

Payment Deadline

- September 5
- October 3

Pickup date

- September 18
- October 16

Please bring
your own
boxes



The Huron Good Food Box

Newsletter



July 2008

Payment Sites / \$15.00 per box cash - NO cheques.

Huron Good Food Box cannot cater to individual or dietary needs.

Bayfield

25 Main Street South, Bayfield Marla Dykstra 519-565-5794

Blyth

Blyth Public Library Receptionist 519-523-4400

Brussels

Sheana Campbell 519-887-2664

Clinton

Clinton Public Library Receptionist 519-482-3673

Huron County Health Unit 519-482-3416

Huron County Social Services Receptionist 519-482-8505

Exeter

Family Practice Clinic Receptionist 519-235-3343

Exeter Public Library Receptionist 519-235-1890

Goderich

Goderich Public Library Receptionist 519-524-9261

Victoria Public School Sept. - June 519-524-8306

Julie 519-263-3338

Hensall

Sally's Closet Karen 519-527-0550

Studio 75 Sheila McCowan 519-522-0900

Wingham

Wingham Public Library Receptionist 519-357-3312

Liz Roth 519-887-8373

Zurich Library Receptionist 519-236-4965

Pickup times may vary. Please check with your site.

Unclaimed Orders will be donated to a local food bank or charity.

Sorry, we are unable to issue a credit for unclaimed orders.

Last Month's Suppliers: Exeter Produce, Apple Park, Kinloss Produce,
Noah Stutzman



Next Pickup Date: August 21



Why Eat Local?

Freshness

Fruits and vegetables are often picked the same day they are sold. For you, this means they are picked at the peak of perfection! Produce that is not grown locally is picked early and allowed to ripen on the truck for the thousand mile journey.

Fresh meat, cheeses and legumes are also available from a variety of local butchers and producers.

Quality

Quality can also be an issue after travelling many miles. Think of all of the bumping and bruising that can happen to the apples or strawberries from another country.

Variety

Huron County has a wide variety of products to choose from. Huron County

grows common vegetables like broccoli, potatoes, peas, tomatoes and corn. We also grow less common ones like Bok choy, kohlrabi and shitake mushrooms. There are plenty of non-tropical fruits such as apples, strawberries, raspberries, apricots, saskatoon berries, and rhubarb. You can choose fresh cuts of beef, pork, and poultry from local producers too. Of course, don't forget about local milk and cheese producers or the freshness of "homemade" local grain products. To wash that all down, a local winery may soon be the next stop!

Knowledge

The person selling you the produce is also the grower. They know what has gone into the making of the product. This is very important if you ever need to trace where a food item came from. It also gives you peace of mind.

Gas and Groceries Prices Are Increasing!

Have you noticed your grocery bill increasing over the past ten years? It has been! You may not notice the increase as much as you notice rising gas prices. The rising cost of food increases by only a few cents, but over a long period time, it adds up to a lot! Every food group has experienced a rise in cost. We can expect prices to keep rising because of the increasing gas prices. It will cost more money in fuel for food to be shipped in from far locations. This is one of the reasons buying local can help save you money. Foods produced in Huron County spend less time travelling, meaning there is less money spent on fuel. The Good Food Box is a great program because it eliminates having to drive across the county to buy local produce. All of the local produce is gathered and packaged, so you only have to travel to one location to pick it up. Eating fruits and vegetables is an important part of a healthy diet. The Good Food Box makes fruits and vegetables more accessible and affordable for people living in Huron County.

Payment Deadline : August 1 GFB now \$15

Maple Baby Carrots with Bacon and Rosemary

1/4 lb (125 g) maple bacon, chopped
2 tsp (10 mL) olive oil
1 bag (350 g) of baby carrots or 3 cups sliced carrots

1/2 cup (125 mL) sliced red onion
2 sprigs fresh rosemary
2 tbsp (30 mL) maple syrup
1/4 tsp (1 mL) each salt and pepper

In a medium pan over medium high heat sauté bacon until crispy. Remove bacon to plate lined with paper towel. Discard excess fat.

