

# fresh ideas

## Spring is on its way ...



We're finally starting to see green things poking up through the ground. Now is the time to think about getting healthier ... more active and eating better.

It's another month or two before outdoor crops arrive so this month we're featuring quinoa (keen-wah) which is healthy and versatile and can be prepared using lots of items from April's Garden Fresh Box.

Happy spring everyone!

## Thank you Wayne Bailey

We are delighted to announce that one of our dedicated volunteers for the Garden Fresh Box was recognized with the Joanne Bruce Memorial Award last week at the annual GCHC's Volunteer Recognition Event.

Wayne Bailey has been an active, reliable and valued volunteer with the Garden Fresh Program for about three years. He wanted to give something back to the community and thought his past experience working as Produce Manager for a family grocery business could be an asset to the program—and he was right!

Wayne has helped with sourcing items for the box from local farmers, confirming orders, suggesting ways to improve our efficiencies on packing day, helping to calculate truck capacities, planning the complex delivery route, counting and washing our packing boxes ... on and on. No task is too big or too small for Wayne to offer his help. He does it all and more, selflessly, with no expectations of compensation or reward. This is why he is deserving of this recognition.

Congratulations Wayne and thank you so much. You are truly wonderful!

## Nutrition and diet tips

ADD CINNAMON AND NUTMEG to mashed sweet potatoes and sprinkle cinnamon and honey on fresh apples. Cinnamon is good for stabilizing blood pressure and reducing inflammation.  
*Bernadette – Nutrition student, U of G*

MODERATION does not mean giving up foods you love, it only means having a smaller amount less often. It is not just what you eat, but *how often* and *how much*, that really makes the difference.  
*Shin Low, Dietician*



Garden Fresh Box  
**FARMERS**

### Apples

(Golden Delicious)  
*Tigchelaar Apples & Berries, Puslinch*

### Tomatoes

(Greenhouse)  
*Floralane Produce, Elmira*

### Potatoes

(Golden Rush Russets / Summer Savoury)  
*Smoyd Potato Farm, Fergus*

### Mixed Sprouts

*Sprouting Life, Guelph*

### Ontario Items

(carrots, onions, beets, mushrooms, hydroponic Boston lettuce)  
*Kenny's Produce, Rockwood*



## Mark your calendar

- ▶ **Saturday Gardening Workshops**  
**April 30 to August 13**  
Guelph Centre for Urban Organic Farming  
at University of Guelph  
INFO: [gcuof.wordpress.com/2011-workshops](http://gcuof.wordpress.com/2011-workshops)
- ▶ **Spring Wellington Rural Romp**  
Saturday **May 28**
- ▶ **Guelph Wellington Local Food Fest**  
Sunday **June 26**
- ▶ **Fall Wellington Rural Romp**  
Saturday **September 24**
- ▶ **FOR MORE EVENT DETAILS ...**  
Visit the "Our Events" page at  
**GuelphWellingtonLocalFood.ca**  
or see upcoming newsletters  
from Garden Fresh Box.

Next month's orders DUE: Fri May 6

DELIVERY: Wed May 18

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

## Quinoa - (keen-wah)

Quinoa is a plant seed from South America. This grain-like crop is fast becoming a popular new item on restaurant menus and in households thanks to its high nutritional value, versatility and ease of preparation.

### Adapted from Wikipedia

Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it a high-protein alternative to white rice or couscous.

Quinoa's protein content is very high (12%–18%). Unlike wheat or rice (which are low in lysine), and like oats, quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source among plant foods.

It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

### Nutritional Value

Quinoa, uncooked  
Nutritional value per 100 g (3.5 oz)  
Energy ... 1,539 kJ (368 kcal)  
Carbohydrates ... 64 g  
Starch ... 52 g  
Dietary fibre ... 7 g  
Fat ... 6 g  
Polyunsaturated ... 3.3 g  
Protein ... 14 g  
Water ... 13 g  
Thiamine (Vit. B1) ... 0.36 mg (28%)  
Riboflavin (Vit. B2) ... 0.32 mg (21%)  
Vitamin B6 ... 0.5 mg (38%)  
Folate (Vit. B9) ... 184 µg (46%)  
Vitamin E ... 2.4 mg (16%)  
Iron ... 4.6 mg (37%)  
Magnesium ... 197 mg (53%)  
Phosphorus ... 457 mg (65%)  
Zinc ... 3.1 mg (31%)

Percentages are relative to U.S. recommendations for adults.

