

Good Food News



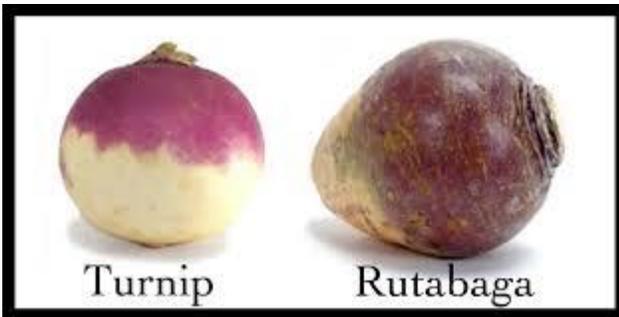
December 2014 Foods of the Month, Roast Winter Vegetables

This month's box contains vegetables that are great roasted together all in one pan, to beat back the winter blues!

Ingredients: potatoes, carrots, rutabaga turnip, onions.

Optional extras: root ginger cut into matchsticks, maple syrup, turmeric, cumin, herbs, cloves of garlic, garlic salt.

Method: Chop all vegetables into thumb-sized pieces and place in a big roasting tray. Pour on a generous helping of oil. Mix the vegetables with your hands to cover all the cut surfaces with oil. Sprinkle on salt and pepper. Roast for about 30 minutes at 425F.



During cooking the vegetables caramelize which makes them taste sweet. Cooks with a sweet tooth might like to add maple syrup or honey for an even bigger hit!

Other winter vegetables that roast well include Parsnips, and Brussels sprouts

For those looking for healthier eating turmeric is a wise choice due to its special properties, some of which are listed here.

Turmeric has antioxidant, anti-tumor and anti-inflammatory activity.

It stimulates bile production in the liver.

It improves the ability of liver enzymes to detoxify; relieves intestinal gas.

It is cleansing to the blood and skin.

It may be helpful in treating epilepsy and arthritis.

It has a cooling effect and breaks up stagnation in the liver.

Curcumin, the main active ingredient in turmeric, is thought to prevent the formation of a blood supply to cancerous tumors so that they aren't able to grow.

Curcumin is helpful in protecting breast cells from the effects of cancer-inducing pesticides such as chlordane and endosulfan.

Have one teaspoon of turmeric powder daily, or supplement with curcumin.

A great way to make a one pan meal is put the chopped vegetables on the bottom of the pan and a cut of meat on top. Beef, lamb and chicken all work well, so would ham or goat, it is hard to go wrong.

Giving/sharing is good for you.

As a purchaser of Good Food Box you already know good value when you see it.

You wouldn't be a customer if this were not the case.

Every purchase of a box helps to support the Good Food Box program and helps us live our motto "food for health, food for all".

December, "the month of consumption", has seen our first GFB sponsor who bought a box for her own family and paid for two more to give others, a very generous gesture! The holiday season is characteristically when such gestures of goodwill are made but in fact the need is greater during the rest of the year when the fairy lights are turned off. Many reports have shown that there is no shortage of food in Canada, but there is a shortage of money to pay for it. If you know someone in your circle who might benefit from a box of healthy fruit and vegetables at a bargain price maybe you would like to do the same thing in future months.

The Good Food Box runs year-round, once a month, with small boxes costing \$10 and large \$15. Last summer we ran an experimental program where we paired up with a local farm to supply a "premium" local box for \$20. From July to November this represented excellent value not only due to the huge amount of fresh produce in the box, but also the advantages of local buying such as keeping your neighbours employed and the reduction of food miles and emissions. It was significantly more work for the volunteer packers, but reckoned to be worth it. Next year's **Local** program will start in June or July, depending on the growing conditions.

New box pick up location in Newmarket

YRFN is based in Aurora but has a satellite location in Newmarket on Main Street at Davis known as upStream where we grow aquaponic salad crops year-round.

Starting in January 2015 we will be able to offer upStream as pick-up location for Good Food Boxes from 2:00pm to 5:00 pm on the third Thursday of each month. Boxes can also be ordered and paid for at upStream.

upStream is run as a social enterprise and, like the Good Food Box, every bag of salad generates income to benefit YRFN programs.

Aquaponics is a form of **urban agriculture** which is becoming fashionable in cities where fresh, local, organic produce is welcomed.

The system is run indoors and operates year-round, so fresh salad is available in winter, eliminating the need to import from California or Mexico.

upStream is presently growing kale, chard, pak choi and a variety of lettuces. These are very tasty and available for sale now.

Dates to Remember

Please make sure to order and pay for your boxes by January 5

January 15. Good Food Box pickup Aurora/Newmarket