

Fresh Food Tips

Eat **within a week:** pears, cantaloupe, sweet potato

Eat **within 2 weeks:** peppers, kohlrabi, leeks

Can be **stored:** apples, onions, sweet mama squash, potatoes, garlic

About **Kohlrabi:** The bulbs can be eaten shredded raw in salads (like a coleslaw) or cooked like a turnip.

Payment Deadline Pickup Date

- October 2
- November 6
- \$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
Hensall	Looking for a volunteer!	519-482-3416
Seaforth	Sally's Closet, Karen	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Walton	BarmyTech, Dorothy	519-887-9393
Zurich	Zurich Public Library	519-236-4965

August Suppliers: Farm Fresh Produce (Noah Stutzman), Kinloss Produce (Elmer Brubacher), Devlaemincks, the Miller Girls and Exeter Produce.



The Huron Good Food Box

September 2009

Newsletter



Updated Map a Must Have!

This fall's hot new item to be seen with is the new *Buy Local! Buy Fresh!* Map for Huron and Perth. Not only does the olive green cover colour conjure up feelings of health and well being for the owner, but having one in your hand tells the world you take your health to heart, support your community and are concerned about the sustainability of our rural culture.

As a regular consumer of local produce, you have received this must have item in your Good Food Box. If you would like more maps for your community group or organization, call the Huron County Health Unit at 519-482-3416 to get more.

Can you spot the differences?

Buy Local! Buy Fresh! 2nd Edition is set up the same way as your first cherished edition but there are several new elements.

The new map features a listing of some restaurants in Huron and Perth that celebrate local foods. The map also highlights local food celebrations.

The new edition has over 40 new producers and restaurants for you to discover!

Make it Your Own

This map doesn't feature every farm gate in Huron and Perth. Make it your own, and write in other producers in your area that are not on the map.

Plan a Route

Once you know your favourite spots, try planning a weekly route to pick up your produce, meat and eggs.

If there are places close to where you live, try creating a bike route to your local producer. It would be a great way to multi task by merging your grocery shopping time with physical activity time.

Create a Challenge

Everything you would need for a Thanksgiving dinner could be bought throughout Huron and Perth Counties. Go out to the farmer's gates and give it a try.



A healthy breakfast should contain at least 3 of the 4 recommended food groups such as a bowl of whole grain cereal with milk and fresh berries.

Here are recipes to help incorporate fresh veggies into your breakfast.

Baked Breakfast Frittata

Servings: 8 *Source © CanadianLiving.com*

1 cup (250 ml) chopped cooked broccoli* ½ cup (125 ml) milk
1 cup (250 ml) seasoned croutons ¼ tsp (1 ml) each salt and pepper
Half sweet red pepper, diced* ½ cup (125 ml) shredded Swiss or
8 eggs cheddar cheese
8 slices toasted whole wheat bread or pitas

*Lots of vegetables work great in frittata (like zucchini, spinach, tomatoes, etc.) so go ahead and experiment!

Try making your own croutons to lower the sodium (salt) content in this recipe.

Sprinkle broccoli, croutons and red pepper evenly over bottom of greased 8-inch (2 L) square metal cake pan. In bowl, whisk together eggs, milk, salt and pepper; pour over vegetable mixture. Sprinkle evenly with cheese. Bake in 350°F (180°C) oven for 30 minutes or until golden and knife inserted in centre comes out clean. Cut into 8 squares. Serve on toast.

Sweet Squash and Cranberry Muffins

Servings: 12 large or 24 mini muffins *Source www.jamieoliver.com*

2 ¼ cups (563 ml) all purpose flour ½ tsp (3 ml) salt
1 cup (250 ml) granulated sugar 1 cup squash, cooked, mashed
1 tsp (5 ml) ground cinnamon 1 egg, large, beaten
¼ tsp (1 ml) ground nutmeg ¾ cup (188 ml) vegetable oil
¼ tsp (1 ml) ground cloves ½ cup (125 ml) milk, skim or low fat
2 tsp (30 ml) baking soda 1 cup (250 ml) cranberries, fresh,
½ tsp (3 ml) baking powder coarsely chopped

Preheat oven to 375°F. Line muffin tins with paper liners or spray with non-stick cooking spray.

Whisk together all dry ingredients in a large bowl. In a smaller bowl, beat eggs, oil, milk and squash until combined. Add mixture to dry ingredients until just combined, do not over mix. Fold in cranberries. Fill muffin tins 1/2 to 2/3 full. Bake large muffins 17-20 minutes, mini muffins 15-17 minutes. Test for doneness by inserting a toothpick into the center of a muffin. If toothpick is clean when removed, the muffins are done. Cool on wire rack.

Sweet Potato Hash Browns

Servings: 4 *Source www.care2.com/greenliving*

2-3 Tbsp (30-45 ml) olive oil
½ cup (125 ml) onions, diced
1 garlic clove, minced

3 medium sweet potatoes, peeled and
grated coarsely
Salt and freshly-ground black pepper,
to taste

Heat the oil in a heavy-bottomed skillet and fry onions over medium high heat until beginning to soften, about 2 minutes. Add garlic and sweet potatoes, season to taste with salt and pepper, and cook 10 to 15 minutes, until potatoes are cooked through and crispy. Some folks stir the potatoes as they cook to keep them loose and separate, while others allow them to form a cake, which they flip halfway through cooking to ensure even browning. Both ways are good.

Call for Volunteers!

Good Food Box relies on volunteers to run month to month. We are looking for new site coordinators in **Hensall, Seaforth and Exeter** to volunteer at the pick up site. This involves being at the pick up site for the afternoon and taking orders. If you are interested or know someone who might be, please contact:

Janice Dunbar
519-482-3416 or
1-877-837-6143
jdunbar@huroncounty.ca

Without volunteers
these sites are
in jeopardy.

