

The Good Food Box Newsletter

Mobile Market Niagara

January 2013



Curried Squash Soup

Ingredients

- 2 medium onion
- 3 cloves garlic, finely chopped
- 2 carrots, peeled and chopped
- 1 large butternut squash, peeled, seeded and chopped
- 2 tbsp butter
- 1 tsp curry powder
- 1 tsp cumin
- 5 cups veggie broth
- Hot sauce (optional)
- Salt and pepper
- Cilantro and sour cream

In a large saucepan on medium heat, melt butter and sauté

onion, garlic, carrot and squash for about 5 minutes.

Stir in curry and cumin and cook another minute. Add

broth and bring to a boil. Reduce heat and simmer

until veggies are tender (about 20 minutes). Puree

until smooth. Stir in hot sauce and season to taste

with salt and pepper. Top with a little sour cream and cilantro.

Serves 4-6.

Freezing Vegetables

Potatoes

Scrub new potatoes. Cook in boiling water until almost done. Drain, cool, pack in freezer bags. Seal, label and freeze for up to 6 months.

Slice and deep fry 4 minutes. They should be tender but not browned. Drain and cool on paper towels. Place on a tray in a single layer and freeze 30 minutes. Pack in freezer bags, remove air, label and seal. Freeze up to 3 months.

Prepare mashed potatoes and freeze up to 3 months.

Sweet Potatoes

Peel and cut into pieces. Blanch 3 minutes in boiling water, chill in iced water 3 minutes. Drain and place on tray in a single layer. Freeze for 30 minutes. Transfer to freezer bags, remove air, label and seal. Keeps for 6 months.

Tomatoes

Wash, remove stems, cut into halves or quarters or leave whole. Dry and pack into freezer bags. Remove air, label and seal. Keeps 6 months.

Dip into boiling water 1 minute. Remove and peel. Place on a tray and freeze for 30 minutes. Place in plastic bags, remove air, seal and label. Keeps up to 6 months.

Simmer chopped tomatoes in a pan for 5 minutes or until soft. Push through a sieve or food mill to remove skins and seeds. Cool and pack in plastic containers, leaving headspace. Keeps 6 months.



Thank you to Niagara Community Foundation for funding our new Good Food Box Calendar Project. Our customers can look forward to our new calendar in May of 2013 with our delivery dates, recipes and fun food facts. The calendar will be created by our Good Food Box Volunteer Committee.

Designed by: **Tim Willick - Volunteer**

2013

Good Food Box Calendar

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| Notes: |
| Fort Erie, Port Colborne and Niagara Falls Delivery Dates |
| Welland and St. Catharines Delivery Dates |
| Mobile Market / Niagara Falls |
| Phone in orders |
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| January | | | | | | |
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| December | | | | | | |
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