Wipe pan clean. Return pan to heat and reduce heat to medium. Add olive oil and sauté carrots with red onion until tender – about 15 minutes. Strip leaves of one rosemary sprig onto carrots and add

maple syrup. Toss with salt and pepper.

Transfer to platter and drizzle over maple syrup pan juices. Sprinkle with crispy bacon and garnish with rosemary sprig. Serves 8

Nutritional analysis per serving: Energy 100 calories; Protein 2.0 g; Fat 6.0 g; Carbohydrates 9.0 g.
<http://www.compliments.ca/recipe/maple-baby-carrots-bacon-and-rosemary/>

Guidelines for summer fresh produce

This table provides information about how to store produce and how long it will last. The storage times are not exact and may vary depending on the produce.

Sesonal Item	Storage	Expected Shelf Life	Other Tips
Apples	Refrigerator crisper in plastic bag	1 month	Can make pies, applecrisp or apple-sauce out of ripe apples
Bananas	Room temperature	1-2 days once ripe	Ripe bananas can be frozen to use in baking later
Beans	Refrigerator crisper in plastic bag	1 week	To Freeze - blanch for 2-3 minutes. Run under cold water to stop the cooking. Place in freezer bags in freezer.
Beets	Loosely wrap in paper towel in refrigerator crisper	1 week	Remove the greens for a longer shelf life
Cabbage	Refrigerator crisper in moisture proof bag	Several weeks	Try freezing a whole head. It makes it easier to make cabbage rolls
Carrots	Refrigerator crisper	3 weeks	Remove the greens for a longer shelf life
Green Onions	Refrigerator crisper in plastic bag	1 week	Trim tops before storing
Leaf Lettuce	Refrigerator in original packaging or wrapped in paper towel	1 week	
Peas	Refrigerator crisper in plastic bag	Several days	Best eaten as soon as picked, because the sugar starts to convert to starch. To freeze: blanch for 1 ½ - 2 minutes. Run under cold water to stop the cooking. Place in freezer bags in freezer.
Potatoes	Out of direct sunlight, in a dry and cool place	1-2 weeks	Do not store in the fridge
Tomatoes	Room temperature, out of direct sunlight	A few days once ripe	Do not store in the fridge

Cooked Beet and Carrot Salads

Moroccan salads are assorted dishes of spiced or sweetened raw or cooked vegetables that stimulate the appetite and refresh the palate. Serves 8.

4 beets (1 bunch), 1 lb (500 g)
6 carrots
1/4 cup (50 mL) extra-virgin olive oil
3 cloves garlic, minced
3 tbsp (50 mL) wine vinegar
2 tsp (10 mL) each sweet paprika and ground cumin
1/4 tsp (1 mL) each salt and pepper
2 tbsp (25 mL) chopped fresh parsley

Trim beet tops to 1 inch (2.5 cm) and leave roots on. In saucepan of boiling salted water, cover and cook beets until fork-tender, 25 to 30 minutes. Drain and let cool. Peel and cut into 1-inch (2.5 cm) cubes and set aside.

Meanwhile, peel and cut carrots into 1/2-inch (1 cm) thick coins. In separate saucepan of boiling salted water, cover and cook carrots until tender, about five minutes. Drain and place in separate bowl.

In small skillet, heat oil over medium-high heat. Sauté garlic until softened, about two minutes.

Add vinegar, paprika, cumin, salt and

pepper to skillet and cook for two minutes. Divide evenly between beets and carrots; toss to coat. Refrigerate until cold. You can make ahead and refrigerate in airtight containers for up to three days.

Toss 1 tbsp (15 mL) of parsley with beets and carrots. Serve at room temperature. Nutritional analysis per serving: about - cal 110; pro 2 g; total fat 7 g; sat. fat 1 g; carb 11 g; fibre 3 g; chol 0 mg; sodium 376 mg; % RDI: calcium 3%; iron 9%; vit A 141%; vit C 8%; folate 20%

Canadian Living Magazine: October 2004

Mother Nature

This year's wet and cooler spring weather has affected the growing season, with some produce ready later than expected. This also has affected the shelf life of some produce, as it is not lasting as long as you would expect.

Hopefully Mother Nature will give us the right balance for the rest of the year!