Source: USDA Nutrient database

## Preparation of Quinoa

**RINSING:** Quinoa in its natural state has a coating of bitter-tasting saponins, making it unpalatable. This bitterness has beneficial effects during cultivation, as the plant is unpopular with birds and thus requires minimal protection. Most quinoa sold commercially in North America, however, has been processed to remove this coating. Check the label to determine whether it will need rinsing or not.

The first step in preparing unrinsed quinoa is to remove the saponins, a process that requires soaking the grain in water for a few hours, then changing the water and re-soaking, or rinsing it in ample running water in a fine strainer. Removal of the saponin helps with digestion. Most boxed quinoa, however, has been pre-rinsed for convenience, and cooking instructions therefore suggest only a brief rinse before cooking.

**COOKING:** A common cooking method is to treat rinsed quinoa much like rice, bringing two cups of water to a boil with one cup of quinoa, covering at a low simmer and cooking for 14–18 minutes or until the germ separates from the seed. The cooked germ looks like a tiny curl and should have a slight bite to it (like al dente pasta).

**VERSATILITY:** Vegetables and seasonings can be added to quinoa to make a wide range of dishes and chicken or vegetable stock can be substituted for water during cooking, adding flavor.

Quinoa can also serve as a high-protein breakfast food. Treat it like oatmeal and mix with your favourite fruit, honey, yoghurt, nuts, etc.

It is also sold as a dry product, much like corn flakes and as a flour, which can be used in wheat-based and gluten-free baking.

Quinoa, in its raw form, may be sprouted to boost its nutritional value.

## Quinoa Salad

*Makes a nice light meal, or appetizer*

2 cups quinoa, cooked as to your left,  
with pinch of salt and 4 cups water  
1 cup cooked beets, chopped  
1 cup carrots, grated  
¾ cup fresh parsley, chopped  
¼ cup toasted sunflower seeds (optional)  
½ cup tomatoes, chopped  
1 orange, chopped  
4 cloves garlic, minced (to mellow taste,  
first boil cloves for 2 minutes in water)  
¼ cup olive oil  
1/3 cup fresh lemon juice  
Pinch of salt and pepper, to taste  
Sprouts to garnish (optional)

Cook quinoa, let cool. Mix chopped garlic with lemon juice. Add carrots, parsley, sunflower seeds, tomatoes, and orange to cooked quinoa and mix. Pour olive oil and lemon juice over quinoa, add beets and toss well. Adjust seasoning. Sprinkle with sprouts. Serves 4-6.

## Curried Quinoa

*Enjoy as a meal or with fish or meat*

2 Tbsp canola, olive or sunflower oil  
1 cup onion, diced  
3 cloves garlic, minced  
1 tsp fresh ginger root – grated or minced  
¼ tsp dried chile pepper (adjust to taste)  
1 ½ tsp turmeric  
1 ½ tsp ground coriander  
¼ tsp ground cinnamon  
2 cups water  
1 cup potato, diced  
1 cup raw quinoa, rinsed  
½ cup fresh or frozen peas  
¼ tsp salt (to taste)

Heat heavy saucepan over medium heat. Saute onions for 4 to 5 minutes until soft and translucent. Add ginger root, chile and spices. Cook one minute stirring constantly. Add salt, water and potatoes; bring to a boil. Cover, reduce heat, and simmer for 15 minutes, add quinoa and simmer 10-14 minutes. Stir in peas. Cover and cook for 4 or 5 minutes or until peas are tender and all water has been absorbed.

Taste and adjust seasoning. Fluff with a fork before serving.