

The Good Food Box Newsletter



The Good Food Box Mobile Market

Thanks to funding of the Niagara Prosperity Initiative, the Mobile Market has been established in Niagara Falls and is coming upon its one year anniversary. The experimental program was developed to provide access to healthy and affordable food in 'food deserts' where there is a lack of transportation. This initiative provides fresh fruits and vegetables in community rooms of apartment buildings and allows choice of purchasing produce in the amount and variety desired.



Microwave Smashed Potatoes

- 4 (6-ounce) baking potatoes, peeled and cut into 1-inch pieces
- 1/2 cup reduced-fat sour cream
- 1/2 cup 1% low-fat milk
- 2 tablespoons minced fresh chives
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch slit in center of plastic wrap. Microwave at HIGH 10 minutes. Let stand for 2 minutes. Add sour cream and remaining ingredients to bowl; mash with a potato masher.

SOUTHWEST VARIATION: Omit sour cream and chives; decrease milk to 2 tablespoons and salt to 1/4 teaspoon. Add 3/4 cup plain low-fat yogurt; 1 tablespoon chopped chipotle chile, canned in adobo sauce; and 1/4 teaspoon ground cumin. Yield: 4 servings (serving size: about 1 cup). CALORIES 206; FAT 1g (sat 0.6g); SODIUM 236mg

ROASTED GARLIC VARIATION: Note: You can find roasted garlic cloves at the salad bar in many grocery stores. Omit sour cream and chives; increase milk to 3/4 cup. Add 1/4 cup coarsely chopped roasted garlic cloves and 1 tablespoon chopped fresh sage. Yield: 4 servings (serving size: about 1 cup). CALORIES 223; FAT 2.9g (sat 0.7g); SODIUM 329mg



Citations

Blue Bird on an Apple Blossom by Mohawk College 2013

Designed by: **Tim Willick - Volunteer**



Vegetable Freezing Chart

Blanching time is in boiling water.
Unless otherwise noted, chilling time (in ice water) should be the same as blanching time.

Vegetable	Blanch/Chill Time	Preparation	Blanch/Chill Time
Broccoli		Remove leaves and tough ends. Cut through stalks lengthwise, leaving stems with 1" to 1- 1/2" diameter heads, or cut into pieces. Soak in salt water (2 tablespoons salt to 1 quart water) to remove any insects and larvae. Rinse with tap water and drain.	Pieces - 4 minutes Stems - 5 minutes
Carrots		Remove tops, peel, and wash. Cut into 1/4" thick slices.	3-1/2 minutes
Cauliflower		Remove leaves, trim and wash. Split into individual 1" to 1-1/2" pieces. Soak in salt water (2 tablespoons salt to 1 quart water) to remove any insects and larvae. Rinse with tap water and drain.	4 minutes



January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

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						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

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21	22	23	24	25	26	27
28	29	30	31			

August

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

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27	28	29	30	31		

November

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2013

Notes:

Good Food Box Calendar
Fort Erie, Fort Colborne and Niagara Falls Delivery Dates
Welland and St. Catharines Delivery Dates
Mobile Market/ Niagara Falls
1 Phone in orders

905-414-7883

