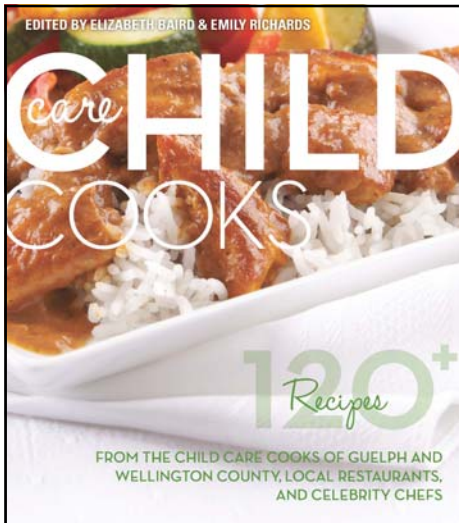


fresh ideas

Launch of a new cookbook ...



CHILD CARE COOKS was created by child care cooks of Guelph and Wellington County, local restaurants and celebrity chefs.

The recipes in this community cookbook are written in clear language with easy-to-follow steps using affordable supermarket available ingredients for child care and home kitchens.

You can purchase a cookbook for \$20.00 at any child care program in Guelph or Wellington County or the Ontario Early Years Centre at Stone Road Mall and downtown locations.

PROCEEDS go towards Guelph Community Health Centre Quality Child Care Initiative Programming

SPONSORS



FOR MORE INFORMATION

Paola Hohenadel
QCCI Coordinator
phohenadel@guelphchc.ca
519-821-6638 # 201



Empire Apples

Tigchelaar Apples & Berries, Puslinch

Goldrush Russet Potatoes

Smoyd Potato Farm, Fergus

Leaf Lettuce and Tomatoes

Floralane Produce, Elmira

Rhubarb and Collard Greens

Deerfield's Farm, Erin

Ontario Items

Onions, carrots, red peppers and mushrooms
Kenny's Produce, Rockwood

Mark your CALENDAR!

► Visit the NEW weekly Victory Farmers' Market!

Starting Wed July 6 from 3 - 7 pm

Come by and enjoy shopping for fresh food at the Victory Public School playground opposite Exhibition Park.

► Saturday Gardening Workshops April 30 to August 13

Guelph Centre for Urban Organic Farming at the University of Guelph
INFO: gcuof.wordpress.com/2011-workshops

► Fall Wellington Rural Romp Saturday September 24

Visit some of the more than 20 regional farms and markets that grow our local food. Talk to your farmers and discover how your food is grown and harvested.

► Visit the "Our Events" page at Guelph WellingtonLocalFood.ca

Guelph Wellington **local food fest** 6th Annual

A Bountiful Celebration of Local Food!

- Workshops
- Cooking theatre
- Guided tours and tractor rides
- Farmers and exhibitors' marketplace
- U-Pick strawberries
- Entertainment, children's activities and much more...

Suggested donation:
\$2 & ↑, kids free

Take the FREE shuttle to the fest! See website for details.

Guide dogs only.

SUNDAY, JUNE 26 2011
11AM-5PM
IGNATIUS JESUIT CENTRE

Bring shopping baskets, chairs and blankets!

taste-real FROM THE GROUND UP

Guelph CHC growing healthy together

A Place of Peace

guelphwellingtonlocalfood.ca

A free shuttle bus will be circulating between Guelph Community Health Centre, Shelldale Centre and other pick-up points in the city up to Ignatius Jesuit Centre.

Check out the Guelph Wellington Local Food web site for more details.



Next month's orders DUE: Fri July 08

DELIVERY: Wed July 20

When you buy the Garden Fresh Box ... you SUPPORT LOCAL FARMERS



“ASK Allison”

Q

What is the best way to prepare hard-boiled eggs?

A

To cook a hard-boiled egg, start eggs in pot with cold water. Place pot on stove over high heat. Watch closely. As soon as water boils, reduce heat to medium so water is simmering (small constant bubbles) for 8 minutes.

WHEN YOU HAVE QUESTIONS or concerns about preparing food, forward them to me by ...

PHONE 519.821.6638 X344 or
EMAIL gfbbox@guelphchc.ca

I look forward to hearing from you and including cooking information in upcoming newsletters.

Chef Allison

P.S.

With regards to the survey we mentioned in the May newsletter, please note customers from 4 host sites will be asked to complete a short survey when they pick up their boxes in July. Other sites will be asked in the following months.

THANK YOU!

Your participation is greatly appreciated.



FUNDING for Garden Fresh Box provided by the Corporation of the County of Wellington and the Guelph Community Health Centre.

For more **INFORMATION**, contact Allison Mitchell, Coordinator
519.821.6638 X344 or
gfbbox@guelphchc.ca

Collard Greens

Adapted from epicurious.com and the foodnetwork.com

Many people in Ontario aren't familiar with collards. Try this tender variety and enjoy them for more than their amazing health benefits and nutrients.

Collards are extremely high in antioxidants, cleansing properties, fibre and protein, vitamins A, C, E, K and calcium, as well as boasting cardiovascular and cancer prevention properties.

INGREDIENTS

- 1 bunch collard greens
- 4 medium potatoes – washed, diced and boiled in salted water for 20 minutes
- 3 slices bacon (optional), cut into ½ inch pieces
- 1 med onion, diced
- 2 garlic cloves, minced
- ½ chili pepper, finely chopped (optional)
- 1 Tbsp unsalted butter
- 3 Tbsp olive oil
- 1 tsp fresh lemon juice, or to taste
- Salt and fresh pepper to taste

PREPARATION

1. Wash collards, remove and discard thick stems and center ribs. Cut leaves into 1-inch pieces. Cook collards in boiling water for 15 minutes and drain.
2. In a large, heavy frying pan, over medium heat, fry bacon until golden. Add onion, chili and garlic and cook until onions are softened.
3. Add potatoes, olive oil, butter, collards and salt and pepper and sauté, stirring every few minutes, until potatoes are browned lightly and heated through (about 15 minutes).
4. Drizzle with lemon juice and toss well.
5. Taste and adjust seasoning.

Rudy's Garlic Scape Pesto

Adapted from allrecipes.com

Garlic scapes, the curled flower from the top of a garlic plant, are abundant at farmers markets and CSAs in spring.

They make an easy, fragrant pesto that can be spread on bread or crackers, put on pasta and in scrambled eggs, used with fish and as a substitute for garlic, onion, or scallions.

Add it to sandwiches, pasta, lamb, and fish dishes.

It tastes great blended with mayo or mixed with more oil and lemon juice as a salad dressing.

To date, we've been unable to include them in the GFB due to the cold spring weather ... but in case of short availability between June and July, watch for them at the farmers' market and give them a try.

RECIPE YIELD: about 1 1/2 a cup

INGREDIENTS

- 6 garlic scapes, chopped
- 1/2 cup Parmesan cheese
- 1/2 cup freshly grated Asiago cheese
- 1 tablespoon fresh lemon juice
- 1/4 cup pine nuts (optional)
- 3/4 cup extra-virgin olive oil
- Salt and pepper to taste

PREPARATION

1. Blend all ingredients together in a food processor until smooth.
2. Taste and season with salt and pepper.
3. Enjoy!



For **INFORMATION** about the development of the **NEW** ...

Guelph-Wellington Food Co-op

GuelphFoodCoop.BlogSpot.com