

Good Food NEWS

The BIG Move: it's really happening!

The rumors have been flying around for quite a while now and it's time to clear the air: FoodShare is definitely moving out of our 200 Eastern Ave. location as of October 27, 2006. And we finally have a new place to call home—in fact we have more than one, but the second one is temporary until the first one is fully completed.

Our permanent home will be at 90 Croatia Street in the Bloor and Dufferin area, just north of the Dufferin Mall and west of the Dufferin Grove Park (home of a great weekly organic farmers market and so much more). The entrance is actually on Brock St., one block west of Dufferin and south of Bloor St. It's clear to see that we will be much easier to get to, what with the TTC being so close by.

Our new home is a former school (aka the Ursula Franklin School) and for the next year or so we will be sharing the very large building with the Royal Conservatory of Music while they await the completion of renovations on their permanent home on Bloor St.

We are fortunate to have Zeidler Partnership Architects, one of Canada's top architectural firms, in charge of the design for our new home so we know it will be special. The construction work is being done by long-time FoodShare friend and the contractor of 200 Eastern, Mirela Luca of Construction Studio Inc., and will include everything that we have worked hard to create at the Field to Table Centre at 200 Eastern these past 10 years.

Most of us will be moving into this building as of October 27th—everyone except the Good Food Box team (more on that later). On the lower level will be a large commercial kitchen that we can use for our catering, teaching and cooking programs as well as for the Toronto Kitchen Incubator. In fact, it's so big that it's really 2 kitchens—one for us and

one for the TKI program. Just off the kitchen is a very large open area—the old lunch room – that we intend to use as a large community meeting and eating space.

Also on this level will be the Urban Agriculture offices, indoor growing spaces, a small wood shop and storage spaces. The UA team will have growing areas at the front entrance which will be graced by edible gardens, a greenhouse and our renown compost—at least those are the preliminary plans. We're working with well-known landscape architect, Janet Rosenberg to fit it into the space allotted. We have another garden area in Dufferin Grove Park and hope to build a greenhouse and garden on one of the building's many large roof areas in the next few years.

The main floor will have our program and administrative offices as well as the Good Food Box warehouse and packing area—just not quite right away. The offices and reception area are under construction now and will be ready for us at the end of the month but the construction on the more complex GFB warehouse won't be completed in time for our departure from 200 Eastern on October 27th. And so, in order that our Good Food Box packing and deliveries are not interrupted, we had to look for a temporary home until the Good Food Box's new home is ready. And thanks to our good friends at the Daily Bread Food Bank, the GFB team will be have a temporary home away from home. While the renovations on the Croatia St. warehouse are being completed, the Good Food Box will be packed at 191 New Toronto St. in south Etobicoke. (map included in your box)

We are expecting that all will go as planned (it is so far) and that you will see no difference in your Good Food Box or the deliveries. But if for some chance there is a slight change, at least you will know the reasons why.

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WHAT'S LOCAL: The organic box has local concord grapes from Laura Sabourin, garlic, tomatoes, potatoes and beets from the Horsts, carrots, squash, spinach, broccoli and leeks from Pfenning's. Conventional boxes have local organic garlic from the Horsts, plums and corn from Andrew's Scenic Acres, apples from Norfolk Fruit Growers Assoc., pears from Peter Brosnan's Lincoln Line Orchards and tomatoes, leeks, onions, celery, carrots, cauliflower, cucumber, and squash from growers throughout the province.



a project of



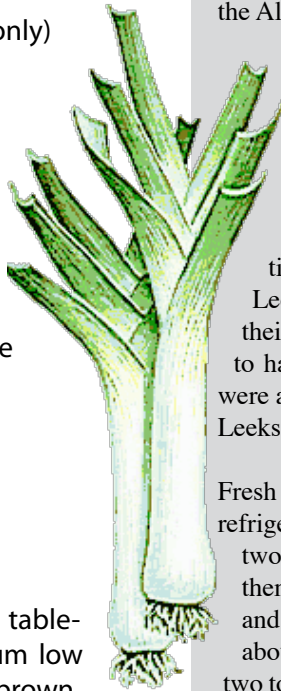
recipes

Leek, Potato, Mushroom & Cheddar Soup

- 2 leeks, finely chopped (white part only)
- 1 clove garlic, finely chopped
- 4 medium potatoes chopped
- 2 TBS butter, divided
- 1 TBS olive oil
- 1 1/2 tsp ground mustard
- 2 TBS flour
- 1/2 cup water
- 3 cups chicken or vegetable broth
- 1 tsp salt, pepper, and celery salt, to taste
- 1/2 cup shredded Cheddar cheese
- 2 TBS Parmesan cheese
- 1 cup milk
- 3 ounces chopped mushrooms
- 1 cup croutons for garnish, if desired

DIRECTIONS

In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown. Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken or vegetable broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour. Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Cook mushrooms over medium high heat in remaining 1 tablespoon of butter until soft. Add to the soup, and stir. Serve immediately add croutons, if desired. Serves 6



featured this week: LEEKS

Leeks, like garlic and onions, belong to a vegetable family called the Allium vegetables. Since leek is related to garlic and onions, it contains many of the same beneficial compounds found in these well-researched, health-promoting vegetables.

A high intake of Allium vegetables has been shown to reduce total cholesterol and LDL, or "bad" cholesterol levels, and raise HDL, or "good" cholesterol levels.

Thought to be native to Central Asia, they have been cultivated in this region and in Europe for thousands of years.

Leeks were prized by the ancient Greeks and Romans for their beneficial effect upon the throat. The Romans are thought to have introduced leeks to the United Kingdom, where they were able to flourish because they could withstand cold weather. Leeks are now the Welsh national emblem.

Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. Cooked leeks are highly perishable, and even when kept in the refrigerator, will only stay fresh for about two days. Leeks may be frozen after being blanched for two to three minutes, although they will lose some of their desirable taste and texture qualities. Leeks will keep in the freezer for about three months.

Clean leeks thoroughly to remove any soil that may have gotten caught within the overlapping layers of this root vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. Make a lengthwise incision to the centerline, fold it open, and run the leek under cool water.

by any other name...

- Jiu tsung, tai chung - China
- Preien - Netherlands
- Poireaux - France
- Lauch - Germany
- Kuca - Indonesia
- Porri - Italy
- Tareh Faranghi - Iran
- Poro negi - Japan
- Kuca - Malaysia
- Kutsay - Philippines
- Puerros - Spain
- Krathiam tom - Thailand

Spinach, Leek & White Bean Soup

- 2 tsp olive oil
- 4 leeks, bulb only, chopped
- 2 cloves garlic, chopped
- 16 ounce chicken or vegetable broth
- 2 (16 ounce) cans cannellini beans, rinsed and drained
- 2 bay leaves
- 2 tsp ground cumin
- 1/2 cup whole wheat couscous
- 2 cups packed fresh spinach
- 1 pinch salt and pepper to taste

DIRECTIONS

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken or vegetable broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately. Yield: 8 servings

DELIVERIES

For the week of: October 16th
orders are due 5 pm Tues. **Oct. 10th**

For the week of Oct. 23rd
orders are due 5pm Tues. **Oct. 17th**



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