in a food processor with 125 ml (1/4 cup) of butter or margerine

Lightly spray a 23 cm (9 inch) glass pie pan with vegetable cooking spray.

Pat the cookie crumbs mixture into the bottom of the pan evenly. Mix the rest of the ingredients in a mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes.

Allow to cool and slice in 8 wedges or store in refrigerator.

Serve slice with reduced-fat whipped cream. Serves 8.

### How to make pumpkin puree from a pie pumpkin:

Preheat oven to 350°F.

Wash the pumpkin, remove stem, cut pumpkin in half.

Scrape out seeds using a metal spoon.

Coat the cut surface of the pumpkin halves with vegetable oil. Place halves cut side down in a roasting pan. Add 1 cup of water.

Bake for 60 to 90 minutes.

It's done when the flesh feels tender when poked with fork. Remove the pumpkin, place on a cooling rack; cool until it can be handled.

Scrape out flesh of the pumpkin and place in large bowl. Use a hand mixer to blend until it is pureed.

Drain moisture from the puree by placing it in a sieve lined with paper towels or a double layer of coffee filters. Place the sieve in a bowl to catch the liquid.

Cover the puree with plastic and place in the fridge and drain puree for at least 2 hours (overnight if possible).

After draining, the pumpkin puree is ready to use.

Source: *Food and Health Communications.*

Calorie information for the pumpkin pie is available here:

<http://foodandhealth.com/pumpkinpie.php>