

Payment Deadline

- November 7
- December 5

Pickup date

- November 20
- December 18

Please bring
your own
boxes

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: Noah Stutzman, Miller Sisters, Gorrie Line
Produce, Hillside Greenhouse, Elmer Brubacher, Riverview Produce, Papple's



Next Pickup Date: October 16



The Huron Good Food Box

Newsletter



September 2008



Apples have no fat, cholesterol, or salt, so they don't increase your risk of heart disease and cancer. Apples can also help with weight loss because they are a good source of fibre and are low in calories.



Pack them! Apples are a quick and easy snack to eat on the go. Keep them where you can grab one when you're in a hurry. Refrigerate apples to extend their shelf life.



Prepare them! Wash apples in warm water before eating or cooking to remove dirt and germs.



Local! There are many local apple producers in Huron County. Check out the Buy Local! Buy Fresh! Map for a list of all the local producers.



Eat Apples! Canada's Food Guide recommends 5-10 servings of fruits and vegetables per day depending on your age and gender. One medium sized apple counts as one serving.



So many varieties! There are thousands of varieties of apples. They can be eaten fresh or used to produce delicious products like apple sauce, cider and juice, baked goods, sauces, butters, jams, and salads.



Cruciferous Nutrition in Veggies!

Cruciferous vegetables include broccoli, cauliflower, cabbage, radishes, and turnips. Eating these can provide you with vitamin C, magnesium, potassium, vitamin K, and fibre. Dark green and red vegetables in this group have cancer preventing compounds. All of these vegetables can help lower cholesterol.

Payment Deadline : October 3 GFB now \$15

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.

Seasonal Item	Storage	Expected Shelf Life	Other Tips
Onions	Keep in cool, dry, dark place.	1 month	To prevent "tearing", peel while holding under cold, running water.
Apples	In original plastic bag in fridge.	1 month	Apples give off ethylene gas which will ripen other produce. Store them separately.
Potatoes	Out of direct sunlight, in a dry and cool place.	1-2 weeks	Do not store potatoes in the fridge.
Peppers	Store in refrigerator.	1 week	
Cucumbers	Cool room temperature or in the refrigerator crisper.	1 week	
Pears	When ripe in fridge.	A couple of days	
Cabbage	Fridge - in moisture proof bag. Dark cool root cellar.	A couple of weeks	Cabbage can be frozen whole and then taken out to make cabbage rolls.
Broccoli	Keep in perforated bag in the refrigerator crisper.	Up to 5 days	
Leek	Keep damp, loosely wrapped, in the refrigerator.	Up to 1 week	
Squash	Cool dry place.	Several weeks	
Cherry tomatoes	Store at room temperature, away from direct sunlight, to prevent uneven ripening.	Once ripe, a few days	To ripen tomatoes, store in a plain brown paper bag with apples or pears. Both release a natural ethylene gas that speeds up ripening.

Apple + Spinach Salad

4 slices bacon, cut into small pieces
1 small onion, diced
1 lb (500 g) mushrooms, sliced
¼ cup (50 mL) apple cider vinegar
2 Ontario apples, thinly sliced (such as Cortland, Crispin, Empire, Golden Delicious, Idared, Jonagold, McIntosh, Gala, Honeycrisp)


¼ cup (50 mL) maple syrup
Salt and pepper, to taste
8 cups (2 L) torn spinach leaves
½ cup (125 mL) toasted pecans


In large skillet over medium-high heat, cook bacon until desired crispness. Remove with slotted spoon and set aside. Add onion and mushrooms to bacon drippings and cook, stirring frequently, for 5 minutes or until onions are soft.


Stir in apple cider vinegar and maple syrup. Boil 1 minute. Season with salt and pepper. Place spinach, apples, pecans and bacon bits in salad bowl or arrange on individual salad plates. Toss salad with warm dressing or spoon over salad on plates. Serve immediately. Makes 4 servings. <http://www.onapples.com/recipes>


BACK TO SCHOOL LUNCHES


It's that time of year again! Kids are headed back to school. This means homework, catching the bus, and of course, packing lunches! Sometimes getting back into the swing of things can be difficult. Here are some tips for packing quick, nutritious lunches that everyone will enjoy.


-  Try to include a variety of foods from Canada's Food Guide. Include at least three choices from the following list for a healthy lunch. Make one choice a fruit or vegetable.
 - ☉ A fruit or vegetable. It can be *fresh, canned, dried, or 100% juice.*
 - ☉ A *grain product: bread, tortilla wrap, bagel, bun, crackers, pasta, rice, muffin. Choose whole grain products.*
 - ☉ A *milk product: milk, yogurt, cheese, or a milk substitute, like a soy beverage.*
 - ☉ A *meat, fish, poultry, or meat alternative like eggs, peanut butter, hummus, or beans.*


 Include fruits and vegetables that come in your Good Food Box each month.

 Let your kids help! Include what they like, and get them to help prepare and pack their lunch.

 Pack lunches the night before if you're rushed in the morning.

 Pre-cut and wash carrots, celery, cucumbers, or peppers so they are quick to pack. Cherry tomatoes are also quick to prepare and fun to eat.

 Pack easy fruit like apples, oranges, grapes, berries, or bananas.

 Include last night's dinner leftovers.

Don't forget about food safety. Keep cold foods cold by including an ice-pack or a frozen bottle of water (which can be drunk throughout the day as it thaws).

Chunky Cran-Apple Bran Muffins

You'll forget it's good for you when you taste this muffin. It's full of apple chunks and dried cranberries and boasts a fibre content of about 4 grams per muffin.

¾ cup (175 mL) natural bran
¾ cup (175 mL) milk
1 ½ cups (375 mL) all-purpose flour
1 ½ tsp (7 mL) baking powder
1 ½ tsp (7 mL) cinnamon
¾ tsp (4mL) salt
¼ tsp (1 mL) baking soda
¼ tsp (1 mL) nutmeg
¾ cup (175 mL) brown sugar
1/3 cup (75 mL) vegetable oil
1 egg
1 ½ cups (375 mL) chopped peeled Ontario apples (such as Cortland, Crispin, Jonagold, Golden Delicious, Idared, Northern Spy, Spartan)
½ cup (125 mL) dried cranberries

Topping
2 tsp granulated sugar 10 mL
¼ tsp cinnamon 1 mL

In large bowl, combine bran and milk; let rest 5 minutes.
In medium bowl, combine flour, baking powder, cinnamon, salt, soda and nutmeg.
Stir brown sugar, oil and egg into bran mixture. Stir in dry ingredients just until combined. Stir in apples and dried cranberries. Spoon batter into greased muffin cups. For topping, combine granulated sugar and cinnamon; sprinkle over muffins. Bake in a 400 ° F (200 ° C) oven for about 18 minutes or until tester comes out clean. Makes 8 large muffins