

Good Food NEWS

Introducing...

Hi Good Food Box News readers,

My name is Martin Brown. I am a new FoodShare intern and I am from the U.S (Northfield Minnesota). I have been in Toronto for about two weeks now. During this time I have been adjusting to and learning not only about FoodShare, but about this part of the world as well.

My first impressions of FoodShare have been busy and vibrant and to some extent, overwhelming as well. My first day was a Tuesday, Good Food Box packing day — what a way to start! My first job was to count out the hundreds of green boxes that we send out to all of you. These boxes must be sorted and stickered by type (large, small, organic, fruit, regular GFB) before they can be filled with fresh produce. After this, a dedicated group of volunteers fill the boxes assembly line-style with fruits, vegetables, and, of course, the Good Food News. Packing day is great fun for me, despite the summer's heat, because I got to meet so many people so quickly and because it reminds me of my old jobs, as a produce clerk in Minnesota and Alaska.

After my first packing day was done, Debbie, FoodShare's executive director, brought me to my office — a desk and computer in the corner of a basement room that I share with her and one other staff member. This also acts as the conference room. Although the basement can be damp and I often go the first half of the day without seeing sunlight, it is the coolest part of the build-

ing right now. Working in the same room as Debbie has been interesting; she is so busy with FoodShare's upcoming move that I often feel like I am moving in slow motion.

I am an aspiring photographer, as well as an up-and-coming grocer and budding journalist, and taking pictures of FoodShare happenings is a big part of my work here. Already I have been asked to photograph a big event in the Student Nutrition Program — their annual appreciation luncheons for elementary school food service workers and volunteers. This has freed the Student Nutrition staff up to chat with the attendees and given me an early opportunity to demonstrate my skills, as well as to eat some really great catered lunches (from Field to Table Catering Co. of course).

I have a variety of other projects lined up for my time here, which ends in late August. Until then, I will enjoy packing and writing for you, and I may try to sneak one of my photographs into the newsletter now and again.

Cheers,
Martin

EDITOR'S NOTE:

- The spinach in all of this week's Good Food Boxes -- both large and small, organic and conventional -- is local and organic! It was grown by **John Wilson of Dolway Organic Gardens**.
- How do you like our new look? Please let me know: info@foodshare.net or 416. 363. 6441 xt 226 (Laura Berman)

FIELD  TO TABLE

a project of



recipes

ORANI ESFANAJ

Iranian spinach & yogurt salad

This spinach and yogurt dish is Persian in origin. The yogurt is redolent with both musky and sweet spices complementing the slightly tart taste of the spinach. Borani Esfanah is enjoyed as an appetizer, side dish, or dip to spread on bread. Though untraditional, the hot pepper flavoring adds zip. Adjust it and the other spices to taste. Accompany with French bread, or pita or warm, soft flour tortillas

2 bunches fresh spinach, Cooked and chopped.

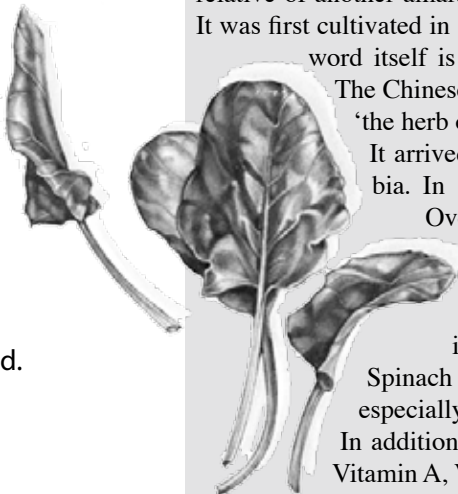
- 1 Onion, chopped
- 4 Cloves garlic, chopped
- 1 to 2 Tbsp butter
- 1/2 to 1 tsp tumeric
- 1/2 to 1 tsp cayenne pepper or to taste--if desired
- 1/2 tsp Curry powder
- 1 tsp Cumin
- 1/4 tsp Cinnamon
- 1 c Plain yogurt

Saute onion and garlic in butter until soft. Add spices and cook a few minutes to rid them of any rawness. Mix in spinach, yogurt, and salt to taste.

MOROCCAN SPINACH SALAD WITH LEMON

- 2 lb Spinach
- 1 1/2 c Finely chopped parsley
- 1 c Coarsely chopped cilantro
- 1 c Chopped celery leaves
- 3 Garlic cloves, minced/pressed
- 1/2 ts Paprika
- 1/4 ts Chili powder
- 1 Tbsp Olive oil
- 2 lemon quarters finely chopped
- 2 Tbsp Lemon juice
- 6 Cherry tomatoes, CUT IN HALF

Rinse spinach well, drain, and coarsely chop. In a 5-6 quart pan, combine spinach, parsley, cilantro, and celery leaves. Stir over high heat just until greens are wilted, 3-5 minutes. Pour vegetables into a colander set over a bowl. Press spinach mixture to remove liquid; place vegetables in a serving bowl. Return drained spinach liquid to pan; add garlic, paprika, and chili powder. Boil, uncovered, over high heat until reduced to about 1/4 cup, 3-5 minutes. Add oil, preserved lemon, and lemon juice. Top greens with tomatoes and pour dressing over the vegetables. SERVES 4



featured this week: SPINACH

Spinach (*Spinacia oleracea*) is a flowering plant in the family Amaranthaceae, native to central and southwestern Asia. It is a close relative of another amaranth, the Caribbean calaloo and of chard. It was first cultivated in southwestern Asia, perhaps in Persia. The word itself is derived from the Persian word *Esfenaj*.

The Chinese referred to it in 647 as

'the herb of Persia'.

It arrived in North Africa through Syria and Arabia. In 1100, the Moors introduced it to Spain.

Over the next century, prickly seeded spinach spread throughout Europe, being grown primarily in monastery gardens. Its use in England was first documented in 1551.

Spinach has an extraordinary nutritional value, especially when fresh, steamed, or quickly boiled. In addition to well-known iron, it contains calcium, Vitamin A, Vitamin C, Vitamin E and several vital antioxidants. It is a source of folic acid, and this vitamin was first purified from spinach. To benefit from the folate in spinach, it is better to steam it than to boil it. Boiling spinach for four minutes can halve the level of folate.

Spinach loses much of its nutritional value with storage of more than a few days. While refrigeration slows this effect to about eight days, spinach will lose most of its folate and carotenoid content.

There are 3 basic types of Spinach:

Savoy has dark green, crinkly and curly leaves. It is the type sold in fresh bunches **Flat/smooth leaf** spinach has broad smooth leaves that are easier to clean than savoy. This type is often grown for canned and frozen spinach, as well as soups, baby foods, and processed foods.

Semi-savoy is a hybrid variety. It has slightly crinkled leaves. It has the same texture as savoy, but it is not as difficult to clean. It is grown for both fresh market, and processing.

- by any other name...
- Esfenaj or Aspinaj - Iranian
- Spinaci - Italian
- Spinat - German
- Spinach - Portuguese
- Espinaca - Spanish
- Spinazie - Dutch
- Épinards - French

DELIVERIES

for the week of: **June 13th**
orders are due 5 pm Tues. **June 6th**

for the week of **June 20th**
orders are due 5pm Tues. **June 13th**



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