



# Good Food News

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## Thank you, Good Food Box

Dear Good Food Box,

I watched a video a few days ago of my daughter when she was two as we coached her how to say "Coca Cola", a feat she could only approximate with "Caca Lola", while she ate her lunch. It made me realise how much I owe the Good Food Box, and how far I've come in the six years since then.

Thank you that both of my children are healthy and happy and love snacks like carrots and apples and to sit down to a meal full of fresh vegetables flavoured by a variety of cultural influences that we've been exposed to through you. I love the recipes that come with the box, and I've learned that I can cook everything you send me, something I thought was pretty impossible at first.

I came to the Good Food Box six years ago when a neighbour gave me a 'real' strawberry from one of their spring boxes, and I was struck at how it tasted just like strawberries used to when I was a kid. I'd thought my taste buds had just got old. I was hooked. I got my local co-ordinator Barry to order me up a box too. At first, Barry had to call me two or sometimes three times to come and pick up my boxes, I just didn't get what the rush was. I'd always forget and have to ask him for bags, and was privately a little annoyed that I couldn't just take the box and bring it back next time. Thank you, Barry, for being so patient with me, and gently explaining your thoughts about the boxes and how the system all worked.

I became a convert. I told everyone about it. Eventually I got so many people interested that I got five neighbours together and became a co-ordinator myself. By this time I had two kids, aged two and four, and we were able to get through a Large Organic box every two weeks. This surprised me a lot. I was throwing out less food than I had before, and I started to understand apples with blemishes and how good real green beans are. I was surprised too, at the visible difference I was seeing when I lifted the lid on my Food Box and the supposedly stocked "organic" section at the supermarket. The supermarket 'organic' section had carrots, onions, sometimes some peppers, and maybe broccoli. The Food Box was a riot of pears and peppers and squash and tomatoes of every shape and colour, not to mention fresh garlic that tasted like candy, five different kinds of eggplant, and something called sunchokes. Broccoli and cauliflower in season, cabbages and strawberries and the

incredible rawly edible asparagus all appeared in their own time to bless the seasons. I was such a zealot that a friend took me to Karma Co-op, and I joined up immediately.

I started to get a conventional box along with my Large Organic, and in order to use up extra plums when I got a basket of them in each of my boxes one year, I learned how to make jam. Indescribable satisfaction followed as I gave out home-made rhubarb jam, plum jam, and an invention of my own, Kiwi Mango or Kwango jam for Christmas that year. The next year I got peaches from my neighbour's tree, and pears from another, and now know the abiding satisfaction of going to the pantry shelf to dust my creations and check the seals, making sure all is in order as I gloat just a little.

You made me a homemaker, Good Food Box. Now, I rarely go to the supermarket. If you'd told me I would live like this six years ago, I would have thought you mad. Now, I think I was mad when I ate only frozen, canned or pre-prepped food. I can't imagine feeding children that stuff. The lunch my then two-year-old was eating in the video I mentioned was pre-packaged noodles with tartrazine, a known carcinogen, and MSG. I knew then I didn't want to feed her those things, but I didn't believe I could avoid it. The Good Food Box patiently showed me, every two weeks that I have choices. Thank you to all the volunteers and to everyone who works in the offices. You've made a huge difference in so many lives, and we're truly grateful. Best of the Holiday Season to you, and Happy New Year.

--Roscoe Hanford, Good Food Box Co-ordinator

**We always love to get letters from our Good Food Box customers and co-ordinators. If you would like to tell us how the Good Food Box has impacted your life, please send us your stories and thoughts. You can write or email Laura at [info@foodshare.net](mailto:info@foodshare.net) and you may even see your name in print someday!**

Finally, this will be my last newsletter for a while. I am off on an extended vacation to Argentina and am happy to pass on the newsletter to Laura Berman, FoodShare's Communications expert. I know Laura is very excited to search for your weekly recipes and write you the news! Look out for some recipes from South America that I'll pass on to Laura when I get back! -- Lynn



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**Food Share**  

Working with communities to improve access to affordable and healthy food — from field to table

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# Recipes

## Spinach and Roasted Beet Salad

### with Ginger Vinaigrette

- 4 medium beets, trimmed
- 3 tablespoons rice vinegar
- 2 tablespoons vegetable oil
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons minced peeled fresh ginger
- 1/2 medium red onion, thinly sliced
- 8 cups fresh spinach leaves (about 8 ounces), trimmed

Preheat oven to 450°F. Wrap beets in foil. Roast until beets are tender when pierced with skewer, about 1 hour 15 minutes. Cool beets slightly. Peel beets; cut into wedges. Place in medium bowl. Whisk vinegar, oil, soy sauce and ginger in small bowl to blend well. Season vinaigrette to taste with salt and pepper. Add red onion and half of vinaigrette to beets and toss to blend. Place spinach in large bowl. Drizzle remaining vinaigrette over; toss to coat. Arrange beet mixture atop spinach.

