

## Payment Deadline

- August 1
- September 5

## Pickup date

- August 21
- September 18

Please bring  
your own  
boxes



The Huron Good Food Box

# Newsletter



June 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

Hensall Julie 519-263-3338

### Seaforth

Sally's Closet Karen 519-527-0550

Studio 75 Sheila McCowan 519-522-0900

### Wingham

Wingham Public Library Receptionist 519-357-3312

Walton Liz Roth 519-887-8373

Zurich Library Receptionist 519-236-4965

**Pickup times may vary. Please check with your site.**

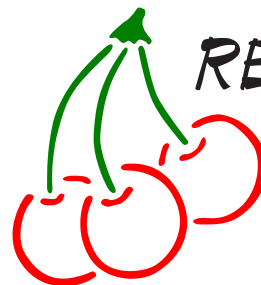
**Unclaimed Orders** will be donated to a local food bank or charity.  
Sorry, we are unable to issue a credit for unclaimed orders.

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

Moore's Foodland



**Next Pickup Date: July 17**



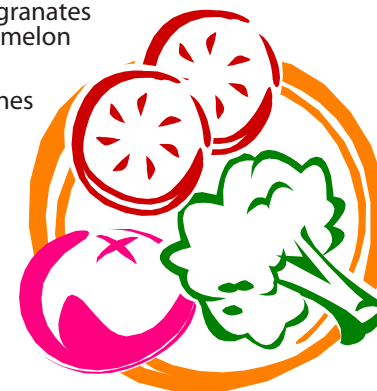
## RED-Y TO ENJOY FRUITS & VEGETABLES

**R**ed fruits and vegetables are vibrant, delicious, and quick and easy to eat.

Fruits like strawberries, cherries, red grapes, and apples only need to be washed and can be a part of a healthy snack in minutes. Red peppers and onions can add a quick splash of colour to a stir-fry. Beets can be boiled the night before for a nutritious addition to your lunch or a speedy side for supper. Not only are they quick to prepare, they support good health. Red fruits and vegetables contain phytochemicals, which are a part of plants that can help keep you healthy. Red fruits and vegetables can help to prevent certain diseases, like cancer, and promote health. They can help

to maintain a healthy heart, eye health and memory. So add a splash of colour to your meal tonight, and try one of these delicious red fruits and vegetables:

- Cherries
- Cranberries
- Raspberries
- Red Apples
- Red Grapes
- Grapefruit
- Pomegranates
- Watermelon
- Beets
- Radishes
- Red Cabbage
- Red Onions
- Red Peppers
- Red Tomatoes
- Rhubarb



## DOT YOUR CALENDAR

In your newsletter this month is a strip of dots with the Good Food Box Logo on them that you can mark the pickup dates for your GFB on your calendar.

**Payment Deadline : July 4 GFB now \$15**

# STRAWBERRIES

The strawberry is a small plant of the Rosaceae (Rose) family. Strawberries are not really berries or fruit, but are the enlarged ends of the plant's stamen. It is the small black spots which are actually the fruit.

The peak season for local strawberries is June and July. Choose plump, firm, deep-coloured strawberries, with bright green caps and no signs of mold or soft spots.

Store strawberries in the refrigerator for 1-2 days. Wash and hull strawberries just before using them. A 12 oz. basket of strawberries will give you 3 1/2 cups whole strawberries, or 2 1/4 cup sliced strawberries.

The best way to eat a strawberry is fresh! For a fresh strawberry taste, try this simple frozen strawberry gelato. Heat 1 cup of sugar and 1 1/2 cups water until sugar dissolves. Combine 3 cups pureed strawberries, 2 Tbsp. finely chopped lemon zest, and 3 Tbsp. fresh lemon juice with cooled sugar mixture. Freeze until firm. enjoy year round.

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# TOMATOES

Greenhouse tomatoes should be heavy for their size, plump, firm, even-shaped and free of surface cracks and bruises. Greenhouse tomatoes are red when ripe. A fine star-shaped marking on the bottom of a greenhouse tomato will tell you that the tomato has already begun its final ripening process and is a good one to select.

