

JustFood

STAPLES NEWSLETTER

This Month

We packed 194 JustFood Staples Boxes this month.

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Note: We have a one-page newsletter this month.

Food Highlight: Rice

People have been eating rice for over 5,000 years. Highly valued by billions of people, stories about rice have been woven into the folktales of Asian cultures for centuries. The creation myths of Myanmar (Burma), for example, tell of the seeds of rice being given to the first people sent up from the centre of the earth.



Rice was introduced to North America in 1685 when a terrible storm battered a ship from the East, driving it into an American harbour. To thank the colonists for repairing the ship, the captain gave a small supply of rice to a local planter.

White rice lacks important minerals, vitamins and other nutrients.

Parboiled rice is similar to brown rice in that it retains most of the natural vitamins and minerals. **Brown rice** is the most nutritious of all. Brown rice may lower blood cholesterol, reduce the risk of bowel cancer and diminish the frequency of kidney and bladder stone formation.

Many of us are used to eating white rice. Changing first to parboiled rice and then moving on to brown rice can help us to get accustomed to (and enjoy!) the nuttier-flavoured and very nutritious brown rice.

Rice is one of the easiest grains to digest, making it a good choice for people recovering from an illness and those with food allergies. It is good for us all as it is a good source of carbohydrates and its protein is readily absorbed by the body.

JustFood Information

Staples Boxes

3rd Wednesday of the month

Small \$ 11.00

With Subsidy \$ 5.00

Large \$ 15.00

With Subsidy \$ 7.00

Fresh Produce Boxes

4th Wednesday of the month

Small \$ 12.00

With Subsidy \$ 6.00

Large \$ 20.00

With Subsidy \$ 10.00

Contact the YWCA

If you have any questions or comments on your JustFood Box, please call (705) 743-3526 (voice) or (705) 743-4015 (TTY).

Did you know?

Hiding an almond inside rice pudding is a Christmas custom in Sweden. Whoever finds it has luck for the New Year.

STAPLES BOX

Small Box

- * 2-lbs local Ontario Potatoes
- 1 can Peas
- 1 can NN Baked Beans in tomato sauce
- 1 pkg Bagels
- 1 can Red Kidney Beans
- 1 large tub of Cream Cheese
- 1 pkg parboiled, brown or white Rice
- 1 sweet green Pepper
- 2 Oranges
- 1 lb of Ontario Golden Delicious Apples

* The local potatoes are from Pinehaven Farm in Millbrook.

Large Box

- * 2-lbs local Ontario Potatoes
- 1 can Peas
- 1 can mushroom Soup
- 1 can Baked Beans in tomato sauce
- 1 can Red Kidney Beans
- 1 Lemon
- 1 large tub of Cream Cheese
- 1 pkg parboiled, brown or white Rice
- 1 loaf whole wheat Bread
- 1 bunch Broccoli
- 1 sweet green Pepper
- 4 Oranges
- 1 lb of Ontario Royal Gala Apples

FYI: Staples Box Info:



Staples Box individuals have May orders to their contact by Tuesday, May 8, 2012.

Staples Box contacts have May orders to the office by Wednesday, May 9, 2012.

Next Staples packing day is Wednesday, May 16, 2012.

Reminder: Food boxes cannot be kept past 4:00 pm Thursday, the day after food box packing. By then we will need to find a new home for them.

Red Beans and Rice

- 1 tsp veggie oil
- 3 cloves garlic, minced
- 2 onions, chopped
- 1 sweet green pepper, chopped
- 1 stalk celery, chopped (optional)
- 1 tsp thyme
- 1/2 tsp oregano
- 1/4 tsp crushed red chili pepper
- Salt to taste, if using
- 1 cup beef or veggie stock (can use one soup cube dissolved in one cup of boiled water)
- 1 can red kidney beans, drained and rinsed (or 2 cups cooked red beans)
- 2 cups hot cooked rice

Cook rice according to directions on package. Heat oil in skillet on medium heat. Sauté garlic, onions, green pepper and celery, stirring often, for about 5 minutes or until onion is translucent. Stir in thyme, oregano, salt and red chili pepper. Pour in stock.

