

Fresh Food Handling Tips

* Grown locally

Eat within a week: rhubarb*, spinach/lettuce mix*, tomatoes*, asparagus, bok choy*, kohlrabi, radishes*, green onions* oregano and herbs*

Next Month's Items: This is a list of items expected to be in the box, but does not guarantee that these items will be included. Baby potatoes*, beans*, cauliflower*, cucumbers*, tomatoes*, head lettuce*, zucchini*, beets*, carrots*, green onions*, and basil*

Payment Deadline

Pickup Date

🍏 Friday, July 1

🍏 Thursday, July 19

🍏 Friday, August 5

🍏 Thursday, August 18

🍏 \$15 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: ww.huroncounty.ca/health.food/gfb.php**

Payment Sites

Bayfield	Nancy Scotchmer	519-565-2596
Blyth	Blyth Public Library	519-523-4400
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
Ethel	Grey Central Public School	519-887-6601
Goderich	Goderich Public Library	519-524-9261
Grand Bend	Community Health Centre	519-238-1556
Hensall	Hensall Major Appliances and Mattress	519-262-2728
Seaforth	Sally's Closet	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Zurich	Zurich Public Library	519-236-4965

May Suppliers: Bruce-Huron Produce Auction, Farm Fresh Produce, The Miller Sisters, Maizy Jefferson & Grace Hildebrand



Huron Good Food Box

June 2011

Newsletter



At your request

Kohlrabi & Bok Choy

Back in February, we surveyed participants of the Huron Good Food Box program to discover your thoughts about the Good Food Box. We asked about the type of items you like having in the box. Many people indicated that they enjoy trying new items they have never tasted before. Thus, the Good Food Box presents two non-traditional food items this month. Both products are grown locally.

Kohlrabi

Kohlrabi originated in Northern Europe. It was very popular in Central and Eastern Europe in the 16th and 17th centuries. It remains quite popular in those regions, but is still relatively unknown in North America.

Preparation

This vegetable is thought to be a cross between a wild cabbage and wild rutabaga. The taste and texture of kohlrabi are similar to a broccoli stem or a cabbage heart, but tend to be much milder and sweeter. Both the leaves

and the bulb can be eaten. The skin of a kohlrabi can be peeled before or after cooking, but it's much easier to remove once cooked.

Kohlrabi can be eaten both raw and cooked. To eat raw, first remove the stem and then peel thoroughly, removing the fibrous coating underneath the skin. Serve with dip, a vinaigrette or in a salad.

Cooked kohlrabi can be added to soups and stews or pureed and served in a side dish. It is great steamed (20-30 minutes) and drizzled with lemon juice and butter. Like a cabbage, kohlrabi can be shredded and can also be cut into julienne strips, diced, sliced, or cut into chunks.

Storage

Kohlrabi will keep in the fridge for approximately one week. You should store the leaves separately in a plastic bag (they will last 2-3 days when kept like this). Freezing is not recommended as it will alter the colour and consistency of the product.

Bok Choy

Bok choy originated in China and was introduced in the United States by the Chinese involved in the Gold Rush at the end of the 19th century. Bok choy is one of the 33 varieties of Chinese cabbage found in Asia but is the only one to gain any popularity in the western world. Bok choy is said to taste like a cross between cabbage and lettuce, with a slightly bitter flavour.

Preparation

Bok choy can be eaten raw or cooked, and should not be washed until you are ready to use it. To prepare bok choy in a Chinese style, first cook the stems no more than a few minutes, then add the leafy portions only at the last minute to make sure they are not overcooked.

Bok choy can be used in soups or mixed into rice or stir fried and served as a side dish with other oriental vegetables.

Storage

Bok choy should be stored in a perforated plastic bag and kept in the vegetable compartment of your refrigerator. It is best to use it as soon as possible after purchase for maximum flavour and crunch. *Adapted from <http://www.metro.ca>.*

Bok Choy Salad

- 125 ml (1/2 cup) olive oil
- 60 ml (1/4 cup) white vinegar
- 75 ml (1/3 cup) white sugar
- 45 ml (3 tbsp) soy sauce (try low sodium soy sauce)
- 2 bunches bok choy, cleaned and sliced
- 1 bunch green onions, chopped
- 30 ml (1/8 cup) slivered almonds, toasted
- 1/2 (170 g or 6 oz.) package chow mein noodles

In a glass jar with a lid, mix together olive oil, white vinegar, sugar, and soy sauce. Close the lid, and shake until well mixed.

Combine the bok choy, green onions, almonds, and chow mein noodles in a salad bowl. Toss with dressing, and serve.

Source: www.allrecipes.com

ROASTED KOHLRABI

- 1 1/2 pounds fresh kohlrabi, peeled and diced
 - 15 ml (1 tbsp) olive oil
 - 15 ml (1 tbsp) garlic (garlic is optional)
 - Salt (to taste)
 - Vinegar (e.g. balsamic or red wine vinegar)
- Set oven to 450F.

Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. Spread evenly on a rimmed baking sheet and put into oven and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with vinegar just before you serve.

Source: <http://kitchen-parade-veggieventure.blogspot.com>

Strawberry Spinach Salad

- 1 bunch spinach (washed)
- 2 green onions (chopped)
- 250 ml (1 cup) strawberries (sliced)
- 125 ml (1/2 cup) blueberries
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) slivered almonds
- 125 ml (1/2 cup) feta cheese

Dressing

- 60 ml (1/4 cup) canola oil
- 30 ml (2 tbsp) white vinegar
- 30 ml (2 tbsp) honey
- 30 ml (2 tbsp) honey mustard
- 15 ml (1 tbsp) poppy seeds

Dressing: In a bowl, mix the oil, vinegar, honey, mustard and poppy seeds until smooth.

Salad: In a large bowl, add spinach, green onions, strawberries, blueberries, dried cranberries, slivered almonds and feta cheese. Just before serving, add dressing and toss.

*if you like more dressing on your salad, double the salad dressing recipe. *Source: Brittany Fry, Huron Good Food Box Coordinator*



Forget your GFB again? Would you like a reminder email?
Email events@huroncounty.ca to be added to our reminder list!
Your email will not be added to any other list - it's only for a reminder.