



# The Good Food Box Newsletter

## August 2013

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## Corn

### VARIETIES

There are a few different types of corn. Types such as Dent and Flint (also known as Indian) are used for livestock feed, processed foods, and industrial purposes. Flour Corn is used for baking because of its soft starch-filled kernel that is easy to grind. It can grow blue or yellow. Popcorn is a type of Flint corn that has a soft starchy centre surrounded by a hard exterior kernel shell. When the soft centre of the kernel is heated the water content turns to steam and causes it to explode out of its shell. This is the part that we enjoy snacking on.

The two popular types of corn that we buy at vegetable stands and the supermarket are Sweet and Peaches and Cream. Sweet corn has its sweet taste because its natural sugar level is 10% as opposed to other types that have only 4%. It's mostly eaten from the cob, but you can also freeze or can it for future servings. It's best eaten fresh because almost half of its sugar gets converted to starch just 24 hours after it's picked. Peaches and Cream is a hybrid of two subtypes of Sweet Corn. Their cobs have kernels that are randomly yellow or an off-white shade of yellow. The two colours have their own unique taste since they have different sugar levels.

### Fun Facts



Corn is grown in every continent except for Antarctica.

One bushel of corn can sweeten more than 400 cans of Coca-Cola.

There are about 800 kernels in 16 rows on each ear of corn.



## Peaches



### VARIETIES

There more than 300 varieties of peaches grown in North America. However, the main thing is to determine whether they're white-fleshed or yellow-fleshed and if they're Clingstone or Freestone. The more common yellow-fleshed ones have higher level of acid which gives them a twang taste; whereas the white-flesh have a lower acidity level and are becoming more popular because of people wanting to have more balanced acid-alkaline (PH) diets.

The Clingstone types are softer, sweeter, and tastier than the Freestones, but their flesh tends to stick to their pits. They are commonly used for canning and baking. It's best to purchase them at the local farm markets since most supermarkets only carry the Freestones. Freestones can also be canned or baked, but are popular for eating out-of-hand since the inside flesh doesn't stick to their pits.

### Fun Facts

Peaches are an ideal snack since they can make you feel full and have only 35 -50 calories per peach.

They contain many vitamins (A/B/C), magnesium, phosphorus, calcium and potassium. They're good for the digestive system, heart, muscles and bones.

The ancient Romans thought that the peach originated from Persia and called it the Persian Apple.



In Ontario, the fresh corn and peach season usually starts In early August and end in early September. The start and end time can vary up to two weeks, depending on what type temperatures and amounts of rain that we receive during the late spring and summer.



### Johnny Corncake



- 2 cups of cornmeal mix
- 2 eggs
- 1 cup of milk
- 1 cup of brown sugar
- 1 cup of plain flour\*
- 1 cup of olive or corn oil
- 1 tsp of baking powder
- 1 tsp of salt
- For more taste, a cup of fresh corn kernels can be added.

#### Preparation

1. Beat the eggs in a stirring bowl.
2. Add the milk and olive oil and stir until well mixed.
3. Add the remaining ingredients and stir well.
4. Transfer the mixed contents to a cake pan.
5. Preheat the oven to 375. Bake for 45 minutes or until the top has turned golden.

\* corn starch flour could be substituted for the regular flour for a gluten-free version. An extra egg should be added to prevent a lot of crumbs.

### Peach Smoothie (serves 4)

- 2 cups milk
- 2 cups frozen unsweetened sliced peaches
- 1/4 cup orange juice concentrate
- 2 tablespoons sugar
- 5 ice cubes



In a blender, combine all ingredients; cover and process until smooth. Serve in chilled glasses.

## Frugal Fundamentals

### Shorten Your Back-to-School Shopping List

You can reduce your back-to-school shopping expense by sprucing up last year's school clothes and supplies. Some ways are: altering the length on pants, removing old stains, cleaning the old backpack and reusing last year's binders and duo tangs after removing last year's notes.

### Regrow Your Produce

There are a few vegetables and fruit that are easy to reproduce in a backyard garden. Potato eyes can be sliced off and planted. Squash, pumpkin seeds can be dried and planted in a garden. When you buy peas you can set a few aside and plant them in a garden or hanging basket.

### September

| S  | M  | T  | W  | T  | F  | S  |                              |
|----|----|----|----|----|----|----|------------------------------|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | -Fort Erie and Port Colborne |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 | -Niagara Falls and NOTL      |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | -Welland and St. Catharines  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | -Order Dates                 |
| 29 | 30 |    |    |    |    |    |                              |