*Makes 4 servings.*

*Bon Appétit, Cooking for Health, April 2000*

## Kabocha Spinach Soup

- 1 medium-sized kabocha squash, washed, seeds removed and cut into 1-inch chunks (any squash will work as well)
- 1 large onion, chopped
- 8 small cloves of garlic, peeled and left whole
- 4 cups water or vegetable stock
- 2 cups packed baby spinach leaves
- sea salt and pepper, to taste
- sour cream, grated mozzarella cheese, or crumbled feta cheese for garnish (all optional)

Bring squash, onion, and garlic to a boil in 4 cups of water or stock. Simmer at a low boil until squash is completely soft, about 15 minutes. Mash the squash, onion, and garlic with a potato masher in the soup pot. Add the spinach and cook for just a couple more minutes. Season to taste with sea salt and pepper. Garnish with sour cream, mozzarella cheese, or crumbled feta.

*Serves 4*

*From: Whole Foods Market website*

## Wilted Spinach with Lemon and Pine Nuts

- 1 large bunch of spinach, about 12 cups leaves
- 1 tablespoon organic extra virgin olive oil
- 1-2 garlic cloves, finely chopped
- 2 teaspoon fresh lemon juice
- salt and pepper - to taste
- 1 tablespoon pine nuts, toasted

Sort through spinach, discarding the stems and bruised or yellow leaves. Wash spinach in plenty of cold water; if it's sandy, wash a second time, then spin dry. Heat the oil in a large sauté pan over medium-high heat. Add the garlic and lemon juice and sauté for 1 minute. Turn the heat to high and add the spinach, 1/4 teaspoon salt and a few pinches of pepper. Wilt the spinach, tossing with tongs to coat the leaves with the hot oil and garlic. (The water left on the leaves after washing will help it to wilt quickly.) Toss in the pine nuts and add salt and pepper to taste. Serve immediately. *Serves 4, From: Whole Foods Market website*

## Featured this week...

### Spinach

Have you ever wondered why Popeye was addicted to spinach? Well, it has something to do with the fact that this "power packed" vegetable is a rich source of iron as well as vitamins A and C. One cup of cooked spinach contains 147% of the Recommended Daily Intake of vitamin A. Spinach is high in calcium, vitamin E and B6. The beta-carotene and vitamin C found in spinach are two powerful antioxidants that may help prevent heart disease and cancer. Although spinach is brimming with iron and calcium, our bodies can't absorb them well due to the high levels of oxalic acid found in spinach, which blocks their absorption. It's this same oxalic acid that gives spinach its slightly bitter taste, which is prized by some while others find it off-putting.

Spinach has dark green leaves that are either curled or smooth depending on the variety. Be sure to wash spinach really well or you'll taste the grit. Fresh spinach is available all year round, and in the middle of winter, when you're craving the dark green vegetables, you can always be sure to find spinach. Spinach is a versatile veggie that can be eaten raw in a salad or cooked in soup or wilted slightly as part of a meat or egg dish. A la Florentine refers to dishes (usually of eggs or fish) that are presented on a bed of spinach and topped with a type of creamy sauce such as Hollandaise. We encourage you to try using spinach as a side dish, mixed in with pasta or in soup or just on its own with a squirt of lemon and salt. It's delicious and good for you!

## Spinach and Apple Salad with Crispy Almonds

- 1/4 cup minced onion
- 3 tablespoons apple cider vinegar
- 3 tablespoons white wine vinegar
- 2 tablespoons sesame seeds
- 1/4 teaspoon paprika
- 3 tablespoons sugar
- 1/2 cup olive oil
- 2 tablespoons butter
- 3/4 cup blanched slivered almonds (about 3 ounces)
- 1 10-ounce bag ready-to-use spinach leaves
- 2 medium-size red-skinned apples, quartered, cored, thinly sliced

Combine onion, cider vinegar, white wine vinegar, sesame seeds and paprika in small bowl. Mix in 2 tablespoons sugar. Gradually whisk in olive oil. Season dressing to taste with salt and pepper. Melt butter in heavy large skillet over medium heat. Add almonds. Stir until almonds begin to color, about 2 minutes. Sprinkle remaining 1 tablespoon sugar over. Stir until sugar melts and begins to turn golden, about 2 minutes longer. Transfer almonds to bowl and cool. (Dressing and almonds can be prepared 4 hours ahead. Cover separately and let stand at room temperature.) Combine spinach and apples in large bowl. Toss with enough dressing to coat. Mix in almonds. Serve salad, passing any remaining dressing separately. *Bon Appétit, June 1997*

## Deliveries

For the week of Jan 24, Coordinator orders are due by 5 p.m. on Tuesday Jan 17.

For the week of Jan 31, Coordinator orders are due by 5 p.m. on Tuesday Jan 24.