Crush about 1/3 of the red beans. Add crushed and whole beans to skillet; stir well. Bring to boil, reduce heat and simmer, stirring occasionally for about 20 minutes or until thickened. Spoon over cooked, hot rice.



Some food items may change due to last-minute availability.



Spring is here!

Starting to think about gardening?

Why not join a community garden and enjoy the love of being outside and growing your own food.

The YWCA has 2 garden sites located in



Peterborough. Plots are currently available.



Contact Robin for more information at 705.743.3526 x115 or radamson@ywcapeterborough.org



RECIPES



Oven-fried Potato Sticks

- 4 medium potatoes, scrubbed and dried
- 2 Tbsp veggie oil
- 1 Tbsp lemon juice
- Pepper to taste; salt if wanted



Preheat oven to 450 degrees F (230 degrees C) . Cut each potato into 8-10 wedges. Dump the potatoes into a baking dish or shallow pan. Drizzle them with the vegetable oil, the lemon juice and pepper (and salt if using). Toss to coat the potatoes evenly. Spread the potato wedges out in the pan so that they are in one layer. Bake for 30—45 minutes, stirring them around from time to time, until they are crisp and golden on the outside and soft on the inside.

For a different taste, you could use 1/4 tsp of paprika instead of lemon juice.

Chickpea Hummus Dip with Veggies Sticks

- 1 can of chickpeas, drained and rinsed
- 2 Tbsp veggie oil
- 3 Tbsp lemon juice
- 2 cloves of garlic (less or more as desired)
- 1 Tbsp parsley (optional)
- Water as required
- Cayenne pepper to taste, if you wish your hummus to have quite a nip!
- Dash of salt, if wanted

Blend all ingredients together using a potato masher, a fork, or a blender. Add water as required. Dip should be smooth but thick. Serve with sliced carrots, celery, broccoli florets, or triangles of pita bread.

Mixed Bean Salad

- 1 can Kidney beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 can cut green beans, drained and rinsed
- 1 medium red onion, diced fine
- 1 ripe mango, diced (optional)
- 1/2 cup of lemon juice or vinegar
- 1/2 cup of veggie oil
- Juice of one orange (about 1/4 cup)
- Dried basil and pepper to taste
- Dash of salt, if wanted
- (You can also add a red or green sweet pepper, chopped)



Put the kidney beans, chickpeas, green beans, onion (and diced mango and/or sweet pepper if using) in a small bowl. Mix the lemon juice (or vinegar), veggie oil, orange juice and basil in a small bowl. Pour over the bean mixture and mix well. Add pepper to taste. Cover and refrigerate, stirring occasionally, for at least 3 hours, but no longer than 24 hours.

Just before serving, stir gently and remove from the bowl with a slotted spoon.

Apple Thins with Lemon

Let's make our own Apple chips! Toss thin slices of apples with a mix of one cup lemon juice and one-quarter cup of water. Drain, arrange in one layer on a greased baking sheet and sprinkle with cinnamon. Bake for 2-1/2 hours at 150 degrees F (66 degrees C).

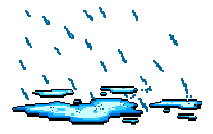


FUN PAGE



Spring Word Search

F I G A N Z I S V I S W U U D
 S G S V A J A F I O G I U M F
 O I E Y Y F D U I P N N S B K
 I H T L A U D Y P L I D K R G
 S R I F D L B K T Z V Y Q E G
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 C T S S A F R A I N D I Z Y I



spring
umbrella
Daylight savings

flowers
showers
Easter

March
rain
April Fools Day

April
kite
seasons

May
windy
birds

