

Match the veggie or fruit with where it grows.

- | | |
|------------------|---------------|
| Carrots | |
| Lettuce | VINE |
| Currants | |
| Corn | TREE |
| Peaches | |
| Onions | BUSH |
| Grapes | |
| Tomatoes | ON THE GROUND |
| Broccoli | |
| Raspberries | UNDERGROUND |
| Apricot | |
| Brussels sprouts | STALK |
| Zucchini | |

ANSWERS
 -VINE: grapes, zucchini, tomatoes
 TREE: peaches, apricots
 BUSH: currants, raspberries
 ON THE GROUND: lettuce, broccoli
 UNDERGROUND: onions, carrots

THE GOOD FOOD NEWS

Volunteers working together in a spirit of good will and co-operation to help provide affordable, nutritious, high quality fruits and vegetables to improve the overall health of the members in our community in North Leeds.

NUTRITION FACTS AND TIPS

Why eat MORE fruits and veggies?
Here are the top 10 reasons:

- 10 **Colour and Texture.** They add colour, texture and appeal to your plate.
- 9 **Convenience.** Nutritious in any form—fresh, frozen, canned, dried and 100% juice, so they are ready when you are!
- 8 **Fibre.** They provide fibre that helps fill you up and keeps your digestive system happy.
- 7 **Low in Calories.** They are naturally low in calories.
- 6 **May Reduce Disease Risk.** Eating plenty of them may help reduce the risk of many diseases, including heart disease, high blood pressure, as well as some cancers.
- 5 **Vitamins and Minerals.** They are rich in vitamins and minerals that help you feel healthy and energized.
- 4 **Variety.** They are available in an almost infinite variety. There is always something new to try.
- 3 **Quick, Natural Snack.** They are nature's treat and easy to grab for a snack.
- 2 **Fun to Eat!** They can crunch, squirt, peel, and some grow right in your own back yard.
- 1 **Taste Great!**

Source: <http://www.fruitsandveggiesmorematters.org/>

ROYAL BURGUNDY BEANS

– the colour changing bean.

These beautiful purple beans turn green as you cook them! The deep colour comes from a natural substance or a pigment called anthocyanins, the same one that puts the purple, blue, or red hues in grapes, berries, etc.

When you cook these beans, the heat breaks down the purple pigment, and the green colour shows through. If you want to lessen colour change of a purple vegetable, soak it in vinegar or lemon juice before cooking, then minimize the cooking time.

Try it for yourself!

July 2010

Remember to bring bags or a cardboard box to the host site when picking up your good food box.

MONTHLY REMINDER CALENDAR

The delivery date is the 3rd TUESDAY OF THE MONTH

ORDER DAY

No good food box in August
(7th of the month)
Tuesday, September 7

PICK UP DAY

3rd Tuesday
September 21

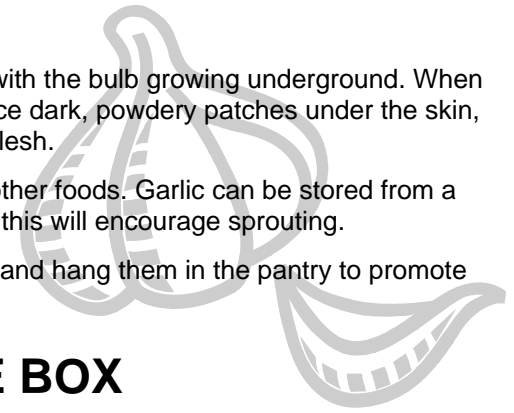
KID'S KORNER

HERE'S A KEEPER ...

Garlic is a cousin to onions, leeks, chives and shallots. It is a root vegetable, with the bulb growing underground. When buying garlic, choose bulbs that are firm to the touch, with no nicks. If you notice dark, powdery patches under the skin, pass it up since it is a sign of a common mould which will eventually spoil the flesh.

Store whole (unpeeled) bulbs in an open container away from heat, light and other foods. Garlic can be stored from a few weeks to four months, depending on the conditions. Do not refrigerate, as this will encourage sprouting.

An Interesting Idea: store garlic, as well as onions and potatoes, in pantyhose and hang them in the pantry to promote good air circulation and keep them from rotting.

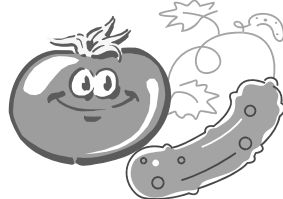


COOKING OUT OF THE BOX

MARINATED TOMATO AND CUCUMBER SALAD

INGREDIENTS:

- 4 large tomatoes, cut into wedges
- 2 cucumbers, peeled and cubed
- 1 large sweet onion, peeled and sliced
- 1/3 cup olive or canola oil
- 1/4 cup cider vinegar
- 2 tsp sugar (optional)
- 1/2 tsp salt (optional)
- 1/8 tsp oregano



DIRECTIONS:

Put prepared vegetables in a large salad bowl. In a smaller bowl combine remaining ingredients with wire whip until salt and sugar dissolve. Pour dressing over vegetables and let stand in refrigerator about 1 hour before serving for best flavour.

Nutrition Information:

Calories 118kcal, Pro 1.5g, Fat: 9g, Carbs 9g, Fibre 2g

WANTED!

Your favourite recipes for Cooking Out of the Box.

Please submit them to your host site



Royal burgundy beans came from Miller's Bay Farm 65 Rideau Ferry Road Lombardy ON 613-283-0205

Have fun learning about fruits and vegetables. Check out this fun web page ... it's full of activities and games that the whole family will enjoy: www.freshforkids.com

BLUEBERRY FLAN

Preheat oven to 425°F.

9-inch flan pan with removable bottom

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/4 cup soft margarine
- 2 egg whites
- 1/4 tsp almond extract

FILLING:

- 3 cups fresh blueberries
- 1/3 cup granulated sugar
- 1 tbs all-purpose flour
- 1 tbs lemon juice
- 2 tsp ground cinnamon

DIRECTIONS: In a bowl, combine flour, sugar and baking powder; stir in margarine, egg whites and almond extract to form dough. Press into 9-inch flan pan with removable bottom. Freeze for 15 minutes.

Filling: In a bowl, mix together blueberries, sugar, flour, lemon juice and cinnamon; pour over crust. Bake in preheated oven for 15 minutes. Reduce temperature to 350°F; bake for 20 to 25 minutes longer. Cool on rack. Refrigerate for at least 1 hour before serving.

Nutrition Information:

Calories kcal233, Pro 4g, Fat 6g, Carbs 42g, Fibre 2g