



The Good Food Box Newsletter

June 2013

Learning to Love New Leafy Greens!

As part of following Canada's Food Guide, a great place to start is to include at least one dark green vegetable per day.

June is a great month for fresh, local leafy greens in Ontario – and there are as many reasons to eat them as there are varieties to choose from!

While Iceberg lettuce is a popular choice for its 'crunch' factor, boost the nutrient-punch of your meals by giving some of these other delicious dark greens a try:



Swiss chard

With its stalks ranging in colour from light green to red, 1 cup of swiss chard provides you with a full day's worth of Vitamin K. An equal amount of sweet and bitter flavor makes its leaves great in salads- or try adding leaves and stalks to a stir fry to benefit from a tasty source of magnesium, potassium, and iron. Swiss chard keeps well in the refrigerator for up to 3 days.

Arugula

Bursting full of sharp flavor, these delicate leaves make it easy to add nutrition and peppery zest to any salad, pasta, tomato sauce, or even an omelet! Not quite sure about this green? Try arugula as a substitute for baby spinach in a familiar recipe or mixing it with romaine lettuce in a salad to introduce yourself to its new flavor.



Kale



While this green may look like a giant lettuce, it actually belongs to the same family as broccoli and brussel sprouts. 1 cup of raw kale provides over a full day's worth of both Vitamin C and Vitamin A, and it's firmer leaves allow it to stand up well to the heat of baking and stir frying. Kale can be kept in the fridge for up to 7 days.

Looking for a quick and delicious way to serve any leafy green?

- Try steaming until leaves are just bright green in colour, and top with 1 tsp of olive oil, fresh squeezed lemon, and pepper.
- Toss greens into a stir fry, soup, or sauce close to the end of the dish's cooking time- get creative with your own favourite flavor combinations (chili flakes, garlic, ginger, red wine vinegar, sesame seeds, and low-sodium soy sauce can be great pairings with greens!)

Nutrition Nibble: Did you know that raw greens will provide more vitamin C, but cooked greens provide the body with more vitamin A? Enjoy a variety of raw and cooked veggies each day to get a great mix of benefits!



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Breakfast Burrito (Serves 2)

Start the day off right with a boost of greens (yes- at breakfast!):

4 cups baby spinach or other leafy green of your choice, chopped

2 eggs

4 egg whites (or 1/2 cup egg white if using from carton)

1/4 teaspoon pepper or to taste

2 ounces (1/2 cup) shredded pepper jack cheese
or sharp cheddar cheese(under 20% m.f.)

2 whole-wheat tortillas

Hot sauce, garlic, dried or fresh herbs, or salt-free seasonings to personal taste (optional – get creative!)

Preparation

1. Heat a nonstick skillet over medium-high heat.
2. Add greens, pepper, and spices/seasonings of choice and cook, stirring, until wilted, 2 minutes.
3. Whisk together eggs and egg whites in a small bowl. Add eggs to skillet and cook, stirring, until cooked through, 3–4 minutes.
4. Place 1/2 of egg mixture in the center of each tortilla, and sprinkle with each with half of cheese.
5. Fold, burrito-style. Slice in half and serve or enjoy as a very portable breakfast-on-the-go.

Frugal Fundamentals

Save time and money

Make an extra large batch when making meals, with the fresh produce of the Good Food Box. Freeze the extra amount in a freezer container for later in the month.

Cooking days once a month are a great way to use the contents of the GFB and prepare many types of meals for future use. Most any kind of meal can be frozen.

July 2013

Su	Mo	Tu	We	Th	Fr	Sa
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Special thanks to our new partnering Dietician—April, of the Niagara Nurse Practitioner led, Community Health Centre, for our dietary information.

	Send in Orders
	Fort Erie and Port Colborne Deliveries
	Niagara Falls Niagara-On-The-Lake Deliveries
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