

Fresh Food Tips

Eat **soon**: green and yellow beans
 Eat **within a week**: cucumbers, zucchini, bananas, beets
 Eat **within 2 weeks**: cabbage, carrots, head lettuce, peppers, potatoes

Payment Deadline Pickup Date

- August 7
- August 20
- September 4
- September 17
- \$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 2512**
- **Email: goodfood@huroncounty.ca**

Please bring
your own
boxes

Payment Sites

Bayfield	Marla	519-565-5794
Blyth	Blyth Public Library	519-523-4400
Brussels	Cinnamon Jim's	519-887-8011
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
Goderich	Goderich Public Library	519-524-9261
	Victoria Public School, Sept.-June	519-524-8306
Hensall	Julie	519-263-3338
Seaforth	Sally's Closet, Karen	519-527-0550
	Studio 75, Sheila	519-522-0900
Wingham	Wingham Public Library	519-357-3312
Walton *NEW*	BarmyTech, Dorothy	519-887-9393
Zurich	Zurich Public Library	519-236-4965

June Suppliers: Kinloss Produce, Noah Stutzman, Exeter Produce, Apple Park, Moore's



The Huron Good Food Box

July 2009



Newsletter

100 Mile Diet - Take the Challenge

Lately there's been a lot of buzz around eating locally. Of course, here in Huron County we've been ahead of the pulse for quite some time (our Good Food Box program started in 2000).

People are starting to catch on. The Canadian book, *The 100-Mile Diet: A year of local eating* was published in 2007. It sparked so much interest that there is now a television show on the Food Network called: 'The 100-mile Challenge'. The show follows the lives of six families in British Columbia who pledge to eat only foods grown within 100 miles of where they live for 100 days.

There's no 'how to' guide or recipe book for this challenge since what you can eat depends where you live. A 100 mile radius from Clinton would include Wiarton, Mississauga, Hamilton, Lake Erie, Chatham and Lake Huron. To find

out the 100-mile radius from your community, visit: <http://100milediet.org/get-started/map>

What's Local?

Along with taking the hundred-mile challenge comes a slew of questions. For example, can you eat the pickles you made with cucumbers from your garden, if the vinegar isn't from within 100-miles? Also, it's impossible to buy 100-mile milk because all Ontario milk goes through central processors to be pasteurized and is mixed together. However, you can be guaranteed the milk is produced and processed in Ontario.

There are no real rules when it comes to eating local, and you can draw your line wherever you like, whether it's Huron County, the 'Buy-Local! BuyFresh!' map, or Ontario. Taking on the challenge, even for one day or one meal, can help you think more critically about where your food comes from. Any step towards eating

One Day for Ontario Take the Challenge!

We are challenging you to consume food only from **Ontario** for **one day**. Tell us what you ate, where it was from and any purely Ontario recipes you used. You could **win a prize** and your recipes could be featured in next month's newsletter. The closer to home, the better!

more locally is going to help: the environment; our local economy; and, your meals be more delicious!

The Buck Stops Here

Good intentions to eat local and save the world may fall through when faced with price points. Eating local may not be as expensive as you think. Especially if you are eating exclusively local because that cuts out purchases such as pop, white sugar, processed desserts and snacks, boxed cereals, etcetera. One study did just that and found eating local and sustainable food cost an extra \$10.23 a month – that’s about the cost of one Tim Horton’s large coffee per day for a week.

For money in your pocket, the Good Food Box is the way to go. We buy in bulk from the farmer to get better prices and depend on the hard work of many



wonderful volunteers to pass the savings on to you.

Farmers’ Markets in Huron County

When it comes to saving food miles, the Good Food Box and visiting Farmers’ Markets can save money on the gas it can take to drive all through the country side (though it’s always a beautiful drive). Below is a list of the farmers’ markets throughout Huron County (more information can be found at www.ontarioswestcoast.ca).

Does Local = Healthy?

A local diet can be very healthy, especially when it’s loaded with fresh fruits and vegetables. It’s important to remember that just because it’s local, doesn’t mean it’s a free pass for your diet. When eating local, keep in mind suggestions from Canada’s Food Guide, like:

- Choose leaner cuts of meat, and trim visible fat.
- Have meat alternatives such as beans and lentils often.

- Choose partially skimmed dairy products such as skim, 1% or 2% milk and yogurt, and cheeses with less than 20% milk fat (M.F.).
- Eat at least one dark green and one orange vegetable a day like the carrots and green beans in this month’s Good Food Box.
- Choose whole grains often. Eat a variety of foods from each of the four food groups.
- Limit added sugars (including honey and maple syrup), saturated fats (like butter, shortening and hard margarine) and salt.

Submit your ‘One Day for Ontario’ by August 7th to:

Huron County Health Unit,
Attention: Cheryl Dugas
77722B London Rd.,
Clinton, ON NOM 1L0
OR
Email: cdugas@huroncounty.ca
Remember to include your name, phone number, what you ate, where it was from and any purely Ontario recipes you used!

Coleslaw for a Summer Crowd

- 8 cups (2L) chopped green cabbage
- 2 cups (500mL) chopped red apples
- 1½ cups (375mL) grated carrots
- 1 ½ cup (375mL) chopped celery
- 1 cup (250mL) chopped green bell peppers
- ½ cup (125mL) chopped green onions
- 2/3 cup (150mL) light mayonnaise
- 1 tsp (5mL) granulated sugar
- ½ tsp (2mL) salt

For best results chop ingredients by hand; Food processor makes it wet and mushy

In a very large bowl, combine cabbage, apples, carrots, celery, green peppers and green onions.

In a small bowl or measuring cup, blend together mayonnaise, sugar and salt. Add to cabbage mixture; toss, blend well. Chill for two hours or overnight. (Don’t worry if salad looks dry. After chilling the mixture becomes creamier as the vegetables give off more juice).
Serves 16. Dietitians of Canada. (2001). Cook Great Food: 450 delicious recipes.

	Address	Days	Hours	Season
Bayfield Flea Market	Agricultural Park, Jane St., Bayfield	Sundays	7 am-1pm	Victoria Day weekend - Thanksgiving
Blyth Area Farmers' Market	Queen and Dinsley St., Blyth	Saturdays	1 pm-4: 30pm	July-September
Goderich Farmers' Market	Court House Park, Goderich	Saturdays	8 am-1pm	Victoria Day weekend - Thanksgiving
Grand Bend Farmers' Market	Gill Street & 81 Crescent, Grand Bend	Wednesdays	8 am-1pm	Wed. after May 21 st – end of October
Exeter Farmers' Market	Gary Bean Securities, 588 Main St. South, Exeter	Thursdays	3 pm-7pm	~ June -October 29th