Store greenhouse tomatoes at a cool room temperature, out of direct sunlight. Ripe tomatoes will keep for a few days and unripe tomatoes will ripen slowly. Do not store tomatoes in the refrigerator as this will decrease flavour and alter texture.

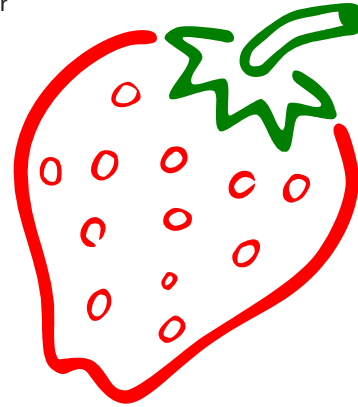
# STRAWBERRIES WITH LIME CREAM

After a day of picking your own, enjoy the fruits of your labour with this recipe from Foodland Ontario. The lime enhances the natural sweet flavour of this special berry.

1 cup granulated sugar  
1/2 cup fresh lime juice (3-4 limes)  
1 tbsp. grated lime peel  
2 eggs  
1 cup drained yogurt or sour cream  
4 cups strawberries, washed  
Serves 4 to 6.

In a glass or stainless-steel saucepan, whisk together sugar, lime juice, peel and eggs. Cook over medium heat, whisking frequently to prevent curdling, for 5 to 8 minutes. Cool. (Recipe can be prepared in advance to this pint and refrigerated for up to 4 days, or frozen for up to 2 months. Defrost in refrigerator.)

To serve, fold in yogurt or sour cream. Use as dip or sauce for strawberries.



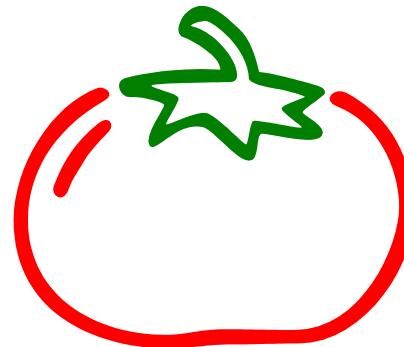
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# ROASTED TOMATOES

15- 20 pieces of tomato halves  
large cloves garlic chopped fine  
1 tsp (5 mL) Sel Provençal (salt)  
1 tsp (5 mL) Greek oregano, thyme, marjoram, and basil  
2-3 tbsp (30-40 mL) olive oil  
black pepper

Set oven to broil. Layer 8 x10 inch glass baking dish with tomato halves. Sprinkle with rest of ingredients. Bake on top rack for ten minutes. Set to cool. Drain juices from pan and store tomatoes in the fridge. Can be repeated using the same pan. Excellent tomato puree base.

Courtesy of Tom Reid, The Nickel Chef, <http://www.freshvegetablesontario.com/index.php?action=display&cat=40&v=67>



# BBQ FOOD SAFETY

With warmer weather comes the BBQ season. Here are some tips to help you play it "foodsafety" this summer.

## CLEAN:

- Wash your hands. It is important to wash up before you start preparing the food, after handling raw meat and when you switch between foods .
- Sanitize the work area. In a spray bottle, start with 3 cups of water and add 1 teaspoon of bleach. This can be used to spray your countertop or outdoor dining table.

## CHILL

- Keep cold foods cold. The temperature is very important. Cold foods that are not kept cold can become unsafe to eat. If a food is left out for more than two hours, you should throw it out.
- Keep perishable food in fridge or cooler until you are ready to cook or eat.
- Keep your cooler cool. Put lots of freezer packs in it and keep it out of direct sunlight.

## COOK

- Use a digital thermometer to check if meat is cooked to a safe internal temperature. The thermometer can also prevent overcooking.
- Keep hot food hot. Hot food should be above 60°C to prevent bacteria growth.

## SEPARATE

- Keep raw food separate from cooked foods. It can contaminate cooked foods.
- Use separate utensils, plates, and cutting boards for raw and cooked foods.

Keep the fun in summer barbecues by preventing food-borne illness!