



# The Good Food Box Newsletter

## September 2013

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## Apples



### VARIETIES

There are more than 7,500 known varieties of apples. The most common types for eating are Red Delicious, Golden Delicious (which also makes good sauce) and Honey Crisps. The common types for baking and freezing are McIntosh, Golden Delicious and Honey Crisp.

### Fun Facts

The apple is the most widely grown tree-fruit, which has been grown for thousands of years and originates from an area between the Black and Caspian Seas.

Apples are a member of the rose family.

It takes the energy from 50 leaves to produce one apple.

Apples can float since 25% of their volume is air, which makes it fun for apple bobbing.

## Blueberries



### VARIETIES

There are many species of blueberries that are divided into a few main groups, which are the High Bush variety and the Low Bush type. Some of their leaves are deciduous while others are evergreen in nature. They're mostly grown in different parts of Canada and the U.S.A. and an area of Poland and the southern part of the Baltic States where there's a high crop yield. They are also grown in a few parts of southern Europe, Turkey, Japan, and South Korea.

Blueberries can be eaten by hand or baked in a pie. They provide a new taste when they're combined with other sweet fruits such as apples or peaches.

### Fun Facts

The First Nation people of America introduced blueberries to the early European settlers as an alternative food source during famine times.

Blueberries were used by the Shaker religion group as one of the main ingredients for making blue exterior house paint.

The most popular muffin is the Blueberry Muffin.

Blueberries contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's.

They are the official berry of Nova Scotia as well as the federal berry of Canada.



Citations  
*Blue Bird on an Apple Blossom* by



### Blueberry Nectarine Salad



- 1/4 cup (50 mL) granulated\_sugar
- 1 tsp (5 mL) grated lemon rind
- 6 nectarines or peaches (or combination), cut\_into 3/4-inch (2 cm) cubes
- 3/4 cup (175 mL) blueberries
- 1 tbsp (15 mL) lemon juice
- 1/2 tsp (2 mL) minced gingerroot
- 3 large basil leaves, chopped .

#### Preparation

1. In microwaveable bowl, microwave sugar, lemon rind and 1 cup (250 mL) water at high for 30 seconds.
2. Whisk until sugar is dissolved.
3. Let cool. Add nectarines, blueberries, lemon juice, ginger and basil; toss to combine.

Serves 4 -6.

### Apple Blueberry Smoothie

- 1 cup apple, peeled, chopped
- 1 cup vanilla yogurt
- 1/2 cup milk
- 1/2 cup blueberries
- 4 -5 ice cubes
- sugar (optional)
- 1 cup oatmeal (optional)



Place all ingredients in blender and blend until smooth. Serve in a summery glass with a straw and garnished with a fresh berry or thin apple slice. Enjoy!

## Frugal Fundamentals

### Make Use of Your Free Library Card

Use your library card to borrow books, movies and magazines. Most libraries will send out request for materials that they don't have. Besides saving on buying books and magazines that stack up after awhile, you can also save on movie rentals as well.

### Make Your Own Laundry Soap

Making your own laundry soap will save you lots of money and it more eco-friendly. All you need is non-abrasive everyday- soap, hot water and a pop bottle to store it in. There are many websites that show instructions and more information.

October						
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20	21	22	23	24	25	26
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- -Fort Erie and Port Colborne
- -Niagara Falls and NOTL
- -Welland and St. Catharines
- -Order Dates