

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

Good Food NEWS

Caring in Community

September is traditionally a time of beginnings and rejoining our communities after a summer off. It's forever associated in our minds with going back to school and improving on last year. It's also the time for the United Way's annual "Days of Caring", in which employees from companies that take part in the United Way workplace campaigns learn more about the important work that member agencies do by volunteering at a member agency.

FoodShare has taken part in Days of Caring events for many years because we find that it's a great way to connect with people from varied backgrounds who care about the world we live in and want to do their part to improve their community by taking the FoodShare message with them.

We Canadians are a very caring people. We volunteer a lot. In 2004, 11.8 million Canadians (45% of the population aged 15 and older) volunteered their time to charities and other non-profit organizations contributing almost 2 billion volunteer hours to organizations — the equivalent of 1 million full time jobs. The top three reasons for volunteering were: to make a contribution to the community, to use one's skills and experiences, and being affected by the cause supported by the organization.

At FoodShare we get a lot of Days of Caring volunteers who come back year after year.

It also seems that many Canadians volunteer their time as part of a group. Twenty-five percent of volunteers said they volunteered as part of a group project with members of their immediate families in 2004, while 43% volunteered as part of a group with friends, neighbours or colleagues.

This past week a group of twenty volunteers from Deloitte spent the day helping us. These are folks whose usual jobs keep them at a desk:-- accountants, auditors, tax consultants and IT specialists. So the experience of working in our Field to Table warehouse, helping to pack the schools produce orders and chopping and turning compost, was as far from their everyday work life as you can get. They loved helping and had a good time doing it because they were doing something as a group to benefit their community.

Take the FoodShare message into your community. It's an important way of volunteering for FoodShare. Volunteer in a local school's lunch or snack program, or how about helping to start a community kitchen or community garden, or whatever you enjoy doing to help your community. The important thing is to do it!



Deloitte volunteers and FoodShare staff pose for a group photo on the Field to Table steps after a day of helping to get the food--and the word--out.

WHAT'S LOCAL: It's the season for local! In the organic boxes, green and yellow beans are from Ira Stoll's H.O.P.E. as are tomatoes. Lina Horst brings us garlic, beets, onions and pumpkins; Laura Sabourin graces us with those delectable grapes once again and Pfenning harvests carrots and red lettuce. The conventional boxes are all local too, the farmers too numerous to mention. Enjoy!

FIELD TO TABLE

a project of

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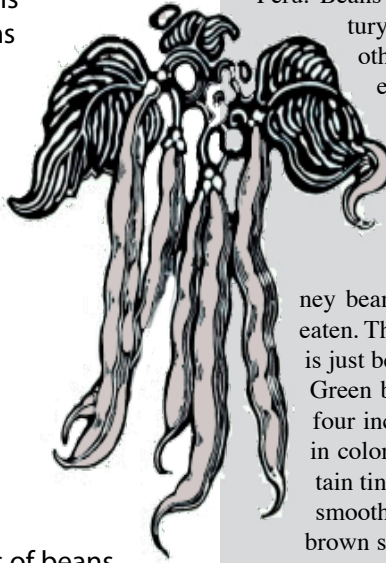


recipes

Marinated Bean Salad

Serves 4

- 2 cups fresh green beans cut into 1-2" lengths
- 1 cup fresh yellow beans cut into 1-2" lengths
- 15oz can kidney beans, drained and rinsed
- 2 TBS minced onion
- 3 medium loves garlic, pressed
- 1 large fresh tomato, diced
- remove seeds & excess pulp
- 1 large fresh tomato, diced
- remove seeds & excess pulp
- 2 TBS chopped fresh basil
- 1 TBS chopped fresh oregano
- 1 TBS chopped fresh parsley
- 3 TBS fresh lemon juice
- 2-3 TBS extra virgin olive oil
- salt and cracked black pepper to taste



Bring lightly salted water to a boil. Trim ends of beans and cut into 1"-2" lengths. Cook fresh beans in lightly salted boiling water for just about 3-5 minutes, or until tender. Drain well in colander. Dry with paper towels so they don't dilute flavor with excess water. Do not chill! Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water. Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. This salad is best if it has at least a couple hours to marinate. Make sure the beans are well drained, or your salad will taste flat and weak. Also, this salad is great with fresh herbs. Don't use dried herbs.

Spicy, Garlicky Green Beans

yield: 4 servings.

- 1 pound fresh green beans, trimmed
- 1 & 1/2 tsp sesame oil
- 1 tsp vegetable oil
- 2 cloves garlic, minced
- 1 tsp shallot, minced
- 1/4 cup sesame seeds, toasted
- salt and ground black pepper to taste

Bring a large pot of water to a boil. Add the green beans, and cook for about 2 minutes. Drain, and immediately transfer to a bowl of ice water to stop the cooking. Drain again. Heat the sesame oil and vegetable oil in a large skillet over medium-high heat. Add the green beans, and fry for 2 to 3 minutes, stirring constantly. Add the garlic, shallot, salt and pepper to the beans. Cook and stir for 1 minute. Mix in the sesame seeds, cook for 1 more minute, then serve.

featured this week: Green & Yellow Beans

Green beans and other beans, such as kidney beans, navy beans and black beans are all known scientifically as *Phaseolus vulgaris*. They all derived from a common bean ancestor that originated in Peru. Beans were introduced into Europe around the 16th century by Spanish explorers and were spread through many other parts of the world by Spanish and Portuguese traders. Today, the largest commercial producers of fresh green beans include the United States, China, Japan, Spain, Italy and France.

Green beans are typically referred to as string beans and snap beans. Haricots verts are French green beans that are very thin and very tender. Unlike their cousins pinto beans, black beans and kidney beans, green beans' entire bean, pod and seed, can be eaten. They are picked while still immature and the inner bean is just beginning to form.

Green beans range in size, but are usually picked at about four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods. Select beans that have smooth feel and a vibrant green color, and that are free from brown spots or bruises. They should have a firm texture and 'snap' when broken. Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about three days.

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with nutrients. They are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorous, protein, omega-3 fatty acids and niacin.

by any other name... String beans

- Zeichenkettebohnen - German
- habas de secuencia - Spanish
- haricots verts - French
- fagiolini verdi - Italian
- feijões de corda - Portuguese
- snijbonen - Dutch

DELIVERIES

for the week of: Sept. 19th
orders are due 5 pm Tues. Sept 12th

for the week of Sept. 26th
orders are due 5pm Tues. Sept. 19th

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