

# York Region Food Network

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## Good Food News



### December 2013

### Foods of the Month –

### Mixed Root vegetables

As usual the Good Food Box is filled with hearty fruit and vegetables at an unbeatable price. The number of people buying boxes is rising as more people find out about what great value they are. This is good news for us and for the producers of the vegetables. The more people who buy boxes, the lower the price can be and/or the greater the range of vegetables that can be included.

The famous environmental activist Wendell Berry once said that **eating is an agricultural act** by which he meant that by buying local food from local vendors you keep your neighbours in work – and maybe they will buy from you and keep you going as well! Together we are strong.

A similar theme is that of **Slow Food** which is exactly the opposite of fast food. Consider this list. Slow food is;

*family oriented, not individual; local, not from the other side of the globe; home cooked, not industrial; natural, not heavily processed; vegetable based, not meat based; relaxing, not rushed.*

And that is how we hope the box and these recipes will be received. With a bit of luck the recipes should give some of the feel-good factor that comes from a job well done.

In the past we would choose hot and hearty meals to help deal with the winter blues. Nowadays with powerful home heating systems we can wear t-shirts all year! Why not trick the part of you that has the blues by making some winter salads? With winter veg the whole is always more than the sum of the parts.

#### Dates to Remember

##### January 5

Good Food Box payment due.

##### January 16

Good Food Box pickup.

If you have recipes, tips or comments you would like to pass on to other GFB customers why not e-mail them to [davidl@yrfn.ca](mailto:davidl@yrfn.ca)? It would sure make writing this a lot easier!

**Food for thought.** The food industry pays little attention to health and the health industry pays little attention to food. We can take matters into our own hands when we eat local food slowly!

## **Carrot and Apple Salad**

Shred equal amounts of apple and carrot, mix in some chopped walnuts, dress with a vinaigrette of olive oil and balsamic vinegar.

## **Beet Salad with Goat Cheese**



Ingredients; beets, walnuts, orange juice concentrate, balsamic vinegar, olive oil, maple syrup, salad leaves, goat's cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, and cook for 20-30 minutes, until tender. Drain and cool, then cut into cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together some orange juice concentrate, balsamic vinegar and olive oil to make the dressing, to your taste.

Place a large helping of baby greens/spinach leaves onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

## **Johanssen's Temptation.**

Here is a real winter-warmer from Sweden. It can be a meal on its own or it can accompany another dish. There are very few ingredients and no set amounts for them. As a rough guide, one tin of anchovies will flavour about two pounds of potatoes. The salt from the fish flavours the potatoes beautifully, no extra salt is needed. It is recommended to top with breadcrumbs and cheese because this produces a more attractive dish, and Johanssen was quite particular!

Ingredients; potatoes, onions, cream, anchovies, breadcrumbs, butter, optional grated cheese.

Preheat the oven to approx. 350-400F. Butter an ovenproof dish. Sweat the chopped onion until translucent. Slice the potato. Thin cook quick, thicker takes longer!

Make layers of potato, onion and anchovy. Pour on the cream.

Top with breadcrumbs (and cheese)

Bake for approx. 35 to 40 minutes until golden brown and smelling delicious.