

# Good Food NEWS

## GOOD FOOD DETECTIVE: Does the Good Food Box help communities access healthy, sustainable, fresh, affordable produce?

As I was editing the Good Food Box manual, a manual intended to help communities start their own Good Food Box program, I wondered...Does the Good Food Box really help communities access fresh healthy and affordable produce? The day was extremely hot and humid, but with sheer determination, and a full bottle of water for hydration, I set out to compare the price and freshness of the Good Food Box produce of that in my local grocery stores.

I entered Grocery store #1, a very large and fancy store with elegant displays, bread ovens spitting flames and a deli, the full width of the store. I picked up a basket and put a few items in it (to fit into the grocery-shopping crowd) and began my detective work. In general, the produce was fresh, and most of the products that could be grown in Ontario were on the shelves. The produce was on par with the quality seen in the Good Food Box but at a more expensive price. The organic section had very few items, and all of them were sourced from California. The quality of the organic greens, like lettuce and kale were also very poor. Below is a chart that shows the price, quality and locality of each item found in last week's large Good Food Box, as well as the cost savings. Because I couldn't find many of the organic contents found in the Organic Good Food Box, I wasn't able to do a comparison for it.

I biked to the next Grocery Market #2, in my area. I appreciated the air conditioning, as by this time I was feeling quite sticky and stinky. This market also had good quality produce and an emphasis on local food. The store was less fancy and the cost of the produce reflected this. The organic section was entirely imported fruit, some looking quite old.

The last grocery store I entered, or hobbled into, grocery store #3, was a discount store. Some of the products, like apples, were only available from the USA, and very cheap. The quality of the produce was also noticeably poorer. The broccoli was starting to yellow, the corn was brown and discolored, the cantaloupes were pitted and old, and the bananas were over-ripe. Overall, the price was excellent but the quality was below that of the Good Food Box items.

In conclusion, the Good Food Box is a great way to support local farmers (especially organic produce), a great way to save money on groceries, and a great way to ensure you are getting high quality produce. This savings does not include time saved at a grocery store, or money saved on gas or bus fare to get to the grocery store.

by Mark-Jan Daalderop

Large Good Food Box item	Grocery store #1	Comments	Grocery store #2	Comments	Grocery store #3	Comments
6 Corn*	\$ 1.49	ON/ good	\$ 1.20	ON/ good	\$ 1.08	ON/ very poor
1 Bunch Carrots*	\$ 1.99	ON/ good	\$ 1.29	ON/ good	\$ 1.29	ON/ good
4lbs Potatoes*	\$ 1.99	ON/ good	\$ 1.71	ON/ good	\$ 1.00	ON/ good
1Bag Bartlett Pears*	\$ 3.99	ON/ good	\$ 4.99	ON/ good	\$ 3.99	ON/ good
1 Bag Apples*	\$ 3.99	ON/ good	\$ 3.49	ON/ good	\$ 1.99	Not local/ good
1 Cantaloupe	\$ 2.49	not local/good	\$ 1.49	not local/good	\$ 1.49	not local/ poor
1 Pint Mushroom*	\$ 1.99	ON/ good	\$ 1.99	ON/ good	\$ 1.49	ON/ good
1lb Plum Tomatoes*	\$ 0.99	ON/ good	\$ 0.99	ON/ good	\$ 0.79	ON/ good
1 English Cucumber*	\$ 1.49	ON/ good	\$ 1.29	ON/ good	\$ 0.99	ON/ good
2lbs Onion*	\$ 2.49	ON/ good	\$ 1.49	ON/ good	\$ 1.29	ON/ good
1 Bunch Broccoli*	\$ 1.29	ON/ good	\$ 1.29	ON/ good	\$ 1.29	ON/ poor
1 Romaine Lettuce*	\$ 0.99	ON/ good	\$ 0.99	ON/ good	\$ 0.69	ON/ poor
1 Bunch Bananas	\$ 1.18	not local/good	\$ 1.18	not local/good	\$ 0.99	not local/ poor
Total	\$ 26.36		\$ 23.39		\$ 18.37	
Savings/box	\$ 9.36		\$ 6.39		\$ 1.37	
Savings/year (2/ month)	\$ 224.64		\$ 153.36		\$ 32.88	



Help us Replant ourselves!

# Food Share

Field to Table Centre

90 Croatia St. Toronto, ON M6H 1K9 t: 416. 363. 6441 xt 221 f: 416. 363 0474 e: info@foodshare.net www.foodshare.net

As of July 31st the Good Food Box will be packed at 90 Croatia St!



