

- **of a proper quality and quantity**
Is there a grocery store in your area? Can you afford enough food? Can you afford the healthy choices?
- **acceptable**
Is the food culturally appropriate? Do you have food allergies? Is the food fresh/unspoiled? Can you obtain it in a socially acceptable way? (no dumpster diving required)
- **obtained in a sustainable way**
We know farmers have a hard enough time staying in business as it is with their labour intensive businesses. Ordering the Good Food Box and using the Buy Fresh Buy Local map is a sustainable way to get good food!

Troubled Times

Poverty is not a choice. Most of us are just a few pay cheques away from poverty. There have been almost 1000 layoffs throughout Huron County alone. As employment insurance dries up, food insecurity and hunger will become an issue for more families and individuals. Many unpredictable events can plunge a person into poverty such as job loss, another mouth to feed, or health problems.

Due to unseasonably cold weather this spring produce growth has been slow, and is behind schedule. This means strawberries will be a bit later coming on, just missing the Good Food Box. Look through your Buy Local Buy Fresh map to find a strawberry producer near you.

Falafel Pitas with Cucumber-Yogurt Dressing

- 1/4 cup (63mL) minced red onion
- 1 tbsp. (15mL) Dijon mustard
- 1 tsp. (5mL) ground cumin
- 1/2 tsp. (2mL) paprika
- 1/4 tsp. (1mL) freshly ground black pepper
- 1/8 tsp. (0.5mL) salt
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (1-ounce) slice whole wheat bread, torn into pieces
- 1 large egg
- 1 large egg white
- 1 1/2 tbsp (23mL) olive oil
- 2 (6-inch) whole wheat pitas, split
- 1 cup (250mL) salad greens (e.g. arugula or spinach)
- 1/2 cup (125mL) Cucumber-Yogurt Dressing

Combine first 10 ingredients in a food processor; pulse 6 times or until well blended (mixture will be wet). 1 Heat olive oil in a large nonstick skillet over medium-high heat. Spoon about 1/3 cup chickpea mixture per patty into pan; cook 4 minutes on each side or until golden brown. 1 Line each pita half with 1/4 cup arugula, add 1 patty to each pita half, and spoon 2 tablespoons Cucumber-Yogurt Dressing into each pita half.

Cucumber Yogurt Dressing

- 1 cup (250mL) plain fat-free yogurt
- 1/2 cup (125mL) diced seedless cucumber
- 1/4 cup (63mL) minced red onion
- 1 teaspoon (5mL) fresh lemon juice

Combine all ingredients in a small bowl. Cover and chill. Great as a condiment or dip. www.cookinglight.com

Marinated Garden Salad

Marinade:

- 1/2 cup (125 ml) vegetable oil
- 3 tbsp (50 ml) red wine vinegar
- 1 tbsp (15 ml) grated parmesan cheese
- 2 Ontario green onions, sliced
- 1 tsp (5 ml) dried basil
- 1/2 tsp (2 ml) sugar
- 1/2 tsp (2 ml) dry mustard
- salt, to taste
- pepper, to taste

Salad:

- 6 medium radishes, sliced
- 2 medium carrots, sliced
- 15 medium mushrooms, sliced
- 1/2 medium field cucumber, halved and sliced
- 1 cup (250 ml) sliced celery
- 4 cups (1l) torn iceberg lettuce
- 2 cups (500 ml) torn spinach
- 2 medium Ontario tomatoes, cut into wedges

Just before serving, combine lettuce and spinach; divide evenly among four salad plates. (or place on large serving plate.) Spoon marinated vegetables on top. Garnish with tomato wedges.

Servings: 6

<http://www.foodland.gov.on.ca/>

Steamed Baby Bok Choy

- 6 heads baby bok choy, cut in half
- 1 tsp. (5mL) sesame oil
- 1/4 (63mL) cup dry white wine
- 1 tablespoon (15 ml) butter or margarine
- Pinch of salt

Sauté bok choy in hot oil in a large skillet over medium-high heat 1 minute or until wilted. Add remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 1 minute or until tender. Servings: 6

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