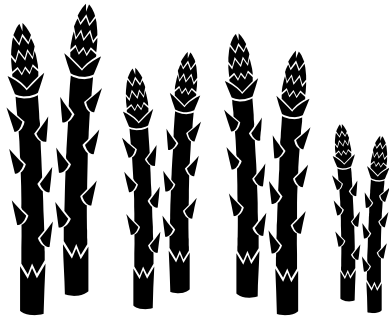


# fresh ideas

## Spring has sprung ...



BUT WHERE are the ASPARAGUS and RHUBARB which are normally plentiful by this time of year?

Unfortunately the cold weather has delayed these and other much-loved first Ontario crops during spring 2011.

But don't despair, we have high hopes of having both asparagus and rhubarb in the June boxes.



## Our coordinator, Allison Mitchell, delights in her new role with GFB

Allison Mitchell grew up in Scarborough, dreaming of one day training at the Cordon Bleu cooking school in France. She didn't make it to France. Instead she attended George Brown College in Toronto and trained with Chef Jamie Kennedy for several years during the 1990s.

She was next drawn to learn more about growing food. In 2001 and 2002 Allison interned on two biodynamic farms: one in Durham, the other in Campbellville. While living there, she discovered Guelph's many charms.

In 2004 she moved to Guelph and in 2007 she became co-owner of the Artisanale (formerly the Bookshelf Café) which she and her partner transformed

into a French Bistro featuring sustainable foods sourced from local farms.

After volunteering for the Garden Fresh Box program for the past two years, Allison is delighted to be the new coordinator. She thinks it is an excellent program combining community and farmers. The volunteers—the ones who pack monthly boxes, prepare and serve refreshments, drive trucks and sweep floors—are wonderful.

Allison is the proud mother of one daughter, an active member of the Guelph-Wellington Food Round Table, currently organizing a new mid-week Farmers' Market in Guelph and she is on the development team of the new Guelph Wellington Food Co-op.



Garden Fresh Box  
**FARMERS**

### Apples

*Tigchelaar Apples & Berries, Puslinch*

### Potatoes

*Smoyd Potato Farm, Fergus*

### Spring Lettuce Mix (LG) and Rosemary

*Bowman's Organic Farm, Wallenstein*

### Spring (green) Onions

*Deerfield's Farm, Erin*

### Ontario Items

Mushrooms, sweet potatoes, onions and carrots  
*Kenny's Produce, Rockwood*

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## Mark your CALENDAR.

### Spring Wellington Rural Romp

Saturday • **May 28** • 11 AM - 4 PM

**TREAT EVERYONE** to a day out. Visit some of the more than 20 regional farms and markets that open their doors at the beginning of this year's growing season. Talk to your farmers and discover how your food is grown.

**REMEMBER** your coolers or carry bags so you can buy your farm-fresh products directly from the farmers.

#### For MORE DETAILS

visit [GuelphWellingtonLocalFood.ca](http://GuelphWellingtonLocalFood.ca)

#### ► 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)

► Visit the "**Our Events**" page at  
[GuelphWellingtonLocalFood.ca](http://GuelphWellingtonLocalFood.ca)

Next month's orders DUE: Fri June 03

DELIVERY: Wed June 15

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



## “ASK Allison”

# Q

What is the “Ask Allison” column all about?

from Elizabeth

# A

Good question, Elizabeth.

First of all ... put 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 about 10 minutes.

All kidding aside, the Ask Allison column is about answering your questions about cooking and preparing food items ... anything.

Forward your questions to me by phoning 519.821.6638 X344 or emailing [gfbbox@guelphchc.ca](mailto:gfbbox@guelphchc.ca)

I look forward to hearing from you and including our food discussions in upcoming newsletters.

*Chef Allison*

P.S.

During the next few months, we will be asking for your help with evaluating the Garden Fresh Box program by completing a quick and easy survey. More details to follow in June issue. THANKS for your participation!



# Twice-Baked Sweet Potato Skins

ALTHOUGH THESE SWEET ‘N SAVOURY potatoes have a long baking time, they require little preparation. They can be assembled in advance and baked just before serving. If refrigerating before serving, take potatoes out of fridge for about 45 minutes before baking.

Serves 6 to 8 as a snack or side dish

## INGREDIENTS

4 medium-size sweet potatoes (about 2 lbs)  
1 1/2 Tbsp olive or canola oil  
1 cup finely chopped onions, sautéed until softened  
1 1/4 tsp salt  
1/2 cup plain yogurt  
3 Tbsp sour cream  
1/2 cup grated swiss or cheddar cheese  
2 green onions, finely chopped  
Salt and pepper to taste

FOR A SOPHISTICATED TWIST on the pub-grub version, instead of adding cheese and sour cream, add chopped pecans, a splash of cider vinegar and 2 Tbsp of brown sugar to the sweet potatoes before refilling the skins. Sprinkle with a few more chopped nuts on top before baking and garnishing with freshly chopped herbs.

## PREPARATION

1. Preheat oven to 400°F.
2. Scrub and pat potato dry; prick all over with fork.
3. Bake in 400°F oven, about 1 hour until tender, or microwave on paper towel on high for about 5 minutes. Let cool enough to handle.
4. Cut in half lengthwise; scoop out flesh, leaving 1/2-inch (1 cm) thick walls and taking care to keep the skins in tact.
5. Put the flesh into a bowl and mash with a fork or potato masher.
6. Add the yogurt and salt and pepper to taste and mix well. (Alternatively, you can process the mixture in a blender or food processor for an extra-creamy filling.)
7. Scoop the mixture into potato skins. Bake in a casserole dish in 400°F oven until browned, about 18 minutes.
8. Remove and serve hot, topped with sour cream, chopped green onions.
9. Salsa makes a great topper too.
10. Enjoy!



**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](mailto:gfbbox@guelphchc.ca)



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

*Guelph-Wellington Food Co-op*

[GuelphFoodCoop.BlogSpot.com](http://GuelphFoodCoop.BlogSpot.com)