

fresh ideas

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

Herb Dip for Vegetables

INGREDIENTS

4 oz cream cheese, softened
 ¼ cup plain yogurt
 2 Tbsp sour cream (optional)
 1/2 cup chopped cucumber
 1 medium carrot, shredded (1/2 cup)
 1 green onion, chopped (2 Tbsp)
 1 tsp lemon juice
 ¼ tsp crushed garlic
 (or garlic powder)
 3 Tbsp assorted fresh herbs
 (or 1 Tbsp dried)
 3-4 Tbsp milk or water
 Salt and fresh pepper

Mix well to incorporate ingredients.
 Thin to desired consistency with milk
 or water. Taste and adjust seasoning.



Add herbs such as dill, parsley, thyme, chives, oregano or any combination that pleases you.



Garden Fresh Box
SUPPLIERS

- ★ **Buttercup squash, green peppers, field tomatoes, plum tomatoes, Spanish onions, garlic, spinach, and eggplant**
 Jay West Produce
 Elmira-area farmers
- ★ **Barlett pears, grapefruit, lemons**
 Green Liner Produce, Guelph
- ★ **Basil**
 Everdale Farm, Erin
- ★ **Royal gala apples**
 Tigchelaar Farm, Puslinch
- ★ **Corn**
 Holzworth Farm, Palmerston
- ★ **Potatoes**
 Smoyd Potato Farm, Fergus



Saturday **September 22** @ 8:45 am
 Guelph CHC - 176 Wyndham Street North

Details at www.guelphchc.ca

Wellington Fall Rural Romp

Saturday • **September 29**

Celebrate harvest season on the farm.

Details at GuelphWellingtonLocalFood.ca

The Guelph CHC is celebrating **Community Health Week** Friday **October 5**

10:15 am-11:30 am = Community Clean-up

11:30 am-1:30 pm = Free BBQ outside the
 Downtown location at 176 Wyndham St N

Noon = Cake Cutting and Welcome

12:30-1:00 pm = Oral Health Campaign

1:00-1:30 pm = Staff presentations
What community health means to me

EVERYONE is WELCOME

Living on Less

This 7-week series was designed to help you develop your own spending plan which includes eating well, finding affordable housing, transportation, and employment.

Mondays 9:30 – Noon
October 15 - November 26

St. James Anglican (Paisley / Glasgow)
PRE-REGISTER at 519.824.7910
 or livingonless@sjapostle.ca

The **GARDEN FRESH BOX PROGRAM** is a volunteer-driven program operated by the Guelph Community Health Centre and funded by the City of Guelph.

FOR MORE INFORMATION, contact Allison Mitchell, GFB Coordinator
 519.821.6638 X344 or gfbbox@guelphchc.ca



Guelph CHC
 growing healthy together

Next month's orders DUE: Fri Oct 5

DELIVERY: Wed Oct 17

Southwestern Quinoa Salad

Adapted from www.care2.com/greenliving/southwestern-quinoa-salad

SALAD INGREDIENTS

1 cup quinoa, rinsed and drained
2 cups water
1 cup cooked corn kernels
1 cup cooked black beans,
rinsed and drained
1 small bell pepper, de-seeded,
de-stemmed and chopped
1 medium tomato, chopped
1/4 -1/2 cup minced red onion
1/2 cup fresh cilantro leaves, washed,
dried and coarsely chopped
1/2 cup feta cheese (optional)

DRESSING INGREDIENTS

4 Tbsp fresh lime juice, or to taste
2 Tbsp red wine (or white) vinegar
4 Tbsp olive oil
1 clove garlic, minced or pressed
1 Tbsp honey or agave (optional)
1 Tbsp ground cumin
Hot pepper to taste (optional)
Sea salt and freshly ground black pepper
to taste

PREPARATION

1. Bring water to a boil; stir in quinoa, lower heat and reduce to a simmer. Cover for 15-20 minutes until done (little tails will appear). Cool.
2. Meanwhile, make dressing. Place all ingredients in jar with tight fitting lid and shake well to combine.
3. Combine all ingredients in a large bowl, drizzle with the dressing and toss well to make sure everything is equally coated.

Provençal Vegetable Tian

Adapted from Eatwell Recipe 24 from GardenofEating.com

INGREDIENTS

1 large onion, sliced
2 cloves garlic, minced
1 or 2 small eggplants, ends removed
and sliced crosswise into coins
1 or 2 small potatoes, scrubbed,
dried and cut into slices
2 or 3 medium plum tomatoes,
ends removed and sliced crosswise
2 or 3 thyme, fresh or dried
1/4 cup dry white wine (or substitute
with stock)
3 Tbsp good olive oil
Butter
Salt and pepper

Parchment paper
(or use an oven-safe lid)

METHOD

1. Butter inside of baking dish and set aside.
2. Preheat oven to 375 degrees.
3. Place small pan over medium heat. Add 1.5 Tbsp olive oil, onions and garlic and cook, stirring frequently, until onions have begun to soften, 2 to 5 minutes.
4. Spread onion mixture across bottom of baking dish. Sprinkle with salt, pepper and thyme.
5. Fan layers of eggplant, potato, and tomato on top of onion mixture, alternating each and overlapping slightly. (In lines or concentric circles depending on shape of your dish.)
6. Drizzle with olive oil and wine or stock. Sprinkle with more salt, pepper and thyme.
7. Butter a piece of parchment and carefully place, buttered side down, on top of the vegetables. Bake for 35 to 45 minutes, until vegetables are soft but not mushy and edges are crisp and brown. If using a lid instead of parchment, remove lid for last 10 minutes of cooking.

YIELD: 6 to 8 servings



Preserving Basil

Basil is one herb that doesn't dry well, but this is a simple way to preserve it while it's in season and fresh.

1. Pluck leaves, wash, dry thoroughly.
2. Drizzle olive oil in bottom of tupperware container, then layer with basil.
3. Repeat with alternate layers of olive oil and basil leaves.
4. Place lid on container and freeze.
5. When ready to use, take a spoon and scoop out amount you need.
6. Return remaining basil to freezer while still frozen.



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