

working with communities to improve access to affordable and healthy food- from field to table

Good Food NEWS

Points of Intersection

Like most summers do, the sunny season has flown by, and now I am getting ready to clean off my desk and ride the train back to Minnesota. I leave FoodShare with a deeper knowledge of the food and agriculture system, a comfortable familiarity with the city of Toronto, and a few new friendships. Since I will be going back to my University, though, I may not see my new friends again for a while.

Over my summer at FoodShare, I learned to pack Good Food Boxes and write articles for the Good Food News. I filmed and edited a documentary, and I read more articles about the history of FoodShare than I can count. I went to a conference, where I met food activists from Brazil, who spoke Portuguese. My new friend Gorrette doesn't speak English, and I don't speak Portuguese, but we were able to speak together using Spanish.

Summer at FoodShare taught me that I am very lucky to be from a place where there is enough food most of the time. When I get back home, it will be peak harvest season, and I am looking forward to heirloom tomatoes, spinach and arugula salads, and sweet leaf basil. Except, back there, it's pronounced "baizul."

Summer at FoodShare taught me a little bit about food

from Sri Lanka, a little bit about Jane Jacobs, and a little bit about preventing cancer. These are all things that I would like to learn more about. As well, they are things that, I believe, are related to one another.

That, I think, is one of the most remarkable things about FoodShare, and about food itself. Food is so basic to our cultures, our health, our well-being, and our relationships to the world that nearly everything imaginable intersects with it at one point or another. This may be what is most unique in FoodShare's analysis and response to food issues – we see food as an element of culture as well as a building block for health, a human right as well as an environmental and agricultural philosophy.

Where else but FoodShare could I have done warehouse work two days a week, wrote articles one day a week, read articles the fourth day, and made a movie with the rest of my time? As a grocery clerk, my weeks were

never so eclectic!

I hope you have enjoyed reading my articles over the summer at least as much as I have enjoyed writing them. And I hope you continue to enjoy your Good Food Boxes as much as I enjoyed FoodShare over the summer.

Martin Brown.



WHAT'S LOCAL: Corn is local of course, as are tomatoes, lettuce, cukes, broccoli, peaches, apples and carrots in the conventional boxes. There's organic lettuce from Everdale in *all* boxes. The organic boxes have local corn, tomatoes, muskmelon, and spanish onions from Ira; grapes from Laura Sabourin; green beans from Everdale; carrots, eggplant, red chard from Pfenning's. Yaaay!!!

FIELD TO TABLE

a project of

FoodShare Toronto 200 Eastern Avenue, Toronto, ON M5N 2Z8 t: 416. 363. 6441 xt 221 f: 416. 363 0474 e: info@foodshare.net

www.foodshare.net



recipes

Roasted Corn Salsa

Makes 5 1/2 cups

- 4 ears fresh corn, husks and silks removed
- 2 tablespoons unsalted butter, melted
- 5 ripe tomatoes, seeded and cut into 1/4-inch dice
- 1/2 small red onion, peeled and finely chopped
- 1 small jalapeño pepper, seeds and ribs removed, finely chopped
- 1 small clove garlic, peeled and finely chopped
- 1/2 cup coarsely chopped fresh cilantro leaves
- 3 tablespoons freshly squeeze lime juice, plus more to taste

Coarse salt and freshly ground pepper

1. Heat a grill or broiler to medium hot. Brush corn with melted butter, and place on grill or under broiler, turning often, until about half the kernels are brown, 15 to 20 minutes. Remove corn from heat, and let cool. Using a sharp knife, cut kernels from cobs.
2. Combine corn kernels, tomatoes, onion, jalapeño, garlic, and cilantro in a medium bowl. Season to taste with lime juice, salt, and pepper. Serve.

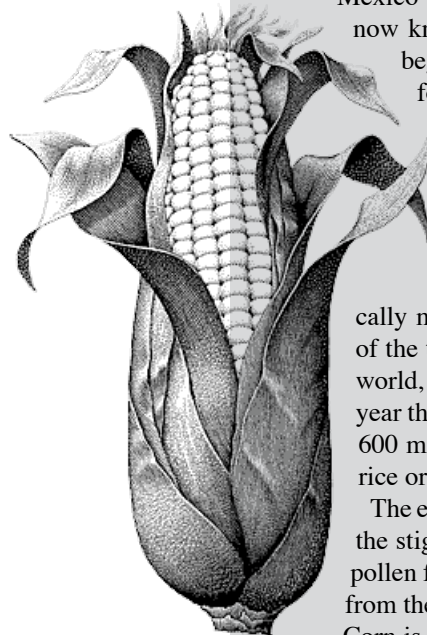
Coconut Corn Curry

- 4 c Corn kernels, fresh/frozen
- 3 tb Poppy seeds
- 1 ts Coriander seeds
- 1 ts Sesame seeds
- 1 tb Ginger, grated
- 2 ea Chili peppers
- 3/4 c Coconut, shredded
- 1/2 c Peanuts
- 3 tb Ghee (clarified butter) or light vegetable oil
- 1 ts Salt
- 5 c Coconut milk

Cook the corn by boiling in a small amount of water until tender. Set aside. Using a mortar & pestle, grind all the spices, the coconut & peanuts into a smooth paste. In a large, heavy skillet, heat the ghee & fry the paste for 4 to 5 minutes, stirring constantly. Add the corn, salt & coconut milk & simmer until the sauce reduces by half & becomes thick, 15 minutes or so. Serve over rice

featured this week: CORN

Maize (*Zea mays* ssp. *mays*), also known as corn, is a cereal grain that was first domesticated from 7,500 to 12,000 years ago in central Mexico though that plant was very different from what we now know as corn. Perhaps as early as 1500 BC, maize began to spread widely and rapidly and was the staple food, or a major staple, of most the pre-Columbian North American, Mesoamerican, South American, and Caribbean cultures. It spread to the rest of the world after European contact with the Americas in the late 15th century and early 16th century.



Maize is one of the first crops for which genetically modified varieties make up a significant proportion of the total harvest. It is widely cultivated throughout the world, and a greater weight of maize is produced each year than any other grain. Worldwide production was over 600 million metric tons in 2003 – just slightly more than rice or wheat.

The ears are actually female flowers and the corn silks are the stigmas --the female plant part that gets pollinated by pollen from the male tassels. For each silk on which pollen from the tassel lands, one kernel of corn is produced.

Corn is a good source of many nutrients including thiamin (vitamin B1), pantothenic acid (vitamin B5), folate, dietary fiber, vitamin C, phosphorous and manganese.

To enjoy corn's maximum flavor and sweetness, corn should be eaten as soon as possible, ideally on the day it is picked and it should be refrigerated from harvest until it goes into the pot. Keep the leaves tightly wrapped around the ears. Fresh corn freezes well if placed in heavy-duty freezer bags. To prepare whole ears for freezing, blanch them first for 7 - 11 minutes depending upon their size. To freeze just the kernels, first blanch the ears for about five minutes and then cut the kernels off the cob at about three-quarters of their depths. Whole corn on the cob will keep for up to one year, while the kernels can be frozen for two to three months.

by any other name...

- Zia mays - Latin
- graan - Dutch
- maïs - French
- mais - German
- zurat - Iranian
- cereale - Italian
- milho - Portuguese
- maíz - Spanish

DELIVERIES



for the week of: August 22nd
orders are due 5 pm Tues. Aug 15th

for the week of Aug. 29th
orders are due 5pm Tues. Aug 22nd



e. gfb@foodshare.net f. 416. 363. 0474 t. 416. 363. 6441 xt 221