



Good Food Box

Big Picture

Food is connected to every major problem we face as a society – rising medical costs, poverty and hunger, declining farm incomes, the paving-over of farmland, wildlife protection, urban sprawl, youth unemployment, and communities at risk. These problems will only be solved when we connect the dots. (Food Connects Us All - Sustainable Local Food in Southern Ontario. February 2008. Metcalf Foundation.)

Thank you Maureen

of Bridges Community Health Centre - On behalf of the Good Food Box staff, volunteers and all the GFB newsletter readers, we would like to acknowledge the hard work and dedication that you have provided to our publication over the past years. The information and recipes that you composed each month have not only been tremendously beneficial to our customers but also, provided a professional representation of the Good Food Box throughout the Niagara region. Your insights regarding health and nutrition will be deeply missed by our readership however, your partnership with our GFB project will always be valued and we look forward to our evolving alliance in the future. Sincerely yours in Good Food for All, the Good Food Box

Gateway Residential & Community Support Services of Niagara

Freezing Vegetables

Much of the produce in the Good Food Box can be frozen to last until the end of the month or longer! Listed below are some guidelines for basic freezing.

Broccoli Choose tender young heads with no flowers and tender stalks. Wash well and divide into sprigs. Blanch 3 minutes in boiling water. Cool in iced water for 3 minutes. Drain. Spread on tray in single layer. Cover with plastic wrap to prevent the smell from permeating the freezer. Freeze 30 minutes. Pack in freezer bags; remove air, seal and label. *Keeps up to 6 months.

Cabbage Remove outer leaves and wash the remainder. Cut into thin wedges or shred. Blanch 1½ minutes if shredded or 2 minutes if cut into wedges. Chill in iced water 1-2 minutes. Drain well. Pack in freezer bags, label and seal. *Keeps up to 6 months.

The Good Food Box is a non-profit, produce buying project with the goal of helping everyone to include more fresh fruits and vegetables in their diet

Carrots Wash and scrub carrots and cut large carrots into pieces. Blanch 3 minutes in boiling water. Chill in iced water 3 minutes. Drain. Spread on a tray in a single

layer and freeze 30 minutes. Pack in freezer bags; remove air, label and seal. *Keeps up to 6 months.

Cucumber Peel and chop in food processor. Pack into plastic containers with tight fitting lids. Label and freeze. *Keeps up to 6 months.

Cauliflower Divide into florets and wash. Blanch for 3 minutes in boiling water. Chill in iced water for 3 minutes. Drain and place on a tray in a single layer. Cover with plastic wrap. Freeze for 30 minutes. Transfer to freezer bags; remove air, label and seal. *Keeps for 6 months.

Braised Root Vegetables

Root vegetables become tender and deeply flavored when cooked slowly in a bit of liquid. You can cook one kind or, better yet, a mixture of root vegetables for a hearty side dish or casual vegetarian main dish.

Scrub or peel root vegetables and cut into large bite-size pieces if necessary. Heat a heavy-bottomed pot over medium-high heat. Add oil and root vegetables, sprinkle with salt, and pour in 1/2 to 1 cup broth. Cover, reduce heat

to maintain a simmer, and cook until vegetables are tender and starting to brown, about 20 minutes. Add fresh herbs - rosemary, thyme, and parsley are good options - at the end for a bit of fresh flavor.

Eight quick tips for the kitchen

- Keep separate **cutting boards** for raw meat, poultry and seafood and a different one for ready-to-eat and cooked foods. Clean and sanitize cutting boards after each use. Plastic cutting boards can be easily cleaned in the dishwasher.
- Wash the lids of **canned foods** just before opening them to prevent dirt from getting into the food. Clean the can opener's blade after every use.
- Take **small appliances** apart (food processors, meat grinders and blenders) right after you use them, and clean and sanitize them thoroughly.
- Air dry **dishes and utensils** if you can, or dry them with clean kitchen towels. Wash and sanitize towels, sponges and cloths often to prevent bacteria from growing.
- Clean the **pantry** regularly, keeping food off the floor. Store food in sealed containers.
- Thoroughly wash and sanitize **containers and utensils** that were in contact with **raw food** before you reuse them.
- If you have an infection or cut on your hand, cover it with a bandage and then wear **disposable gloves** when preparing food. But remember: gloves pick up bacteria, too. Change gloves frequently and wash gloved hands as often as bare hands.
- Use a food thermometer to measure the internal temperature of your food.



Get off to a CLEAN start!

Cleaning Solution

Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labeled spray bottle. After cleaning, spray sanitizer on the surface/utensil and let stand briefly. Rinse with lots of clean water, and air dry (or use clean towels).

Thank you to the Niagara Prosperity Initiative



The Mobile Market is in Niagara Falls. Choose the fresh fruit and vegetables that you want and the amount that you need.

4900 Buckley Avenue

Portage Ave. Apartments

1st Wednesday of every month

Valley Way Apartments

1st Thursday of every month

Procedure

We come to your building!



Please bring your own produce bags

- ⇒ Check over our Fresh Produce and Price Board
 - ⇒ Jot down your order on the **Mobile Market Shopping List**
 - ⇒ Hand your list to a Mobile Market Team Members to be filled
 - ⇒ Pay the Mobile Market Team Cashier
- Enjoy our **Demonstration Cuisine** .

Good Food Box Sponsors



Gateway Residential & Community Support Services of Niagara
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Good Food Box
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 www.mygoodfoodbox.com



Newsletter Help!

Ideas, recipes, a desire to help with our Newsletter? Please, call the Good Food Box. We welcome your input.

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**Good Food
Box**

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S e r v i c e s o f N i a g a r a

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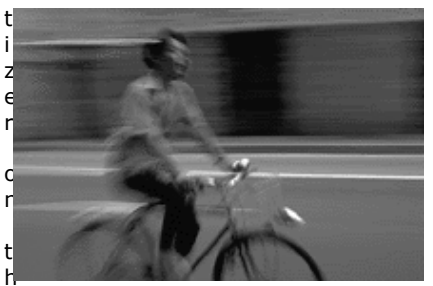
E-mail: goodfoodbox@gatewayofniagara.ca

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