# recipes

## Moroccan Peppers & Eggplant with Chick Peas

1 large onion cut in half and sliced thin  
 5 medium cloves garlic, pressed  
 1 medium red bell pepper cut in 1 inch squares  
 1 medium eggplant, cut into 1 inch pieces  
 1 pinch chile pepper flakes  
 2 tsp turmeric  
 ½ tsp garam masala  
 1 15oz can chick peas  
 1 15oz can lentils, drained  
 ½ cup tomato sauce  
 1¼ cups + 1 TBS vegetable broth  
 ½ cup raisins  
 1 TBS chopped fresh cilantro  
 salt & black pepper to taste

Heat 1 TBS broth in a 10-12 inch skillet. Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic, red bell pepper, eggplant, garam masala, and turmeric. Stir to mix well for a minute, and add broth and tomato sauce. Stir again to mix, cover, and cook over medium low heat for 15 minutes, stirring occasionally, or until peppers and eggplant are tender. Add chick peas, lentils, red chili flakes, and raisins. Simmer for another 5 minutes. Season with salt and pepper. Serve sprinkled with chopped cilantro. *Serves 4*

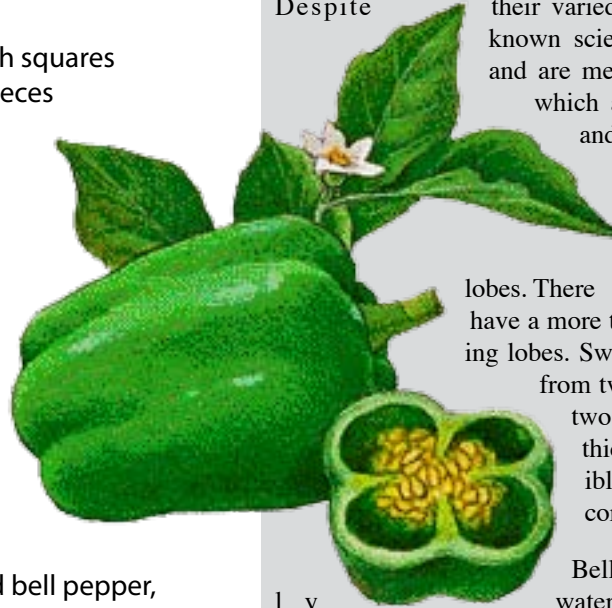
## Red Bell Pepper & White Bean Soup, With Arugula

3 yellow, orange or red bell peppers  
 1 TBS olive oil  
 1 small onion, chopped  
 1/8 tsp dried crushed red pepper  
 1 quart (0.9liter) low-salt chicken or vegetable broth (2-15 oz cans)  
 1 15- to 16-ounce can cannellini (white kidney beans), rinsed, drained  
 1 bunch fresh arugula, sliced

Char bell peppers over gas flame or in broiler until blackened on all sides. Place in paper bag and let stand 10 minutes. Peel, seed and chop peppers. Heat oil in heavy medium saucepan over medium-high heat. Add onion and sauté until tender, about 5 minutes. Add bell peppers and crushed red pepper and sauté 1 minute. Add broth and cannellini. Bring to boil. Reduce heat, cover and simmer 15 minutes. Strain vegetables, reserving broth. Transfer vegetables to processor; purée. Gradually mix in 2 cups reserved broth. Transfer purée to bowl. Stir in remaining broth. Season with salt and pepper. Sprinkle a handful of the sliced arugula on top of each serving. You can serve this hot or cold. It tastes wonderful either way. *Serves 2-4*

## featured this week: SWEET PEPPERS

Bell peppers, also known as sweet peppers, are like the Christmas ornaments of the vegetable world since they are beautifully shaped, glossy in appearance and come in a variety of vivid colors such as green, red, yellow, orange, purple, brown and black. Despite their varied palette, all are the same plant,



known scientifically as *Capsicum annuum*, and are members of the nightshade family, which also includes potatoes, tomatoes and eggplant.

Sweet peppers are plump, bell shaped vegetables that usually feature either three or four lobes. There are also other varieties that have a more tapered shape and no distinguishing lobes. Sweet peppers usually range in size from two to five inches in diameter and two to six inches in length. Inside the thick flesh is an inner cavity with edible bitter seeds and a white spongy core.

Bell peppers have a delightful, slightly watery crunch. Green and purple peppers have a slightly bitter flavor, while the red, orange and yellows are sweeter and almost fruity. Pimento and paprika are both prepared from red bell peppers.

Like their relatives, the chili peppers, bell peppers originated in South America with seeds of a wild variety dating back to 5000 BC. Like many other foods native to this region, sweet peppers were carried throughout the world by the Spanish and Portuguese explorers who traveled through this continent.

Due to the fact that bell peppers are very adaptable plants, being able to be grown in tropical and temperate climates, as well as very versatile foods, their cultivation and adoption into varying cuisine spread rapidly throughout many parts of the world.

Choose peppers that have deep vivid colors, taut skin, and that are free of soft spots, blemishes and darkened areas. Unwashed sweet peppers stored in the vegetable compartment of the refrigerator will keep for up to one week. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

## DELIVERIES

for the week of: **Sept 11**  
 orders are due 5pm Tues. **Sept.4**

for the week of **Sept.18**  
 orders are due 5pm Tues. **Sept.11**



tel 416. 363. 6441 ext234 fax 416. 363 0474 e. gfb@foodshare.net