

fresh ideas

Fun cooking with kids ...



Sweet Potato Fries

From [Suite 101.com](http://Suite101.com)

INGREDIENTS

- 1-1/2 lbs sweet potatoes (about 2 large)
- 2 Tbsp olive oil
- 1 tsp Maldon sea salt or kosher salt
- 1/4 tsp orange zest (optional)

METHOD

1. Preheat oven to 400 degrees.
2. Peel and julienne sweet potatoes. Place in a large bowl. Drizzle olive oil, salt and orange zest over sweet potatoes. Toss with your hands until they're fully coated.
3. Place sweet potatoes on ungreased cookie sheet and bake 30 minutes, turning halfway through with a spatula.

Per serving: 204 calories, 7g fat, 34 g carbohydrate, 5 g fiber, 3 g protein, 477% Vitamin A, 7% Vitamin C, 5% calcium, 6% iron

Organic Stone Soup

A Local Organic Food Skills Fair • March 19

JOIN Canadian Organic Growers Perth-Waterloo-Wellington for a family fun event all about helping yourself to local organic.

There will be a storytelling and children's activities about organic food and farming, as well as food demonstrations on growing, buying, cooking, and preserving local organic food.

A simple soup lunch will be served and other organic goods will be available for purchase at a mini organic farmers' market.

WHEN: March 19, 2011 • 11:00 am to 2:00 pm

WHERE: St. George's Church • 99 Woolwich Street • Guelph

COST: Pay what you can. Parking is free.

INFO: Tegan Renner 226.251.3012 or outreach@cogwaterloo.ca or cogwaterloo.ca

Guelph Wellington 2011 Food Events

Information and Discussion Meeting
Local Food Co-op
Tuesday **March 22**

Would you like a local food co-op for Guelph and Wellington County? Come out for nibbles, learn more about co-ops and share your thoughts.

WHEN

Tuesday March 22 • 6:30 pm

WHERE

Guelph Community Health Centre

ADDRESS

176 Wyndham Street North

ADMISSION

No cost

INFO

local.food.coop@gmail.com
or 519.763.8825

Mark your calendar

► **Spring Wellington Rural Romp**
Saturday **May 28**

► **Guelph Wellington Local Food Fest**
Sunday **June 26**

► **Fall Wellington Rural Romp**
Saturday **September 24**

FOR MORE DETAILS

visit the "Our Events" page at GuelphWellingtonLocalFood.ca
or see upcoming newsletters from Garden Fresh Box



Next month's orders DUE: Fri April 1

DELIVERY: Wed April 20

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

March is Nutrition Month



Apple Crisp

From About.com

INGREDIENTS

- 3 pounds tart apples
- 2 Tbsp lemon juice
- 1/2 cup light brown sugar, packed
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/3 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/3 cup quick rolled oats
- 4 Tbsp cold butter
- 1/2 cup chopped walnuts or pecans (optional)

METHOD

1. Peel, core and chop the apples into large pieces (1/8s). Toss in a bowl with lemon juice.
2. In a separate bowl, combine the brown sugar, cinnamon, and nutmeg. Add to apples and toss to combine.
3. In another bowl combine flour, sugar and oats. Cut butter into 8 small pieces, and cut butter into flour with a pastry blender or two forks until mixture is crumbly. Stir in the chopped nuts.
4. Butter a 9-inch square baking dish. Spread apple mixture in bottom of baking dish then sprinkle with flour mixture.
5. Bake at 375° for 30 to 45 minutes, or until apples are tender and topping is lightly browned.
6. Serve warm or at room temperature, with vanilla ice cream or a little heavy cream, if desired.

DO YOU KNOW what strengthens family ties, passes on valued traditions, teaches skills and improves the family diet? Cooking together!

“Celebrate food ... from field to table” has picked up momentum this year by inviting families to cook and eat healthy and tasty meals together.

Once you start cooking together using quality, home-grown Canadian foods, you’ll wonder what took you so long ... It’s a fun way to eat healthy – together.

FOR MORE INFORMATION

visit Nutrition2011.ca

Carrot Salad

From About.com

This carrot salad recipe is all about the carrots. With just shredded apple and a light cinnamon-sugar laced yogurt dressing to enhance it, the carrots really take center stage in this salad. Use the freshest carrots you can find for this carrot salad. You will really notice a difference in flavor.

Prep Time: 15 minutes

Total Time: 15 minutes

INGREDIENTS

- 1 lb carrots
- 2 sweet apples (such as Fuji or Honeycrisp)
- Juice of 1 lemon
- 1/4 cup plain non-fat yogurt
- 2 Tbsp mayonnaise
- 1-3 Tbsp granulated sugar
- 1 tsp cinnamon

METHOD

1. Grate carrots and apples in a food processor fitted with the grating blade or by hand with a box grater.
2. Transfer to a bowl. Squirt lemon juice over carrots and apples.
3. Whisk together yogurt, mayonnaise, 1 Tbsp of sugar and cinnamon. Taste and add more sugar, if you like.
4. Mix with carrots and apples.
5. Refrigerate until ready to serve.

Pickled Beets

From Elise at SimplyRecipes.com

Pickled beets are super easy to make, you just have to plan ahead because they take some time to cook. They’re great sliced into a tossed salad and a sprinkle of cheese (goat and blue are delicious) makes this salad even better.

INGREDIENTS

- 1 bunch (4 or 5) beets
- 1/4 cup cider vinegar
- 1 Tbsp sugar (optional)
- 1 Tbsp olive, canola, or sunflower oil
- 1/4 teaspoon dry mustard (optional)
- Salt and pepper

METHOD

1. Remove greens from beets, save for future use. Cut beets to uniform sizes so they will cook evenly. Steam or boil around 30 minutes or until done. (Alternatively, you can roast them by wrapping them whole in foil and cooking them in a 350°F oven for about an hour.) A fork easily inserted into the beet will tell you if the beets are done or not. If you boil them, you know they’re properly cooked if the peel comes off easily.
2. Drain the beets, and let them cool until you can handle them (about 10 min). Use your fingers to slip the peels off of the beets. The peels should come off easily. Discard the peels. Slice the beets.
3. Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. Dry mustard helps to emulsify the vinaigrette. Add salt and pepper to taste.
4. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature.

FUNDING for Garden Fresh Box provided by 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