

# GOOD FOOD BOX



## JUNE NEWSLETTER

### It's time to garden & enjoy some local foods!

Growing some of your own food can help your budget.

Talk to your children about planting seeds to grow your own vegetables.

Choose a sunny location in your yard, on a patio or balcony.

Tomatoes, lettuce and herbs such as basil, parsley and chives grow well in pots or containers.

**Gardening** offers family fun. In a garden you can be active, relax and spend time together.

Caring for plants helps develop responsibility. It builds self esteem when kids see what they can grow.

A garden can teach your child about new foods...kids are usually willing to taste what they grow!

No garden? Visit a community vegetable garden as a family.

There are opportunities to volunteer to help with weeding, watering and harvesting at community shared gardens.

The **Niagara Community Garden Network (NCGN)** is made up of interested residents and organizations from across Niagara who are making community gardening part of life. Community gardens are located in municipal parks, building rooftops, at senior's residences, school board properties, beside churches, and more.

**Contact:** [info@climateactionniagara.ca](mailto:info@climateactionniagara.ca)

or visit their website [www.climateactionniagara.ca](http://www.climateactionniagara.ca) for information and locations.

Visit a farmers market to discover many local vegetables and fruits. This month look for salad greens, spinach, local strawberries & cherries.

Take advantage of the local harvest to eat delicious, nutritious fruits and veggies every day.

This is also the time to start **freezing, home canning and preserving.**

With a little effort now, you will enjoy local foods later in the year!

Our local vegetables & fruits are frozen at the peak of freshness. You can find Ontario grown produce in the frozen section of our grocery stores year round.

## SUPPORTERS OF THE GOOD FOOD BOX



### Spinach

**Nutrition:** an excellent source of folic acid, Vitamins A & K; also a source of fiber, iron and Vitamin C

**Storage:** wrap and store in the refrigerator. It's best eaten as soon as possible after buying.

#### Preparing and Cooking:

Soak in a basin of cold water to remove sand and grit. Rinse well.

Dry on clean towel, bag and refrigerate.

Spinach is delicious in salads, soups, pasta and dips.

Stir-fry spinach in a nonstick skillet with a teaspoon of oil over medium heat.

Add minced garlic & cook 3-5 minutes.

Season with pepper, lemon juice or nutmeg.

You can add ½ cup of light ricotta cheese to serve as a vegetarian entrée.

Do you have questions about nutrition and healthy eating?

### EatRight Ontario

provides free nutrition advice from *Registered Dietitians*

Call toll free: 1-877-510-510-2

or visit [www.eatrightontario.ca](http://www.eatrightontario.ca)

## CONTACT INFO:

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# RECIPES

## Tips for healthier summer barbeques.....

Grill some vegetables - lightly brush with oil first.  
Try asparagus, slices of zucchini, onions, peppers or eggplant.  
Toss with balsamic vinegar, fresh or dried basil or oregano;  
season with pepper & salt to taste.  
Grilled vegetables with a sprinkle of cheese are delicious in a warmed bun or pita or place on top of a mixed green salad.

Serve smaller portions of meat & serve more side dishes.  
Try a protein packed bean salad:  
Mix a can of kidney, black beans or chick peas with steamed green or yellow beans. Add chopped peppers, onions or cherry tomatoes & your favorite vinaigrette dressing.

Reduce the fat in creamy potato or macaroni salads...replace ½ the mayonnaise with low fat plain yogurt. Try an oil & vinegar dressing for a change & add lots of garden vegetables for colour.

For a healthy dessert, grill peaches or nectarines. When soft & cooked, sprinkle with cinnamon. Serve with light vanilla ice cream or frozen yogurt.

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## Strawberries

Pick your own berries this month at a local farm.

**Nutrition:** an excellent source of Vitamin C & fiber

### Storage & preparation:

Remove any damaged berries as soon as possible. Trim damaged areas and use in sauces, ice creams or in baking where appearance doesn't matter.

Store berries in the refrigerator with hulls intact, unwashed, and lightly covered in a single layer. Use within three to six days. Just before serving, gently rinse under cold running water (avoid soaking because the strawberries will absorb water and lose flavour), gently pat dry with paper towels, and hull.

Freeze to enjoy later in the year: place in a single layer on a large tray or cookie sheet. Freeze until firm (about one hour), pack in freezer bags drawing off as much air as possible, and seal.

Try something different...thread strawberries onto wooden skewers. Brush with oil & sprinkle with pepper.  
Grill or broil for 2 - 3 minutes per side or until heated through.  
Serve with grilled chicken or pork.

*Info & recipe adapted from Foodland Ontario*

## Quick Spinach Salad

Makes 8 servings

You can also add croutons, chopped red or green onion, celery, mushrooms, kidney beans or chickpeas. Orange slices or cherry tomatoes can be substituted for the berries.

### Ingredients (salad)

500 g (1 lb) spinach  
50 mL (1/4 cup) crumbled light feta cheese or cubed skim-milk mozzarella cheese  
250 mL (1 cup) sliced fresh strawberries  
25 mL (2 tbsp) sunflower seeds or chopped nuts  
75 mL (1/3 cup) Everyday Vinaigrette

### Ingredients (Everyday Vinaigrette)

25 mL (2 tbsp) olive or canola oil  
25 mL (2 tbsp) fresh lemon juice or flavoured vinegar  
25 mL (2 tbsp) water  
1 small clove garlic, minced  
5 mL (1 tsp) Dijon mustard  
Pinch of salt and freshly ground pepper

### Directions:

Trim, wash & dry spinach. Tear into bite-size pieces to make about 2.5 L (10 cups) lightly packed.  
Place in salad bowl.

Add cheese, berries & sunflower seeds.

Pour dressing over and toss lightly. Serve.

Recipe adapted from Anne Lindsay's Lighthearted at Home 2010©

## Strawberry Angel Puff

Sauce: 2 cups (500 mL) strawberries

2 Tbsp (30 mL) sugar

1 Tbsp (15 mL) orange juice or orange liqueur

Puff: 3 egg whites & pinch of cream of tartar

3 Tbsp (45 mL) sugar

3 cups (750 mL) torn, bite-size pieces of angel cake

Slivered almonds

2-3 sliced strawberries

Sauce: mash or puree berries, sugar & orange juice.

Divide evenly into 8 oven proof serving dishes.

Puff: in a medium bowl, beat egg whites with cream of tartar until foamy. Gradually add sugar, beat until stiff peaks form. Fold in angel cake. Place over sauce in each serving dish. Sprinkle with almonds.

Cover with plastic & freeze until ready to bake.

Bake in oven at 425 °F (220°C) for 6-8 minutes or until golden brown. Let stand 3-4 minutes before serving. Garnish with sliced strawberries.